

132. Sugar Loaf

Distance **3.5 miles/5.5km**

Ascent **301 metres**

Start/Finish **Llanwenarth car park, NP7 7LA**

From the car park take the main path north-west up the first small hill to bring Sugar Loaf properly into view. Bear L past the corner of the fields and follow the path around to the slightly less steep and more runnable south-western face of Sugar Loaf itself. Climb the hill to the trig point and summit (1.7 miles/2.7km), following the ridge to the rocks at its end for the best views. Return to the trig point and turn R, following the path down the main face, and trending R to avoid Cwm Trosnant. Run around the head of this cwm and curve L along the ridge of Mynedd Llanwenarth before turning R and returning to the start.

Miles	Km	Directions
0.0	0.0	Follow the main path north-west up the first small hill to and bear left to the corner of the fields.
0.3	0.5	Follow the path around to the slightly less steep and more runnable south-western face of Sugar Loaf, ascend to the trig point and summit.
1.7	2.7	Turn right and follow the path down the main face, and trending right to avoid Cwm Trosnant. Run around the head of this cwm and curve left along the ridge of Mynedd Llanwenarth to a path junction.
3.2	5.1	Turn right and follow the path back to the start.