

Name of route	Carnedd Llewelyn from Pen yr Ole Wen		Map	OL 17	
Duration	5 hr 20m + breaks	Distance	17.2 km	Ascent	910m
General notes	A good distance with a tiny bit of scrambling – great views on a clear day up to Carnedd Llewelyn which is only a little less high than Snowdon. Quite exposed in winter or foul weather.				
Weather			Dark at:		

Start point parking, public transport, meeting point	Park on the verge alongside the A5 or pay £1(ish) to park at Gwern Gof Isaf campsite. Walk west along the road to the small wood Glan Dena.	Starting GR	668605
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Direction	Distance	Ascent/Descent	Duration	See on the way	Escape route	End point	End GR	How to know if you have over-shot
North	1500m	300m ↑	55 mins	Walk up the path through the wood then before the farm take the path straight up the hill. Cross a stream then later a stone wall.	Back the way you have come	Level with the start of the ridge on your left	667619	If the path going N levels out then goes down to a cwm
West becoming WNW	1200m	380m ↑	55 mins	Turn L, walk to the bottom of the ridge and follow the path up the top of the ridge. Some easy scrambling. Steep slope on LHS, cliff on RHS down to cwm	Back the way you have come	Top of hill (Bwlch yr Ole Wen)	655619	If you start going downhill in any direction
North becoming NE	1500m	40m ↓ then 110m ↑	35 mins	Follow the path down and then up with a slope on the LHS and a cliff on the RHS up to the next peak.	Back the way you have come	Top of hill (Carnedd Daffydd)	663630	If you start going downhill in any direction (other than after the cairn at Carnedd Fach)
East	1600m	100m ↓	25 mins	Follow path gently downhill along top with cliff on LHS and slope on RHS	Back the way you have come	Turn in path at start of spur up to next peak	678632	If you lose the path going East or start next leg in NNE direction
NNE	1300m	120m ↑	35 mins	Follow path up spur to top of hill with steep slopes on both sides	Back the way you have come	Top of hill (Carnedd Llewelyn)	684644	If you start going downhill in any direction
SSE becoming ESE then SSE again	1300m	210m ↓	20 mins	Follow path down spur with cliff on LHS and slope on RHS to slight rise in path	Continue on planned route	Slight rise in path	692636	If the path goes steeply downhill
SE	350m	100m ↓	10 mins	Follow path down steep slope with one very small scrambling section to top of level ridge with steep slopes on either side	Continue on planned route	Path crossroads	694634	If you have gone 2/3 of the way along top of level ridge or start climbing again
South becoming SSW	3300m	460m ↓	50 mins	Drop down to path on RHS which zig-zags down side of steep slope. Path levels out then joins a tarmac track which takes you back to the A5	Continue on planned route	A5 near Gwern Gof Isaf farm	688603	Don't cross the road and go up the other hill!
West	2000m	20m ↑	35 mins	Walk along road back to start point	Continue on planned route	Where you started	668605	If you go past where you started

Post-walk notes	
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### Ready reckoner

Speed	3km/h	4km/h	5km/h
100m	2 mins	1 ½ mins	72 secs
250m	5 mins	3 ¾ mins	3 mins
500m	10 mins	7 ½ mins	6 mins
1km	20 mins	15 mins	12 mins

Add 1 minute for each contour line climbed  
Add 1 minute for each 3 contour lines of steep descent

Don't forget time for breaks

### The Country Code

- When walking in the countryside, please remember:
- Enjoy the countryside and respect its life and work
  - Guard against all risk of fire
  - Fasten all gates
  - Keep your dogs under close control
  - Keep to public paths across farmland
  - Use gates and stiles to cross fences, hedges and walls
  - Leave livestock, crops and machinery alone
  - Take your litter home
  - Help to keep all water clean
  - Protect wildlife, plants and trees
  - Take special care on country roads
  - Make no unnecessary noise

### Clothing:

- walking boots
- thick, warm, socks
- non-cotton trousers
- non-cotton base layer
- several non-cotton warm layers
- waterproof jacket
- hat
- gloves

### Each walker to carry a small rucksack, containing:

- water (1 ltr winter, 2 ltr summer)
- food
- spare warm clothes
- emergency food
- waterproof over-trousers
- whistle
- survival bag
- mobile phone

### Additional leader equipment:

- map
- compass
- group shelter
- basic first aid-kit
- torch
- rope
- route card
- emergency card
- permanent ohp pen
- emergency food for group
- emergency hat, gloves and fleece for group

The leader does not need to carry all of the items above themselves - they can be shared out amongst the group, particularly if they are warned in advance to leave some space in their bags.

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