

- Once on the lane, take the left path downhill, until you reach the 2nd lane then turn right on the road towards the Mill, candle shop and checkpoint 3 grid ref **ST 177 947**.

Checkpoint 3 – Checkpoint 4 (ST 202 904; Machen Ridge)

- From CP 3, Follow the path on the left that leads up onto the main road, cross over the road, head along the pavement and take the path leading uphill on your right.
- Cross the road and keep following the path uphill, turn left and follow track onto Mynydd y Grug common, passing a car park at grid reference **ST 170 928**, heading towards Mynydd Machen via the Rhymney Valley Ridgeway.
- The route bears left slightly at grid ref **ST 180 907**.
- Keep following this track to checkpoint 4 at grid ref **ST 202 904** by the cattle grids above Coed John Hywel. (*This section is pretty wet in patches....all part of the challenge*).

Checkpoint 4 to finish (Coleg Gwent)

- From CP 4 follow the track toward Mynydd Machen **ST 223 900**, the trig point is up past the mast.
- From the trig point head down hill, in a South Easterly direction, continue and follow the Sirhowy Walk way markers to grid ref **ST 231 897**. Turn left and follow the track. Continue along this track (do not turn off at any junction) to the kissing gate on your right **ST 229 903**. following the Raven Walk. Head into the field and head down hill (slightly to the right) to the small footbridge (which is on the left fence line) and kissing gate that leads into the forestry block.
- Follow this path through the forestry, crossing a forestry track heading down onto Blackvein road, which leads back down to Waunfawr park and the finish at Coleg Gwent.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



TWMBARLWM TREK

ROUTE DESCRIPTION - 21 MILES

Please note you are advised to use OS Explorer Maps 152/166 plot the grid references and follow the route description

Estimated overall time for route (If walking): 6 - 8 hours

A monster of a route (with more combined height gained then going up Snowdon).....the self-led 21 mile route will take you through spectacular valleys' woodland, farmland, and across open moorland. Weather permitting; you will be treated to some fantastic views across the county borough towards the Brecon Beacons, over Cardiff Bay, the Bristol Channel, Somerset and North Devon, before trekking up and over the spectacular iron age hillfort of Twmbarlwm and 3 of the highest points in the county, (Twmbarlwm (419m), Mynydd Machen (362m) and Mynydd Islwyn (312m).

You will walk over land which is actively farmed. Even on open Common land you will meet ponies, cattle and sheep, possibly with their young. Take care when approaching all livestock. **Dogs must be kept on a lead at all times.**

Sections of the route are very exposed and in bad weather you will encounter poor visibility. You must be properly equipped with windproof and / or waterproofs, have warm clothing, carry food and drink and be confident in using a map and compass.

Coleg Gwent to Checkpoint 1 (Twmbarlwm ST244 927)

- From Coleg Gwent, cross the B4591 to Medart Street and Ebbw Valley railway, take care when crossing the road.
- Cross Ebbw valley railway at the unmanned railway crossing. **Note this is an active railway, please take care when using the railway crossing.**

- Follow NCN 47 to canal towpath, then to Canal Bridge at grid ref **ST 232 917**.
- Cross over the canal bridge and up through the woods. Continue uphill and at the path crossroad turn right, cross over the stream and head slightly uphill following the way marker post. Take care as you cross a mountain bike trail. Continue following this path until you come to a steeper downhill section at the corner of the fence line on your right. Follow the path down to and across a small stream at 'Sheep wash' on your map.
- Head uphill to a stile and onto road at grid ref **ST 234 920**. Turn left on road and continue uphill. At the fork in the track, bear right and follow this track around to the Twmbarlwm car park & Checkpoint 1.

Checkpoint 1 to Checkpoint 2 (ST 213 936: Forestry Track on way up Mynydd Islwyn)

- From Twmbarlwm, follow the footpath onto common on Mynydd Henllys. Keeping on the common following clearly defined track keeping forestry and Cwmcarn forest drive on the left.
- Follow this track to the edge of the forestry grid ref **ST 260 955**.
- Bear left and follow the rough path to the apex of the valley on your left, grid ref **ST 255 962**.
- From here, follow the path along the left edge of the common, until you come to an obvious, well walked path that turns off to your right **ST 254 954**. If you follow this path across the common it will lead you to the gate at **ST 239 950** (right corner).
- Follow the path to grid ref **ST 233 948**, where you turn left and then right.
- Continue to follow the path with the forest on your left to grid ref **ST 228 945** where the path descends through the forest.
- Continue along the path until you reach Tribute Avenue, continue onto George Street and turn right.

- Continue along George Street and Park Street to cross Newport Road (passing the car wash and garage) to cross A467 at underpass.
- Head along Chapel Farm terrace.
- Continue over the river bridge and turn right following road over the railway before turning left and proceeding up the path to meet the forestry track and checkpoint 2 **ST 213 936**.

From Checkpoint 2 to Checkpoint 3 ST 177 947: Candle works and Mill in Wyllie)

- Head up hill following the Raven walk way markers up towards the common and Mynydd Islwyn.
- Continue along the path towards the stile at the corner of the field, grid ref **ST 201 938**, still following the Raven Walk way markers.
- Go over this stile and keeping the wall on your left, to the next stile. Keep following this Right of Way toward the church.
- At the road, turn left and go as far as the next right turn, head down this farm track, through the gate at the left of the farm, then down across the field, over the stile, toward the disused reservoir.
- Cross the bridge at the back of the reservoir, bear left slightly and then turn right onto the higher path.

Make sure you turn right as the 15 mile walkers will be turning left at this point.

- Follow this right of way until you come out onto the lane. Turn right on the lane and follow along until you come to Cae Llwyn farm.
- Go through the kissing gate just before the farm, then turn right through the next gate and follow the track behind the farm, that leads back onto the bridle way.
- Head diagonally across the field to the gate in the far corner, take a sharp right and head over the stile, down through Ty Cerrig farm out onto the lane.