

Trip Report: The North Glyders

Date: 19th March 2006

Group: Jim Grant (Leader), Mike and Lesley Arrowsmith, Selina and Mike W, Sarah, Frank, Sue, Chris Devane

Route: Elidir Fawr (920m) Mynydd Perfedd (813m) Carnedd y Filiast (822m) Foel-Goch (831m) Y Garn (947m)

Total Distance: 9 miles

Total Ascent: 4000 ft

Weather: Clear, cold and sunny

Time: 6 hours

The journey started at 7am, departing from Bunbury Mike A and Jim G driving. The route starts from the Pen-y-Pass shuttle car park in Nant Peris 2.5 miles east of Llanberis, we started just after 9 am.

South-West ridge of Elidir Fawr, which is a long hard grind to the summit. Very cold on the top but with great views of the snow clad Crib Goch and Snowdon to the west and the Carneddau and Ogwen valley to the east.

A steep snowy descent leads down the east ridge of Elidir Fawr to Bwlch y Marchlyn. A direct path then leads up to the summit of Mynydd Perfedd. Chris Devane (on his first trip for 20 years!) heads off to the col between Mynydd Perfedd and Foel-Goch to cut down on distance, accompanied by Lesley. The rest of the group arrive at the summit of Mynydd Perfedd.

We then head north over easy ground to the northern outpost of the Glyders, Carnedd y Filiast. There are extensive views across to Anglesey and the rest of the Carneddau. We retrace the path back over Foel-Goch and down to the col where lunch is taken.

Chris and Sue by-pass the next top and we arrange to meet up below the path up to Y Garn. The rest of the group continue up a steep zigzag path and after 300 feet arrive on the summit of Foel-Goch.

An easy descent and we team up again for the final flog up to the summit of Y Garn where we all arrive in dribs and drabs.

The descent back to the cars is south down to Llyn y Cwn and then east down Afon Las before emerging on the road and back to the car park Back to the Dysart at 4.45pm for the traditional re-hydration therapy!

Jim G