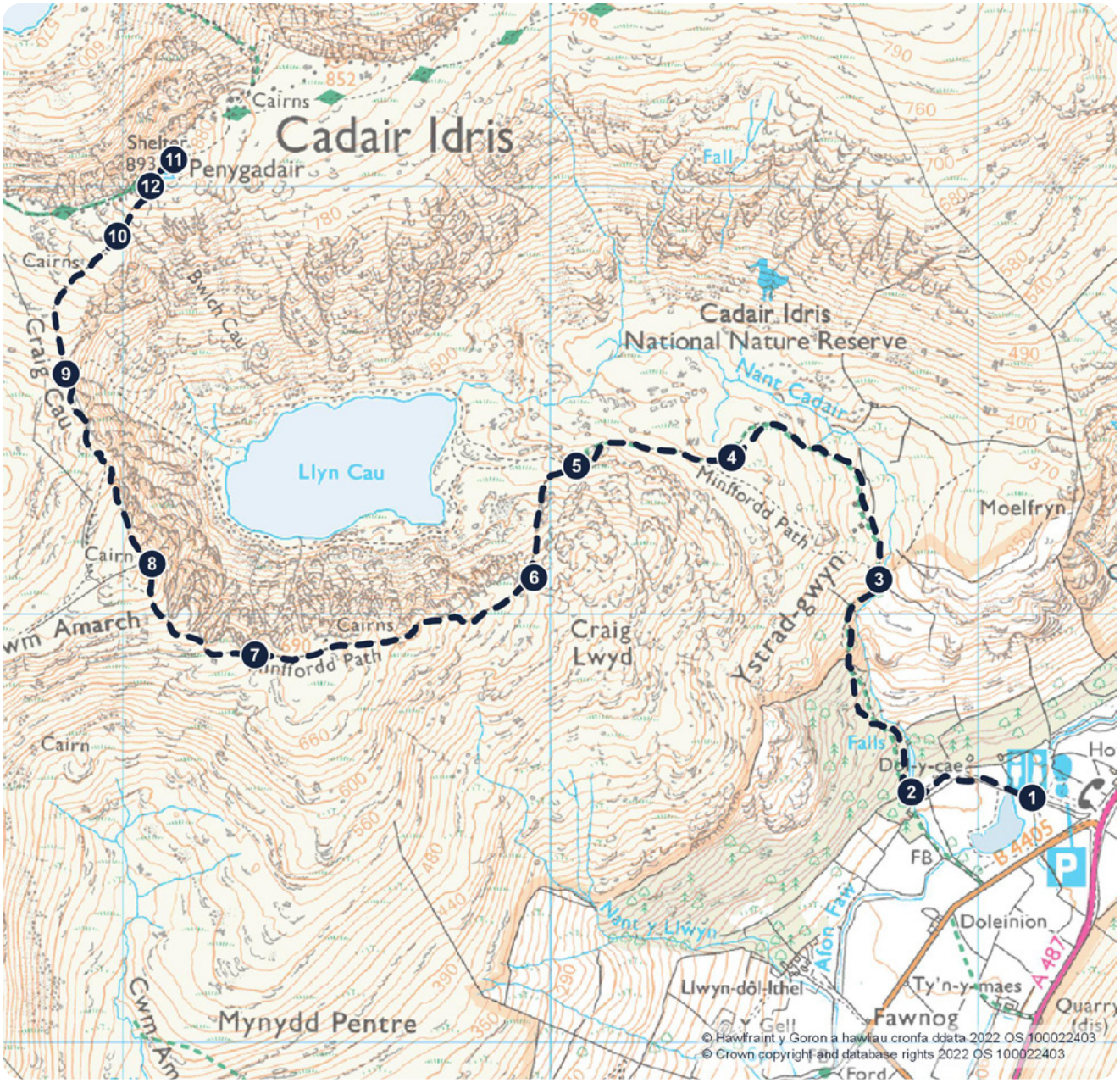
Snowdonia National Park Authority Promoted Routes

Minffordd Path, Cader Idris

HARD/STRENUOUS



Route Overview

- Distance: 9km (5.6 miles)
- Duration: 6 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

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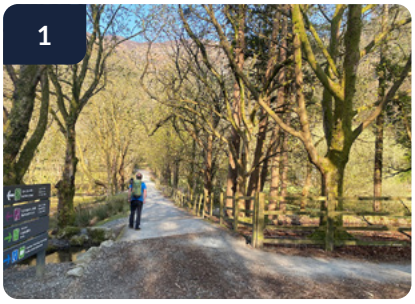
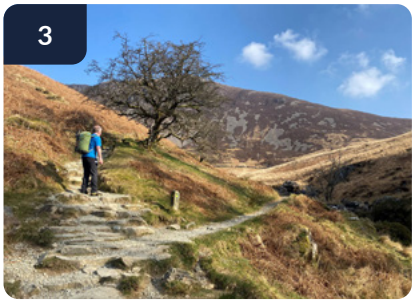
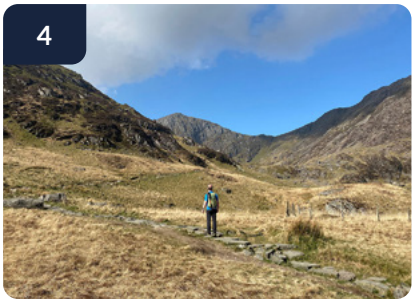


Go through the kissing gate by the toilets at the far end of the car park. Turn right and follow the path through another kissing gate. Continue past the visitor centre and over the bridge.

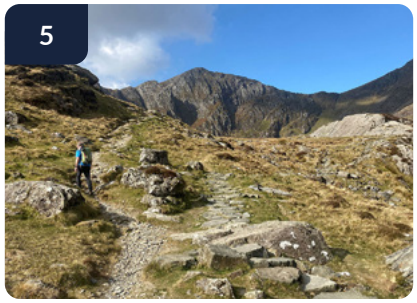
Go through a small gate at the bottom of the steps. After a steep climb, go through another small gate in a dry-stone wall. You will come to the end of the forest and reach open mountain land.



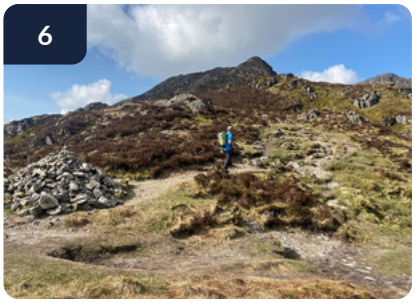
After about 200m, you will reach a fork. Bear left here, keeping the river on your right. Don't go over the bridge. After a while, you will pass ruins on your left. The cliffs of Craig Cau come into view as the path levels.



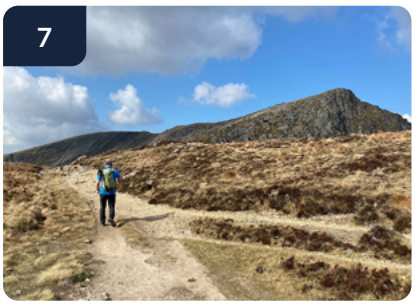
As the ground levels, you will see a marshy area ahead. Go left around this area. Follow the stone-pitched path uphill to a fork in the path. Make sure you return on the same route when you return.



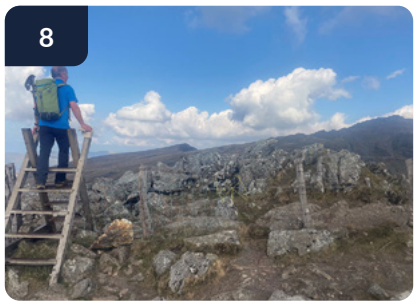
Bear left when you reach a fork in the path and aim towards the summit. The path to your right leads to Llyn Cau.



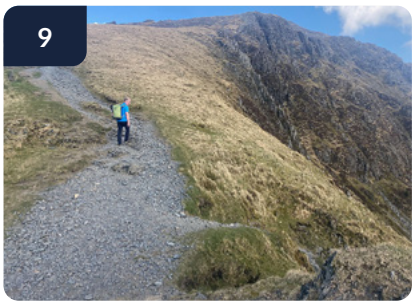
Follow the path until you reach a small flat area where you can enjoy a view of the lake and cliffs. Continue climbing until you reach the ridge where, on a nice day, there will be spectacular views down to mid Wales. You are halfway to the summit at this point.



The path is clearly marked with cairns at this point and curves steeply past a band of white stone in a rock on your right. A short diversion off the path to the left will give you a good view of the Tal-y-llyn valley. In time, the path will level before starting to steepen again near a gulley on your left.



The path will be steep, loose and suffers from severe erosion as you climb to the summit of Craig Cau. Take extra care here, especially in winter. Cross the stile on a fence at the summit of Craig Cau.



Follow the path along the cliff edge which leads steeply down to Bwlch Cau. On the right you will see a dangerous rocky gully known as 'Stone Shoot'. The gully leads down to Llyn Cau. Note this landmark to aid you on your return journey.

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The path now climbs steeply for the last time. This part is slippery, loose, and suffers from erosion. Keep to the path to prevent the erosion from spreading. Follow the short zigzag section to the summit.

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After a few minutes of scrambling, you will reach the summit. There is a shelter close to the summit which is maintained by the Snowdonia National Park Warden Service.

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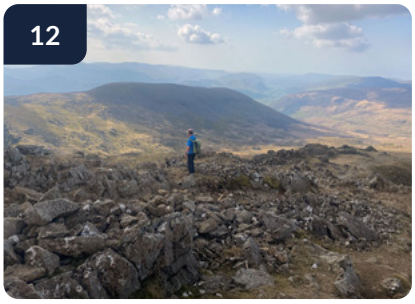

On your return from the summit, follow the path past the ruins of an old fireplace. About 25m after the fireplace, the path forks. Keep left here—the path on the right will take you down the north side of the mountain.