





1. From the Visitor Centre head up the valley following the fenced permissive path beside the camping site to the Nantcarn Lake.
2. Continue up the valley walking along either side of the lake and pass through a timber walk-through to follow the green tarmac'd path along the right-hand side of the stream running into the lake.
3. The green path passes a small pond (walk either to the L or R of the pond), passing a wooden outdoor classroom/shelter on the right. After approximately 20 metres turn L (ignoring steps on the R) to cross a concrete stream bridge. Turn R following the lane which re-crosses the stream after 50 metres. Continue along the lane for 50 metres reaching the brow of the hill.
4. Turn right at the brow of the hill and walk through the wooden pedestrian gate, past the signpost directing to Pegwn y Bwlch and Twmbarlwm.
5. The path starts to climb reaching a junction of 5 tracks after about 60 metres. Take the second track on the L (between the mountain bike track marked 'Twrch' and 'Cafall' and the track with the metal kissing gate) onto a track that rises to reach the lower exit road of the Forest Drive after a short distance.
6. Cross the road diagonally to join a wide stony track which continues to rise, bending sharply left until it reaches the Forest Drive road a second time.
7. Turn right following the road (taking care of any traffic) for approximately 150 metres until you round a sharp right-hand bend. Immediately after the bend join the wide track that rises at 45 degrees to the left of the road.
8. Follow this track which curves right above the main side valley (ignoring the track leading down to the right) reaching the Forest Drive road for a third time at a metal kissing gate. Being careful of any traffic turn right onto the road walking the short distance until you reach the crossroads.
9. Take the second left road to the metal kissing gate passing the wooden signpost directing to 'Twmbarlwm' and 'Darren Road', and then climb the steep obvious worn trail to the top of the hill, then cross the plateau to the Castle mound.
10. Retrace your steps along the route to return to the Visitor Centre.