

Name of route	Carnedd Llewelyn to Foel-fras			Map	OL 17
Duration	7 hours + breaks	Distance	19.1 km	Ascent	1,120m
General notes	This is a long walk but can be stopped at any point as it is a 'there-and-back' walk. It takes in four of Snowdonia's 3,000ft peaks with Carnedd Llewelyn being the tallest (and usually with the most spectacular views). Poor weather would make this a very draining walk.				
Weather				Dark at:	

Start point parking, public transport, meeting point	Pay £1(ish) to park at Gwern Gof Isaf campsite. Cross road (A5), turn right and the tarmac track shortly on your left is the start of the walk.	Starting GR	688603
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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
NNW becoming North	3300m	460m ↑	100 mins	Follow the track up the hill. After 2Km the main path turns sharp left – take the smaller path N with valley side rising to LHS. Path then zig-zags steeply up hill.	Back the way you have come	Ridge at top of saddle	694634	If you have passed the ridge.
NW	350m	100m ↑	15 mins	Turn left up path (short scramble)	Back the way you have come	Top of hill	692636	If you are walking on an easy path
NNW becoming WNW	1300m	210m ↑	45 mins	Follow easy path up to top of hill with cliff on RHS, slope on LHS	Back the way you have come	Top of hill (Carnedd Llewelyn)	684644	If you start going downhill in any direction
NNE	1600m	130m ↓ 40m ↑	30 mins	Follow path down into saddle and up the other side	Back the way you have come	Top of hill (Foel Grach)	688659	If you start going downhill in any direction
North	1200m	80m ↓ 30m ↑	20 mins	Follow path down into saddle and up the other side	Back the way you have come	Top of hill (Garnedd Uchaf)	686669	If you start going downhill in any direction
NE	1800m	30m ↓ 40m ↑	30 mins	Follow path down into saddle and up the other side	Continue on planned route	Top of hill (Foel-fras)	696681	If you start going downhill in any direction
SW	1800m	40m ↓ 30m ↑	30 mins	Follow path down into saddle and up the other side	Continue on planned route	Top of hill (Garnedd Uchaf)	686669	If you start going downhill in any direction
South	1200m	30m ↓ 80m ↑	30 mins	Follow path down into saddle and up the other side	Continue on planned route	Top of hill (Foel Grach)	688659	If you start going downhill in any direction
SSW	1600m	40m ↓ 130m ↑	40 mins	Follow path down into saddle and up the other side	Continue on planned route	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!

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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