# Pain From Start To Finish

## Date: 15thJuly 1995

## Distance/Ascent: 29.6 miles, 5655 feet

## Leader: Nick Kaye

## Route Description:

* Starting from the centre of Painscastle at (SO 1675 4625)
* North-north-west up onto eastern ridge of Llanbedr Hill
* West to summit of Llanbedr Hill, north-east to summit of Red Hill, Mawn Pools
* North then east-north-east to summit of Glascwm Hill, Sychcwm
* Minor Road east via Cloggau to Bwlch
* North to summit of Colva Hill, Mawn Pools, Caety Traylow
* Northwards passing between Burl Hill (to east) and Pentre Tump (to west)
* Path and track around Castle Hill, past Pool Redding
* Path above Stockenny Farm to sharp bend in minor road, south to Yardro
* Minor roads east-south-east to Dolyhir, Lower Hanter
* South to summit of Hanter Hill, south to summit of Hergest Ridge
* South-west-west to Gladestry, Offa’s Dyke Path southwards over Disgwylfa Hill to Newchurch Village
* Westwards to summit of Newchurch Hill, west to cross minor road a little south of Glasnant
* Minor Road west for short way then south-west to summit of Bryngwyn Hill, Black House Farm, Great House
* Across minor road, Goblaen House
* Path south-west across hillside to finish back at Painscastle.

## Participants: Nick Kaye, Gerry Jackson, Dan Hadfield, Alan Abrams, Gwyn Matthews, Mike Buckley, Mike Dixon, NS, (DF part of way)