

CAMBRIAN WAY STAGE PLANNER (Updated 2016)

This update is taken from the 7th Edition of the Cambrian Way Guidebook and is based on calculations of the latest route using Ordnance Survey OS Maps online software. The ascent figures are considerably higher than previous calculations because they now include undulations between plotted points, thus giving more accurate figures. Distances have not been affected much from those of the previous Stage Planner Update of 3rd Feb 2012, though they are greater than those of the 6th Edition Guidebook, where they were calculated from measurements on paper maps.

Please note that the walk has not got any harder, it is just that the measurements are more accurate! This should be kept in mind when comparing it with other walks that may not have been calculated in the same way.

Naismith's formula of three miles per hour plus half an hour per thousand feet is reduced to about two and a half miles an hour plus three quarters of an hour per thousand feet for those carrying heavy packs. Slower walkers and leaders of parties would be wiser to work on under 2 miles per hour and over an hour per 1000ft.

Plan to finish well before sunset to allow for mistakes in navigation, fatigue and accidents, but as a precaution ensure that every member of a party has a torch that works, if only with which to read a map, whilst it is still possible to see one's way.

Distances in the chart below are derived from map measurements and are shown in miles, together with the feet of ascent, on lines in between the place name lines. The YHA and other variant columns show relevant distances and heights between dashes level with the places concerned.

The stages shown are not necessarily all suggested as daily sections and in some cases two or more sections may be covered in a day.

STAGE PLANNER - SOUTHERN SECTION

Main Route	Stage Miles	Feet of Ascent	Stage Points	Suggested Accommodation		
				Staging Points	Miles	Ascent
Cum Miles	Main Route	North bound	Main Route			
0.0			Cardiff Castle			
5.8	5.8	340	Tongwynlais			
14.6	8.8	1445	Machen			
17.8	3.2	1325	Risca			
25.8	8.0	1725	Pontypool	Abergavenny	10.5	3385
37.3	11.5	2040	Abergavenny	Llanthony	14.5	3490
50.6	13.3	3955	Capel-y-ffin	Pengenffordd	12.9	3470
66.8	16.2	3505	Crickhowell	Crickhowell	14.0	3220
87.3	20.5	6420	Storey Arms	Danywenallt YH	12.0	4910
95.3	8.0	2800	A4067 Bwlch Bryn-rhudd	Llwyn-y-celyn	15.7	5080
103.3	8.0	2670	Road 1m E of Talsarn	Llanddeusant YH		
107.5	4.2	685	Myddfai			
111.3	3.8	555	Llandovery			
111.3	27,465		Southern Section Sub-Totals			

STAGE PLANNER - CENTRAL SECTION

Main Route Cum Miles	Stage Miles Main Route	Feet of Ascent North bound	Stage Points Main Route	Suggested Accommodation Staging Points Miles Ascmt		
111.3	6.9	1065	Llandovery	Ty'n-y-cornel	10.5	1635
118.2	9.1	1925	Rhandirmwyn	Tregaron	5.7	1550
127.3	6.8	1580	Ty'n-y-cornel	Garn Gron	3.9	475
134.1	3.2	180	Garn Gron	Pontrhydfendigaid	1.1	65
137.3	9.3	2040	Strata Florida	Strata Florida		
146.6	5.1	995	Cwmystwyth	Diversion to Tregaron Miles		
151.7	6.9	2015	Devil's Bridge	Rhandirmwyn	9.1	19.6
158.6	12.6	3260	Dtffryn Castell	Ty'n-y-cornel	10.5	
171.2	9.3	1840	Dylife	Tregaron	5.7	18.2
180.5	13.4	3015	Commins Coch	Garn Gron	3.2	
193.9			Dinas Mawddwy	Strata Florida	9.3	
82.6 17,915			Central Section sub-total	Cymystwyth		

STAGE PLANNER - NORTHERN SECTION

Main Route Cum Miles	Stage Miles Main Route	Feet of Ascent North bound	Stage Points Main Route	Some Rhinog Options
193.9			Dinas Mawddwy	Barmouth by main route to Maentwrog 24 miles + 8785ft of ascent, parts very slow, (which is not on for 99% of walkers!)
202.7	8.8	3490	Bwlch Llyn Bach	
214.9	12.2	3230	Barmouth	Barmouth - Trawsfynydd by main route as far as Moelfryn, 21.9 miles, or the Eastern Alternative, 18.4 miles, easier going. Book meal, or self-cater at hostel.
225.6	10.7	4565	Bwlch Drws Ardudwy	
229.5	3.9	1590	Cwm Bychan	
238.9	9.4	2635	Cwm Bychan	Taxi assisted options - problematical phone box in Cwm Nantcol. More certain arrangement to walk southern section in southerly direction and taxi from Barmouth to Maes y Garnedd.
252.4	13.5	4325	Maentwrog	
262.9	10.5	4935	Beddgelert	
262.9	5.4	2570	Pen-y-Pass	
268.3	19.0	5305	Ogwen	
287.3			Conwy Castle	
93.4 32,645			Northern Section Sub-Totals	

290.9 78.025 GRAND TOTAL CAMBRIAN WAY

METRIC/IMPERIAL CONVERSION SLIDE RULE

