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Mae'r cyhoeddiad hwn ar gael yn Gymraeg ac mewn ieithoedd neu fformatau eraill ar gais.

## Nantcarn Walk

A short stroll to enjoy the sights and sounds of the stream and lake. Suitable for most people, but there are some uneven surfaces, which can be slippery when wet. Two kissing gates make it difficult for pushchairs.

**Distance:** 1.5 km / 0.9 miles  
**Approximate Time:** 20 minutes  
**Difficulty:** Easy  
**Climb:** 15 metres  
**Start Point:** Visitor Centre  
(GR: ST229936)  
**Finish Point:** Visitor Centre  
(GR: ST229936)  
**Publication:** Leaflet available from the Visitor Centre



### Visitor Centre:

The new Visitor Centre features an information area, a Gift Shop featuring locally produced crafts and goods. The café has a wide range of snacks and refreshments.

The Visitor Centre is fully DDA compliant and has wheelchair accessible seating on the rear decking.

Toilets are available at the Visitor Centre along with showers for those taking part in any strenuous activities.

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Caerphilly County Borough Council, 100025372, 20011.

### For further information contact:

01494 279300  
cwmcarn-vc@caerphilly.gov.uk

### Opening Times:

2nd September - 21st April  
9:00am - 5:00pm (4:30pm Fri)

22nd April - 1st September  
9:00am - 5:00pm  
(6:00pm Fri-Sun)

24th December - 4th January  
Closed.

### Parking:

Car and coach parking is free of charge.



# Nantcarn Walk

[www.cwmcarnforest.co.uk](http://www.cwmcarnforest.co.uk)







1. From the main entrance to the visitor centre, walk down the path towards the bottom of the car park (fence line on your left). Once in the bottom car park walk the full length and head towards the kissing gate located in the top left hand side of the car park.
2. Go through the kissing gate and follow the woodchip path up towards the dipping pond, during the summer months this pond is full of many different species of insects, keep a lookout for the dragonflies.
3. Once over the boardwalk follow the path up towards the wooded area, the Mynydd downhill passes on your right hand side and provides a perfect opportunity to watch the cyclists as they ride the end section of the course.

4. Continue through the trees, there is a bench on your right to rest your legs and enjoy the natural surroundings, take a while to view the Nantcarn River; you may catch a glimpse of the Kingfisher or Heron. In the hot summer months this section of the walk provides a natural cool environment to refresh and recharge.
5. Continue on the path past the small pool at the bottom of the embankment, pass through the kissing gate and follow the path up to the tarmac path and the edge of the lake (timber bridge on your left).
6. Follow the path on the right hand side and take your time to wander around the lake, this is home to many ducks and various species of fish, look out and see if you can identify the Carp, Tench, Bream, Roach, Chubb and Trout. There are many places to sit and enjoy the surroundings.

7. Continue around the lake until you are nearly back where you started (with the bridge on your left and timber steps on your right (these lead to the lakeside toilet block). Follow the tarmac path down through the avenue of silver birch with the outlet on your left hand side.
8. Once at the bottom of the embankment enter the storytelling area with the enchanting sculpture of the heron, there is ample seating here with views over the pool where the heron often frequents, there are also a number of picnic tables at this point.
9. Follow the tarmac footpath back towards the visitor centre passing the campsite on your right hand side and pass through the gate onto the timber decking. Now enjoy that well earned cup of tea / coffee and cake from the Raven Café.