

### 147. The Glyder Ridge

**Distance**        **6 miles/9km**

**Ascent**            **802 metres**

**Start/Finish**    **Ogwen Cottage, LL57 3LZ**

Take the main path behind the visitor centre through a gate and turn R at the first main junction up to Llyn Idwal. Follow the path around to the R of the lake and up the steep, stepped path past the Devil's Kitchen and onto the col at Llyn Cwn (1.7 miles/2.7km). Turn L and follow the rocky path up to Glyder Fawr at 1001 metres. Continue along the ridge to Glyder Fach at 994 metres then around to the R and down to a path junction with the Miner's track at SH 665582 (3.7 miles/6km). Turn L and keep L, crossing the stile in Bwlch Tryfan and descending to Llyn Bochlwyd. Take the rocky path that follows Nant Bochlwyd north down the hill towards Llyn Ogwen and the road. Bear L on the main path, joining the outbound route and returning to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Take the main path behind the visitor centre through a gate and turn right at the first main junction up to Llyn Idwal.
0.6	0.9	Follow the path around to the right of the lake and up the steep, stepped path past the Devil's Kitchen and onto the col at Llyn Cwn.
1.7	2.7	Turn left and follow the rocky path up to Glyder Fawr.
2.3	3.7	Continue along the ridge to Glyder Fach.
3.1	5	Follow the path down and around to the right to a path junction with the Miner's track at SH 665582.
3.7	6	Turn left and keep left, crossing the stile in Bwlch Tryfan and descending to Llyn Bochlwyd.
4.6	7.4	Take the rocky path that follows Nant Bochlwyd north down the hill towards Llyn Ogwen and the road. Bear left on the main path, joining the outbound route and returning to the start.