

133. Llanthony Priory

Distance 18 miles/29km

Ascent 858 metres

Start/Finish Llanthony Priory, NP7 7NN

Join the Beacons Way at the priory, heading south-west up Cwm Bwchel, before bearing R to the trig point and summit of Bal Mawr at 607 metres. Follow the ridge path north over Chwarel y Fan then descend slightly to a path junction and past the cairn at the Blacksmith's Anvil stone. Stay on the ridge heading north-west to Twyn Talcefn at 702 metres then cross to the trig point at 713 metres at the head of the ridge (7.1 miles/11.5km). Turn R and follow the high ground to Twmpa (Lord Hereford's Knob) at 690 metres. Continue on the path down to the road in Gospel Pass before climbing to the trig point at the summit of Hay Bluff (10.4 miles/16.7km). Turn R, following Offa's Dyke Path to a path junction at SO 298285 (16.8 miles/27km). Turn R and follow this path downhill and back to the start.

Miles	Km	Directions
0.0	0.0	Follow the Brecons Way south-west up Cwm Bwchel, before bearing R to the trig point and summit of Bal Mawr.
1.7	2.8	Follow the ridge path north over Chwarel y Fan then descend slightly to a path junction and past the cairn at the Blacksmith's Anvil stone.
4.1	6.6	Stay on the ridge heading north-west over Twyn Talcefn to the trig point at 713 metres at the head of the ridge.
7.1	11.5	Turn right and follow the high ground to Twmpa.
8.6	13.8	Continue on the path down to the road in Gospel Pass.
9.3	15	Ascend opposite on the path heading north-east to the trig point at the summit of Hay Bluff.
10.4	16.7	Turn right, following Offa's Dyke Path to a path junction at SO298285.
16.8	27	Turn right off the ridge and follow this path downhill and back to the start.