

## 148. Around Tryfan

**Distance**      6 miles/9.5km

**Ascent**        765 metres

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

Take the main path from behind the visitor centre, heading through the gate and turning R at the first main junction up to Llyn Idwal. Turn L, following the east shore briefly then taking a smaller path L and up to Llyn Bochlwyd. Pass the lake and climb the rocky path up to the stile over the wall at Bwlch Tryfan (1.9 miles/3km). Follow the path as it curves R to reach the junction with the Miner's track. Turn L here and descend Cwm Tryfan and past Tryfan Bach to a wider track along the edge of Gwern Gof Uchaf campsite. Turn L and follow this path to the A5 (4 miles/6.5km). Cross the road carefully and follow the path north, passing Tal y Llyn Ogwen and turning L across the Afon Lloer on a bridge then taking the northern shoreline path along Llyn Ogwen. Stay on this to the A5 and turn L to return to the start.

Miles	Km	Directions
0.0	0.0	Take the main path from behind the visitor centre, heading through the gate and turning right at the first main junction up to Llyn Idwal.
0.6	1	Turn left following the east shore briefly then taking a smaller path left and up to Llyn Bochlwyd.
1.3	2.1	Pass the lake and climb the rocky path up to the stile over the wall at Bwlch Tryfan.
1.9	3	Follow the path as it curves right to reach the junction with the Miner's track at SH665583.
2.4	3.8	Turn left here and descend Cwm Tryfan and past Tryfan Bach to a wider track along the edge of Gwern Gof Uchaf campsite.
3.7	6	Turn left and follow this path to the A5.
4	6.5	Cross and follow the path north, passing Tal y Llyn Ogwen and turning left across the Afon Lloer on a bridge then taking the northern shoreline path along Llyn Ogwen. Stay on this to the A5 and turn left to return to the start.