

154. Cadair Berwyn

Distance **6 miles/9km**

Ascent **621 metres**

Start/Finish **Pistyll Rhaeadr, SY10 0BZ**

After visiting the waterfall, take the path north keeping R up the eastern side of Nant y Llyn. Follow the path L to the south of Llyn Lluncaws and up the spur onto the ridge above the llyn. Follow the ridge north-east to Cadair Berwyn at 827 metres (2.9 miles/4.6km). Turn around and trace the ridge back then fork R to the summit of Moel Sych at 827 metres. Follow the path south of this summit over Trum Felen and back down into the valley to the start. Why not run back up to the waterfall again, especially if it's been raining?

Miles	Km	Directions
0.0	0.0	Follow the path north keeping right up the eastern side of Nant y Llyn and curving left at the top to the cwm below Llyn Lluncaws.
1.7	2.8	Follow the path west up the spur onto the ridge above the llyn, turn right and follow the ridge north-east to Cadair Berwyn.
2.9	4.6	Turn around and trace the ridge back then fork right to the summit of Moel Sych.
3.5	5.7	Follow the path south of this summit over Trum Felen and back down into the valley to the start.