This publication is available in Welsh, other languages or formats on request.

Mae'r cyhoeddiad hwn ar gael yn Gymraeg ac mewn ieithoedd neu fformatau eraill ar gais.



# **Twmbarlwm Walk**

You are about to enter the forest. Ahead of you is a steep path that will take you up to the top of the Iron Age hillfort of Twmbarlwm. From the top there are stunning views, over Cardiff Bay to the south and the Brecon Beacons to the north.

**Distance:** 4 km / 2.5 miles

**Approximate Time:** 2 hours **Difficulty:** Strenuous

Climb: 900 feet / 270 metres

**Start Point:** Visitor Centre

(GR: ST229936)

Finish Point: Visitor Centre

(GR: ST229936)

**Publication:** Leaflet available from

the Visitor Centre.





#### Visitor Centre:

The new Visitor Centre features an information area, a Gift Shop featuring locally produced crafts and goods. The café has a wide range of snacks and refreshments.

The Visitor Centre is fully DDA compliant and has wheelchair accessible seating on the rear decking.

Toilets are available at the Visitor Centre along with showers for those taking part in any strenuous activities.

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## For further information contact:

01495 279300 cwmcarn-vc@caerphillv.gov.uk

# **Opening Times:**

2nd September - Easter 9:00am - 5:00pm (4:30pm Fri).

Easter - 1st September 9:00am - 5:00pm.

24th December - 2nd January Closed

## **Parking:**

£1 2hrs £3 all day.





# Twmbarlwm Walk









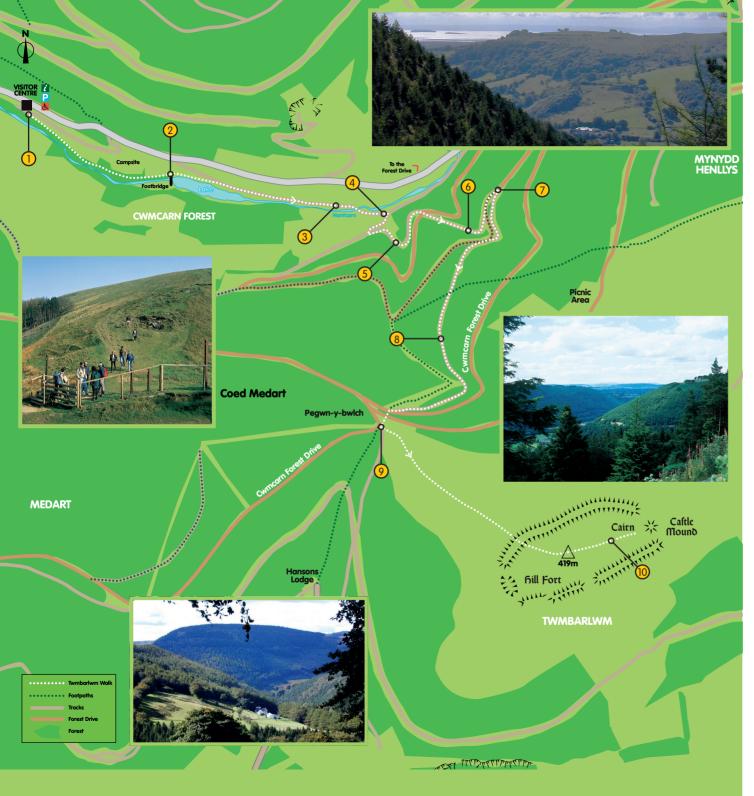












- From the Visitor Centre head up the valley following the fenced permissive path beside the camping site to the Nantcarn Lake
- 2. Continue up the valley walking along either side of the lake and pass through a timber walk-through to follow the green tarmac'd path along the right-hand side of the stream running into the lake.
- 3. The green path passes a small pond (walk either to the L or R of the pond), passing a wooden outdoor classroom/ shelter on the right. After approximately 20 metres turn L (ignoring steps on the R) to cross a concrete stream bridge. Turn R following the lane which re-crosses the stream after 50 metres. Continue along the lane for 50 metres reaching the brow of the hill.
- 4. Turn right at the brow of the hill and walk through the wooden pedestrian gate, past the signpost directing to Pegwn y Bwlch and Twmbarlwm.
- 5. The path starts to climb reaching a junction of 5 tracks after about 60 metres. Take the second track on the L (between the mountain bike track marked 'Twrch' and 'Cafall' and the track with the metal kissing gate) onto a track that rises to reach the lower exit road of the Forest Drive after a short distance.
- 6. Cross the road diagonally to join a wide stony track which continues to rise, bending sharply left until it reaches the Forest Drive road a second time.
- 7. Turn right following the road (taking care of any traffic) for approximately 150 metres until you round a sharp right-hand bend. Immediately after the bend join the wide track that rises at 45 degrees to the left of the road.
- 8. Follow this track which curves right above the main side valley (ignoring the track leading down to the right) reaching the Forest Drive road for a third time at a metal kissing gate. Being careful of any traffic turn right onto the road walking the short distance until you reach the crossroads.
- 9. Take the second left road to the metal kissing gate passing the wooden signpost directing to 'Twmbarlwm' and 'Darren Road', and then climb the steep obvious worn trail to the top of the hill, then cross the plateau to the Castle mound.
- 10. Retrace your steps along the route to return to the Visitor Centre.