

Trip Report : Creigiau Gleision & Llyn Cowlyd - Saturday 17th January 2015

**Walkers:** Jim G (Leader), Dave (Cadman), Colin, Ian, Mike W, Selina, Neil, Ann, Eilidh, Steve, Sarah, Ali & Dave (Slippery)

**Dogs:** Nil (Roxy RIP)

**Distance:** 10.5 miles

**Ascent:** 2582 feet

**Time:** 6 hours

**Weather:** Cold, claggy, a bit windy with occasional snow pellet showers

The Leader had two options in mind, A. Cwm Eigiau Horseshoe and B. Creigiau Gleision & Llyn Cowlyd, after consulting many forecasts, that all contradicted each other, the Leader opted for plan B to stay off the high tops where Ice Axe & Crampons would be required. A slightly rocky start as one of our squad had to be roused out of bed and picked up from his house (you know who you are). Anyway, after a slightly delayed departure we met Ali & Dave at the car park behind Joe Brown's in Capel Curig.

The route makes a gentle start past "The Pinnacles" through some old woodland and along the base of Clogwyn Mawr before turning left to head towards Crimpiau. A steepish ascent gets us to the summit of Crimpiau (475m) with magnificent views of the snow covered Moel Siabod, Y Lliwedd and Tryfan. A steep descent, slightly off piste, we arrive at the col below Craig Wen where we enjoy a coffee stop sheltering behind a wall and being pelted by snow pellets.

The next summit, Craig Wen is bypassed by another section of off piste heather bashing, enjoyed by all! We continue along the ridge eventually arriving at the summit of Creigiau Gleision (634m) our high spot of the day. Again magnificent views all round especially the bulk of Pen Llithrig y Wrach (the slippery witch, not Dave) high above Llyn Cowlyd. Dropping down we find a sheltered spot for lunch where we are again pelted by snow pellets, Colin is now complaining that he is struggling due to lack of sleep, too much champagne, too many beers etc. etc. sympathy is in very short supply.

Our descent to the dam, at the head of Llyn Cowlyd, takes us down a fenceline through some steep off piste country, but further heather bashing sees us arrive safely at the dam. We cross this and then a long, very wet path, sees us climb to the end of the Lake and a very boggy path (one for Tony's forthcoming guide book "greatest bog trots of the British Isles"?) along which we encounter our first walker of the day (he ruined our solitude day out), we drop down to the A5, where Ian is glad to get the tarmac back under his feet. A short walk back to Capel Curig and the car park.

An uneventful drive back to the Yew Tree, apart from my three snoring passengers.

We are joined in the Yew Tree but out three sick notes (Tony (cough!) Mike H (Lurgy) Lynn (bad leg from escalator dive) for the usual hydration therapy.

Jim G.

