

Summit	Section Miles	Cumulative miles	Section Ascent	Cumulative Ascent	Section Time	Actual Time
Betws Garmon	0	0	0	0	0	04:40
Mynydd Mawr	2.56	2.56	570	570	0:50	5:30
Rhyd Ddu	2.62	5.18	10	580	0:26	5:57
Y Garn	1.43	6.61	445	1025	0:34	6:31
Mynedd Drws y Coed	0.62	7.23	90	1115	0:11	6:42
Trum y Ddysgl	0.37	7.60	70	1185	0:07	6:50
Mynedd y Ddwyl Elor	0.97	8.57	10	1195	0:10	7:01
Y Gyrn	0.41	8.98	55	1250	0:08	7:09
Moel Lefn	1.23	10.21	300	1550	0:30	7:40
Moel yr Ogof	0.54	10.75	80	1630	0:10	7:50
Moel Hebog	1.01	11.76	245	1875	0:24	8:15
Bryn Banog	1.73	13.49	80	1955	0:26	8:42
Bwlchgwernog	3.27	16.76	70	2025	0:37	9:19
REST	0.00	16.76	0	2025	0:07	9:26
Cnicht	2.95	19.71	690	2715	1:00	10:27
Three Tops	1.75	21.46	90	2805	0:25	10:52
Llynau yr Cwn	0.34	21.80	20	2825	0:05	10:58
Ysgafell Wen	0.18	21.98	10	2835	0:02	11:01
Moel Meirch	1.26	23.24	60	2895	0:19	11:20
Cerrig Cochion	0.63	23.87	30	2925	0:11	11:32
Y Cribiau	2.31	26.18	235	3160	0:44	12:16
Clogwyn Bwlch y Maen	0.57	26.75	40	3200	0:09	12:25
Moel Siabod	1.76	28.51	340	3540	0:37	13:03
REST	0.00	28.51	0	3540	0:04	13:08
Capel Curig	3.20	31.71	20	3560	0:37	13:41
REST	0.00	31.71	0	3560	0:09	13:51
Pen Llithrig y Wrach	2.55	34.26	600	4160	1:03	14:54
REST	0.00	34.26	0	4160	0:32	15:26
Pen yr Helgi Du	1.49	35.75	220	4380	0:33	15:59
Carnedd Llewellyn	1.43	37.18	315	4695	0:37	16:37
Carnedd Dafydd	1.90	39.08	120	4815	0:32	17:09
Pen yr Ole Wen	1.01	40.09	45	4860	0:15	17:25
Glandena Cottage	1.61	41.70	0	4860	0:25	17:50
REST	0.00	41.70	0	4860	0:15	18:06
Tryfan	1.08	42.78	615	5475	0:51	18:58
Glyder Fach	1.16	43.94	275	5750	0:37	19:36
Glyder Fawr	1.04	44.98	90	5840	0:19	19:55
Y Garn	1.57	46.55	240	6080	0:35	20:30
Foel Goch	1.19	47.74	85	6165	0:21	20:52
Mynedd Perfedd	0.70	48.44	100	6265	0:15	21:08
Elidir Fawr	0.93	49.37	185	6450	0:22	21:30
Blaen y Nant	3.51	52.88	0	6450	0:54	22:25
REST	0.00	52.88	0	6450	0:18	22:43
Crib Goch	1.60	54.48	810	7260	1:12	23:56
Crib y Ddysgl	1.08	55.56	230	7490	0:42	0:38
Snowdon	0.67	56.23	85	7575	0:17	0:55
Moel Cynghorion	2.44	58.67	185	7760	0:59	1:54
Foel Goch	1.45	60.12	140	7900	0:36	2:31
Foel Gron	0.88	61.00	120	8020	0:24	2:56
Moel Eilio	0.65	61.65	130	8150	0:19	3:15
REST	0.00	61.65	0	8150	0:05	3:21
Betws Garmon	1.59	63.24	0	8150	0:45	4:00