



CADAIR IDRIS - MINFFORDD PATH

OVERVIEW

The Minffordd Path is the most dramatic and physically demanding route up Cadair Idris. It climbs steeply beside waterfalls before reaching the stunning corrie lake of Llyn Cau. From there, the route ascends sharply to the rim of the cwm before traversing to the summit of Penygadair. Although relatively short in distance, this is a sustained and demanding mountain day.

KEY STATS



893m
SUMMIT HEIGHT



OL 23
OS MAP NUMBER



9.5km
DISTANCE



920m
HEIGHT GAIN



5-6 hours
DURATION



CHECKPOINTS (OS GRID REF)

| CP | GRID REF | HEIGHT | LOCATION |
|-----|------------|--------|--------------------|
| CP1 | SH 732 115 | 100m | Minffordd Start |
| CP2 | SH 728 115 | 150m | Waterfall Steps |
| CP3 | SH 717 124 | 550m | Llyn Cau |
| CP4 | SH 708 125 | 750m | Cwm Rim |
| CP5 | SH 711 130 | 893m | Summit Penygadair |
| CP6 | SH 709 120 | 750m | Pony Path Junction |

ROUTE DESCRIPTION

From Minffordd Car Park, cross the road and begin the steep stone steps climbing through woodland beside waterfalls. The initial section gains height quickly and sets the tone for the day. After approximately 2 km (1.2 miles), the path reaches the dramatic Llyn Cau. This is a key regroup and assessment point before committing to the upper mountain. From the lake, the route climbs steeply again via rocky zigzags toward the cwm rim. This section is sustained and requires steady pacing. Once on the ridge, follow the clear path north-east across undulating rocky ground toward the summit of Penygadair at 893m, marked by a large stone shelter. Descent typically continues along the ridge before looping down via the Pony Path, returning gradually to Minffordd.

WEATHER RISKS

- Rapid Cloud Build-Up
- Strong Summit Winds
- Wind Chill on Ridge

HAZARDS + CONDITIONS

- Sustained Steep Ascent
- Slippery Stone Steps
- Rocky Ridge Sections
- Fatigue-related Slips on Descent
- Ice in Winter

