

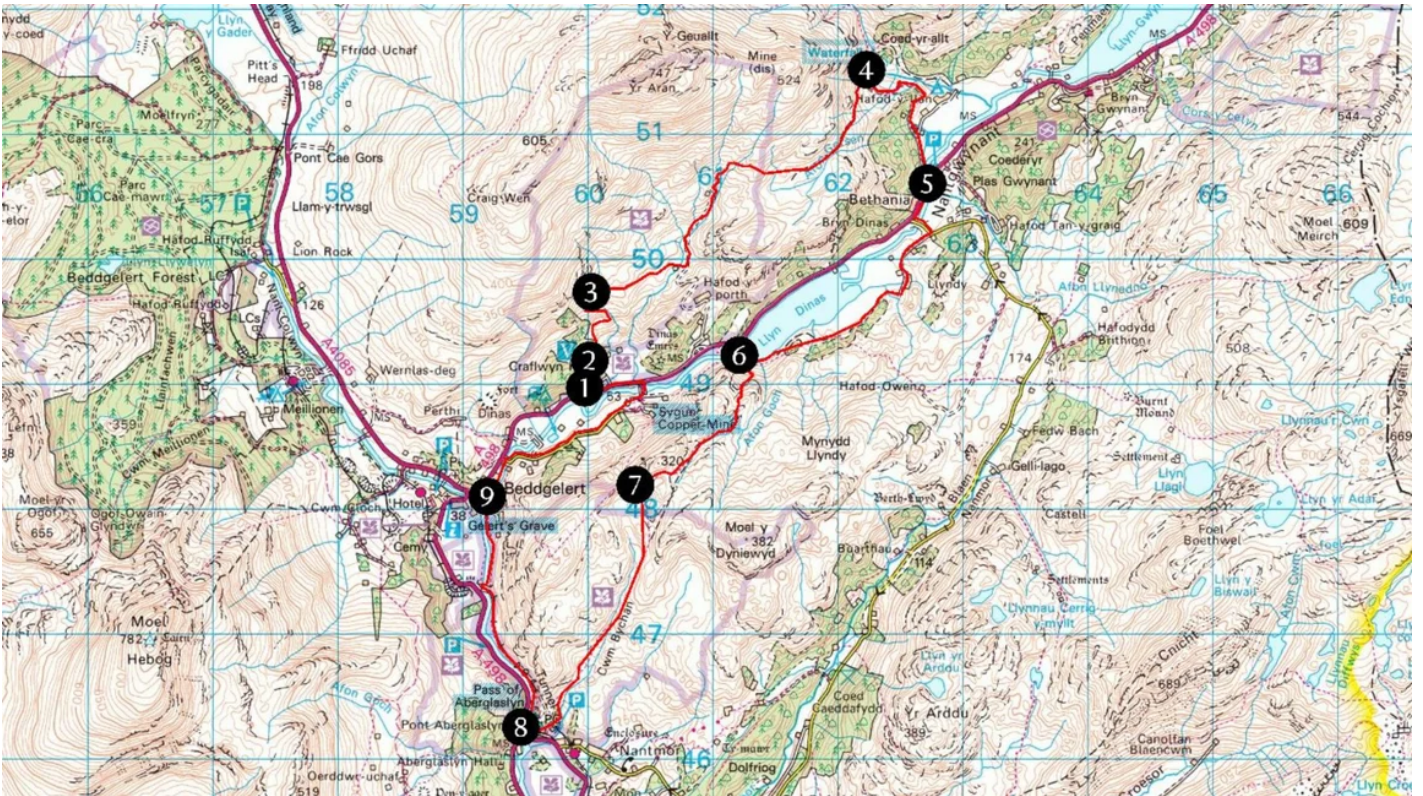
WALES

Craflwyn Ranger Run

This trail run starts and finishes at Craflwyn, but allows you to explore much of the wider Nant Gwynant valley, the village of Beddgelert as well as the lower slope of Wales's highest peak, Yr Wyddfa (Snowdon) and Mynydd Sygun, where you can see old copper mines.

ⓘ Challenging run

This route is designed for experienced fell runners. Only parts of this route is waymarked. Please ensure you have a map and compass with you, check the weather before setting off and be fully prepared for a day out in the mountains.



Information

Address: National Trust Craflwyn car park, LL55 4NG / Grid reference SH599489

OS map: Explorer OL17

Activity: Running

Challenging: A challenging run for experienced fell runners. For further details, please see Terrain section.

Not suitable for dogs

Full trail: Miles: 10.5 (km: 16.8)

Access: Challenging

Duration: 2 hours 30 mins - 4 hours

Terrain

The route takes in a variety of challenging terrain, including steep, rocky, uneven paths with loose stone, rocky steps and wet, muddy paths and stiles.

Total steps: 9

Start point: National Trust Craflwyn car park, LL55 4NG. Grid reference SH599489

1. From the car park at Craflwyn take the footpath leading up through the woodland. At the fork in the path, follow the black arrow waymark to the right. Continue past the dragon bench and then up some steps with a small waterfall to your left.
2. At the top of the steps follow the path to the right, through some birch trees and into a clearing. Continue ahead following the black arrows and ignoring two paths that lead to the right. Stop off to admire the view from the Giant's Chair on your right, before continuing to the left and climbing up some steps (ignore the stile on your right). Follow the path as it weaves up, cross a small stile over a fence and head up towards the ffridd.
3. Head east towards Bylchau Terfyn. Cross a stile at the wall and continue following the black waymarks. When you reach the bridge near an old ruin, turn left onto a track and continue upwards. Turn left again at the next ruin. Continue on the path until you reach another stile over a wall. Follow the waymarks down towards the Watkin Path. On a clear day you'll be able to see Llyn Gwynant and Moel Siabod in the distance.
4. When you reach a track (the Watkin Path), turn right and descend the slope of Snowdon. Please note that the black waymarks end here.
5. At the bottom of the track, turn right onto a lane and then right again at the main road. After passing Caffi Gwynant take the next left turning, crossing the river Glaslyn. Followed by the first right, signposted Llyndy Isaf Farm. Follow the track past the farm and run alongside Llyn Dinas – you will pass through several gates on the way.

6. At the end of the lake, turn left up a stone-pitched footpath that zig-zags up the hill. At the top continue for half a mile (ignore the first path on the right). At the fork, bear right.
7. From Bwlch y Sygun take the left path (heading south) then bear right, down Cwm Bychan. At the bottom continue past the car park and through the woods until you come to the river.
8. Turn right at the river and follow the Glaslyn upstream. Take care on the uneven, rocky terrain and when crossing the railway. Continue straight at the rail crossing. Pass a footbridge on your left and follow the river upstream, before crossing a street and going through a gate. After passing through Aberglaslyn Gorge, follow the path along the river with the lower slopes of Mynydd Sygun on your right.
9. At the next gate, turn right onto a narrow lane and follow this to Sygun Copper Mine. Here, turn left onto the busy main road and left again until you reach Craflwyn car park on the right.

End point: National Trust Craflwyn car park, LL55 4NG. Grid reference SH599489
