



# Cwm Penamnen (Long Route), Dolwyddelan

**MODERATE**



## Route Overview

- Distance: 9.5km (6 miles)
- Duration: 3 hours
- Route type: Circular

## Before you start

Read the safety and route grading information on the Snowdonia National Park Authority website before you start your journey.

[snowdonia.gov.wales](https://www.snowdonia.gov.wales)



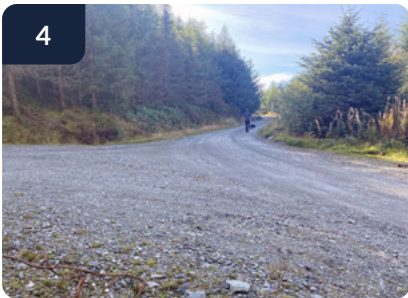
Walk out of the car park and turn left to cross the railway bridge.



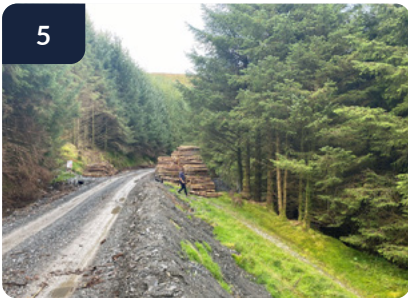
After crossing the bridge, follow the road to the left and turn right towards Cwm Penamnen, passing Glan Gors street. Follow the track up toward the trees.



When you reach a junction in the road, go straight ahead. As you ascend the track, you will pass Carreg Alltrem on the left, which is very popular with climbers.



Continue along the track until you reach a fork in the road, keep right and pause to enjoy the spectacular view of the Penamnen Valley. To the right, you will see the summits of Moel Siabod, Pen yr Helgi Du, Pen Llithrig y Wrach a Charnedd y Cribau. The river path and the Roman road, Sarn Helen, are clearly visible in the valley below. Bear left at the fork, following the track up the valley.



When you see a waymarker on the left-hand side of the road, turn down the path to the right making a U-turn and start your journey along Sarn Helen. This area can be wet and boggy.



You will get to an opening in the canopy. Walk left and down the valley on the forest track.



At the crossroads, continue straight ahead and walk through the woods.



At the signpost, turn right and walk past a house called Tŷ'n y Cwm. Turn right onto the tarmac road, passing Pont Carreg Alltrem on your right. On the way back down to the village, you will pass Penamnen houses. The track leads you back to the train bridge. Go over the bridge and turn right back into the car park.