

Walk over Wales

Itinerary

- As far as possible days are planned to start on level ground or only a slight incline for the first mile.
- In each case the finish point is the same as the start point of the next walking day.
- On many days it will be possible for people to walk for part of the day and be transported by the support car for the rest of the day.
- On high mountain days, we will have a lower level alternative in case of bad weather and for anyone not wanting to do the high level walk.

Date	Start	Start map ref	Miles	Finish	Approx ascent Metres	Grade	Terrain	Description/Comments	Special interest	Accommodati on that night (see details below)	Driver
Thurs 1 July	Gather people							Arrive the night before the start	Evening stroll?	Llandudno	HC
Fri 2 July	Tip of the Great Orme	757845	5	Conwy Castle	30	Easy	Lane, beach, road	Half day to allow late start for press. An easy day mainly down hill from the headland then flat. 2 mile section of beach/dunes. Ends in the town of Conwy.	Conwy Bay and estuary. Interesting old railway bridge.	Llandudno	HC
Sat 3 July	Conwy Castle	784775	7.5	Below Bwlch y Ddeufaen	360	Moderate	Lane, footpath, some open hillside.	Along quayside west out of town, then taking the North Wales Path over Conwy 'Mountain' and turning south west over northern out-lyers of the Carneddau range, below Tal y Fan mountain, finishing on a Roman Road.	Views of the mountains to come and out to Anglesey Island.	Trefriw	HC
Sun 4 July	Below Bwlch y Ddeufaen	732714	10	A5 road at Gwern gof Isaf	830	Hard	Some lane and track but mainly rough paths over open mountain	The first big mountain day – over the Carneddau range. It is quite committing as after the first quarter there are no easy opt-outs. However, the last third is downhill and the last 1.5 miles is on a very easy track.	One section of exposed narrow ridge and steep descent.	Trefriw	HC
Mon 5 July	REST DAY								Possible visits: Electric Mountain, Llanberis. Beddgelert. Welsh Highland Railway.	Ogwen	HC
Tues 6 July	A5 road at Gwern gof Isaf	688603	6	Pen-y-Pass	780	Hard	Level track to start, then paths on open mountain.	An easy start in the Ogwen Valley, then a gradual climb up over the Glydderau range. A short day but with a lot of assenmt.	Rock formations "Castle of the Winds" and the Cantilever.	Ogwen	HC

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Weds 7 July	Pen-y-Pass	647557	7.25	Nant Gwynant	693	Hard	Good paths, some exposure on steep section	Another short day but lots of ascent. Relatively gentle start up the Miners Track, over a causeway then very long steep slog to the summit. Down south ridge and Cwm Lan.	Snowdon (Yr Wyddfa in Welsh)- highest mountain in Wales (and England). Café (and a train station) on the top!	Ogwen	HC
Thurs 8 July	Nant Gwynant	627507	9	Maentwrog	783	Hard (option to miss a peak)	Paths followed by wild country	2 miles of lane, then paths, some undulations and open mountain, ending on good path for last 2 miles.	The Moelwyn Mountains – old slate quarries, works, tramways, etc. We pass a pumped-storage hydro-electric scheme.	Dolgellau	HC
Fri 9 July	Maentwrog	665405	8.5	Coed y Brennin	450	Moderate	Lanes, paths, small amount of open hillside	We climb out of the Ffestiniog valley, then skirt the reservoir of Llyn Trawsfynydd, then over some open hillside and through a wood.	We pass close to a long closed nuclear power station – the only one in a National Park! The reservoir feeds a hydro electric power station.	Dolgellau	HC
Sat 10 July	REST DAY									Dolgellau	AW
Sun 11 July	Coed y Brennin	685302	10	Sylfaen, near Barmouth	710	Hard	Tracks, paths and open hill	A long day with some steep climbing but then a wonderful long ridge walk with just some ups and downs.	We cross an old drovers road – cattle used to be driven over 100 miles to market. Excellent views from the ridge.	Dolgellau	PW
Mon 12 July	Sylfaen, near Barmouth	631185	5.5	Creggenen Lakes	240	Easy/Moderate	Lane, footbridge on railway viaduct, paths and lanes	Two miles down hill then over a mile on the flat before a steady climb.	We cross an amazing mile long railway viaduct across the estuary.	Dolgellau	PW
Tues 13 July	Creggenen Lakes	658144	7	Minffordd	834	Hard	All on the mountain on grass and stone paths. Some long slog sections.	An exciting mountain day again. Our biggest climb. We cross this mountain range and descend around a glacial lake.	Cadair Idris – the chair of the giant Idris. The say if you spend the night on the top of the mountain the next morning you will either be a poet or mad.	Dolgellau	PW
Weds 14 July	Minffordd	732116	6	Abergynolwyn	200	Easy	Mostly on lanes and mostly flat but with two uphill sections in a wood.	A much easier day after yesterday, along a valley and past a glacial ribbon lake, then a bit of forest and another lane to finish.	We might have time at the end of the day to take a ride on the narrow gauge railway.	Dolgellau	PW
Thurs 15 July	Abergynolwyn	677069	9.5	Machynlleth	630	Hard	Paths and tracks through forests, plus some open hillside. A mile of road to finish.	Quite a bit of climbing early on and a short scrambling section – but both can be avoided if necessary. Otherwise easy hill walking and paths	We arrive at Machynlleth, and small market town with its clock tower in the middle of the road.	Dolgellau	PW

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Fri 16 July	REST DAY								May be visit the Centre for Alternative Technology.	Machynlleth	PW
Sat 17 July	Machynlleth	745008	10	Road head at Nant-y-Moch reservoir	540	Hard	Some road then tracks and paths	A couple of miles of road out of town then we follow Glyndwr's Way, some ups and downs, some forest then open country, ending beside a reservoir.	We are in very remote country here. Nant-y-moch (stream of the pigs) is a hydro electric reservoir.	Machynlleth	PW
Sun 18 July	Road head at Nant-y-Moch reservoir	775880	7.5	Pont Rhygaled	435	Moderate	Track, open hillside, more track and paths	Over Pumlumon mountain and down into the Wye Valley	The source of the rivers Wye and Severn, which go off in different directions but meet again just as they reach the sea.	Cwm Clyd Isaf	PW
Mon 19 July	Pont Rhygaled	840828	5	Top of Cwm Ystwyth	370	Easy/Moderate	Half mile of main road, forest tracks and some open hillside	A short but remote day largely through forest, with a steep climb and descent again at the end. We might do a few miles of road at the end to reduce the length of the next day's walk.	We join the road where the Ystwyth and Elan valleys meet.	Cwm Clyd Isaf	SW
Tues 20 July	Top of Cwm Ystwyth	855759	10.5	Garreg Ddu dam	200	Easy	Road, hillside and then good paths	Not much ascent and easy paths (a lot on the old railway, so pretty well flat), spoilt a bit by having to do about 3.5 miles of mountain road at the start – but with very little traffic.	We pass the beautiful reservoirs of the Elan Valley, which supply water to Birmingham 70 miles away by gravity. Opened in 1904.	Cwm Clyd Isaf	SW
Weds 21 July	REST DAY								Could visit the Royal Welsh Show (agricultural show). 19-22 July	Cwm Clyd Isaf	SW
Thurs 22 July	Garreg Ddu dam	612640	9	Cwm Clyd Isaf	580	Moderate	Hard top path, then tracks and open hillside	The first mile is on a level path, the rougher paths and open hillside. Hard going in places.	We pass the Elan Valley Visitor Centre and might pop in. Old dam blown up as a practice by the "Dam Busters".	Cwm Clyd Isaf	SW
Fri 23 July	Cwm Clyd Isaf	980574	7.5	Builth Wells	60	Easy	Paths	Very little ascent, mainly gentle descent, through fields and a long section beside the River Wye. Finish through a park into Builth Wells	The River Wye – a famous salmon river	Cwm Clyd Isaf	SW
Sat 24 July	Builth Wells	042512	6.5	Upper Chapel road	430	Moderate	Lanes, paths and open hill	We leave town on lanes, views over the valley, then cross open country.	We will be doing a bit more of the Wye Valley Walk, which goes the length of the river Wye.	Cwm Clyd Isaf	SW
Sun 25 July	Upper Chapel road	021445	6	Lower Chapel	120	Easy	Some road but mostly paths	A mile of road then paths over open hill and fields, then a mile of road at the end		Cwm Clyd Isaf	SW

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Mon 26 July	REST DAY									Brecon	AW/RG
Tues 27 July	Lower Chapel	028359	7	Brecon, at Tourist Info Office	370	Moderate	Paths through countryside, some open hill, road.	Through farmland and over Battle Hill, more farmland then over Pen-y-Crug hill.	Remains of ancient fort at Pen-y-Crug. Brecon Cathedral.	Brecon	RG
Weds 28 July	Brecon	046286	10	Taf Fechan forest car park	736	Hard	Road and lane the paths on open hill	Amazing day over the mountains including Pen y Fan, highest peak in the Brecon Beacons.	Gap Road – ancient route over the mountains.	Brecon	RG
Thurs 29 July	Taf Fechan forest car park	043163	10	Merthyr	60	Easy	Lane, road, forest paths, old railway, road at end	A long day but easy terrain and mostly gently downhill. We leave the mountains through forest, past reservoirs and then follow an old railway line and a road into town.	Historic landscape – part of the early industrial revolution. We go over a huge viaduct.	Brecon	RG
Fri 30 July	REST DAY									Cardiff	RG
Sat 31 July	Merthyr	047063	12	Pontypridd	40	Easy	Small amount of road, rest on footpath along old railway	Now in a built up area with views of the hills on each side. We walk on the Taff Trail, mainly on a couple of old railway lines.	Lots of industrial history	Cardiff	RG
Sun 1 Aug	Pontypridd	074905	10.5	Llandaff Cathedral	120	Easy	Same again, then riverside path.	More of the Taff Trail, which in place becomes also the Lon Las Cymru Cycle Route. We leave the old railway for a while. Later riverside walk through park land.	Castell Coch (red castle in English). Llandaff Cathedral.	Cardiff	RG
Mon 2 Aug	Llandaff Cathedral	156782	4	Pierhead building Cardiff Bay 192745	10	Easy	Riverside path and road	Easy walk along river some path and some road to the edge of Cardiff Bay. Finish at a lunchtime reception.	Cardiff Castle is the other side of the river. Cardiff Bay. Senedd. Pierhead Building.	NA	RG
32 days (26 walking, 6 rest days)			206.75								