# Cwmcarn Circular

## Date: 12th November 1983

## Distance/Ascent: 17.1 miles, 3370 ft ascent

## Leader: David John

## Route Description:

* Start at car park (ST 248 926) east of Twmbarlwm.
* West to summit of Twmbarlwm and descend to Pegwn-y-Bwlch.
* South down valley past Hanson’s Lodge, bear left on track towards Coed y Darren.
* East to lane at (ST 248 920).
* Up lane past cars at the start point and north onto top of ridge (Mynydd Henllys).
* North-east along ridge beside forestry.
* Descend along forest boundary to Nant Carn, up the stream a short way then west uphill beside forest boundary and west across moor to track at about (ST 247 961).
* Path west-south-west down ridge and through fields on Cefn Rhyswg to Rhyswg Fawr Farm.
* Down farm road towards Abercarn to forest track junction at (ST 221 948).
* Eastwards down forest track to Cwm Gwyddon. Take forest track up Cwm Gwyddon beside Nant Gwyddon to sheep wash at (ST 245 972).
* North uphill beside forestry then south-west and north-east to Ysgubor Wen (ST 244 976). Northwards to path at about (ST 241 980).
* Path eastwards to near Twyn Calch and then south-westwards then south across Mynydd LLwyd to track and steep valley head at (ST 256 979).
* South-westwards down steep valley then south-eastwards uphill to Mynydd Maen.
* South-eastwards across hill top to path at about (ST 263 979).
* South-west down ridge and along Mynydd Henllys to base of Twmbarlwm.
* Eastwards downhill to the car park.

## Weather: Cool and cold at times, overcast most of day but bright and very hazy. Very poor views. Light wind (cold) at times.

## Participants: David John, Nicholas & Julia Kaye, Gwyn Howells, Sue Davies, Nick & Lizzie Gould, Alan Fox, Keith Bennett, Marcus Harling