

- Approximately 300m on your right, go through the gate into the Covid memorial garden.
- Continue on the uphill path through a gate and follow the path as it bends round to the right to bring you out onto the road.
- Turn left and then next left onto forestry track through the green barrier. Follow the track and at the fork, bear right and continue uphill to bear right until the track meets the road.
- Turn right and follow the road to checkpoint 4 at grid ref **ST 202 904** by the cattle grid above Coed John Hywel.

#### **Checkpoint 4 (Cattle grid above Coed John Hywel ) to finish (Coleg Gwent)**

- From CP4 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 the forestry track down onto Blackvein road, which leads back down to Waunfawr Park and the finish at Coleg Gwent.



# **TWMBARLWM TREK**

## **ROUTE DESCRIPTION - 15 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 - 8hours***

A Monster of a route (with more combined height gained than going up Snowdon).....the self-led 15 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 i fan gwirio 1 (Twmbarlwm ST 244 927)**

- 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 and Checkpoint 1.

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

- From the car park head uphill to the hillfort then follow the path towards the trig point then down towards Pegwn y Bwlch.
- From here follow the Raven walk way markers down towards the lakes, past the visitor centre (toilets are available here) and along the path on the left that runs parallel to the scenic drive towards Cwmcarn.
- Take a right turn across the scenic drive road downhill to the playing fields. Follow the path adjacent to the playing fields and then turn right and follow road to the end of the terraces. Turn left onto the steps that lead along the side of the houses.
- Cross over Bernard Street and continue behind the school onto Newport Road.
- Turn right and continue along Newport Road.
- Turn left down Park Street at Cwmcarn Hotel and bear right past the garage to the subway and head under the main road. Cross over the road onto Chapel Farm Terrace and continue over the river bridge, turn right following road over the railway then turn left and proceed up the path to meet the forestry track and checkpoint 2.

#### **Checkpoint 2 (Forestry Track on way up Mynydd Islwyn) to Checkpoint 3 (Cycle Track above Ynysddu Hotel ST 177 925)**

- 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 keep the wall on your left, follow 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 house, then down the field, over the stile at the bottom right corner, toward the disused reservoir. Cross the bridge at the back of the reservoir, bear left slightly **(Please note at this point the 15 and 20 mile routes split. They will be turning right. Don't follow them!)** and continue following the path in front of you until you come to a stile.
- From the stile, head uphill diagonally across the field to the kissing gate at the far left corner.
- Turn left and head along the lane towards Twyn Gwyn, turn right here and follow the lane downhill onto Twyn Gwyn road. Turn left and then right at Ty Capel, continuing down-hill past the old graveyard towards Ynysddu.
- Turn right on Commercial Street, then left onto Mount Pleasant then down to High Street. Cross the B4251 and head up past the Ynysddu Hotel onto the cycle track and check point 3.

#### **Checkpoint 3 (Cycle Track above Ynysddu Hotel) to Checkpoint 4 (Cattle grid above Coed John Hywel, ST 202 904)**

- Continue southwards along the cycle track for approximately 3km. Cross the road that leads to Ynys Hywel Centre and continue on the cycle track through the green barrier.