

### 143. Happy Valley

**Distance**        **8 miles/12.5km**

**Ascent**            **698 metres**

**Start/Finish**    **Happy Valley car park, LL36 9HY**

Leave the car park on a rising path heading south, then bear around to the left behind Tyddynbriddell Hill and continue north-east. Bear R onto a byway and skirt the northern edge of the forest to a path junction at SN 667986 (2.2 miles/3.6km). Turn L and run north to meet a road at a sharp bend. Turn R onto the road and stay on it briefly to the next R bend then turn L onto a byway at Pant-yr-On. Follow the byway up and west, then bear Lover Bryn Dinas. Continue on the path heading south-west, descending to the road in Happy Valley. Turn L onto the road until you reach a path heading R at Dyffryn-gwyn. Follow this south and then trend L across fields to the outbound trail. Turn L on this and return to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Follow a rising path heading south, then bear around to the left behind Tyddynbriddell Hill and continue north-east. Bear right onto a byway and skirt the northern edge of the forest to a path junction at SN 667986.
2.2	3.6	Turn left and run north to meet a road at a sharp bend.
3	4.8	Turn right onto the road and stay on it briefly to the next right-hand bend then turn left onto a byway at Pant-yr-On. Follow the byway up and west, then bear left onto Bryn Dinas.
5	8	Continue on the path heading south-west, descending to the road in Happy Valley.
6.4	10.3	Turn left onto the road until you reach a path heading R at Dyffryn-gwyn. Follow this south and then trend left across fields to the outbound trail. Turn left on this and return to the start.