

136. Fan Hir Ridge

Distance **13 miles/21km**

Ascent **1466 metres**

Start/Finish **Tafarn-y-Garreg pub and camping, SA9 1GS**

Run north-west from the A4067 joining the Beacons Way and bearing L uphill to reach the Fan Hir ridge. Follow this north over Fan Brycheiniog at 802 metres and on to Fan Foel at 781 metres. Turn L after this summit and continue on the ridge in a generally westerly direction over Picws Du at 749 metres and on along Bannau Sir Gaer, curving R and starting to descend as the ridge becomes less pronounced. Turn R onto a smaller path at SN 796219 (6.1 miles/9.8km). Stay on this down to the dam of Llyn y Fan Fach and continue past in the same direction to join the Beacons Way below Picws Du. Follow the trail along the bottom of the ridge below all the peaks you recently ran over, trending R below Fan Foel and reaching the northern tip of Llyn Fan Fawr (9.1 miles/14.7km). Take the path along the eastern shore and continue south to join the outbound path, following it to the start.

Miles	Km	Directions
0.0	0.0	Run north-west joining the Beacons Way and bearing left uphill to reach the Fan Hir ridge. Follow this north to the trig point on Fan Brycheiniog.
3.5	5.7	Continue north along the ridge to Fan Foel.
4	6.5	Turn left following the ridge west over Picws Du and on along Bannau Sir Gaer, curving right and starting to descend as the ridge becomes less pronounced. Turn right onto a smaller path at SN796219.
6.1	9.8	Follow this down to the dam of Llyn y Fan Fach.
6.7	10.6	Continue in the same direction to join the Beacons Way below Picws Du.
7.1	11.4	Follow the trail along the bottom of the ridge, trending right below Fan Foel and reaching the northern tip of Llyn Fan Fawr.
9.1	14.7	Take the path along the eastern shore and continue south to join the outbound path, following it to the start.