

## Troed and tested

MODERATE, 11.3 km, 4h, Grid Ref.: SO177303, Wales

### Walk Description

From the summit of Mynydd Troed there is an almost uninterrupted view of the length of the Black Mountains, from north to south, including Waun Fach, the highest point. Llangorse Lake (or, in Welsh, Llyn Syfaddan), is, at just over a mile long, the largest natural lake in South Wales. It is noted for its flora and fauna, particularly its bird population. But it is perhaps better known for its crannog, or artificial island, built by lake dwellers from the iron age.

### WPT 1 [Grid Ref.: SO176303]

Return up the lane from Dinas Farm to the main road. Cross into a green lane. Enter a farmyard through a gate and leave it on the right through two gates, waymarked by a yellow arrow on a green background. Turn left by a row of wooden posts and enter a green lane lined by trees on either side. Stay in the lane to leave it via a gate onto a common. Follow a vague path (mostly sheep track) up to the obvious base of the 'nose' of Mynydd Troed. Then begin the slog up to the summit trig point at 1,997ft (609m) teasingly just 3 feet short of the 2,000 foot mark.

### WPT 2 [Grid Ref.: SO166293]

From the summit, aim for Mynydd Llangorse to the west, taking the right of the two paths leading from the trig point. On the descent, cross a contouring path and continue down to the tarmac lane coming up from Cwm Sorgwm on the left. Cross the lane (to the right of two boundary stones, one bearing the name Macnamara, 1891) and follow the signpost indicating a bridleway to Cathedine. Continue straight up the path, with good views of Cwm Sorgwm down on your left. Near the top of the ascent switch to a wide path on the right and, where the path divides, take the right fork. Continue ahead along the wide grassy track right to the summit trig point of Mynydd Llangorse at 1,661ft (508m).

### WPT 3 [Grid Ref.: SO157261]

From here, retrace your steps for 200yds (185m) to a junction of paths. Turn right and continue along the path to the dip between Mynydd Llangorse and Pen Tir, marked by a fairly solid cairn. Turn left here, keeping the cairn on your right, to descend a zigzag path into Cwm Sorgwm. Where the path meets the corner of a fenced field on your right, turn right down to a gate. Pass through the gate onto a track. Follow the track for about 50yds (45m) to a tarmac lane. Turn left down the lane and follow it downhill, then uphill, to join the lane that passes along the length of Cwm Sorgwm. Turn right and follow this to Waun Fach forge where it meets the main A479, running along the Rhiangoll Valley.

### WPT 4 [Grid Ref.: SO183262]

Turn right along the main road, over a bridge, then turn left, 50yds (45m) later, onto a marked footpath, through a gate. Pass in front of a house and continue ahead along a green lane. At a tarmac lane turn left, uphill. At an obvious three-way junction take the first left hand lane. Continue along the lane to a farm (Yr Efail) and then pass through a gate into a shady green lane. The dogs at the farm are very noisy but pose no hazard (or so the farm owner assures me)! Follow the lane which, after about 1½ miles (2.4km), takes you back to the Castle Inn. You pass Ty Isaf Farm, where there are the traces of a cromlech, or long cairn. Just after the farm the track joins a tarmac lane, then leaves it to continue ahead. If you started from Dinas Farm follow the track as far as the junction with the lane leading to the farm.

### Terrain

Mostly good paths and bridleways. Some lane walking. The initial pull up Mynydd Troed is a bit of a grind and the bridleway back to the start can be muddy. Watch out here, too, for groups of pony trekkers

### Suitable

children, dogs

### Parking

End of narrow lane near Dinas Farm, grid ref 177304. Note, however, that there has been a spate of break-ins here recently. A more secure alternative may be to park at the nearby Castle Inn, although there may be a charge (ask in the pub)

### Town

Talgarth

### Refresh

Mostly good paths and bridleways. Some lane walking. The initial pull up Mynydd Troed is a bit of a grind and the bridleway back to the start can be muddy. Watch out here, too, for groups of pony trekkers

### Transport

x

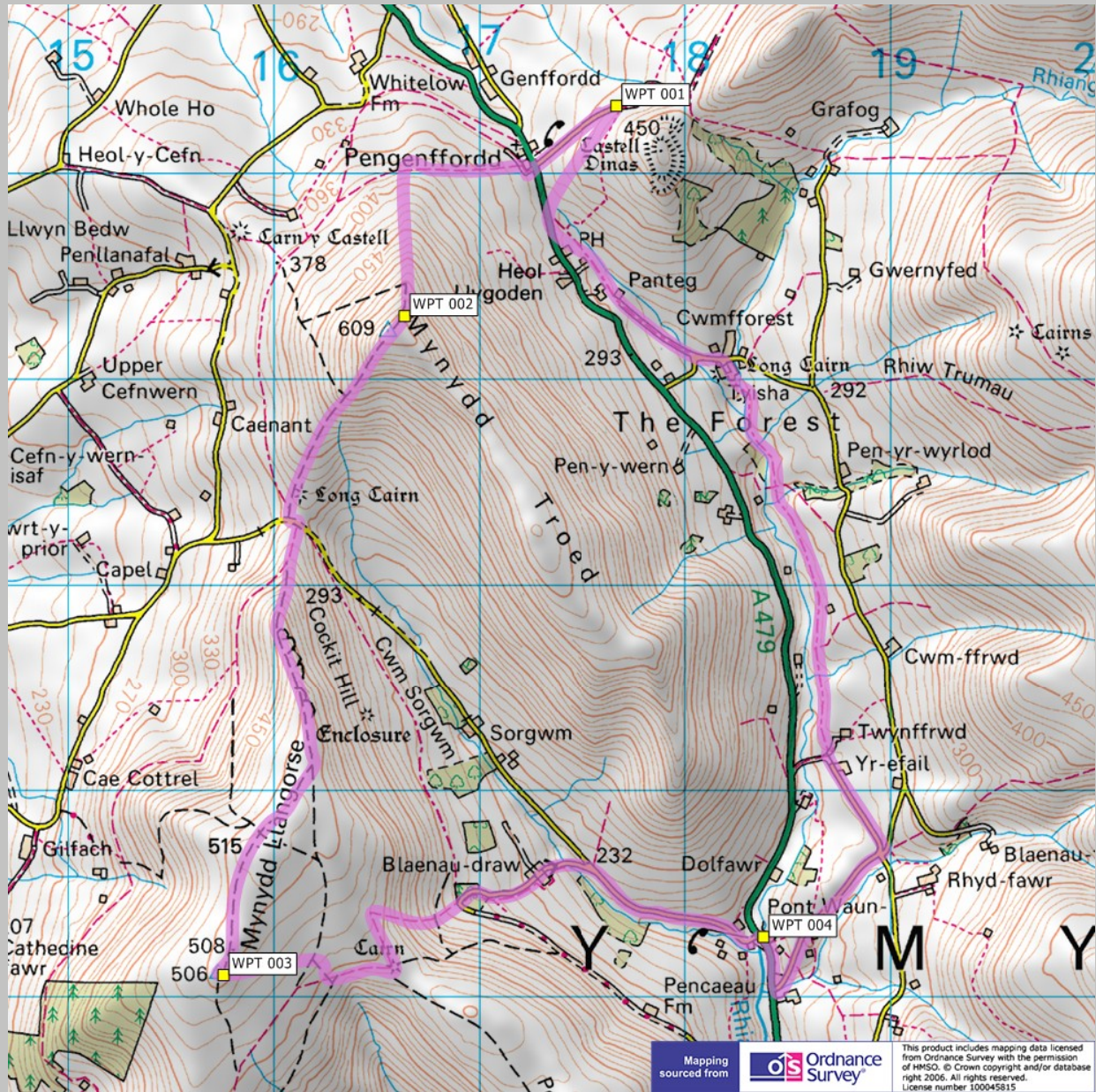


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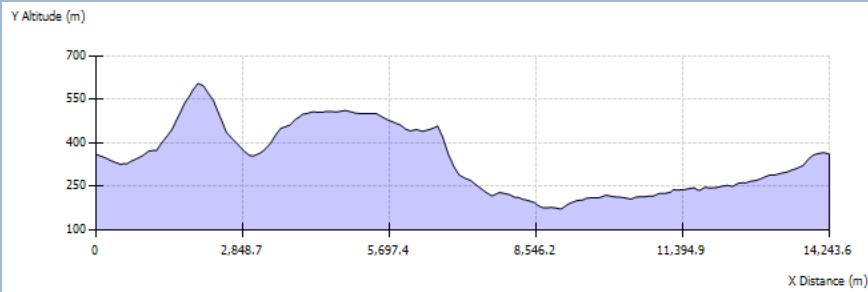
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Total Air Distance: 14,243.6 m  
Total DTM Distance: 14,388.6 m  
Min. Altitude: 172.2 m  
Max. Altitude: 606.5 m  
Avg. Altitude: 338.2 m  
Total Ascent: 706.1 m  
Total Descent: -706.1 m  
Total Ascent Distance: 7,455 m  
Total Descent Distance: 6,048.2 m  
Total Level Distance: 885.4 m  
Percent Ascent: 51.8%  
Percent Descent: 42%  
Percent Level: 6.2%



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