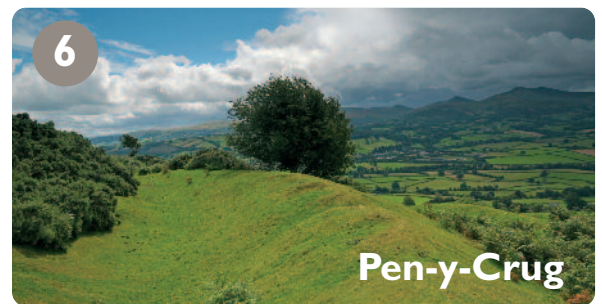






















































Walking Itineraries



Summary of Walks

	Area/Name	Location	Grid Ref	Grade	Length	Av Time	Facilities	Suitable for
1	Craig-y-nos	West	SN 840155	Easy	1 mile/1.5km	1hr	C,WC,P (£)	     
2	Talybont-on-Usk	Central	SO 113227	Moderate	2 miles/3.5km	1-2 hrs	C, P, WC	     
3	Taf Fechan	Central	SO 041073	Moderate	5 miles/8km	2-3hrs	C, P, WC	   
4	Pontneddfechan	West	SN 911079	Easy	1.5 miles/2.5km	1 hour	P only	    
5	Llangors	East	SO 128275	Easy	2 miles/3.5km	1-2 hours	C, P, WC	    
6	Pen-y-Crug	Central	SO 039296	Moderate	1.5 miles/2.5km	1-2 hrs	P only	   
7	Twyn-y-Gaer	Central	SN 977262	Moderate	2½ miles/4.5km	1½-2hrs	C, P (£), WC	     
8	Llanfoist	East	SO 286133	Easy	2.5 miles/4.2km	2.5hrs	P only	     
9	Sugar Loaf	East	SO 268167	Strenuous	3 miles/5km	2-3hrs	P only	   
10	Cribarth	West	SN840155	Strenuous	3.7 miles/6km	2-3hrs	P (£), C, WC	   



The Countryside Code

Respect. Protect. Enjoy

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment








- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs



KEY

-  Bring resources to make a journey stick
-  Bring your map and compass for navigation practice
-  Bring your GPS for geocaching
-  Bring your binoculars
-  Bring your camera
-  Bring resources to make a colour palette
-  Dogs on leads

C Café or tearoom

P Parking

WC Toilets

WALK GRADING for guidance only

EASY Fairly level walking, no steep hills

MODERATE Involves some uphill walking

STRENUOUS Some long or steep uphill sections