

First walk 15/10/1978 as reported In 'Strider' Dec: 1979.

**The Snowdonia Panoramic Walk  
over the roof of WALES  
with ED DALTON 639**

A FITTING TITLE I BELIEVE TO DESCRIBE A MOST Beautiful. INTERESTING AND CERTAINLY VERY STRENUOUS WALK WHICH I DEvised TO SATISFY (OR TORTURE) MY INSTINCT FOR CHALLENGES.

After only residing for a short while in Anglesey I was looking for fresh ideas to keep myself fit and active. Having always been a very athletic person. Looking at the mountain scene from Aber towards Snowdon and the NANTLLE RIDGE gave me the idea for a really great walk. What about a walk from one end of Snowdonia to the other in one day?? The walk envisaged would be approximately thirty miles ~ after checking my map with the map wheel and would involve again approximately 12.000 feet of ascent!! Phew!!

Needless to say I couldn't wait to have a go but the wet summer stopped my first two attempts when I had all the gear ready and even rose at 5.0 a.m. to check the weather. Finally, at the third attempt I rose at 4.0 a.m. instead of 5.0 am. due to the alarm clock going haywire (curses) and set off far Aber after a hasty breakfast. On reaching ABER, the weather was very still and a clear day had just dawned at 6.50 a.m. A quick farewell to my co-driver and last minute instructions for the pick-up at CAERNARVON (hopefully twelve hours later!]) and I was off on the dot at 7.0 a.m.

Within a few minutes of leaving the car I was out of sight round the shoulder of FOEL GANOL and walking steadily along the well-marked track towards FOEL FRAS which at 942m (3062') and 3.1 miles distant was the first objective on my marathon walk. A pair of hawks were spotted circling on high just prior to reaching the LLYN ANAFON Reservoir and then came the slag up the shoulder of FOEL FRAS to reach the summit at 8.30 a.m. So far so good - sky now clear sun shining brightly If not too warmly. Once on the ridge path the going was easy and CARNEDD UCHAF. A rocky promontory was quickly passed on the way to the top at FOEL GRACH 974m (3166') and at 9.0 a.m. I had my first panoramic view of the day CARNEDD LLYWELYN and YR ELEN showing plainly on the sky-line ahead. Anglesey to the right with mist in the valleys before the MENAI STRAITS and Holyhead Mountain poking up from a sea/sky merging horizon. Behind me, past ABER and CONWAY, was the Gt Orme of Llandudno and the wide sweep of COLWYN Bay Fantastic!!! No time to dwell too long on the view though my hardest stint on this section still in front CARNEDD LLYWELYN. Off we go again!!

Whilst climbing the side of CARNEDD LLYWELYN and thinking I might be the first on the summit I espied a figure coming down the path. My first fellow-traveler of the day (I wonder who he/she might be? etc. etc Moments later I knew the answers to some of my questions and details I hadn't even guessed about my early morning wanderer. Very pleasant "good mornings" exchanged and we were both nattering as though we'd known each other for a very long time. Affinity with the outdoors eh? He had started from PEN-YR-OLEWEN at 7.00 a.m. and was aiming for TAL-Y-FAN. Marvelous views remarked upon - MOEL SIABOD in the near distance to the left and CADAIR IDRIS on the horizon with the coastal views virtually as seen from FOEL GRACH. Two minutes after meeting we were both off on our separate routes and I had a quick push to reach the cairn of rocks at the top as 9.30 a.m. showed on my watch. Cold wind blowing so I donned a sweater and sat behind the wall of stones for my first break consisting of coffee, biscuits, nuts and raisins. All too soon I was on my way down the steep slope towards the ridge behind CARNEDD DAFYDD and jogging along the narrow track between the boulder strewn slope I headed for the Cwm (valley) leading to LLYN OGWEN, which I reached at 10.50 a.m.

Feeling invigorated by my rapid passage down the narrow valley along-side the stream (in which I had a quick splash to freshen up) I knew I had to "push it" up CWM TRYFAN to reach the head of the valley behind the GLYDERS - no resting on the A5 roadside at the LLYN OGWEN lake, (I might never get going again). Pressing on I reached the watershed on the top of the valley and crossed the boggy stretch leading to a very wide but heavily boulder strewn path which would lead me almost to the Youth Hostel at LLANBERIS PASS. Down the stony track and on to reach the saturated grassy knoll behind the Y.H. and in the car park on top of the pass at 12.55 p.m. superb views of CRIB GOCH and the twisting pass road in both directions.

Decided I was definitely famished so rested for half an hour with a couple of cartons of tea from the cafe and a piece of apple pie which tasted terrific!!! Sun very warm and my muscles okay so far - couple of salt tablets consumed to help offset any possible cramp. Lots of people about enjoying the lovely day. Well, here I go again I repeated to myself for what seemed like the umpteenth time and at 1.25 p.m. I started up the P.Y.G. track to SNOWDON (3560') which I reached at 3.00 p.m. "dead" after a short sharp sprint up the Zig Zags. Numerous "hellos" and "lovely days" to all sorts of folk wandering up and down the track - just like being on Blackpool promenade!!! Main meal of the day outside the summit cafe after climbing onto the trig. point for more panoramic views. Boy did I tuck in!

Just 15 minutes later and I shot off on the good track towards RHYD DDU jogging where this was possible • because I knew that time was getting short and I didn't want to be caught on the hills in the dark. After one or two hair-raising short detours from the main ridge track I arrived at RHYD DOU at 4. p.m. (yes only  $\frac{3}{4}$  hour - just you try it if you're mad or desperate enough!).

Now I was getting a little tired after the exhilaration of the quick jog from Snowdon summit but I knew I had to plod. plod. plod up the grassy side of Y GARN 634m (206' ) to reach the ridge path where the going would be much easier. 5.0 p.m. saw me on top just as a small family group was coming off the ridge. I forced myself to rest for 15 minutes before continuing and I drank the last of my hot coffee and had a few nuts and raisins. This was a most apprehensive period of the day and I checked the sky carefully for any change in the clear sunny weather. Sun shining brightly, although nearing the horizon for sunset.

Now it was a bit of a rush with jogging when practicable but I was determined to finish my marathon. Peaks came and went ..... MYNYDO DRW5·Y-COED. TRUM·YDOYSGL (a group of walkers at this point helped to relax my mind and I seemed to get into my stride again after the slog up Y-GARN) MYNYDO TAL-Y-MIGNEOO and then the high part of the ridge CRAIG CWM SILYN 734m (2386'). This was a never ending "trudge" up the steep path until finally just before the sun set at 6.30 pm. I reached the cairn of rocks and the trig. point on top. Another memorable vista all around. Two minutes breather - donning sweaters now - getting a cold wind. Racing as fast as I could go I traversed the rocky plateau towards GARNEOO GOCH for a 6.45 p.m. time check and then carefully down the rocky far side towards the narrow neck of the ridge connecting it to MYNYOO CRAIG GOCH. Gully cuts a groove into the ridge at the top and quickly down into this gully and up the other side and I was heading for my last peak. Yippee!! A gentle slope for a couple of hundred yards and I had done it before darkness fell at 7.15 p.m.

The short trip from MYNYOO CRAIG GOCH into CAERNARVON was accomplished in the dark along the A487 CAERNARVON to PORTHMAOOC road and thankfully my co-driver was at the pick-up point on my arrival.

**A GREAT DAY TO REMEMBER.**

## SNOWDONIA PANORAMIC WALK

### General Information

1. Whether you are a regular walker or just an occasional wanderer, to cover 30 miles on foot is a daunting prospect, and to some seemingly impossible, but with suitable preparation it is within the compass of any able-bodied person. Simple 'training' can be to undertake several walks of increasing distance to give the right mental attitude and also to harden the feet. Suitable clothing and footwear can be tested at the same time.
2. FEET. The main cause of retirement from distance events is foot trouble due to blistering or bruising. Footwear should be well broken-in beforehand, have a thick sole to prevent bruising and should not be too tight-fitting. Leather can be made more supple by applying Mars or Neatsfoot Oil. Walking shoes, training shoes, or boots are suitable.
3. THE WALK. Thirty miles over ridge paths of Snowdonia, including the summits of Carnedd Llywelyn (1062m) and Snowdon (1085m). The route starts at Aber car park and finishes on road near Pen y Groes. Walkers choose their own routes between checkpoints.
4. CLOTHING. This is a high-level walk, so hill clothes must be worn or carried, light water-proof or wind-proofs should be carried
5. MAPS. Ordnance Survey Caernarfon & Bangor Sheet 115 1:50,000 series covers the full route of the walk.
6. FOOD. Stock up with carbohydrates for breakfast before starting, and take some sweets, chocolates, etc with you for topping up. Eat little but often.