

135. Pen y Fan

Distance **12 miles/19km**

Ascent **971 metres**

Start/Finish **Pont Cwmfedwen, CF48 2UT**

Take the track north towards the Neuadd reservoirs, but turn L on the path in front of the first dam and climb the steep hill to the ridge. Turn R and follow the ridge north-west, curving around to the R over Corn Du at 873 metres and up to Pen y Fan at 886 metres (4 miles/6.4km). Continue along the ridge south-east to Cribyn at 795 metres then follow the Craig Cwm Cynwyn to Fan y Big at 719 metres. Continue down the ridge to the path junction at the col below Waun Rydd, turning R and following the Graig Fan Las ridge down to a junction with the Beacons Way. Turn L and follow the Beacons Way over Craig Fan Ddu then down to join the Taff Trail on the road. Turn R and follow the Taff Trail over a cattle grid then R off the road, curving R through Taf Fechan Forest to the road and the outbound path. Turn L to return to the start.

Miles	Km	Directions
0.0	0.0	Take the track north towards the Neuadd reservoirs, turn L on the path in front of the first dam and climb the steep hill to the ridge.
1.4	2.2	Turn right and follow the ridge north-west, curving around to the right over Corn Du and up to Pen y Fan.
4	6.4	Continue along the ridge south-east to Cribyn.
4.8	7.8	Then follow the Craig Cwm Cynwyn path to Fan y Big.
5.9	9.5	Continue generally north-east down the ridge to the path junction at the col below Waun Rydd at SO057205.
8	12.8	Turn right and follow the Graig Fan Las ridge down to a junction with the Beacons Way at SO050191.
8.9	14.4	Turn left and follow the Beacons Way over Craig Fan Ddu then down to join the Taff Trail on the road.
10.3	16.6	Turn right and follow the Taff Trail over a cattle grid to a right turn onto a path.
10.7	17.2	Turn right following the path north-west and curving R through Taf Fechan Forest to the road. Turn left to return to the start.