



Very Long Route Map Distance 29 Km - Ascent/Descent 935m

Start: - Follow track past the pond and up the hill. 1. 0.9km turn left up the steep track on entering the farmyard. Follow the track around and up towards the mast and wind turbine. 2. 2km After passing the wind turbine follow the track and turn left up a steep track to the highest point and panoramic views. Carry on across the field to meet Glynwdrs Way. 3. 3km Glynwdrs way follows a level track to the west, follow until you see the ruin of Gader Goch ahead. 4. The head of the Gader Goch descent is to the left of Gader Goch just beyond the ridgeline, turn left at the bottom. 5. 7km Take a left at the fork follow the back road. 6. 8.5km Turn right off the tarmac onto the forestry road. 7. 11.5km turn left for onto the tarmac road over the bridge then right across the field. Find the track and follow to the ruin. 8. 13k Head straight up the field then follow the contour of the valley and up to the corner of the woodland. 9. 14.7k Enter the wood and follow the brideway through the wood to the top of the pass. 10. 15.6k Cross the road at the pass and follow the steep brideway until you find the old track running up the ridge, follow the track until you almost reach the highest point and bear left along the brideway. 11. 18k This is the top of the footpath descent down to the valley. 12. Bear right past the ruin and up the brideway. 13. Turn right and follow the track through the wood. 14. 22k At the bottom follow the forestry track up past the brideway crossing point to an easier crossing. Turn left on to the back road. Follow the road through 15. 25k Talywern to the next village, Abercegir. 16. 28k As you enter the village over the bridge take the first right between two houses and rejoin Gynwdr's Way up the track. 17. At a big stone near the gate leave Gynwdrs Way and follow the track back to the start of the route near Caban Coch.

Gwyliau Budy Banc - Converted
Bam, Rolling Cabin and Campsite
with walking and biking trails.