

# 22 CEREDIGION PLYNLIMON

▶ Distance: 8¼ miles/14.1km ▶ Time: 5 hours ▶ Grade: Challenging



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Wilderness walking on Plynlimon.

PHOTO: STEVE GOODIER



### CHOSEN BY...

#### STEVE GOODIER

The Plynlimon Massif dominates the

landscape of this part of Ceredigion and the highest point, Pen-Pumlumon Fawr (2,467ft/752 metres), is the loftiest point in The Cambrian Hills and Mid-Wales. This is real wilderness country meaning you'll see few other walkers but it's best avoided in bad conditions. This route climbs Pen-Pumlumon Fawr by The Maesnant stream before staying high to circle around Llyn Llygad Rheidol Reservoir before descending to it and returning via a wilderness track.

### 1 Start

Exit car park uphill/easterly

on lane. Cross two cattle grids to reach road junction. Go L following lane over two cattle grids. Follow lane to the reach bridge R just before lane end/rough track at Outdoor Activities Centre.

### 2 2 miles/3.2km

Leave lane crossing bridge R. Take path beyond curving R to rise past waterfall. Follow path through old fence. Rise beyond (stream R) passing through marshy/rocky area. After this cross small stream R continuing ahead on wider path to reach access track/junction. Cross over taking track beyond keeping stream R. Stay ahead when this forks shortly and continue uphill staying L (wider path) higher

## PLAN YOUR WALK



## ROUTE

**Start/parking** Car park by dam wall at southern end Nant-y-Moch Reservoir, grid ref SN756862

**Is it for me?** Wilderness route with steep parts, lots of rough ground and - lane walking. Careful navigation required over exposed ground - avoid in bad weather. One very steep/rough descent to Llyn Llygad Rheidol Reservoir plus crossing of a leat that would be difficult if flowing fast - avoid after heavy rain

**Stiles** None

## PLANNING

### Nearest town

Aberystwyth

**Refreshments** None.

Nearest, George Borrow Hotel, four miles S of start

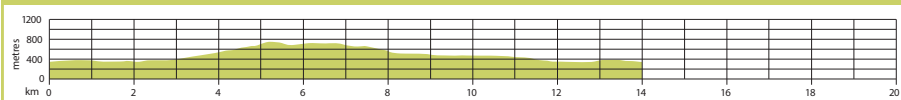
**Public toilets** None

**Public transport**

Nothing to start

**Maps** OS Explorer 213; Landranger 135

## GRADIENT PROFILE



22 CEREDIGION  
PLYNLIMON▶ OS Explorer map 213 ▶ Buy maps at: [ordnancesurvey.co.uk/mapshop](http://ordnancesurvey.co.uk/mapshop)

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up at small fork. Rise more steeply passing under slopes of Pumlumon Fach L. Stay R at next fork heading for upper reaches of stream and valley. Rise up head of valley. When path curves L fork R at a junction to cross boggy ground. Rise to join path again going R. Climb steeply up slopes of Pen-Pumlumon Fawr following path to cairn/wind shelter on summit ridge. Go R to summit/trig point.

### 3 3½ miles/5.3km

Head easterly to nearby fence. Go L by it following it downhill to col/large cairn. Cross col climbing by fence to cairn/subsidiary summit. Continue by fence R. When fence bends R by pond continue ahead following arrow on standing stone. Continue to fence corner/gate.

Go L climbing by fence R. Follow fence soon starting descending. Continue downhill to col (Llyn Llygad Rheidol Reservoir below L). Cut half L away from fence on path following it past cairn/scree runs. Follow descending path to curve L. As path begins to fade look for a safe way down to the reservoir. Pick a safe slope with no outcrops and descend rough ground steeply to valley floor. Use odd sheep tracks to head for dam wall reaching a leat for the overflow just before it. Go R dropping to leat. Carefully cross it to other side. If the water is running head further down to the stream below and pick a spot to cross carefully. Either way go L back to dam wall.

### 4 5½ miles/8.8km

Go R picking up rough

track following it to descend curving R. Further down curve L and rise again. After track levels follow it past a series of tarns. Cross your outbound route and continue ahead on track through gate. Follow track downhill to curve R down to lane/outbound route.

### 5 7½ miles/12.16 km

Go L on lane following outbound route to junction. Go R down lane to car park. **CW**



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