

### 139. Aran Fawddwy

**Distance**      **9 miles/14km**

**Ascent**        **921 metres**

**Start/Finish**    **Cwm Cywarch, nearest postcode SY20 9JG**

Take the track north from the end of the road, taking the L fork onto a footpath which follows a stream up the slope below Glasgwm. Turn R at the path junction and fence at the top and run north-east over several sections of boardwalk, following the path and boundary line up to the summit trig point of Aran Fawddwy (4.3 miles/6.9km). Retrace your steps down the ridge then bear L to the cairn at Drws Bach. Follow the ridge across to Drysgol and then curve R, joining a fantastic path which starts below Waun Goch and runs the length of the valley to join the outbound track. Turn L on this to return to the start.

| <b>Miles</b> | <b>Km</b> | <b>Directions</b>  |
|--------------|-----------|--|
| 0.0          | 0.0       | Take the track north from the end of the road, taking the left fork onto a footpath which follows a stream up the slope below Glasgwm to a path junction by a fence at the top.              |
| 2.1          | 3.3       | Turn right and run north-east over several sections of boardwalk, following the path and boundary line up to the summit trig point of Aran Fawddwy.  |
| 4.3          | 6.9       | Retrace your steps down the ridge then bear left to the cairn at Drws Bach. Follow the ridge across to Drysgol and then curve right to the top of a path heading south-west down the valley. |
| 6.1          | 9.8       | Follow this path down the valley to the outbound track. Turn left to return to the start.  |