

Some sudden 'Mountain Weather' near the summit of Diffwys



The route is covered by 1:25000 Outdoor Leisure Maps 23 & 18.

The Round starts and finishes at sea level, making use of the public car-park adjacent to Penmaenpool Bridge, (conveniently close to the George III pub for post-match celebrations). It passes through the lower slopes of Cadair Idris via Gwernan Lake before ascending to the summit via the Foxes Path. The Cadair ridge is then traversed before descending again to sea level to cross the iconic Barmouth Bridge. The route then follows a series of paths to ascend to the grassy slopes of Lawlech which gives easy access to the summit of Diffwys. A steep descent into Cwm Mynach and the return to the George completes the Round.

Overview:

Coed Cae B&B



An ideal base for exploring the Mawddach Estuary. Sited at the foot of Cwm Mynach, a few metres from the route of the Mawddach Round, and conveniently positioned for the ends of Day-1 and Day-2 of the Mawddach Way.

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Distance: 44.7 km (27.7 miles), 2410 m of climbing
Notes: There are loose and slippery trails, big drops and navigational challenges on this high mountain route.

For further information about activities and facilities on the Estuary, see www.MawddachEstuary.co.uk

Whether you walk or run the Round, this route goes into a high mountain environment where the weather can change dramatically and suddenly, and where slips and falls can have the severest of consequences. In order to complete the Round you will need to be well equipped in terms of fitness, kit and knowledge and it should not be undertaken by the inexperienced. The route is not way-marked, and the information on this card is for guidance only. You will need both map and compass (and the knowledge to use them) to find your way around.

The route is based on that devised and kindly supplied by David Pritchard, a keen fell-runner and long-time visitor to the estuary. It was conceived as a means of celebrating his 50th ascent of each mountain ("Why not do the two together?") and very nearly served as a celebration of his own 50th year. He very modestly described himself as "more of a fell-plodder than runner," but clocked up a very creditable 6 h 25 min for the Round, including an estimated 10 minutes getting to and from his cottage to the start. It is David's opinion that clockwise is the best way to tackle the route.

This demanding marathon length circuit of the estuary takes in the summits of Cadair Idris to the south and its counterpart, Diffwys to the north.

Introduction

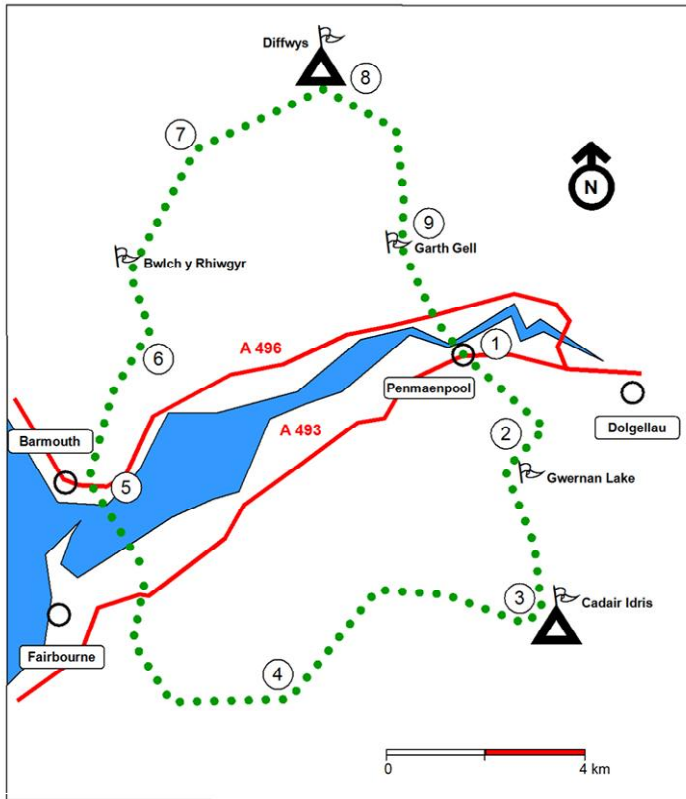
The Mawddach Round



A Mountain Marathon

See more Spoke 'n' History Walks, including the Mawddach Trail and Mawddach Way at: www.MawddachEstuary.co.uk

Route Overview



This outline is for guidance only. There is not enough detail to follow the route safely, and it is not intended as a replacement for the appropriate maps.

- ① Walk up the ramp at the side of the George to join the main road. Cross the road slightly to the L to pick up a flight of steps in the wall. Follow the path and then larger track uphill as far as a lake on the L. Turn R up a path climbing steeply and cross the meadows to join the road at Maes Angharad.
- ② Turn L and R to pick up the (often wet) path to Graig then follow the road to Gelliwyd Fach where a path leads to Gwernan lake. At present a detour south and west is required to get to the hotel, but a planned lake-side path will provide a more direct route. Follow the Foxes path, opposite the hotel, to the summit of Penygadair.
- ③ Descend on the Pony Path to Rhiw Gwredydd then follow the fence line over Craig Las to Craig-y-Llyn.



④ Descend ridge in westerly direction. From the field junction, handrail the fence line to pick up the footpath descending across the northern slopes of Trawsfynydd. At the major track, turn R then quickly L to follow the path down through the forestry plantation. At the lane continue ahead on the track past Cyfanedd Fawr, turn R at junction, and head past the old quarry to descend to the A493.

⑤ Cross Barmouth Bridge (Toll) and turn L along the A496 towards the town. After about 100 m turn R up a flight of steep steps and keep ahead through a jumble of paths to meet the road at SH 622 165. Turn L then R onto the footpath climbing steeply from the road.

⑥ Continue to the radio mast and turn L uphill to Bwlch-y-Llan. Before hitting the top of the pass, turn R onto the footpath descending towards the stone circle, Cerrig Arthur. At the stones, turn L heading uphill to Bwlch-y-Rhiwgyr.



⑦ Beyond the gate at the top of the pass, turn R and follow the wall line through a series of styles over Llawlech and on to Diffwys summit.

⑧ Continue from the summit trig-point between the wall on the L and a big drop to the R. Follow the path down onto the saddle and past a stile on the L. Beyond the lowest point of the saddle, turn R in front of a rocky outcrop to descend steeply on a faint path which becomes more prominent as it joins an old mining ramp. The path swings L towards the wooded upper reaches of Cwm Mynach.

⑨ Where the path meets a more prominent fire road, turn R, and just beyond the start of the tarmac take the path on the R towards Garth Gell. Beyond the house, follow the well defined permissive path and subsequent footpath (an old mining tramway) down through the woods of the Garth Gell RSPB reserve. At the main road, turn L then R to cross the Penmaenpool Bridge (Toll) and reach the end of the Round.

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