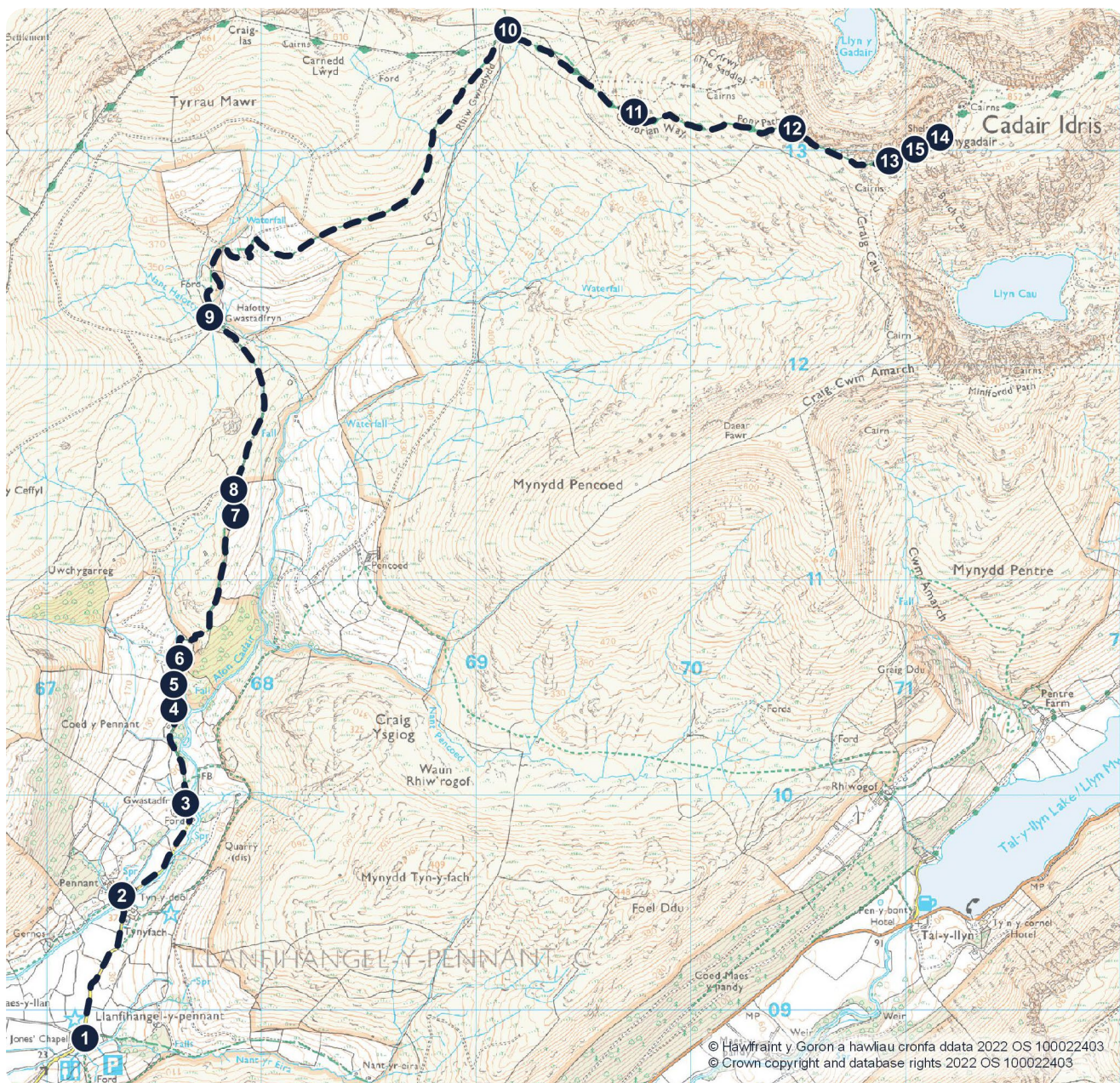




Snowdonia National Park Authority Promoted Routes

# Llanfihangel y Pennant, Cader Idris

**HARD/STRENUOUS**



## Route Overview

- Distance: 16km (10 miles)
- Duration: 7 hours
- Route type: There and back again

## Before you start

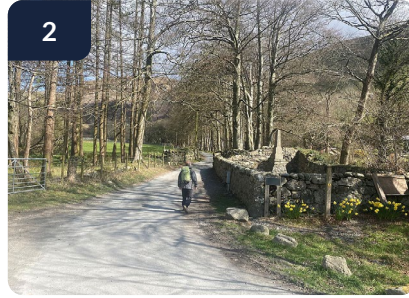
Read the safety and route grading information on the Snowdonia National Park Authority website before you start your journey.

[snowdonia.gov.wales](https://www.snowdonia.gov.wales)





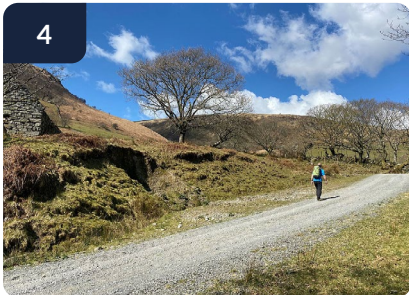
From the car park, turn right and follow the narrow road up the valley. After about a quarter of a mile, you will pass Tŷ'n y Fach farmhouse on your right.



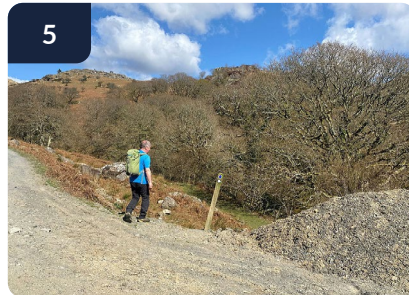
Cross the bridge over the Cader river. You will see the ruins of a cottage on your right with a memorial stone on it. This cottage was the home of Mary Jones.



Go through the gate next to the old Gwastadfryn farmhouse. From now on the path becomes rougher, and begins to climb until you reach another gate.



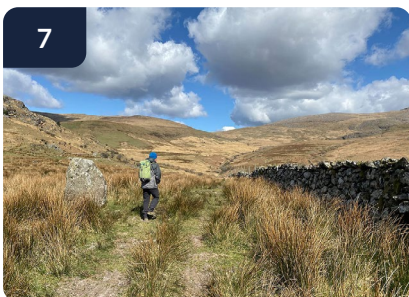
Go through another gate above the larch plantation. You will see the rounded hump of Mynydd Pencoed on your right. Continue until you reach another gate next to a stone barn on your left.



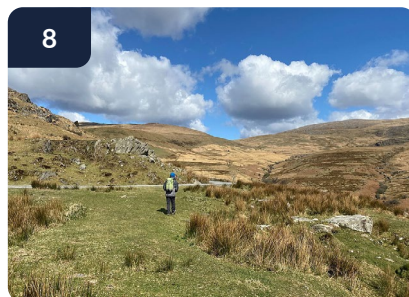
Go through the gate near the barn and turn right to follow the public footpath. The route will be waymarked. Follow the path through a rocky area keeping the fence and river on your right.



Cross the river over a beautiful old stone footbridge and climb up the steep path. The path bends sharply to the right as it approaches a gate and stile. Cross the stile and zigzag up the path until you reach a stone wall. Here the path bends to the left and follows the wall. Continue along the path, keeping the wall to your right.



Bear left immediately after passing a standing stone, veering away from the wall and heading through a rushy area. This standing stone is an important landmark for your return journey, as is the wooden marker post where the path rejoins the road.



You will rejoin the mountain path at this point. Follow the path for approximately 900m.



Continue along the path as you reach Hafoty Gwastadfryn farm yard. Turn right just before you reach the sheep pens on the old yard and cross the stile. The path will start to climb steeply once you cross the river. When you reach a fork in the path, bear right and follow the path indicated by the waymarking post.

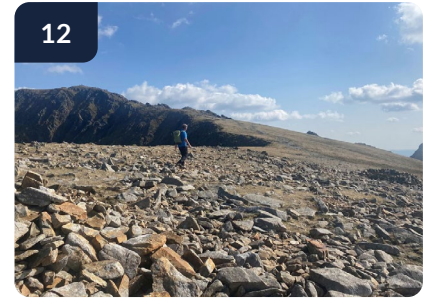




After a steep ascent, the path will reach the end of the ridge and bear right at a wire fence. After a few yards, you reach a crossroads of gate fences. Go through the metal gate and follow the obvious path to the right. This is the point where the Pony Path (Ty Nant) joins the path to the summit of Cader Idris.



The last part of the journey goes through very steep and mountainous terrain. Suitable footwear is recommended as the ground is rocky and often loose underfoot. The route follows a series of zigzag sections, alternating between steep and flat. Continue until you reach the end of the ascent where Pen y Gader will come into view.



At the end of this section you'll reach the end of Bwlch Cyfrwy. Follow the path to the right passing the ruins of a circular stone shelter on your right. Take care over the rocks, especially when it is windy.



You will soon come to some remarkable rocks known as 'pillow lava'. These rocks would have initially been on a primitive seabed. Continue along the path to the left of the rocks. You will soon reach a short rocky scramble leading up towards the summit.



As you approach the summit, you will pass the remnants of an old fireplace on your right. Keep heading towards the summit which is by now only a short distance away. A shelter, which is maintained by the Snowdonia National Park Warden Service, stands near the summit cairn.



On your return, the path will pass the old fireplace ruins again. Continue to walk down the rocky scramble and head back towards the 'pillow lava' rocks. Ensure that you keep the big cliffs to your right at all times.