



Eryri National Park Authority Promoted Routes

Pony Path (Tŷ Nant), Cader Idris

HARD/STRENUOUS



Route Overview

- Distance: 10km (6.2 miles)
- Duration: 5 hours
- Route type: There and back again

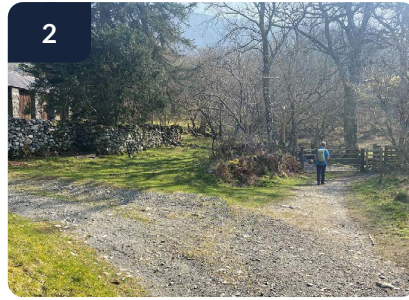
Before you start

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

eryri.gov.wales



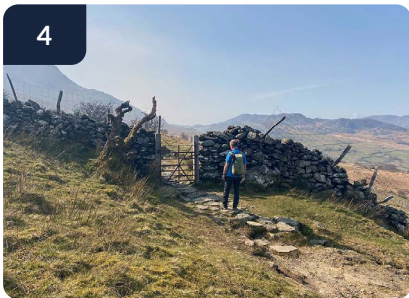
Turn right as you leave the car park. Continue along the road for approximately 100m until you reach the entrance to Tŷ Nant farmhouse. Turn left at the signpost for Tŷ Nant.



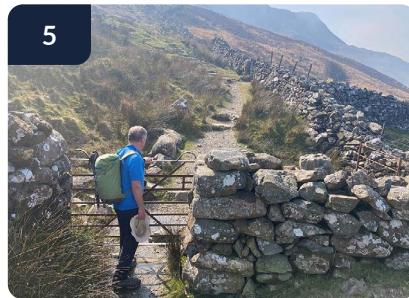
Follow the track up to Tŷ Nant and pass through a kissing gate at the farmhouse. You will soon cross a concrete bridge over a river and pass through a woodland.



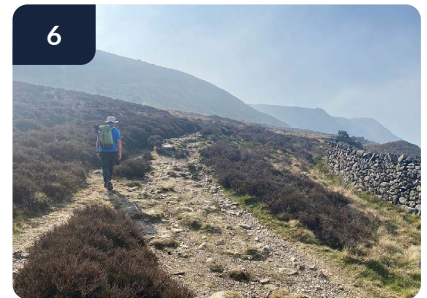
Continue along the rocky path as it climbs slowly and follow the waymarker to the right. Go through a kissing gate and cross the stream by the stone bridge. The path will begin to climb steeply up a grassy slope.



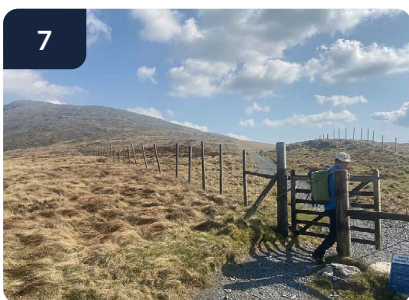
Follow the path up the steep slope. Eventually, you will go through an iron gate – close the gate behind you. Keep walking along a grassy mountain pasture. The pasture will gradually level out.



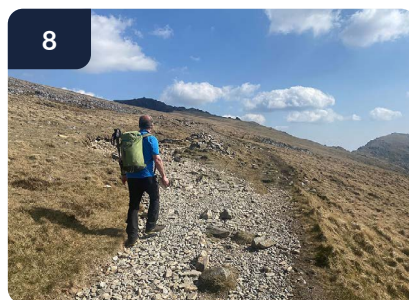
You will soon come to another iron gate in a wall. Go through the gate and close it behind you. Cross the small bridge and continue along the path.



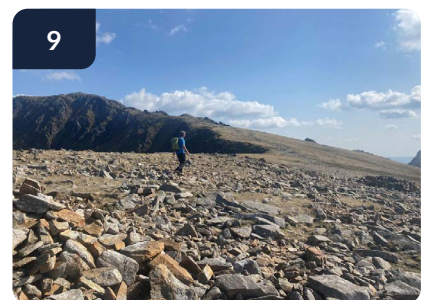
Go past the old stone sheep pens on your right and continue up the steep zigzags. You will pass a huge boulder as you climb. The gradient gradually eases as you approach the ridge on Rhiw Gwredydd.



After a steep ascent, the path will level until it reaches a cross section of fences with gates. Go through the wooden gate, turn left and continue towards the summit. Here you will see Cwm Llan. This is where the Llanfihangel y Pennant trail 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.