

List of summits over 2,000 feet on Traverse of Wales route

No	Summit	Grid Ref	Height	Notes
1	Garnedd Uchaf	SH687669	3038ft (926m)	
2	Foel Grach	SH689659	3202ft (976m)	
3	Carnedd Llewelyn	SH684644	3491ft (1064m)	
4	Carnedd Dafydd	SH663631	3425ft (1044m)	
5	Pen yr Ole Wen	SH656619	3209ft (978m)	
6	Tryfan	SH664594	3002ft (915m)	note 1
7	Glyder Fach	SH656583	3261ft (994m)	
8	Castell y Gwynt	SH654581	3189ft (972m)	
9	Glyder Fawr	SH642579	3284ft (1001m)	
10	Crib Goch	SH624552	3028ft (923m)	note 2
11	Crib y Ddysgl / Garnedd Ugain	SH611552	3494ft (1065m)	note 2
12	Snowdon / Yr Wyddfa	SH609544	3560ft (1085m)	
13	Cnicht	SH645466	2260ft (689m)	
14	Cnicht North Top	SH648468	2251ft (686m)	
15	Moelwyn Mawr North Ridge Top	SH661453	2119ft (646m)	
16	Moelwyn Mawr	SH658449	2526ft (770m)	
17	Craigysgafn	SH660443	2260ft (689m)	
18	Foel Penolau	SH661348	2014ft (614m)	
19	Moel Ysgyfarnogod	SH658346	2044ft (623m)	
20	Rhinog Fawr	SH657290	2363ft (720m)	
21	Rhinog Fach	SH665270	2336ft (712m)	
22	Y Llethr	SH661258	2480ft (756m)	
23	Crib-y-rhiw	SH663249	2198ft (670m)	
24	Diffwys	SH661234	2461ft (750m)	
25	Diffwys West Top	SH648229	2106ft (642m)	
26	Tyrrau Mawr	SH677135	2169ft (661m)	
27	Cadair Idris	SH711130	2930ft (893m)	
28	Mynydd Moel	SH727137	2831ft (863m)	
29	Gau Graig	SH744141	2241ft (683m)	
30	Waun-oer	SH786148	2198ft (670m)	
31	Cribin Fawr	SH795153	2162ft (659m)	
32	Maesglase	SH817150	2218ft (676m)	
33	Pen Pumlumon Arwystli	SN815877	2431ft (741m)	

34	Pen Pumlumon Llygad-bychan	SN799871	2385ft (727m)	
35	Pumlumon Fawr	SN790870	2467ft (752m)	
36	Fan Brycheiniog	SN825218	2631ft (802m)	
37	Fan Gyhirych	SN881191	2379ft (725m)	
38	Corn Du	SO007213	2864ft (873m)	
39	Pen y Fan	SO012216	2907ft (886m)	
40	Cribyn	SO024213	2608ft (795m)	
41	Pen Cerrig-calch	SO217223	2300ft (701m)	
42	Pen Allt-mawr	SO207243	2359ft (719m)	
43	Pen Twyn Glas	SO213257	2119ft (646m)	
44	Mynydd Llysiau	SO207279	2175ft (663m)	
45	Waun Fach	SO215300	2661ft (811m)	
46	Rhos Dirion	SO211334	2339ft (713m)	
47	Twmpa (Lord Hereford's Knob)	SO225350	2231ft (680m)	
48	Hay Bluff	SO244366	2221ft (677m)	note 3
49	Black Mountain	SO255350	2306ft (703m)	note 3
50	Black Mountain South Top	SO266322	2090ft (637m)	note 3

Note 1: Tryfan is an optional summit on the Cambrian Way but we included it in the Traverse of Wales.

Note 2: the recommended Cambrian Way route from Pen-y-Pass to Snowdon is via the Pyg Track. The alternative route, via the Crib Goch arete, allows these two summits over 3,000 feet to be included. The decision on whether to include them will need to be done on the day by those doing that leg, taking into account weather conditions and the experience of those taking part. Alternatively Crib y Ddysgl, the second highest summit in Wales, can easily be included by a short out and back from the finger post at the top of the Pyg Track.

Note 3: these summits are on Offa's Dyke path.