

THE CAMBRIAN WAY

Classic Wales mountain trek - south to north from Cardiff to Conwy

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This guidebook describes the Cambrian Way, which traverses Wales from south to north, following the high ridgelines of the Brecon Beacons, Cambrian Mountains and Snowdonia. Stretching nearly 480km (298 miles) from Cardiff to Conwy, and with over 22,000m of ascent, this is a demanding mountain route suitable for experienced hikers. Although waymarked, some sections call for navigational competence and cross remote terrain.

With easy access by rail or road, the Cambrian Way can be completed in around three weeks (or walked in shorter sections) and is presented in 21 stages of 9 to 37km. Although the route passes through a few larger towns such as Abergavenny, Llandoverly and Barmouth, much of the walking is through rural and mountainous areas. Accommodation options are clearly identified in the stage descriptions. A helpful trek planner illustrates the facilities along the route.

Clear route description and mapping guide you along the trail, which takes in many of the country's highest and most iconic mountains, including Sugar Loaf, Pen y Fan, Pumlumon, Cadair Idris, the Rhinogydd, Glyderau, Carneddau and Snowdon. The Cambrian Way presents a unique opportunity to hike the length of Wales's mountainous backbone.

Key marketing points

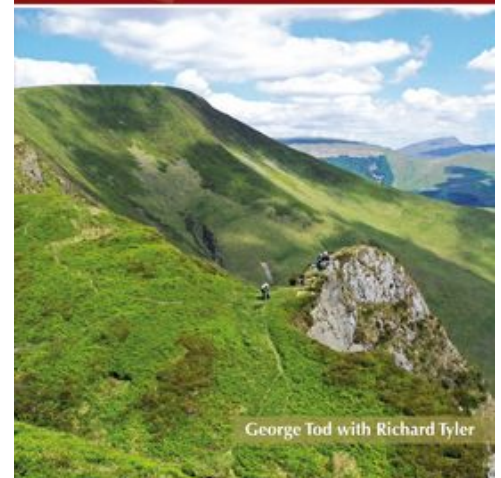
- Wales's most scenically beautiful and challenging long distance trail
- Coast to Coast from Cardiff to Conwy

About the author

Written in conjunction with the Cambrian Way Trust. George Tod is a semi-retired IT support engineer. In 2005, at the request of Tony Drake who brought the Cambrian Way to fruition, he set up the Cambrian Way website and has continually updated and revised both this and Tony Drake's original guidebook. Richard Tyler is a retired solicitor who has enjoyed a lifetime of walking in the Welsh mountains. He has considerable experience of long-distance hill and mountain walking in the UK, Alps and Himalaya. He is chair of the Cambrian Way Trust and footpath secretary for Ramblers Powys Area.

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