

Brecon Beacons National Park 26 Olympic walks

For more information on the walks below please contact our Visitor Centre at visitor.centre@breconbeacons.org or telephone 01874 623 366

1. The Promenade, Brecon (SO 038 289)
Up to 1.5km
A walk beside the River Usk on tarmac paths
2. Monmouthshire & Brecon Canal (SO 046 283)
2km
An access for all walks along the canal towpath and back into Brecon
3. Keeper's Pond and the Bloreng (SO 254 107)
400m
An ideal location for fine views, watching dragonflies in the summer and birds all year round
4. Blaen-y-glyn (SO 063 170)
1.5 miles 2.4km (1 hour)
An easy circular walk through pretty woodland to Blaen-y-glyn waterfall (easy)
5. Tor y Foel (SO 109 187)
2.25 miles 3.6km (1.5 hours)
A rewarding walk crossing remote moorland before steeply climbing to one of the best viewpoints in the Brecon Beacons National Park (moderate)
6. Llyn y Fan Fach (SN 799 238)
2.5 miles 4km (1.5 hours)
A walk to the 'magic' lake below the Carmarthen Fans (easy)
7. Craig-y-nos and the Tawe Valley (SN 839 155)
2.5 miles 4km (1.5 hours)
An easy walk following the mighty Taw River from the Country Park to its confluence with the Afon Haffes (easy)
8. Mynydd Illtud (SN 978 262)
2.75 miles 4.4km (1.5 hours)
A very easy walk across undulating grassy tracks with stunning views of the Brecon Beacons (easy)
9. A stroll around Llangors Lake (SO 129 273)
3 miles (1.5 hours)
A pleasant stroll around the edge of the lake to a bird hide and St Gastyn church and back (easy)
10. The Llangattock Escarpment (SO 208 154)
3.25 miles 5.2km (2 hours)
A walk surrounded by craggy escarpments and limestone cliffs- home to all kinds of wildlife (easy)
11. Crug Hywel from Crickhowell (SO 218 184)
3.6 miles 5.7km (2 hours)
A walk up to Table Mountain and back (energetic)
12. Craig Cerrig-gleisiad (SN 971 222)
4 miles 6.4km (2 hours)
Climb above this dramatic escarpment on steep but easy to follow paths (strenuous)
13. Grwyne Fawr Reservoir (SO 252 284)
4 miles 6.4km (2 hours)
A lengthy but easy expedition ending with a beautiful riverside stroll (easy)
14. The Rise and Fall of Penwyllt (SN 839 155)

- 4.5 miles 7.2km (3 hours)
A moderate walk suitable for families with older children along bridleways and tram roads to an old silica brickworks and limekilns (moderate)
15. The Four Falls Trail (SN 935 123)
5.5 miles 9km (3-4 hours)
Nowhere else in Wales is there such a richness and diversity of waterfalls within such a small area (strenuous)
16. Partrishow and Cwmyoy churches (SO 284 211)
5.8 miles 9.3km (3 hours)
A walk encompassing hilltops and quaint churches (moderate)
17. Cwm Taf Fechan & Vaynor Church (SO 042 073)
6 miles (3 hours)
An easy walk encountering the dramatic gorge of the Taf Fechan (easy)
18. The Devil's Bridge & the Lonely Shepherd (SO 243 146)
6 miles 9.6km (3.5 hours)
A walk through and above the Clydach Gorge (energetic)
19. Sgwd Gwladys (SN 901 076)
7.2 miles 3.5 hours
A pretty circular walk along the banks of the Nedd Fechan (moderate)
20. Pen y Fan from Cwm Gwddi (SN 024 247)
7.5 miles 12km (3-4 hours)
This walk climbs one of the lesser known, but most dramatic, approaches to the summit (energetic)
21. Fan y Big and Cribyn (SN 056 255)
8 miles 13km (4 hours)
An upland walk visiting Pen y Fan's neighbours (strenuous)
22. The Sugar Loaf from Abergavenny (SO 301 140)
9 miles 14.5km (4.5 hours)
A very pleasant walk to the summit of the Sugar Loaf, through woodland and across heath (energetic)
23. Llanthony and the Vale of Ewyas (SO 289 278)
10.5 miles 17km (5.5 hours)
A valley and upland circuit combined (strenuous)
24. The Beacons Circuit (SN 982 203)
11 miles 17.7km (6 hours)
An epic circuit of the main summits and ridges of the central Brecon Beacons (strenuous)
25. The Talybont Valley (SO 105 208)
12.5 miles 20km (7 hours)
An upland walk around and above the Talybont Valley (strenuous)
26. Fan Nedd and Fan Gihirych (SN 927 165)
24km (8.5 hours)
An exploration of Fforest Fawr, Ogof Fynnon Ddu nature reserve and Sarn Helen Roman Road (strenuous)