

## CAMBRIAN WAY

### STAGE PLANNER - SOUTHERN SECTION

Main Route Cum Miles	Stage Miles Main Route	Feet of Ascent North bound	Staging Points Main Route	Suggested Accommodation Staging Points	Miles	Ascent
0.0			Cardiff Castle			
	5.8	230				
5.8			Tongwynlais			
	8.8	1175				
14.6			Machen			
	3.0	1020				
17.6			Risca			
	8.2	1605				
25.8			Pontypool	Abergavenny		
	11.6	1845			10.6	2980
37.4			Abergavenny	Llanthony		
	13.3	3360			13.1	2455
50.7			Capel-y-ffin	Pengenffordd		
	16.2	2835			13.0	2535
66.9			Crickhowell	Crickhowell		
	20.5	5295			14.2	2295
87.4			Storey Arms	Danywenallt		
	8.2	1990			12.1	3925
95.6			A4067 Bwlch Bryn-rhudd	Llwyn-y-celyn		
	8.0	2105			17.3	5015
103.6			Llandeusant (road crossing near Talsarn)	Llandeusant (Youth Hostel)		
	4.2	505				
107.8			Myddfai			
	3.8	550				
111.6			Llandovery			
	<b>111.6</b>	<b>22515</b>	<b>Southern Section Sub-Totals</b>			

## CAMBRIAN WAY

### STAGE PLANNER - CENTRAL SECTION

Main Route Cum Miles	Stage Miles Main Route	Feet of Ascent North bound	Staging Points Main Route	Suggested Accommodation Staging Points	Miles	Ascent
111.6			Llandovery	Ty'n-y-cornel		
	6.9	995			10.7	1170
118.5			Rhandirmwyn	Tregaron		
	9.3	1595			6.1	1375
127.8			Ty'n-y-cornel	Garn Gron		
	6.9	1390			3.8	110
134.7			Garn Gron	Pontrhydfendigaid		
	3.4	115			1.2	55
138.1			Strata Florida	Strata Florida		
	9.5	1705				
147.6			Cwmystwyth	<b>Diversion to Tregaron</b>	Miles	Miles
	4.9	740				
152.5			Devil's Bridge	<b>Rhandirmwyn</b>		
	6.9	1660			9.3	
159.4			Dyffryn Castell	Ty'n-y-cornel		20.0
	12.6	2620			10.7	
172.0			Dylife	<b>Tregaron</b>		
	9.3	1510			6.1	
181.3			Commins Coch	Garn Gron		
	13.5	2565			3.4	19.0
194.8			Dinas Mawddwy	Strata Florida		
					9.5	
				<b>Cwmystwyth</b>		
	<b>83.2</b>	<b>14895</b>	<b>Central Section Sub-Totals</b>			

# CAMBRIAN WAY

## STAGE PLANNER - NORTHERN SECTION

Main Route Cum Miles	Stage Miles Main Route	Feet of Ascent North bound	Staging Points Main Route
194.8	9.0	3000	Dinas Mawddwy
203.8	12.3	3035	Bwlch Llyn Bach
216.1	10.7	4140	Barmouth
226.8	3.4	1440	Bwlch Drws Ardudwy
230.2	9.5	2555	Cwm Bychan
239.7	13.6	4170	Maentwrog
253.3	10.4	3800	Beddgelert
263.7	5.4	2515	Pen-y-Pass
269.1	19.0	5035	Ogwen
288.1			Conwy Castle
	<b>93.3</b>	<b>29690</b>	<b>Northern Section Sub-Totals</b>
	<b>288.1</b>	<b>67100</b>	<b>GRAND TOTAL CAMBRIAN WAY</b>

**Please Note**

Errors Corrected 03/02/2012

These figures are based on information obtained by plotting the route from the 6th Edition (2008) of the Cambrian Way Guidebook using the Ordnance Survey's Getamap Service.

Figures obtained from maps tend to underestimate true measurements. The steeper and more rugged the terrain, the greater the discrepancy.