

## MYNYDD LLANGYNIDR

EASY, 10.9 km, 5h, Grid Ref.: SO157171, Wales

**WPT 1 [Grid Ref.: SO157171]**

From the car park, walk back onto the road and turn right to go downhill. Continue past the turning to Llangattock and then, 300m further on, take a stony track that leads right, up towards Blaen Onneu Cave. Turn left off this track and follow a faint footpath south across featureless moorland. Stay with this until you can make out the reservoir ahead, and then bear slightly right, on sheep tracks, to make a beeline towards the western tip of the lake. Drop on a clear path to cross the Odyn-ty brook, which feeds the reservoir, and then climb back up the other side, onto more featureless moorland.

**WPT 2 [Grid Ref.: SO151143]**

Continue straight ahead (southwest) until you meet a clear grassy track that heads west, by a pile of stones. Follow this for 200m, to where it veers right, and take a fainter track to the left, which climbs easily onto a small ridge. Continue until you meet a good track on top of the ridge, and turn right onto this, to follow it into a broad col and up again, close to a large cairn.

**WPT 3 [Grid Ref.: SO140142]**

Keep ahead on the same track to another cairn, and continue along here until it peters out by a huge depression on the right. Now head northwest, over trackless ground, following the compass carefully (approx 297° magnetic) until you reach a huge cairn that's obvious on the 1:50,000 map but not so obvious on the 1:25,000.

**WPT 4 [Grid Ref.: SO126149]**

Ahead of this is a small tarn, which does dry up in the summer, and beyond this is the Chartist Cave. Walk past the lake, keeping it to your right, and then, as you pass the northern tip, bear north-east towards a grassy knoll peppered with rocky outcrops, about 200m away. As you near this, you'll make out a clear grassy path, which you turn right onto. The cave is a few metres further on, on the left (tucked into the side of the knoll). For GPS users, the exact location is SO1276415220. If you packed your headtorch, you should be able to explore a little way inside; if not, you can at least enjoy your sandwiches in the entrance chamber, which is really quite impressive.

**WPT 5 [Grid Ref.: SO127152]**

Leave the cave and rejoin the grassy track. Bear left onto it and follow it down over some lower ground before it starts to climb easily onto the ridge you can see ahead. Follow it easily to the trig point and keep ahead for a few more paces to a fork, where you turn left. Follow this down to the edge of the steeper ground ahead, and bear around to the right, to walk with the valley to your left. Continue around like this, dropping beneath some impressive limestone outcrops and lovely grassy terraces, until you reach a clear track. Follow this around the hillside and it will take you back to the car park.

**Terrain**

mainly remote featureless and often boggy moorland that's best not attempted in poor visibility

**Suitable**

x

**Parking**

car park, Mynydd Llangynidr (SO157171)

**Town**

Crickhowell

**Refresh**

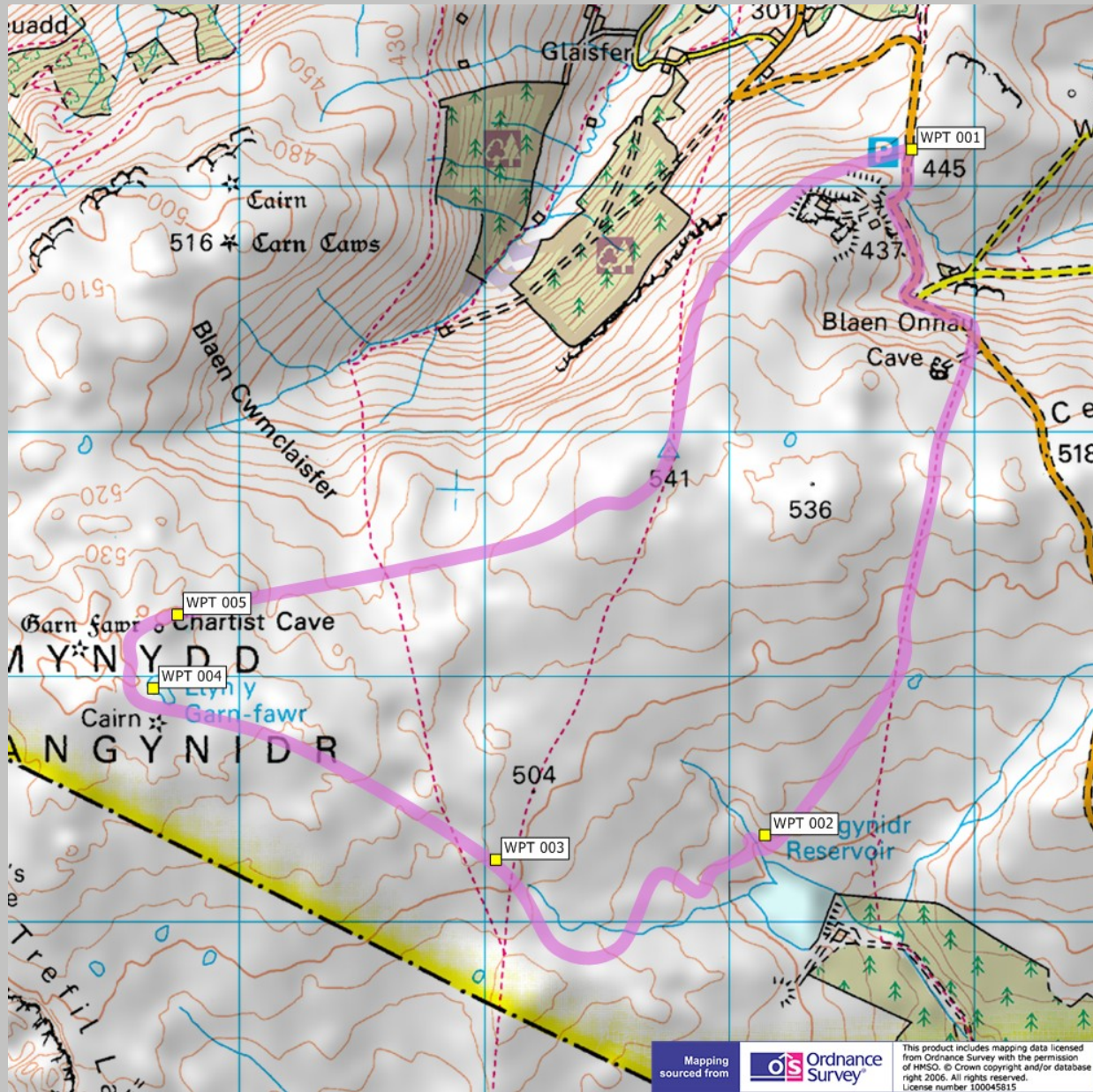
mainly remote featureless and often boggy moorland that's best not attempted in poor visibility

**Transport**

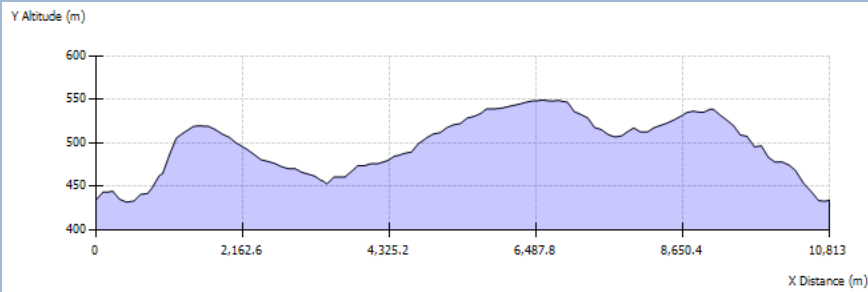
not really an option

**FREE software & BEST price OS maps!**1:50K Landranger from £0.92  
1:25K Explorer from £1.89Ordnance  
Survey

DOWNLOAD



Mapping sourced from Ordnance Survey. This product includes mapping data licensed from Ordnance Survey with the permission of HMSO. © Crown copyright and/or database right 2006. All rights reserved. License number 100045815



Total Air Distance: 10,813 m  
 Total DTM Distance: 10,831.4 m  
 Min. Altitude: 432.3 m  
 Max. Altitude: 549.6 m  
 Avg. Altitude: 495.3 m  
 Total Ascent: 236 m  
 Total Descent: -236 m  
 Total Ascent Distance: 5,236.6 m  
 Total Descent Distance: 4,595.4 m  
 Total Level Distance: 999.4 m  
 Percent Ascent: 48.3%  
 Percent Descent: 42.4%  
 Percent Level: 9.2%



**FREE software & BEST price OS maps!**

1:50K Landranger from £0.92  
 1:25K Explorer from £1.89



**DOWNLOAD**