

Trip Report: The High Carneddau from the Ogwen Valley

Date: 11th October 2014

Group: Steve (leader) Jim G, Sarah

Route: Pen yr Ole Wen (979m), Carnedd Dafydd (1044m), Carnedd Llewellyn (1064m)

Total Distance: 10 miles

Total Ascent: 1952 ft

Weather: Fine and dry

Before my "promotional" email about this trip I was considering doing the walk as an A to B, with cars used to do the return leg. But that idea went out of the window as I realised the group size would mean that we only needed one car. No problem, as the route options mean that it's simple enough to do a round of the main Carneddau peaks and avoid a long walk along the Ogwen Valley.

And so it was that Jim, Sarah & I parked and booted up next to A5 at the eastern end of Llyn Ogwen. We walked past Tal y Lyn Ogwen farm and picked up the path which climbs steadily up alongside Afon Loer to reach the impressive Cwm Loer. The route then steepens and becomes more rocky as it follows a ridge up to the summit of Pen yr Ole Wen, including a short section of scrambling which we enjoyed in the sunshine.

The weather forecast for Snowdonia had mentioned the possibility of heavy showers and so we paid particular attention to the westerly view, assessing the likelihood of getting wet, but were pleased to see that the sky contained nothing particularly threatening. So without any immediate weather worries and the very light breeze on our backs we set off for the next summit with a spring in our step. What's more Jim and I learnt a lot as Sarah shared, at length, her knowledge of shoulder problems and therapies!

It didn't take long to reach Carnedd Dafydd and after a brief photo stop at the summit cairn we continued along the ridge with clear views to the north of Anglesey and of Tryfan and the Glyders to the south. We paused briefly on this stretch to engage with the local residents - a group of seemingly healthy and untroubled ponies. Then it was a short climb to our highest point of the day, Carnedd Llewellyn. Unsurprisingly, since it can be reached from several directions, there were a few other groups of walkers at or around the top and we decided to find a lunch spot after descending a short distance.

Butties and/or goody bars were consumed and we continued down to Bwlch Eryl Farchog via a narrow ridge. From the Bwlch there is a route choice and, not wanting to push our luck with the weather, we opted for

the most direct way back to the valley. This uses a steep path down to Ffynnon Llugwy reservoir which levels out and then joins the reservoir access road. A mile or so of tarmac walking put us back at the A5 and another mile on a good track running parallel with the road took us back to the car.

Although only a small group we felt that tradition must be upheld and so made a visit to the Yew Tree to round off an enjoyable day in the Welsh hills!

Steve