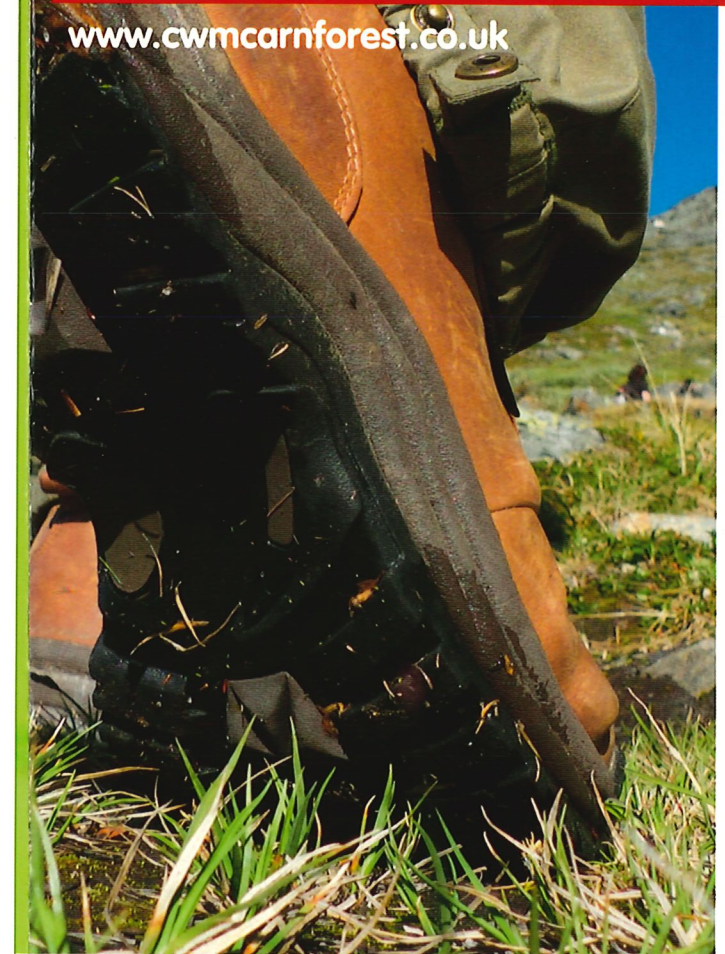


1. With the visitor centre behind you, walk to the entrance of the car park and across the road to walk through an old gateway, turning left onto a tarmac road. Turn right uphill at the sign for Graig Bungalows.
2. Continue up the road, turning right at Woodlands Bungalow (by telegraph pole). Walk up the lane to a stile, go over the stile into the woods and continue until you reach a path T junction. Turn right, then after 15m left up a steep narrow track.
3. When you reach the crossroad (small waymarker post on your left), turn right on this track. Turn immediately left following a steep zig-zag path to the top, until you reach an old stone road.
4. Turn right on the road and continue to climb up. Ignore the next left turn, and continue along on the gentle ascent. Look out for your first views of Twmbarlwm on your right.
5. Continue along the road, with old fencing to your left, until the trace splits in three. Take the middle track, so that the forest barrier is on the right, and an old gate is on your left. This area is known as Pen-y-pant.
6. Continue along this track, and enjoy fantastic views of Twmbarlwm and Mynydd Henllys Common. Follow the track with the remains of an old stone wall to your left until you reach a fork in the road. Keep on the main track to the right, through the metal barrier until you reach a u-shaped forestry road, take the right hand track. Enjoy great views of the horseshoe valley.
7. Continue along this track ignoring turnings to your left, following the shape of the horseshoe valley as it descends gently. Look out for a row of magnificent beech trees as you will need to turn left off the track as soon as they are ahead of you. The turning left is marked by a white painted stone on the ground just around a sharp right hand bend.
8. Head down to the stile (taking care in wet weather), cross over and follow the sheep track along the fenceline up and to your right. Continue uphill keeping the fence on your right.
9. When you reach a stile on your right, cross over and follow the woodland ride (muddy in places), until you reach the stone track.
10. Keeping the waymark post (with bike symbol no. 16) on your left, follow the track left. You are now following the Twrch Mountain Bike Trail. Take care and give way to cyclists.
11. Continue along the Twrch Trail (ignore the turn on the right), past another waymark post (no. 17) to a forest drive car park.
12. Head towards the gate, and cross the stile waymarked 'Mountain Walk' and follow the path up onto the common.
13. Stay on the right hand track, with Twmbarlwm straight ahead (ignore the track to your left). Follow the well-defined and rutted track towards Twmbarlwm (an Iron Age Hill Fort). Originally a Bronze Age burial mound, the Iron Age community was thought to have been settled between 500BC and 150BC.
14. Continue across the common past the stile to the foot of the mound. Take the left hand stone path up the burial mound to the steps. Climb up the steps, and be prepared to be blown away, literally!
15. Once on top walk past the triangulation point to the steep descent on the other side. Take care negotiating the ruts down to the kissing gate at the bottom. At the car park look out for the Search and Rescue Dog Association Memorial.
16. Pass the sculpture and head toward the Way-Out sign. You will see a wooden finger post signed as the Raven Walk.
17. Follow the Raven Walk down, taking care on the steps in wet weather.
18. Once on a forest road, turn right to follow the Raven Walk signs to the left. Continue until you reach Mountain Bike waymark 3. Continue straight on, take care and give way to cyclists.
19. At the path junction go left downhill, following the yellow arrows to the gate.
20. Turn left onto a tarmac road and follow the stream down to the lake in the lower Nantcarn Valley.
21. Keep the lake on your left, take the tarmac footpath to follow the stream down until you reach Cwmcarn Visitor Centre, where you will no doubt need a refreshing and well earned cup of tea.

Escape to... Twmbarlwm

www.cwmcarnforest.co.uk





Coed y Rhiw

2

3

4

5

6

7

Craig y Glyn

10

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EBBW FOREST

Pwll Tra

11

Sluice

VISITOR CENTRE

Cnwc

Rhyswg-fach

Ty'n-y-Ffynnon

Graig Wylt

1

21

CWMCARN FOREST

To the Forest Drive

Coed Odyn

12

MYNYDD HENLLYS

18

20

19

17

MEDART

Coed Medart

Pegwn-y-bwlch

Cwmcam Forest Drive

Plenic Area



Bloen-y-cwm



TWMBARLWM

Hill Fort 419m
Castle Mound

Coed y Tranch

Coed y Moch



Craig Dyffryn

- Twmbarlwm Walk
- Footpaths
- Tracks
- Forest Drive
- Forest

