This is the easiest of the footpaths up Cader Idris, but at over five miles, it is the longest. The path approaches Cader Idris from the head of the Dysynni valley, and gently climbs up to join the Pony Path at the top of Rhiw Gwredydd.

Probably the most direct way for parishioners to get to Dolgellau, their local market town and seat of quarter sessions.

How to get there?
Follow the brown signs for Castell-y-Bere from the centre of Abergynolwyn, off the B4405. Pass the parking for Castell-y-Bere on your left and continue along the minor road until you reach the small hamlet of Llanfihangel y Pennant.
Follow the narrow road up the valley, passing Tŷ’n Y Fach farmhouse on your right after about a quarter of a mile. Cross the bridge over the Afon Cader and you will see, on your right, a ruined cottage containing a commemorative stone. This was the home of Mary Jones, who in 1800 walked bare-foot 25 miles over the mountains to Bala to buy a Welsh Bible from the Reverend Thomas Charles. Keeping Mary Jones’ cottage to your right, pass through the road gate (often left open) and along the metalled road which runs parallel with the river. Passing through another gate you will come to the old farmhouse of Gwastadfryn. On the far side of the yard is another gate. From here on the track is rougher, and begins to climb as yet another gate is reached. Passing through this gateway, you will see the slopes of Craig Ysgiog on your right, and shortly pass a larch wood planted on the steep slope beneath the track.

Please Remember
The path passes through privately owned farm land. Dogs must be kept under close control, preferably on a lead when in the vicinity of livestock, and kept on a short lead at all times between 1st March and 31st July to protect ground nesting birds.
As you pass through another gate above the larch plantation you will see the rounded hump of Mynydd Pencoed on your right. A little further on you will reach another gate close by a stone barn on your left.

The track you are walking on does not follow the line of the public footpath all the way, and at this point you must leave it for a while. Immediately after passing through the gate bear right as indicated by the yellow painted marker post. The path you must follow, bordered by a fence and a stream on the right, passes through a rocky area sparsely wooded with oak trees.

Cross the stream by a beautiful old stone footbridge and climb steeply up the path, which bends sharply to the right and presently comes to a gate and stile. Cross by the stile and zigzag upwards until you reach a stone wall.

Arriving at the stone wall, the path bears left and runs alongside it. Here there is an excellent view of Castell y Bere down in the valley behind you, and Pen y Gader (2,927ft./893m.), the summit of Cadair Idris, can be seen ahead. Follow the path, keeping the wall on your right. When you reach a conspicuous “standing stone” you will also catch sight of the track ahead of you once more. The standing stone is an important landmark for your return journey, as is the wooden marker post where the path re-joins the track.

The road now contours around the hill then drops a little. You come to a right hand turning, but keep straight ahead as indicated by the wooden marker post. Presently, crossing a stile, you enter the old farmyard of Hafoty Gwastadafryn.

Passing through the bleak terrain of frost-shattered rock, you are poised at the top of the cliffs overlooking Llyn y Gader. Follow the path to the right around the edge of the cliff, and take great care, especially in snow and ice conditions. Do not go too close to the edge, as cornices - overhanging masses of snow - can form here. Soon you will come to the peculiarly shaped rocks you saw on the skyline earlier. The path winds between them and you catch a glimpse of Llyn Gafr (Goat Lake) far below on your left. It is now only a few minutes scramble to the summit.

On your return, make sure at the beginning that you aim towards the right direction, especially when it’s foggy. Keep to the right when descending. In about 25m you will pass an old fire place which was part of the original cafe, and after about 25m further the path forks. Keep to the right here. The left hand path will take you down towards Bwlch Cau and the south side of the mountain. When descending, the pillow lavas should soon be on your left hand side.

Close to the summit cairn is a shelter which is maintained by the Snowdonia National Park Warden Service.