

Guide to the bouldering at  
Cregennan Lake above  
Arthog  
near Dolgellau in Gwynedd  
The Orange wall below at SH644134



## CREGENNAN Lake

Although generally small and scattered the wonderful rock texture and the setting high on the hills over the Mawddach estuary make this a worthwhile venue. All the boulders are near parking, the longest walk is 5 minutes.

Lake car park. Three bays sit on the north side of the car park

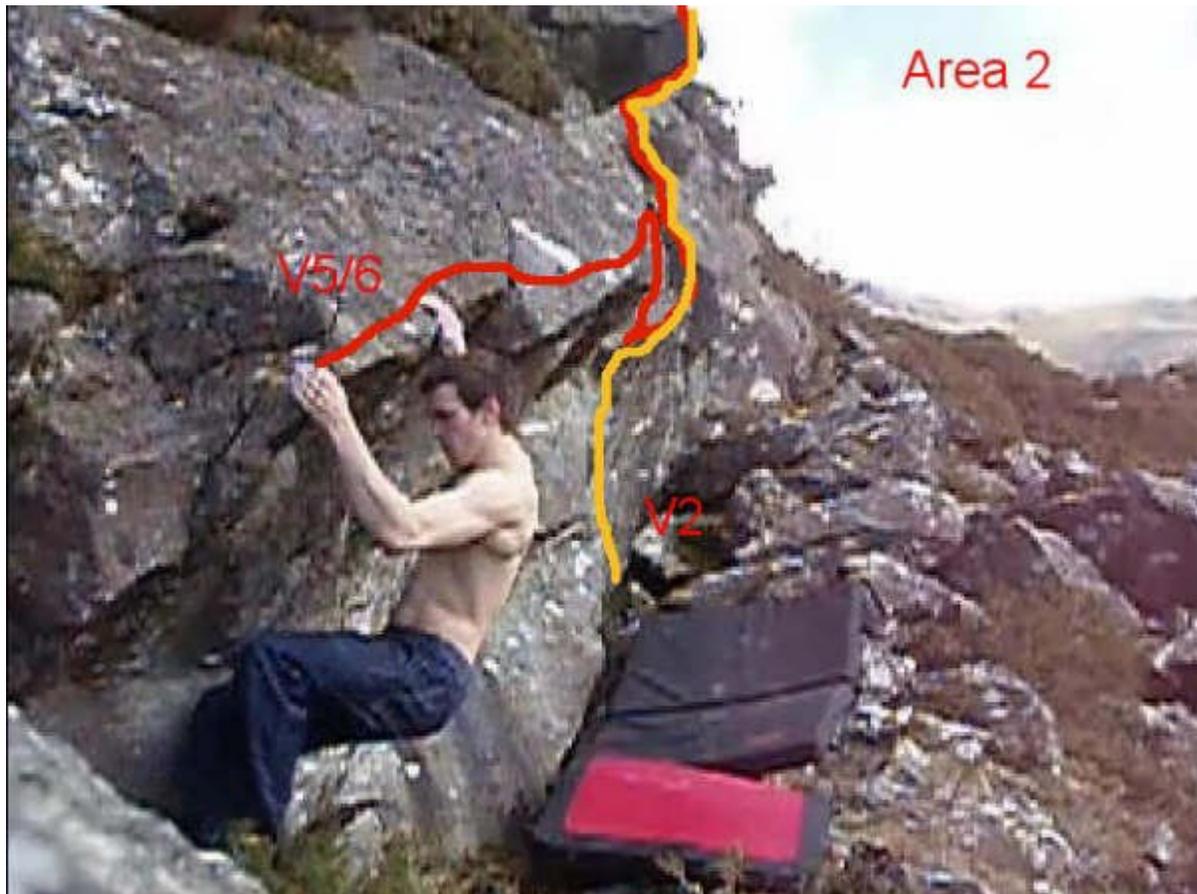
Bay 1 : A short wall 3 metres high sits above some rocks and has 3 good problems ( the photo below is marked area 2) and the grades differ slightly

**The Dimple** V4; Start in the centre of the wall and reach over the top for a tiny dimple: somehow rock up onto the slab above.

**Dimple traverse** V4: Start on the left side of the wall and hand traverse to the dimple before dropping down and continuing rightwards on problem 3

Problem 3 V1: The low traverse starting on the ramp below the dimple and continuing all the way to the right

Pictured is James on the traverse



Bay 2 wall ( see phototopo)

**Slap me V1**: a warm-up traverse going both ways connecting the red holds

**Kneewrecker V5** Start on the red 1 as above but follow the lower holds marked green staying along the same line to the right end : in reverse feels a bit harder

**Spanking V5** The letters ABCDE with the red 3 make a really crimping problem

**Flash in the Pan V3** : Start with X and Y and stretch to the green 6 in the seam before topping out.

**Flesh V2** Hang the S and the green 4 , stretch to the green 6 then top out

The 6 m high block further left has a daunting landing and is best with several mats  
**The Crucible V5** : The thin groove in the centre of the block has some good if spaced holds : a rock up leftwards from a good edge on the right brings the easier top section within reach



Bay 3 : the final bay to the north has a small stream running down to the lake

**The Wave traverse V6**: the big boulder on the north side of the stream is severely undercut and provides a friction-dependent strenuous left to right traverse . Start on the big jug down and left and slap up left for a small incut crack ;then try and continue slapping rightwards all the way to the end . Wear a long sleeved top !

**Wave direct V3**: start as above but go directly up onto the slab to finish

**Wave Right hand V3**: Start near the right hand side of the wave and pull



There is still some debate over the grades which will settle with time and repeats : above is James Dexter starting The Wave

## Trawstir

Leave the carpark following the road uphill through a gate to a T junction , left is the road down to Gwernan lake and then Dolgellau , right is the road leading eventually to LLwyngwril . Take the road right until it drops away rightwards down to Arthog: at this junction ( Trawstir **SH648133**) continue directly on-wards through a gate towards LLwyngwril:

White wall : this 5 m high wall is visible over on the right after going on the road for 100 metres

**White wall left V2:** Small crimps lead to better holds

**White wall right V4:** A large flat rock sits a metre away from the base of right side of the wall . Start at the base of the wall and go direct : sustained on positive small edges .

Back on the road continue for 300 m to the col with parking on the right where the shaley bank has been carved out: Go uphill to the north to the second knoll on whose north side is a steep dark orange wall 5metres at its highest .:

### **SH644134**

**Orange wall direct V3:** Start just right of centre and make long reaches on good holds to top out.

**Orange right hand V2:** Start down and right of centre on the big hold then span up right before topping out direct

**Orange wall traverse V6:** A right to left traverse on awkward undercuts and sidepulls to just before the bulge : to continue leftwards around the bulge looks much harder and awaits completion .

The next wall is on the north side of the next knoll above the estuary and is a steep slab at 6 m

**Seamile dementia V4:** This seams and edges lead up the centre of this compact slab above a grassy landing (may be a grade harder )

### **The Venus Stone**

Drop down to the west of the orange wall to find a big quartz block facing westwards down the valley of Cwm pen Llydan.

**Venus across the sun V4:** The wall in the left of the block has been led at E3 6a with a small nut for gear but is just as easily soloed . From the bottom of the

The open groove right of the edge has a stiff start then the angle eases to the top.

**Trial by Injury V0 6 m**

Just right again is a small recess below a sloping ledge. Follow the direct line up from the recess

Back on the road again continue westwards down from the col parking to where the road straightens out and a track heads out right . Park here and follow the track to a scattering of boulders . On the left is a short face with a large flake just in front of it

Known as Area 3 on the photo ( Area one is the lake , area 2 is Trawstir col )

**Flake left edge V5**

**Flake right edge V0**

A little further along the track brings 2 menhirs into view , the left is an open project the right is

**Pocket Arete V2**



**In the trees just west of the V5 flake is a steep 8 m face with In the Dark of the Sun E2 5c which could be soloed nicely at V4**

**Lastly Area 1:**

**This is the shield of steep rock just left of the approach path to the summit of Pared Cefn Hir and is known as The Pumice stone**

**Pumices Promises E3 6a or V4: the centre of the shield**

**You Pumiced me the world E15b or V1 is the right hand line**

**The above is mainly the work and photos of James Dexter ( see below) with some additional problems from T Taylor**

