

### 137. Blaen Llia

**Distance**      **14 miles/22km**

**Ascent**        **935 metres**

**Start/Finish**    **Blaen Llia car park, CF44 9JD**

From the car park return to the road and turn R. At the next junction turn L then L again, leaving the road and making your way to the trig point on Fan Nedd (2.4 miles/3.8km). Turn R down the ridge to a cairn then L on a small path north-west to reach a larger track at SN 902197 (3.7 miles/6km). Turn L onto the track and follow it across Fforest Fawr to a track junction at SN 873169 (6.5 miles/10.5km). Bear L and follow the dismantled tramway in roughly the same direction to join the Beacons Way at SN 860156 (7.8 miles/12.5km). Turn L onto the Beacons Way, following it as it curves R and heads south-east to a path junction at the corner of some woodland (SN 907143, 11.3 miles/18.2km). Turn L, still on the Beacons Way, and run north-east along the course of an old Roman Road, through some woodland and back to the road. Turn R here to return to the start.

Miles	Km	Directions
0.0	0.0	Return to the road and turn right. At the next junction turn left and follow this road to a path on the left.
1.6	2.6	Follow the vague path west to the trig point on Fan Need.
2.4	3.8	Turn right down the ridge to a cairn then left on a small path north-west to reach a larger track at SN902197.
3.7	6	Turn left onto the track and follow it across Fforest Fawr to a track junction at SN873169.
6.5	10.5	Bear left and follow the dismantled tramway in roughly the same direction to join the Beacons Way at SN860156.
7.8	12.5	Turn L onto the Beacons Way, following it as it curves R and heads south-east to a path junction at the corner of some woodland at SN907143.
11.3	18.2	Turn left, still on the Beacons Way, and run north-east along the course of an old Roman Road, through some woodland and back to the road. Turn right here to return to the start.