



## NEW MEMBER AND A NEW MOUNTAIN (FOR THE WILD WALKERS!)

A 6.30 start and breakfast outside Welshpool meant we could start our ascent of Cadair Idris (chair of Idris ) by 10.30, looking forward to a “perfect” mountain day as promised by the Met office Mountain forecast for Snowdonia.

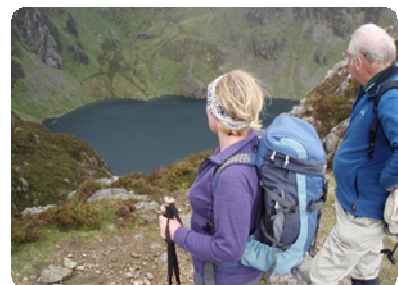
Dee and I were joined by new member Scott Osbourne, a gnarled mountain man who usually walks in the Lake District and who had never been up Cadair (the most popular peak in the national park after Snowdon). We set off steeply through the forest on the Minffordd Path which as it receives a lot of visitors is well maintained with rock and timber steps to minimize the erosion. Leaving the forest, with towering crags all-round capped in hill fog we approached the almost perfect glacial corrie that is Cwm Cau. So perfect is it that it is often quoted in textbooks as the example of the type.

We then climbed steeply up around the rocky rim to the first summit of Craig Cau, navigating, despite promises to the contrary by the Met Office, through a cloud base of around 700 metres although all the time with the very stiff wind kept threatening to disperse it. Thus the stunning views from this great curving ridge were in short supply although we had wonderful glimpses of Llyn Cau below which seemed even more impressive when it occasionally disappeared in the cloud. We then dropped down into Bwlch Cau before climbing steeply again to a very windy and cold Pen y Gadair (the highest point of the day 2929ft- 893 m) managing to have lunch in the

surprisingly clean shelter  
hut on the summit



With poor visibility we set off along a now mainly grassy ridge, again with disappointing loss of views, to the last summit of Mynydd Moel. From here we followed a fence line





down, sometimes uncomfortably steep, to reach the path we took in the morning through the forest. By this time of course the cloud base had lifted and we could see the complete round we had done, with the views now compensating for some loss of visibility earlier. Scott and Dee reckoned even with some unexpected low cloud at time that the whole day had been a really invigorating success. After a quick drink in a hostelry near Dinas Mawddwy we reached home about 8.30.

I think that Cader Idris and the nearby Arans are the limit for travelling for a day's trip. Both mountains offer a real good days walking without any limiting or serious problems and can be undertaken by anyone with a reasonable fitness level (Scott won't mind me saying he is 76!). .

Malc.

