

**Trip Report: Foel-fras**

**Date:** 24th May 2016

**Group:** Steve (leader), Sarah, Tony, Lynn, Les, Debbie + Elie and Spot (birthday boy!)

**Route:** A circuit in the Carneddau over Foel-fras from Abergwyngregyn

**Total Distance:** 13.5 miles

**Total Ascent:** 3100 ft

**Weather:** Sunny all day with a cool breeze

I think everyone agreed - what a fantastic day out in the hills! Of course the weather had a lot to do with it. The sunshine brought shorts into play for several of the group and the northerly breeze meant that nobody was overheating on the climbs.

And the climbing began within minutes of leaving the cars at the north end of the village of Abergwyngregyn. A steep ascent led up to join the North Wales Path and although it caused some heavy breathing it also soon provided great views across Conwy Bay to Beaumaris. We followed the NW Path towards Aber Falls and then left it behind to follow sheep trods around the flank of Moel Wnion.

It was unfortunate that, with so many sheep around, Elie and Spot had to stay on their leads but it didn't seem to curb their energy and for Spot the long walk provided a perfect birthday present! In addition to the sheep there were numerous ponies around with some very cute foals amongst them (as I'm sure the days photo's will show).

After about an hour of bush-whacking it was nice to join an established track rising steadily around Drosogl and over the rocky outcrop of Bera Bach. We stopped for lunch amongst the rocks of another outcrop looking across to the spectacular scenery of the Carneddau 1000m summits and the Snowdon range beyond.

There were few other walkers in the area, which was rather surprising given the benign conditions, but moments after I made such a comment, as we approached Foel-fras, we were passed by a large group on bikes. Getting up there must have involved a lot of pushing! The ritual trig point pictures were taken and we started the long descent back to Aber.

There are a few route options available and we decided on the most straightforward, following a good path over the top of Drum and the a track down to join the North Wales path again, but this time on the east side of the Aber valley. The final bit of descending was on tarmac and at the bottom of the valley the road led back through the village to our cars.

One other thing to mention. In the village there is a "Cafe and Information Centre" and, on the pretext of seeking information, Lynn and Les paid a visit and emerged instead with an ice cream each. Well deserved of course but apparently not in line with the BUMS code of behaviour! (see Jim for details).

Thanks to the walking team for your company and also to Mike A and the Christie clan who joined us at the Yew Tree.

Steve