

Craig-y-Nos Castle and Henrhyd Falls.

Distance: 10.5km (6.5 miles) **Classification:** MODERATE, with a short but sharp ascent at the falls. **Time:** Around 3 hours

From the fish pond in Craig-y-Nos Country Park follow the path to the right along the river bank and cross the wooden bridge over the river Tawe, just below the junction of the two tributaries. Turn left and follow the path upstream to a stile. turn right, through a gate and right again, following the track around the back of the country park.

After half a mile pass through a gate onto a surfaced road and keep right, passing Ffynnon Ddu. At the junction with a larger road turn right. There are some houses on the left. After a quarter of a mile the road turns sharp right and crosses the river Tawe, but do not follow it.

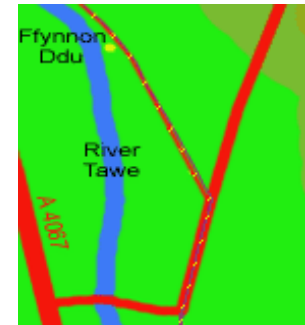
Bear left along the bridleway running parallel with the river and after half a mile you will meet another surfaced lane. Keep right here and after around 200 yards you will join a larger surfaced roadway.

Turn left and follow the roadway up the hill through Nant-y-ffin. A quarter mile later look for a stile and a footpath sign on the left and take this footpath, keeping the stream on the left and climbing to the brow of the hill.

Bear right, following the path down to a stile. Go over the stile and follow the line of telegraph poles to a footbridge. From here follow the path up the hill to a surfaced road and continue straight ahead to Henrhyd Falls.

The stream Nant Llech runs under the road just before the cross roads, where you can turn right and then fifty yards later take the signed track down to the bottom of the falls.

Continue by following Nant Llech down the valley using the path on the Northern side of the stream. When you arrive at the stile by a surfaced lane turn left and after a few yards go over the stile on the right. Continue to a gate and proceed through it with a wall and an old birch coppice to your right.



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Go over a style keeping the wall and hedge to your right and go through the gap in the fence, crossing a stony track over a style to a footbridge over a small stream. Cross the bridge and keeping Glyn Llech Isaf farm to the right go left and then right over a style and continue between two stone walls to a gate.

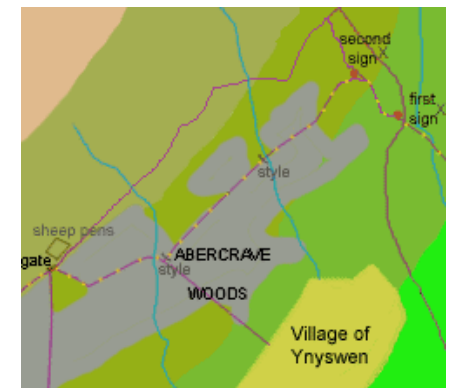
The track crosses a muddy track and then a small stream and leads along a cliff top with the river Tawe below on the left. It then turns right to a style which gives access onto a surfaced lane across from Nant-y-Fin Chapel. Turn left and follow the lane down to the bridge where you cross the River Tawe and then immediately turn left through a kissing gate. Follow the stone slab path around the field.



Cross the main A4067 road and take the bridleway to the left of Pen-y-Cae School. Go through a gate, following the bridleway to the left and along the fence before turning right and up the hill.

The track levels off and crosses a small stream before coming to a cross road sign. Continue straight ahead, bearing right after 50 yards to a second crossroad sign. Turn left here and up the steep slope, bearing left as it levels off and following the grassy track through Abercrave Wood.

Cross a stream and a style and at the next style ignore the main path which heads to the left and walk straight on over the stream stream, following the track up the steep hill. The track passes through a gate onto open pasture with sheep pens are on the right. Turn immediately left and go over a style, crossing the field with the stone wall on your left until you reach another style.



Turn right here and go uphill so that the pumping station for the small covered reservoir of Garwleisiau is on the left and walk to the upper right corner of the fenced area where a more distinct track can be seen. Follow this to the left over rough ground to a V junction where to the right and around the corner you meet the old dramway above Maes-y-Gwernen Hotel. Turn right onto the dramway and proceed up the hillside between two bankings.



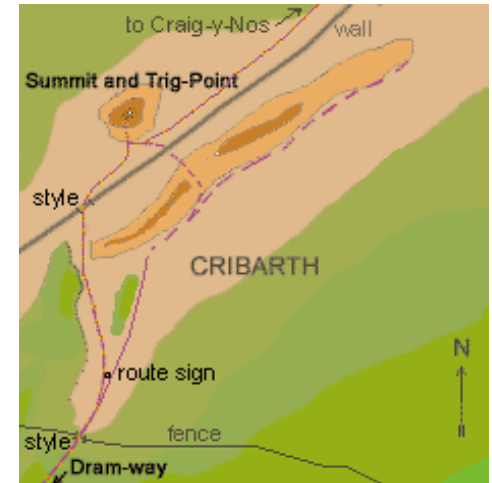
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There are several styles with dog gates, and eventually the path emerges onto the hillside. A round yellow and brown route sign points to the left indicating the best path, and following this direction a wall and fence comes in to view running across and downhill from right to left.

Go through the style and then turn right, following the far side of the wall towards the Cribarth summit which is the highest visible point

The trig point on the summit marks the elevation as 1389 ft (423 metres) above sea level. From here it is possible to see the sea on a clear day, twenty miles to the South.



There are also good views of the valley to the Northeast. Keeping the wall to the right follow it northwards until it curves away to the right and another wall can be seen ahead.

Follow the path straight ahead to the steps and style in this new wall and after crossing it turn right and follow the wall as it descends towards Craig-y-Nos. There are impressive views of the castle standing on the opposite side of the A4067 road on the valley floor. Just beyond the castle is the country park and the car park.

