

The Bala Challenge 32 summits - 80 miles - 18000'

Use in conjunction with OS maps 255 and OL23

Support Points	Main Summits	Optional Summits	Grid Reference	Height feet	Actual Time
START: Pont Rhyd-y-Fen			817 394		8-12 am
	1 Moel Llechwedd		829 372	2700+	8-47
	2 Arennig Fawr		826 369	2801	8-53
	3 Pen y Diocyn		826 366	2731	8-56
	4 Moel Llyfnant		808 351	2461	9-21
	5 Foel Boeth		778 344	2021	9-50
Bwlch Pen-y-Feidiog - road			784 332		10-00 -10-05
	6 Y Ddualt		810 273	2155	11-05
	7 Rhobell Fawr		786 256	2409	?
Rhydyrmain - road			800 212		12-25 -12-35
	8 Pen y Bryn-fforchog		816 183	2149	1-32
	9 Glasgwm		836 194	2557	1-59
		A Gwaen y Llwyni	857 204	2248	
		B Pen yr Allt-uchaf	870 195	2000+	
	10 Aran Fawddwy		862 223	2974	2-59
	11 Erw y Ddafad-Ddu		865 234	2838	3-07
		C Aran Benllyn	867 242	2901	
		D Pen-aran	868 246	2775	
	12 Foel Hafod-fyndd		877 226	2250+	3-24
	13 Foel Rhudd		895 238	2100+	3-55
	14 Llechwedd Du		893 223	2010	4-07
Bwlch y Groes - road			913 233		4-26 - 4-40
	15 Moel y Cerrig-duon		923 241	2049	4-56
	16 Foel y Geifr		937 375	2055	5-48
		E Foel Goch	944 292	2000+	
Road & Track junction			946 274		5-57 - 6-03
	17 Pen y Cerriog-duon		952 281	2000+	6-15
	18 Pen y Boncyn		957 280	2150+	6-23
	19 Stac Rhos		968 276	2100+	6-35
	20 Cefn Gwyntog		976 277	2000+	6-44
	21 Cymniau Nod		988 278	2185	6-59
	22 Y Groes Fagl		988 289	2162	7-11
	23 Trum y Sarn		995 313	2127	7-44
Road			017 305		8-07 - 8-22
		F Bryn-gwyn	042 295	2025+	
		G Post Gwyn	048 293	2150+	
	24 Moel Sych		066 318	2713	9-28
	25 Cadair Berwyn		072 327	2712	9-42
		H Moel Poethion	082 306	2239	
		I Godor	094 307	2226	
		J Rhos	124 323	2030	
		K Mynydd Tarw	112 324	2230	
		L Foel Wen	099 333	2265	
		M Tomle	085 335	2431	
	26 Cadair Bronwen		077 346	2572	10-04
	27 Pen-y-bryn		086 352	2250+	?
	28 Y Foel		089 368	2028	10-37
		N Moel Fferna	116 397	2071	
Cynwyd - road			056 412		11-43 - 11-58
	29 Foel Goch		953 422	2004	2-34
Nantycyrtiau - road			910 430		3-41 - 3-58
	30 Gylchedd		871 445	2195	5-33
	31 Carnedd Llechwedd		857 446	2109	5-50
	32 Arennig Fach		820 415	2259	7-20
Finish: Pont Rhyd-y-Fen			817 394		7-50

Running	22-01
Resting	1-37
Overall	23-38

Note : All summit heights and grid references are taken from George Bridge's - Mountains of England and Wales