



# 24 GWYNEDD CADAIR IDRIS (MINFFORDD PATH)

▶ Distance: 6 miles/9.5km ▶ Time: 5 hours ▶ Grade: Challenging 

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FEATURE  
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Looking west to Penygadair  
from Mynydd Moel.



PHOTO: TOM BAILEY



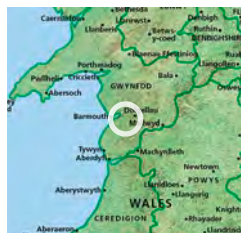
### CHOSEN BY... OLI REED

This is one of the great British mountain walks, starting in thick oak woodland and rising to the immense rocky amphitheatre that surrounds the hidden lake of Lyn Cau. The approach to Cadair's true high point traverses a broad rocky ridgeline, climbs to a perfect pyramidal summit, then drops again before leading upwards through an ancient volcanic landscape to the trig point and shelter at Penygadair. From the 893m summit you're treated to magical views across the surrounding peaks and lakes, out to the west coast, and north to the Llŷn

Peninsula and the distant mountains of northern Snowdonia. This is a rocky and steep route on good paths, but requires care and navigation skills in low visibility. Go prepared for all weathers, with good outdoor gear and plenty of refreshments, and you'll come back telling tales of soaring peaks forged by mythical giants, crowned by rocks that are older than the dinosaurs.

**1 Start**  
Exit car park via gate by public toilets, follow path over footbridge into woods. Follow signs for 'Cader Idris Walks' past tea room, cross stream, turn R through gate signposted 'Cadair Idris', then climb steps

## PLAN YOUR WALK



## ROUTE

### Start/parking

Pay & display Dôl Idris car park, LL36 9AJ, grid ref SH732116

**Is it for me?** Steep steps, rocky paths and tracks, loose stones. Mountainous terrain with some exposed ground.

**Stiles** 3

## PLANNING

**Nearest town** Dolgellau


**Refreshments** Ty Te Cadair Tea Room near start (Tel: 01654 761505) or The Cross Foxes Bar & Grill (Tel: 01341 421001)

**Public toilets**

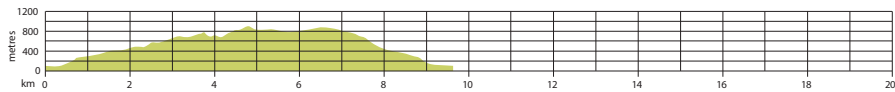
Dôl Idris car park

**Public transport** The number 30 bus service from Dolgellau runs to Tal-y-lyn near the start of the route, except Sundays.

**Maps** OS Explorer OL23; Landranger 124

through woodland to fork in the path just above treeline. 

## GRADIENT PROFILE



24 GWYNEDD  
CADAIR IDRIS (MINFFORDD PATH)▶ OS Explorer map OL23 ▶ Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

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**2** ½ mile/0.9km  
Take L fork signposted 'Cwm Cau' and follow path round towards Llyn Cau. At fork aim R and walk alongside large boulder to lake shore. Stop to take in views of the cliffs, then turn L and follow faint path across grass to rejoin main Minffordd Path, with steep track winding up to obvious ridge on skyline to right of Craig Lwyd.

**3** ½ miles/2.5km  
Turn R when you reach crest of ridge, then follow rocky track as it climbs steadily behind crest. At end of ridge, turn diagonally R and follow steep, loose, stony path to the fence on the 791m summit of Craig Cwm Amarch.

**4** 2 miles/3.5km  
Cross stile and keep away from very steep cliff edges as you descend to broad saddle of Craig Cau. From here you get great views down to Llyn Cau and up to summit of Penygadair. Shortly after path starts to rise again, turn diagonally R and follow obvious track over rocky ground past towering pillow lava formations to trig point at Penygadair's 893m summit.

**5** 3 miles/4.7km  
Continue onwards from summit, descending slightly then following clear path on broad, grassy ridge past cairns and rocky outcrops to fence. Cross stile and continue

straight to Mynydd-Moel's 863m summit. Return to stile, then follow L side of fence downhill for around 1km to a stile above woodland.

**6** 5 miles/7.8km  
Turn R over wall and cross stile, descend across hillside, cross footbridge over Nant Cadair, then rejoin outward path and retrace steps through woodland to car park. **CW**

DATE WALKED

TIME TAKEN

YOUR RATING

VIEW THE WALK ON  
OS MAPS ONLINE:  
[lfto.com/cwroutes](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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