

149. High Carneddau

Distance **9 miles/14km**

Ascent **988 metres**

Start/Finish **Gwern Gof Isaf, LL24 0EU**

From the start follow the long uphill track north of the start point passing Ffynnon Llugwy reservoir on your L before ascending to the ridge above Cwm Eigiau (2.2 miles/3.5km). Turn L onto the ridge path above Crag yr Ysfa to reach the summit of Carnedd Llewelyn at 1064 metres (3.2 miles/5.1km). Turn L at the summit and follow the path south then around to the R to Carnedd Dafydd at 1044 metres (5 miles/8km). Continue on the ridge path, now heading south-west over Carnedd Fach to Pen yr Ole Wen at 978 metres, the prominent mountain on the right as you drive down the A5 (5.9 miles/9.5km). Turn L, taking the slightly less steep descent down to the Afon Lloer. Turn R on reaching this and follow it downhill to the A5 at Gwern Gof Uchaf. Cross the road and turn L on the path parallel to the road, back to the start.

Miles	Km	Directions
0.0	0.0	Follow the long uphill track north of the start point passing Ffynnon Llugwy reservoir on your left before ascending to the ridge above Cwm Eigiau.
2.2	3.5	Turn left onto the ridge path above Crag yr Ysfa to reach the summit of Carnedd Llewelyn.
3.2	5.1	Turn left at the summit and follow the path south then around to the right to Carnedd Dafydd.
5	8	Continue on the ridge path, now heading south-west over Carnedd Fach to Pen yr Ole Wen.
5.9	9.5	Turn left, taking the slightly less steep descent down to the Afon Lloer.
6.7	10.6	Turn right and follow the stream downhill to the A5 at Gwern Gof Uchaf.
7.5	12.1	Cross the road and turn left on the path parallel to the road, back to the start.