

Name of route	Y Garn and Devil's Kitchen			Map	OL17
Duration	3hr 15m + breaks	Distance	6.9 Km	Ascent	640m
General notes	An easy walk with some steep climbing on paths giving good views from the top.				
Weather				Dark at:	

Start point parking, public transport, meeting point	Park in one of the car parks near Idwal Cottage YH or on the road. Look for the toilet block beside the road.	Starting GR	649604
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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
SE then SW	800m	60m ↑	20 mins	Take the main path to the left of the toilet block and follow it to the lake.	Back the way you have come	Stepping stones at Llyn Idwal	647598	If you are walking alongside the lake
West	1200m	290m ↑	50 mins	Turn right and follow the path round the lake – after 100m track up to the right and find the path up the ridge. Follow the path steeply up the ridge.	Back the way you have come	Less steep area level with Llyn Clyd	637600	If you are looking down at Llyn Clyd
West	800m	290m ↑	45 mins	Continue on path up ridge to top. At the top of the ridge turn left and go to summit.	Back the way you have come	Y Garn summit	631596	If you are going downhill
SSW	1300m	240m ↓	20 mins	Follow path down towards small lake with cliff on LHS initially	Continue on planned route	Llyn y cwn	636585	If you are going up again
East then NE	2000m	340m ↓	40 mins	Follow path down through V becoming steps down side of valley.	Continue on planned route	Stepping stones at Llyn Idwal	647598	If you have gone past the lake
NE then NW	800m	60m ↓	20 mins	Follow path back to start point.	Continue on planned route	Toilet block at Idwal Cottage	649604	If you reach the road.

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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