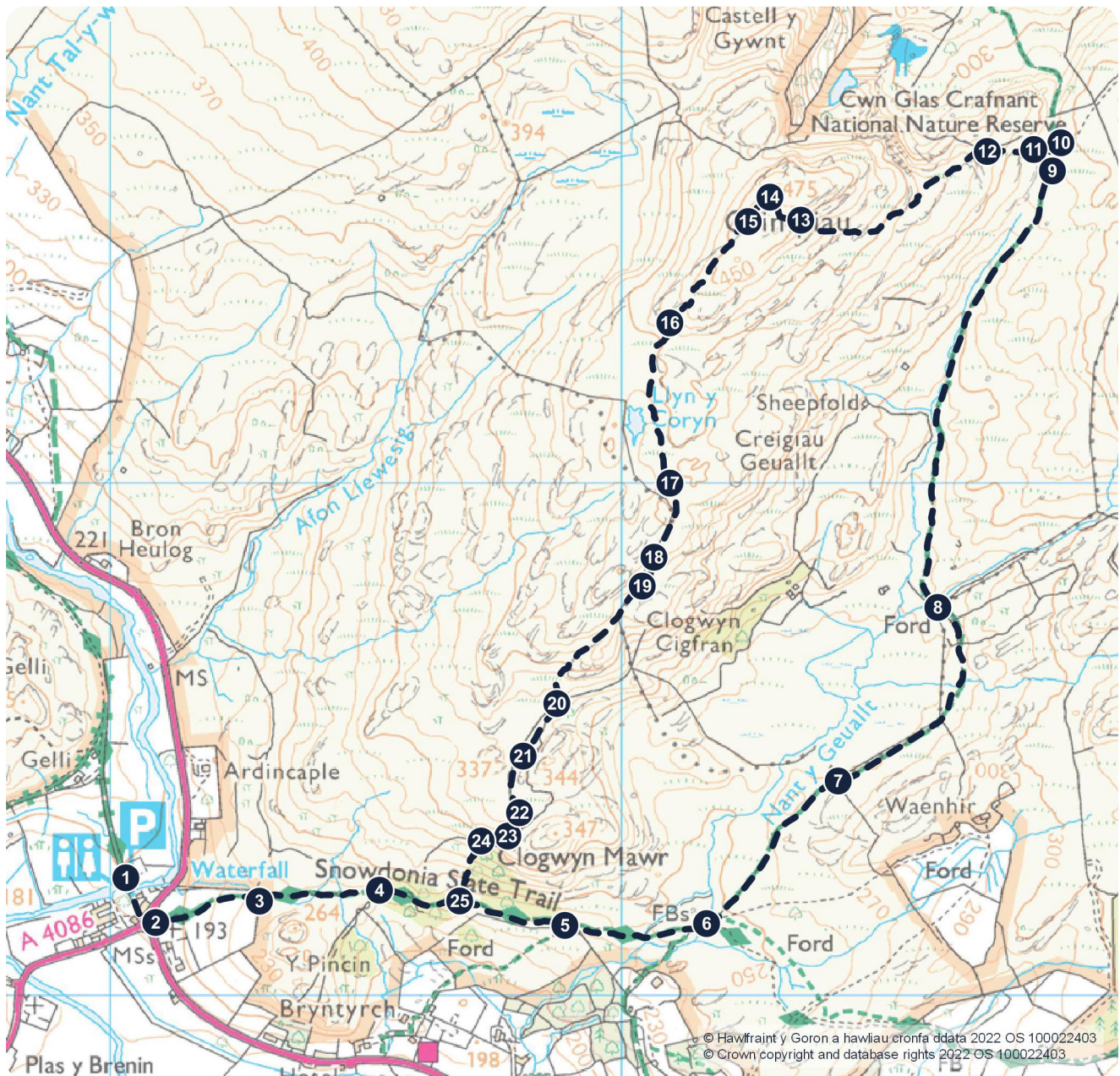




Eryri National Park Authority Promoted Routes

# Crimpiau, Capel Curig

**HARD/STRENUOUS**



## Route Overview

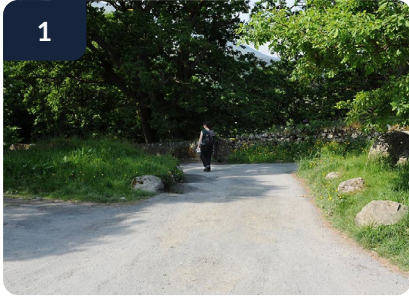
- Distance: 6km (3.7 miles)
- Duration: 3 hours
- Route type: Circular

## Before you start

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

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





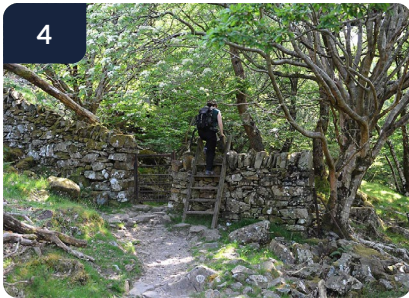
Follow the path to the left of the car park entrance. Go past the public toilets and continue until you get to the main road.



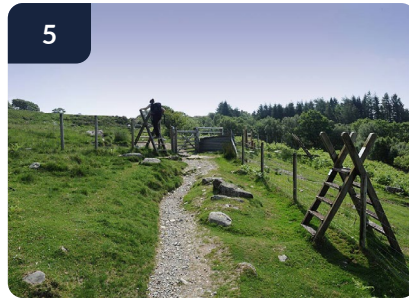
Cross the main road with care. Walk up the track to the left of St Curig's Church opposite the junction.



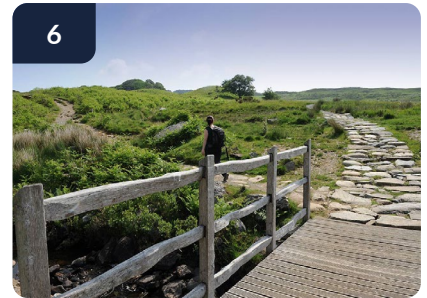
Follow the track to the top of the field and go through the gate. Keep right and cross a small stone bridge. Follow the stone path across the field.



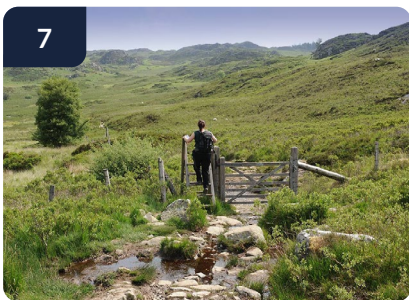
Go over the stile near the small metal gate and follow the path through a woodland. When the path appears to fork, follow the route down to the right towards a gap in the wall.



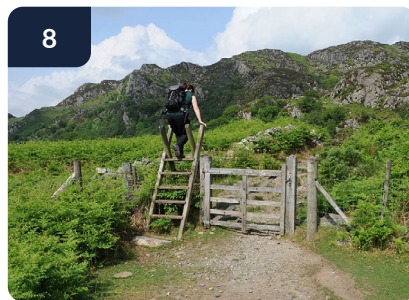
Continue along the path and out of the woodland, and in due course, you will come to another gate.



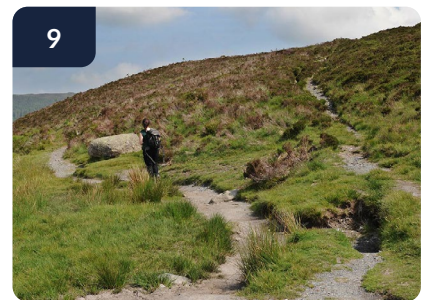
Go over the stile, follow the stone path, cross the river over a beautiful wooden bridge and turn left immediately.



Follow the path over a hillside for approximately 500m and go through the gate. Enjoy the wonderful scenery of Moel Siabod and Yr Wyddfa behind you.



Continue along the path for a further 500m. Cross the small stream and go through the gate. Follow the path to the right keeping Creigiau Geuallt on your left.

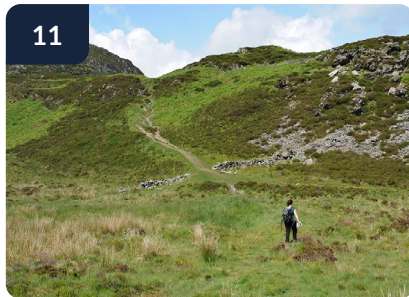


In about 1km, the route will fork. Keep left and go past a large boulder.





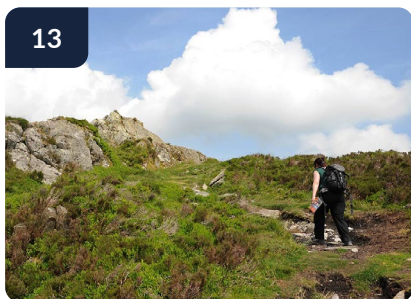
Continue to follow the path until you reach a crossroads (note that it is not very prominent on the ground). Turn left through the rush.



Start your ascent to the summit of Crimpiau, taking care along the steep and rocky terrain.



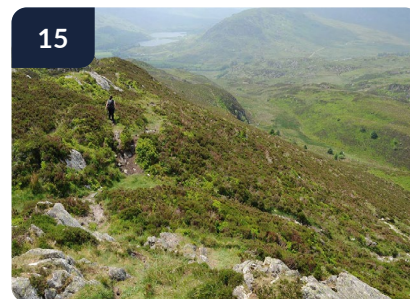
Once you see Llyn Crafnant, keep right and follow the path up a steep slope.



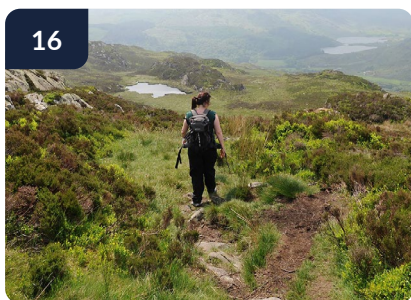
Continue to climb and cross flat and marshy land. The path to the summit leads up to the right. Be careful on this part – it's very loose underfoot.



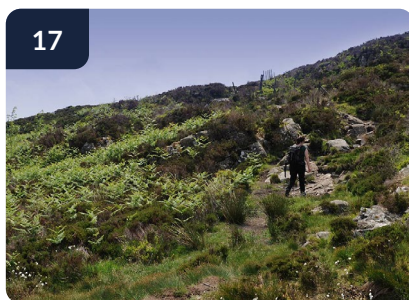
From the summit, enjoy the magnificent scenery of the surrounding area including Pedol Yr Wyddfa (the Snowdon Horseshoe), Ogwen Valley, Tryfan, Pen yr Ole Wen, Pen yr Helgi Du, Llyn Crafnant and the Conwy Valley.



Start your descent following the path along the right-hand side of the ridge.



In approximately 500m, you will come to a small lake called Llyn Coryn. Continue along the path, keeping the lake on your right-hand side.



Once you have passed the lake, aim for a wire fence on the horizon up to the right. Walk over a short stretch of rocky path, keeping the wire fence on your right.



Follow the path down a steep slope. Continue to the next stile, keeping the wire fence on your right.





19

Go over the stile and follow the path down rough ground to another stile.



20

Climb over the stile and turn right, keeping the wire fence on your right.



21

Continue along the path over wet, boggy terrain, keeping the fence on your right.



22

Cross a wet and boggy field, aiming towards another stile on the right.



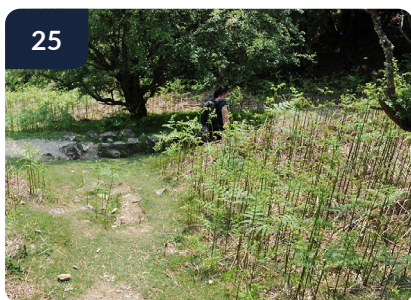
23

Climb over the stile and continue down the path to another stile on the left.



24

Climb over the stile and follow the path down a very steep slope.



25

At the bottom of the slope, you will rejoin the path at the beginning of the walk. Turn right and follow the track through the woodland. Climb over the stile out of the woods and re-trace your steps back to the car park.