

Jan 1992

WALES



ROUGH STUFF IN WALES

- A FEW NOTES

Most of the recognised rough-stuff routes in Wales are relatively easy, certainly easier than those in the Lake District. As in Scotland or the Lakes, the best months for weather are April, May and June.

The routes are given two ratings: (1) V. A. D. (difficulty); E = Easy, M = Moderate, D = Difficult, and (2) stars; based mainly on scenic value in fine weather. Times where given are hopefully generous in good conditions.

MAPS AND SKETCH MAPS

The 1:50,000 O.S. Landranger series is highly recommended for Welsh rough-stuff. These maps are regularly updated with features such as new roads, forestry, reservoirs, etc. Some prefer Barts: fewer maps are needed, but only a few forestry tracks are shown, and contours in hilly areas are only at 100m. intervals; grid references cannot be used.

Key maps of North and South Wales are provided, also a few sketch maps (all with North uppermost). The abbreviations R.S. (rough stuff) and R.R. (rough roads) refer usually to footpaths and tracks respectively on the O.S. maps. Other abbreviations are:- R.S.J. = Rough-stuff journal; N.W., etc. for points of compass. Symbols used on sketch maps: — = Rough stuff route; —▲— for hilltops and ridges; ~~~~~ for streams.

The initials before each route are for identification on the key maps. A x on the key map indicates the highest point of each route.

This guide was written in January 1992 by E D Clements with substantial use of information from Rough Stuff Journals.

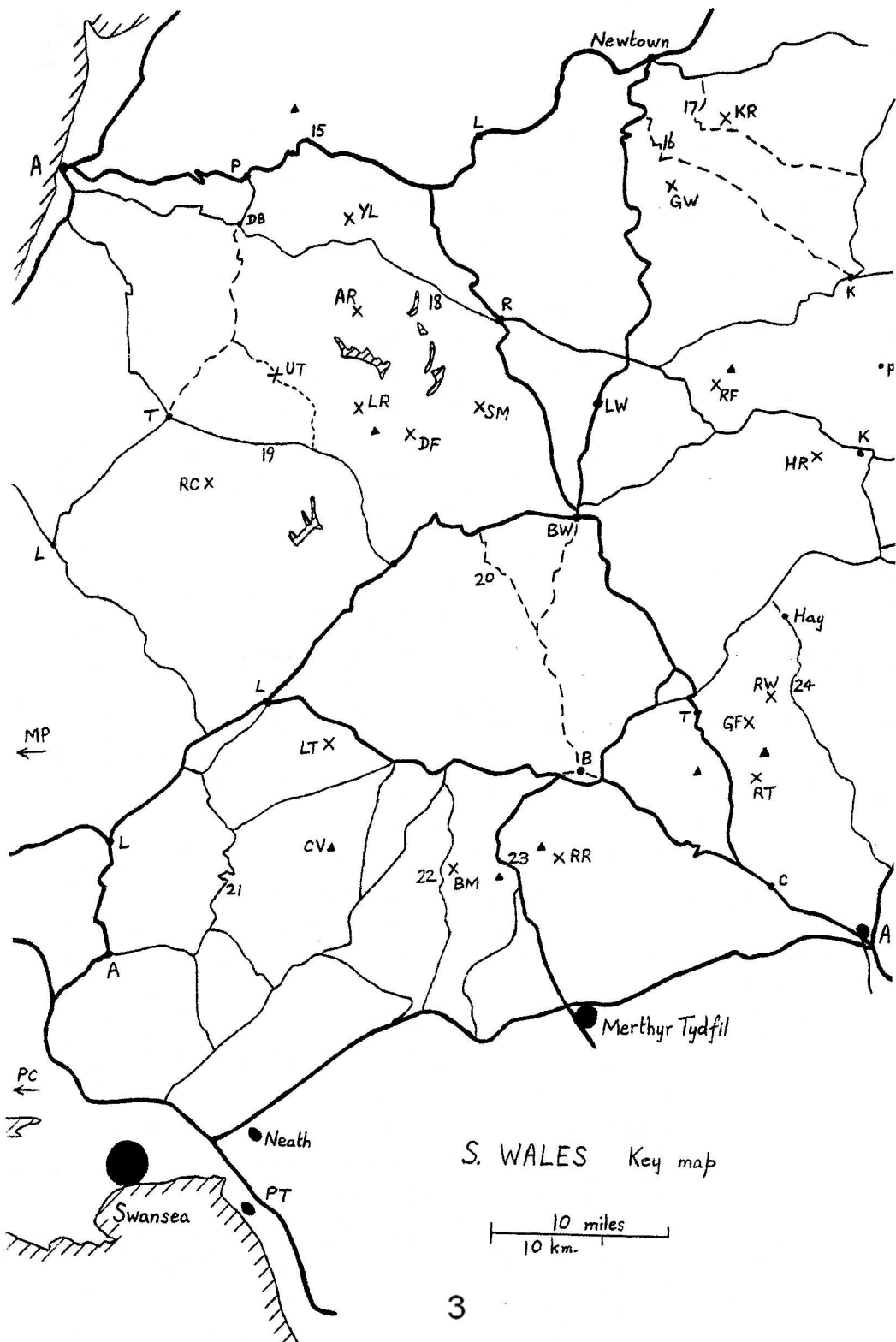
Any comments, amendments or additional useful routes will be welcomed by the RSF librarians, Jill & Chris Bolton (rsf@jillbolton.co.uk).

A FEW HIGH ROAD ROUTES

Code		Rd. no.	Ht.		Rd. no.	Ht.
1	Llanberis - Betws y Coed	A4086	356	13	Machynlleth - Staylittle	u 509
2	Bangor - Betws y Coed	A5	314	14	Ponterwyd - Talybont	u a425
3	Blaenau Ffestiniog - Betws	A470	385	15	Aberystwyth - Rhayader	A44 413
4	Ffestiniog - Ysbyty Ifan	B4407	485	16	Newtown - Knighton	B4355 471
5	Pentre Vaelas - Denbigh	A543	464	17	Kerry - Clun	B4368 a440
6	Llangollen - Ruthin	A542	417	18	Devils Bridge - Rhayader	u 488
7	Dolgellau - Machynlleth	A487	286	19	Tregaron - Abergwesyn	u 481
8	Dolgellau - Dinas Mawddwy	A470	363	20	Garth - Brecon	B4520 455
9	Trawsfynydd - Bala	u	531	21	Llangadock - Neath	A4069 493
10	Dinas Mawddwy - Bala	u	546	22	Heol Senni - Ystradfellte	u 448
11	Lake Vyrnwy - Bala	u	a500	23	Brecon - Merthyr Tydfil	A470 439
12	Llanfyllin - Bala	B4391	486	24	Hay - Llanthony	u a548

ROUGH ROUTES

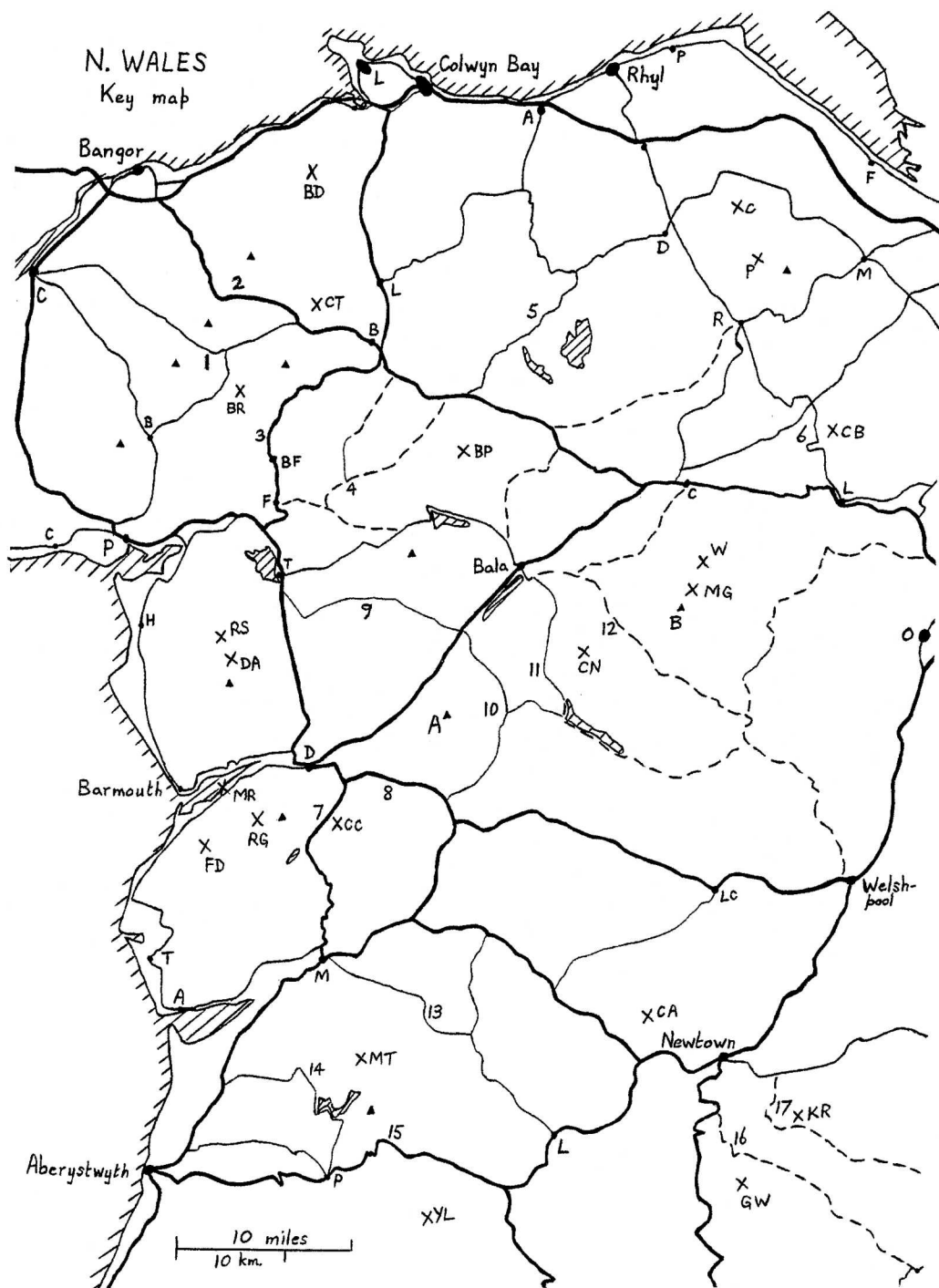
Code		V.A.D. * Page	Code		V.A.D. * Page
BD	Bwlch y Ddeufaen	E 2 3	GW	Glyndwr's Way	E 2 6
BR	Bwlch y Rhediad	M 3 3	KR	Kerry Ridgeway	E 2 6
CT	Capel Curig - Trefriw	M 3 3	CA	Clatter - Adfa	E 1 6
C	Clwydian Hills	E 2 3	MP	Mynydd Preseli	M 2 6
P	Pentines	E 2 3	RC	Rhandir Mwyn - Tyn y Cornel	M 2 6
BP	Bwlch y Pentre	E 2 3	UT	Upper Tywi track	E 1 7
CB	Cyrn y Brain	E 2 3	AR	Ancient Road	M 2 7
DA	Bwlch Drws Ardudwy	M 4 3	SM	Rhos Saith Maen	E 2 7
RS	Roman Steps	M 4 4	DF	Bwlch y Ddau-Faen	M 1 7
A	The Arans	D 4 4	LR	Cerrig Llwyd y Rhestr	MD 1 7
MR	Mawddach old railway	E 3 4	RF	Radnor Forest	E 2 7
FD	Ffordd Ddu	E 2 4	HR	Hergest Ridge	E 2 7
RG	Rhiw Gwredydd	M 3 4	PC	Pembrokeshire Coast Path	E 3 7
CC	Cefn y Clawdd	E 2 4	LT	Roman Road (Llandovery)	E 1 8
W	Nant Rhyd Wilym	E 2 4	CV	Carmarthen Van	M 3 8
MG	Bwlch Maen Gwynedd	M 3 4	BM	Bryn Melyn	E 1 8
B	Berwyn Ridge	MD 3 5	RR	Roman Road (Brecon Beacons)	E 3 8
CN	Cyrniau Nod	E 1 5	RT	Rhiw Trumau	W. side E side N. sides S. sides
MT	Nant y Moch - Llyfnant Val.	M 3 5	GF	Grwyne Fawr	
YL	Cwm Ystwyth - Llangurig	E 2 5	RW	Rhiw Wen	



S. WALES Key map

10 miles
10 km.

Key map



BD BWLCH Y DDEUFAEN Aber to Roewen 428m.

O.S.115 SH 676716-721715 or 754721 Barts.27 16g 3½ or 5 miles R.R.

No recent details. The route used to be a bit wet in the higher parts, with a steep and rough descent past the hostel at Rhiw, which can be avoided by the metalled lane past Hafoty Gwyn. A reasonably well surfaced track goes to the top of Drum, from where the going along the northern Carnedd ridge is easy wheeling on grass, becoming rockier near the summit of Foel Grach. From this hill there is an easy descent (no path) down grassy slopes to Cwm Eigiau. See R.S.I. Vol.23 No.2 p.33.

BR BWLCH Y RHEDIAD Nant Gwynant to Dolwyddelan 380m.

O.S.115 SH 657527-697514 (also on OLM 17) Barts. 27 15m 3 miles R.S.

A steep stony path zig-zags up from A498, becoming easier and grassier, but rather boggy near the top. Boggy and grassy too down the East side; one passes the remains of an old broken dam, with an old bridge just below. The path crosses this, and contours around the hillside before becoming partly paved and stepped down to Coed Mawr Farm. (If using OLM 17 and starting at the East end, leave the lane from Pont Rufeinig (Roman Bridge) station at the end of the forestry, on the track to Coed Mawr Farm, then head W.N.W.).

CT CAPEL CURIG TO LLYN CRAFTNANT FOR TREFRIW 340m.

O.S.115 SH 726579-740602 (also on OLM 16) Barts.27 16k 2½ miles R.S.

A boulder strewn path for much of the way; not much rideable. It is easier to start from the hostel than from the main road T junction. Not shown on Barts.

One can also go via Llyn Cowlyd: the path to the reservoir is rather poor, wet and ill defined; better but stonier alongside Llyn Cowlyd, but not much rideable.

C CLWYDIAN HILLS: Several short bits of R.S. here, e.g.:-

AFON WEN TO LLANDYRNOG 307m. at col., 315m. at SJ124695

O.S.116 SJ 126700-130664 Barts.27 27g or 28 2o 3 miles R.R.

No details: the track to South of the col is not shown on Barts.

P PENLINES Llangynhafal to Cilcain 395m.

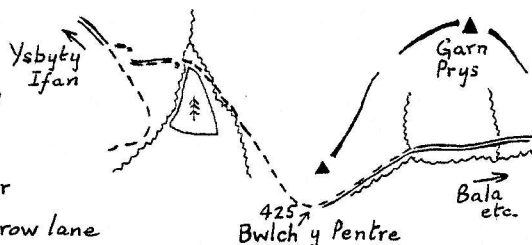
O.S.116 SJ 138633-160651 Barts. 28 3b 2 miles R.R.

No details: mentioned in Cycloclimbing 35 p.9.

BP BWLCH Y PENTRE Bala etc. to Ysbyty Ifan 425m.
 O.S. 116 SH 881472 - 854480 Barts. 27 20n 1 mile R.S., 1½ miles R.R.

No details. Shown on O.S. as a cart track except for the first mile of descent on the West side (path).

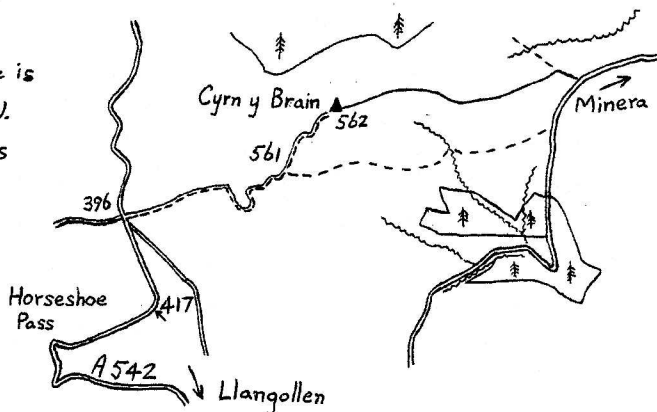
One can continue to Penmachno over Bryn Llech, 390m. by taking the narrow lane ¼ mile SW. of Ysbyty Ifan; 1½ miles of rough track over the top.



CB CYRN Y BRAIN Horseshoe Pass (A542) to Wrexham 562m.
 O.S. 117 (part on 116) SJ. 192482 - 237496 Barts. 23 4d 2 miles R.S.

No recent details. There is a private road to the T.V. station, with easy paths down to the East.

Fine wide views.



DA BWLCH DRWS ARDUDWY Pont y Gribble to Cwm Nantool 365m.
 O.S. 124 SH 684302 - 641270 (also on OLM 18) Barts. 22 14e 4 miles R.S.

Leave the forestry road at 674287 on reaching the Afon Gau. A path follows its North bank to the edge of the forestry, after which the route is obvious, and fairly easy. Near the top, the proper path keeps a little to the right (N.) of the col; some lifting may be necessary. There are a couple of boggy bits on the way down to Cwm Nantool, nothing much.

A fine route, which can be combined with the Roman Steps to give a circular route from Llanbedr or Harlech. Allow 2 hours for the R.S.
 See R.S. J.'s Vol 32 No. 2 p. 38 or Vol. 29 No. 6 p. 152. or Vol. 37 No. 2 p. 43.

RS ROMAN STEPS Llyn Cwm Bychan to Pont y Gribble 445m.
O.S. 124 SH 646315 - 684302 (also on OLM 18) Barts. 22 14d 4 miles R.S.

From Llyn Cwm Bychan a boulder strewn path climbs up to a short level stretch, where the famous steps (Rock slabs) begin. These are easy enough to wheel up. After the col, the path becomes boggy in places before entering the forest. An up-to-date map is useful here, as the way in the forest is not too easy to find, especially in reverse. Very fine scenery, on the West side especially. See R.S.J. Vol. 27 No. 4 p. 75. Allow at least 2 hours.

A THE ARANS Llanuwchllyn to Dinas Mawddwy 905m.
O.S. 124 SH 880298 - 854184 (Also on OLM 23) Barts. 22 20f 9 miles R.S.

A very rewarding mountain traverse on a fine day. Leave B4403 at the big bend, up a farm track, fork R. after $\frac{1}{2}$ km. (this fork is just off the edge of OLM 23). This soon becomes a faint path keeping to the West of all the knolls and rocks on the long ridge to Aran Benllyn. It is much easier going here, but a very long push, and gets more rocky near the summit (884m.); from here to the main summit is again rocky and bouldery, and again easier well to the West of the cliffs. The easy way down Aran Mawddwy follows the cliffs round S.E. wards to Dyrsgol, and at point 568m. a fair grassy track slants down the Hengwm valley, rideable at times. If misty on the tops, take care not to descend the earlier grassy slopes to Craiglyn Dyfi (between the crags). Allow at least 6 hours. See R.S.J. Vol. 29 No. 5 p. 91.

MR MAWDDACH OLD RLY. Morfa Mawddach to Penmaenpool
OS 124 SH 630140 - 695185 (also on OLM 23) Barts. 22 15h

No details of surface, but a very easy, level, constructed path. Mentioned in R.S.J. Vol. 29 No. 5 p. 128.

FD FFORDD DDU Arthog to Llanegryn 401m.

No recent details. This used to be a rather boggy track in places
OS. 124 SH 656133 - 610060 (also on OLM 23) Barts. 22 14j 6 miles R.S.

There is a short track parallel to this, ending at Llwyngwrl, mentioned also in R.S.J. Vol. 29 No. 5 p. 128.

RG RHIW GWREDYDD Dolgellau to Abergynolwyn 560m.
O.S. 124 SH 697152 - 674096 (also on OLM 23) Barts. 22 16h 5 miles R.S.

No recent details. The path to the col is boggy in places, becoming very steep and stony on the zig-zags near the top. The descent is grassy, not too well defined; from Hafotby Gwastadfryn there is a well defined track, improving lower down. Allow about 4 hours. The path up Cader Idris from the top is very boulder strewn (and very popular, with a tiny café hut just beyond the summit.)

CC CEFN Y CLAWDD Cross Foxes to Aberllefenni 403m.
O.S. 124 SH 762150 - 763121 (also on OLM 23) Barts. 22 17h 2 miles R.S.

A useful alternative to the busy, narrow A487. The North side is still very good (1991), but the South side becomes rough, boggy and unrideable. (1968).
See R.S.J. Vol. 13 No. 1 p. 11.

W NANT RHYD WILYM (WAYFARER) Llanarmon D.C. to Cynwyd 580m.
O.S. 125 SJ 130355 - 052404 Barts. 22 26b 6 miles R.R.

A fairly steep track to begin with, from near Swch-cae-rhiw farm, then a very boggy stretch for about a mile, before the final drier climb. Sign the R.S.F. book! The descent is mostly rideable after a rough start; the left fork at Rhos y Maerdy is tarred down to B4401 at 049398. See R.S.J.'s Vol. 28 No. 6 p. 150 & 25 No. 5 p. 118.

MG BWLCH MAEN GWYNEDD Llandrillo to Llanrhaeadr ym M. 720m.
O.S. 125 SJ 043385 - 104317 Barts. 22 26c 3 miles R.S., 3½ miles R.R.

A steep lane, soon becoming rough and stony between walls, climbs up to the moor, and one comes to a short but very boggy stretch where it levels off. For a while the track aims towards the prominent cairn on Cader Bronwen, but later contours the hillside before a short climb up to a gate on the ridge, the 'Bwlch', between Cader Bronwen and Cader Berwyn. However the path, more grassy now, contours the head of Cwm Llawenog to another slightly higher col, before dropping steeply down the grassy slopes of Tomle to a rideable track in the valley bottom (Cwm Maen Gwynedd). See R.S.J.'s Vol. 28 No. 6 p. 150 or Vol. 18 No. 4 p. 104. Allow about 4 hours.

B BERWYN RIDGE Wayfarer Memorial to Milltir Gerig 830m.
O.S. 125 SJ 091366 - 017305 Barts. 22 26c 8 miles R.S. (+3 on Wayfarer)

There is a path of sorts up to Cader Bronwen, much of it very boggy or heathery. Somewhat easier going down to the Bwlch Maen Gwynedd, and easier still over the highest Berwyn tops, but with a few short bouldery stretches. The highest top is between Cader Berwyn and Moel Sych. There is a fence along the ridge, with one or two cross fences also. After Moel Sych, cross the right hand of two stiles and follow the ridge westwards with little sign of a path, but easy enough wheeling. A path of sorts starts again about a mile before the Milltir Gerig. Very little rideable apart from the Wayfarer track. See R.S.I.'s. Vol. 36 No. 1 p. 5 or Vol. 25 No. 5 p. 116 for the reverse direction.

CN CYRNIAU NOD RIDGE TRACK Bwlch Rhiw Hirnant to Bala (var.) 650m.
OS 125 SH 946273 - 989288 etc. Barts. 22 23d 7½ miles R.R.

This is not a through route, but worth doing for its wide views on a clear day. A wide bulldozed forestry type road starts north-eastwards from the top of the Hirnant pass, rather rough in places, but much of it is rideable, especially the final descent through the forest. The track is only shown on the latest landranger map, but a map is unnecessary; soon after entering the forest, take the left fork, downhill. Allow 2 to 3 hours for the rough stuff.

One may be tempted to push across the moor to the Milltir Gerig, but there is much deep heather on these moors, tough walking even without a bike.

MT NANT Y MOCH TO TALYBONT DRAIN, GLASPWLL or BUGEILYN 420m., 500m.,
O.S. 135 SN 775880-779951. 756963 or 837952 Barts. 22 18c 7 miles R.S. LOR 530m.

The track or path from Maesnant is rough and boggy, and virtually disappears into the bog around Nant y Llyn, a ruin near the footbridge at 785892. For Talybont Drain strike North from here to pick up a faint grassy track, still boggy, but later improving to a good forestry road zig-zagging down to the Afon Hengwm. The direct path down is the original pre-forestry track, and still has the occasional glimpse of the waterfall.

An alternative forestry road starting W.S.W. from 781925, the point where one leaves the edge of the forest, emerges on to the moors again at Foel Grafiau, to continue North-Westwards (N.N.W.), then due North to eventually descend the Rhiw Goch ridge, becoming metalled about 1½ miles SE. of Glaspwll. Soon after the metalling starts, look due South down the valley to another waterfall at its head (Pistyll y Llyn). There is fine scenery also all the way down the Llyfnant valley to A487.

The route to Bugeilyn continues East from Nant y Llyn (783891), along another Afon Hengwm, and is still very boggy and ill defined; it is marginally easier to cross the footbridge at 785892 and follow sheep paths along the North side of the stream and pick up a poor path from the old farmhouse at 796895. Near Bugeilyn one meets a rideable rough road which leads to the top of the Machynlleth - Staylittle road, with wide views to the North. Allow about 3 hours for the rough part of any of the routes.

See R.S.J.'s Vol. 29 No. 1 p. 5 for Talybont Drain, Vol. 29 No. 5 p. 126, Vol. 30 No. 1 p. 8, and Vol. 14 No. 4 p. 73 for the Bugeilyn route in reverse.

YL CWM YSTWYTH TO LLANGURIG 440m.
O.S. 135 or 147 SN 826755-843773 Barts. 17 19c 2 miles R.R.

A very easy and useful link, but with a ford at 843773, Afon Diliw. See R.S.J. Vol. 14 No. 3 p. 50.

According to the O.S. maps, there is a 7 mile long forestry road from 'The Arch' at highest point of B4574 (Devils Bridge to Cwm Ystwyth), to the ford at 843773.

GW GLYNDWR'S WAY ETC. Ddol to Llanfair Waterdine 487m.
 O.S. 136 x 137 SO 119814 - 245758 Barts. 18 2h 11 miles R.S./R.R.

Leave B4355 at the big hairpin West of Felindre, South along a lane for one mile. As this turns sharp left, take the track going SE., and make for the left side of a birch wood; the track is indistinct here, but becomes rideable past the shoulder of Bryngydfa. After Castell y Blaidd, the way turns S.E. again, well defined, but sandy and rutted as it climbs to its high point on the shoulder of Warren Hill. After crossing the lane from Felindre, a good track continues over Stanky Hill, and past Beacon Lodge. Soon after this, take the second of two tracks forking left off the 'Way', at 192748. This track keeps along the hilltops, becoming a wide, level green road over Wern Geufonr Hill which drops steeply down to Lloyney on B4355. (nr. Llanfair W.)

If starting from Lloyney, bear right, uphill, 100 yds. after leaving B4355, and keep along the hilltops, meeting the 'Way' after 3½ miles at 192748. Allow 3 hours, much of it is rideable. See R.S.J. Vol. 32 No. 4 p. 96.

KR KERRY RIDGEWAY Summit of B4355 to Bishops Castle 508m.
 O.S. 136 x 137 SO 109847 - 247896 Barts. 18 1f 8 miles R.R.

This is a fine green road over Kerry Hill (See again R.S.J. Vol. 32 No. 4 p. 96) For the eastern section (not mentioned) just keep straight ahead throughout. If taking the ridgeway East-West, leave the road at Pant Glas 247896, heading S.W.; after 2 miles one enters the forest - bear slightly left 200 yds. in at a fork.

CA CLATTER TO ADFA 405m. (at start)

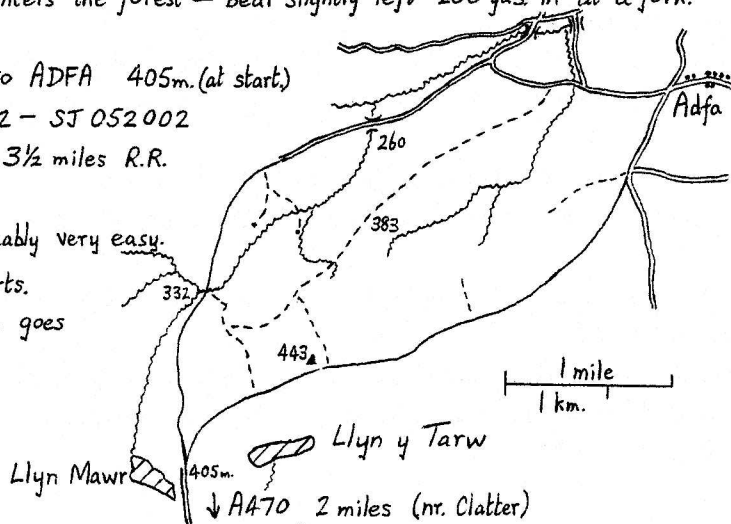
O.S. 136 SO 011972 - SJ 052002

Barts. 22 24n 3½ miles R.R.

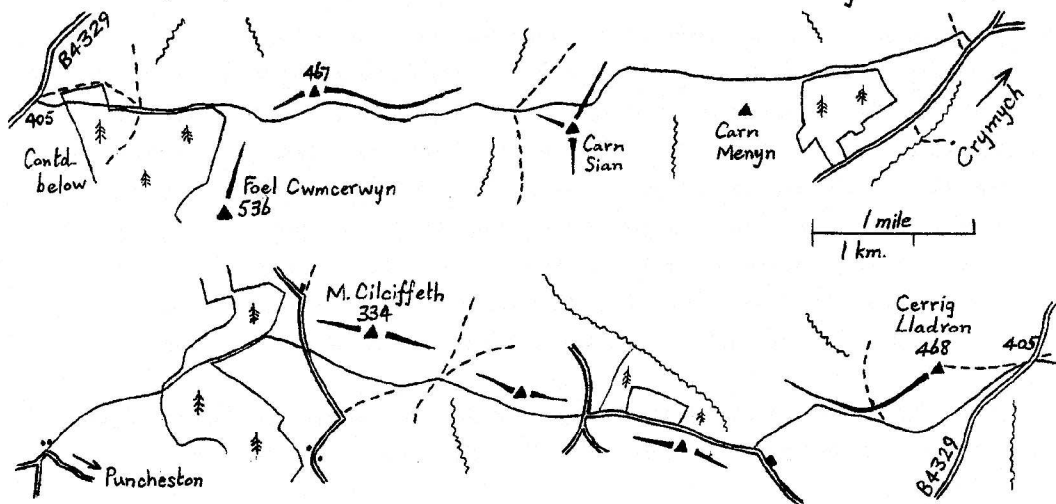
No details, presumably very easy.

Not shown on Barts.

A 2 mile connection goes also to SJ 019001.



MP MYNYDD PRESELI Crymych to B4329 or Letterston 470m.
O.S. 145 (*157) SN 166332 - 075 322 or SM978312 Barts. 11 12g 6 or 12 mls R.S.



The start is very indistinct across the moor; make for the Northern edge of a conifer plantation, where a well defined track will be found running parallel to it. After passing some rocky outcrops, where reputedly the stones of Stonehenge came from, it becomes a matter of following the hill tops till a narrow well defined track is picked up, which runs along the N. edge of another block of forestry before reaching B4329. Thus far the route is described in R.S.J. Vol. 25 No. 6 p. 147. The way can be continued over, or around Cerrig Lladron, and over Mynydd Cilciffeth etc. (state not known).

RC RHANDIR MWYN TO TYN Y CORNEL ETC. 400m.
O.S. 146 or 147 SN 769480 - 739541 Barts. 17 17k 6 miles R.S.

Leave the Tywi valley road by a narrow lane, signposted Troed-rhiw, at 772459. About 2 miles along this, just after Troed-rhiw-ruddwen farm, a faint narrow track forks to the right, following the East side of the Doethie valley. It gets lost at times in the mass of sheep paths where wooded streams join from the East; it is best to stay low if in doubt. Tarmac is reached about a mile beyond Tyn y Cornel Y.H. See R.S.J. Vol. 35 No. 4 p. 107; also Vol. 9 No. 5 p. 71, which mentions boggy stretches, also an easier track from 771514 to Nant Llwyd. Other notes: - Y.H. - 771514: very boggy, awkward stream at 766526. 771514 to Soar y Mynydd: Grassy path and rough muddy track. 771514 - 771479: Rough path, boggy in places. 771479 - Soar y Mynydd: mostly rideable forestry road. 771479 - 772459: Farm road, ? metalled.

UT UPPER TYWI TRACK Strata Florida to Nant yr Hwch 490m.
O.S. 147 SN 756646 - 805569 Barts. 17 17g 8 miles R.S./R.R.

The original route is now difficult to follow because of much new forestry, and an up to date O.S. map is essential. Take the left fork forestry road at the end of the metalled road. At 784625 the old track follows the stream S.E. wards to 800612, which point can be reached also by forestry road. The old track keeps mainly to the S.W. side of the river to 810602, where there is a ford over the main river, and the track now follows the East bank past Nant Ystalwyn to the Tregaron - Abergwesyn road. This track used to be pretty rough and by no means all rideable, with plenty of fords across side streams, and some boggy stretches. See R.S.J. Vol. 35 No. 3 p. 79, but article describes how it was in 1960.

AR ANCIENT ROAD Marteg to Claerwen to Ffair Rhos 542m.
O.S. 147 or 135 SN 951715 - 795680 Barts. 17 19e 11 miles R.S./R.R.

A path from Pont Marteg on A470 crosses the Wye and climbs to the lane on the West side of the valley. Turn South on this where the track starts from farm at 948716, climbing steeply zig-zagging to the crest of the ridge; track marked by banks. Very deep but narrow ford of Nant y Sarn, then aim West up the hillside to the Coach road at 918714. Drop down to Pont ar Elan, and leave the road at 896715, to follow a green road with a number of boggy stretches in a generally W.S.W. direction to the rocks near Blaen Rhestr. On reaching the steep descent from Esqair Cywion to the Afon Claerwen, it is easier to take the path to Claerwen Farm, and pick up the rideable track from the North side of the reservoir to the road to Ffair Rhos. See R.S.J. Vol. 17 No. 4 p. 94., and also Vol. 5 No. 6 p. 135 for the true continuation from Claerwen to Strata Florida.

SM RHOS SAITH-MAEN Beulah to Llanwrthwl 420m.
O.S. 147 SN 948593 - 958614 Barts. 17 22h 2 miles R.S.
No details, but this could be a useful crossing.

DF BWLCH Y DDAU-FAEN Beulah to Elan Lakes 535m.
O.S. 147 SN 884543 - 900616 Barts. 17 20h 5 miles R.S., 1 mile R.R.
No details.

LR CERRIG LLWYD Y RHESTR Rhiwnant Fm. to Abergwesyn 580m
O.S.147 SN 895617 - 836556 Barts. 17 19h 7½ miles R.S.

Leave Rhiwnant on a track heading WNW, climbing fairly steeply. This peters out after a mile at some mining operations at 885613. There is no sign of a path Westwards, so it is easier to keep to the high ground, where a faint path will be seen making for Llyn Carw; avoid a dangerous area of bog to the S.E. of the lake. After a short climb, a path, easy to follow continues downhill to the foot of the Devils Staircase on the Tregaron - Abergwesyn road. A rather boggy crossing. See R.S.J. Vol. 19 No.3 p.59, but description not easy to follow

RF RADNOR FOREST Llanfihangel Rhydithon to Water break its Neck 545m.
O.S.148 SO 157655 - 194592 Barts. 18 2m 1mile R.R. 4 miles R.S.

A fine grassy track for the most part, commanding wide views, and with little or no bog. The waterfall is in a gorge at 183601 just North of the track. A variation, also good and mostly dry going, forks left at 165636 over Esgair Nantau to Haines Mill near New Radnor. There are plenty of shorter tracks in the area. See R.S.J. Vol. 28 No.4 p.92. Allow about 2 hours.

HR HERGEST RIDGE Gladestry to Kington 415m.
O.S.148 SO 235550 - 290568 Barts. 18 5n 4 miles R.S.

An easy and delightful track, part of Offa's Duke L.D.P. There are several other good tracks in the Glaswun area, a little further West.

PC PEMBROKESHIRE COAST PATH St. Govan's Chapel to ELEGUQ STACKS.
O.S.158 SR 967930 - 926946 Barts. 11 9s 4 miles R.S.

This is the only stretch of the L.D.P. that has the status of a bridleway. It is a good grass and earth track, almost level throughout, and with fine cliff scenery. Just to the West lies the Castlemartin Artillery Range. See R.S.J. Vol. 25 No.6 p.147.

LT ROMAN ROAD Llandovery to Trecastle 390m.
O.S.160 SN 811320-869291 (also on OLM 12) Barts. 17 19g, 4½ miles R.R.

After Hafod farm, the route passes a muddy hollow and becomes a stony track, levelling off after passing the Roman Camps, y Pigwn. Allow 1-1½ hrs.
See R.S.J. Vol. 19 No.1 p.10.

CV CARMARTHEN VAN Llanddeusant to Bwlch Cerrig Duon 802m.
O.S.160 SN 799238-856223 (also on OLM 12) Barts. 12 14b 7 miles R.S.

A path climbs up to the ridge, but this can be avoided by taking the metalled road to Llyn y Fan Fach (ask permission at cottage at start). Grassy going along the top, but some bouldery areas on the steep climb to the 'Van' itself can mostly be avoided. Descend to Bwlch Giedd, where a steep, stony but well defined path drops down to Llyn y Fan Fawr, becoming boggy in places over the moor to Bwlch Cerrig Duon, though quite a bit is rideable in the downhill direction. Allow 4-5 hrs.
See R.S.J.'s Vol. 28 No.5 p.115 or Vol. 22 No.3 p.57.

BM BRYN MELYN Ystradfellte to Brecon 473m.
O.S.160 SN 925184-962242 (also on OLM 11) Barts. 12 17c 5 miles R.S.

A gated track, very wet in places; not much is rideable before Nant Cwmdu, and with many small streams across the track. There are a few very rough bits thereafter, but it is mostly rideable to Forest Lodge. Allow 2 hours.
See R.S.J.'s Vol. 17 No.3 p.70 and Vol. 27 No.4 p.77.

RR ROMAN ROAD Brecon to Pontsticill 598m.
O.S.160 SO 040246-035174 (also on OLM 11) Barts. 12 19b 5 miles R.R.

This is a fairly good rough road throughout, mostly rideable where not too steep. If coming from Pontsticill, continue up the road to the first reservoir, (to avoid the gully (old broken bridge) at 034182), where turn right after crossing stream. Allow 2 hours.

From the highest point of the track, it is relatively easy but steep going over grassy slopes to Pen y Fan 886m., and so down to A470 at Storey Arms. See R.S.J. Vol. 35 No.5 p.139 and Vol. 16 No.6 p.118. Vol. 35 No.2 p.39 describes another crossing of the Beacons about a mile East of the Roman Road.

RT RHIW TRUMAU Talgarth to Grwyne Fechan and Llanbedr 617m.
O.S. 161 SO 186289 - 230250 (also on OLM 13) Barts. 13 4f 4 miles R.S.

The climb up the West side is steep, and rather boulder strewn in places; the descent becomes a fine rideable grass track below the early zig-zag, so the route is best done in this direction if one enjoys a good freewheel. Allow $1\frac{1}{2}$ - 2 hours. See R.S.J.'s. Vol. 35 No. 5 p. 140; Vol. 28 No. 3 p. 67; Vol. 17 No. 1 p. 14 & Vol. 16 No. 1 p. 10.

GF GRWYNE FAWR Talgarth to Forest Coal Pit & Abergavenny 695m.
OS 161 SO 188333 - 251286 (also on OLM 13) Barts. 13 4e 5 miles R.S.

The very steep long climb is a bit rough in places, but wheelable. The descent is gradual but barely rideable, though distinct enough down to the Grwyne Fawr reservoir dam, from where it becomes a green road which meets the metalled valley road at 251286. Once again one has a long freewheel in this direction. If taking the route in reverse, note that the green track leaves the metalled road a short half-mile before the end of the forestry. Allow 2 - $2\frac{1}{2}$ hours. See R.S.J. Vol. 27 No. 3 p. 56.

RW RHIW WEN Tregoyd to Capel y Ffin 620m.
O.S. 161 SO 210358 - 242323 (also on OLM 13) Barts. 13 4d 4 miles R.S.

This climb also becomes very steep, but grassy with some boulders (note to bear hard right at the top, i.e. due North, if doing the crossing in reverse). A similar sort of surface prevails for the much more gradual descent, till one picks up the lane past the old Capel y Ffin monastery. Allow 2 hours.

The various ridges of the Black Mountains are mostly easy going and sometimes rideable, once one has got up on to them, and command fine wide views. See R.S.J. Vol. 27 No. 3 p. 54.