

- **Public Footpaths** - right of way is on foot only
- **Bridleways** - are open to walkers, horse riders and cyclists (cyclists must give way to pedestrians and horse riders). On Snowdon, a Voluntary Agreement on cycling restricts cycling at busy times during the summer season.

• **Permissive Paths** - are negotiated with landowners and may be subject to special conditions. By keeping to Rights of Way, you will minimise disturbance to farmers and their livestock, wild animals, birds and plants.

Open Land - normally, the public has no automatic right of access on to farm or mountain land, without the permission of the landowner. Exceptions to this rule in Snowdonia are Access Areas, where the National Park Authority makes an annual payment to landowners in return for allowing public access. You can obtain information about these arrangements from the National Park

Warden Service and from Snowdonia National Park Information Centres. To Camp anywhere in the National Park, you must have the landowner's or farmer's permission. Unfenced hill land is no exception.

A list of camp sites licensed by the Local Authority is available from the National Park Authority.

Organised Events and Competitions - should not be arranged without the permission of landowners, and without consulting the National Park Authority, which has published a set of guide lines.

Dogs - often cause injury to farm animals - particularly sheep - in Snowdonia; causing terrible suffering to the animals, and financial loss to the farmers involved. Please remember that even a normally well-behaved dog can cause death and suffering, without necessarily attacking livestock. Sheep are highly susceptible to disturbance, especially when they are heavily pregnant or have just given birth, and can die as a result of having been chased even a short distance. New born lambs need time to find their feet, bond with their mothers and suckle. If they are disturbed they can die. Please keep your dog under close control, preferably on a lead, near sheep.

You have a legal duty to keep your dog under close control.

You are strongly advised to avoid cattle, particularly with young calves at foot, when you are accompanied by dogs. Attacks on both dogs and their owners can occur when cattle feel threatened or even merely curious.



Country Code

Enjoy the countryside and respect it.

- *Guard against all risk of fire*
- *Keep to public footpaths across farmland*
- *Keep your dog under close control*
- *Leave all gates as you find them*
- *Use gates and stiles to cross fences hedges and walls*
- *Leave livestock, crops and machinery alone*
- *Take your litter home with you*
- *Help to keep all water clean*
- *Protect wildlife, plants and trees*
- *Take special care on country roads*
- *Make no unnecessary noise*

DIRECTIONS

At about 3 miles, this is probably the shortest footpath up Cader Idris; although it involves the greatest ascent (2,850ft, 869m).

No one is certain where the name Cader Idris (Idris' chair) originates. Some maintain that Idris was a national hero, killed in battle against the Saxons round about 630 A.D. Some insist that he was a giant, and yet others link Idris with the legend of Arthur. When you are walking in the mountains, it is essential that you wear boots or strong shoes with a good tread pattern, and that you take with you adequate protective clothing, a spare sweater, map, compass, whistle, torch, spare food and a first aid kit. Make sure you know the weather forecast before you leave (Tel: 09068 500449 60p/min) and remember, coming down can be more difficult than going up. If you are tired, or think the weather might change for the worse, turn back in good time.

Do not carry on regardless.

Section One

The Path starts from the Dôl Idris car park just after the junction of the A487 and the B4405 Dolgellau to Tywyn road. Go through the kissing gate at the far end of the car park and follow the track until you can turn right through a gate into a fine example of a 'relic' (8,000 years old) oak wood, now a National Nature Reserve. Follow the footpath steeply up through the woods crossing a small stream until you reach a dry stone wall and gate (please close) marking the end of the wood.

Section Two

The path winds steeply up to Cwm Cau passing some ruins on the left with the river and slopes of Mynydd Moel to the right. As the cliffs of Craig Cau come into view the path becomes difficult to follow. Bear left around the marshy hollow immediately in front of you, making sure that on your return you follow the same route and not the right-hand fork, as this will lead to steep dangerous ground. Past the hollow you will notice some large 'erratic' boulders, deposited by the last Ice Age.

Section Three

When you reach a large cairn take the left hand fork following the path steeply until you reach a small level area with good views of Llyn Cau down to the right. Cwm Cau is a classic example of a 'corrie' or 'cirque' the result of both volcanic and later glacier activities, resulting in spectacular scenery and ideal habitat for alpine plants, here at the southern most limit. A short climb will lead you to fine views of Talyllyn lake in the distance with the Tarren hills in the distance. Well-marked by cairns, the path winds steeply upwards, passing a band of white quartz in the rocks to your right.

A short detour to the left will give you superb views of Talyllyn Pass and the lake part of the 30 mile long Bala fault. 400 million years ago the south side of the pass moved 2 miles north-east. As you continue up the path it levels out as Cwm Amrach comes into view on your left. The long rounded ridge ahead is Mynydd Pencoed. The path up to Craig Cau is well marked and steep. Care must be taken here especially in winter.

Section Four

There are two routes down to Bwlch Cau from Craig Cau. One follows the edge of the cliff and the other veers away to the left. Beware of snow cornices in winter. The final section of the path is steep, slippery and suffering badly from erosion. Please keep to the footpath to prevent the erosion from spreading. A short zigzag finally brings you to the summit cairn and shelter, maintained by the Park Authority. On your return journey, 50m from the summit, make sure you take the path that veers to the left. The right hand fork takes you down the Pony path.

Remember

Walking in the mountains can be very dangerous. Also this land is privately owned, dogs must be kept on a lead at all times.