

The Dragon's Tongue 5 summits - 55 miles - 14500'

21- 22 August 2009

Use in conjunction with OS Explorer maps 255 and OL23

Start and Finish	Welsh Corbetts	2500' Nuttall's (optional)	Grid Reference	Height feet	Actual Time
<i>Pistyll Rhaedr Car Park</i>			074 295		6-40 am
		Cadair Bronwen	077 346	2575	8-20
		Cadair Berwyn	072 327	2713	8-33
1	Cadair Berwyn New Top		072 324	2723	8-44
		Moel Sych	066 318	2713	8-58
2	Arenig Fawr		827 370	2802	14-34
		Arenig Fawr (south top)	827 366	2743	14-46
		Aran Benllyn	867 243	2904	18-38
		Erw y Ddafad-ddu	865 234	2861	18-52
3	Aran Fawddy		863 224	2969	19-14
4	Glaswyn		837 195	2559	20-17
		Mynnd Moel	728 137	2831	1-39 am
5	Cadair Idris		711 130	2930	2-09
		Cyfrwy	704 134	2661	2-34
		Craig Cwm Amarch	711 121	2595	-
<i>Pony Path Car Park</i>			698 153		3-39 am
				Overall Time	20-59