

21 POWYS TABLE MOUNTAIN & PEN ALLT-MAWR

■ Distance: 11 miles/17.5km ■ Time: 7 hours ■ Grade: Moderate



View west into the Usk Valley from Table Mountain with the Brecon Beacons in the far distance.

PHOTO: ROGER BUTLER



CHOSEN BY... ROGER BUTLER

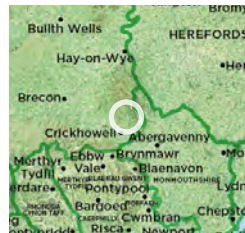
For most people, the name Table Mountain conjures images of a striking summit in South Africa. But there's another one closer to home, perched above the busy little town of Crickhowell in the Brecon Beacons. This distinctive plateau, disconcertingly set at a slight angle, was once home to a large Iron Age fort. Its original name was Crug Hywel – hence today's Crickhowell. This breezy circuit initially climbs up to the old fort, from where there are wonderful views across the wide valley of the River Usk, before heading north to traverse a section of the Black Mountains.

1 Start
From the church and pub in Llanbedr walk west up the lane and, at the top of the steep hill, turn R at a T-junction for 500m.

2 $\frac{3}{4}$ mile/1.2km
Take the gate on L signed Perth-y-Pia and walk steeply up rough tarmac track to building (now a bunkhouse). Go R of house to stile by gate and walk straight ahead up to stile at another gate by junction of walls. Keep ahead over open hillside and trend L towards plateau summit of Table Mountain.

3 $1\frac{1}{2}$ miles/2.1km
Turn north from the top on a broad grass track, with a wall

PLAN YOUR WALK



ROUTE

Start/parking Llanbedr, north of Crickhowell, grid ref SO239203, postcode NP8 1SR

Is it for me? A long hill walk, mostly following established paths; plus tracks and quiet lanes
Stiles 13

PLANNING

Nearest town Crickhowell
Refreshments The Red Lion, Llanbedr (01873 810754)

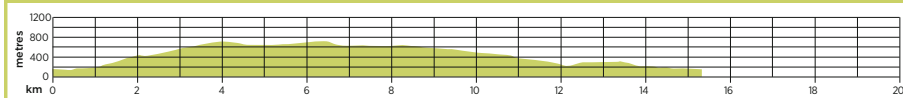
Public toilets None
Public transport None to start. Buses 43/X43 from Abergavenny to Crickhowell, 1½ miles from route

Maps OS Explorer OL13; Landranger 161

curling away on R. Cross the dip and climb uphill to pass the large cairn after 1.75km. Continue ahead to reach the trig pillar on Pen Cerrig-calth



GRADIENT PROFILE



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■ OS Explorer map OL13 ■ Buy maps at: ordnancesurvey.co.uk/shop

and follow the path, surfaced in places, to pass another cairn. Continue along the broad open ridge to Pen Allt-mawr, the highest top, with a damaged trig pillar and a useful stone shelter.

4 4¼ miles/6.8km

Walk north, down a sharp drop, and continue on grass to bend R and then fork R to the next top, Pen Twyn Glas. Now follow the established path downhill along the ridge of Tal Trwynau, past small old quarries and tall cairn, and veer L on old track towards forestry. Cross stile in wall and continue on grass track to follow edge of conifers (a few waymarkers here). Meet wall on R and proceed on stony track between walls to a stile by a gate. Cross a second stile to join a narrow path in trees which soon descends into a deep shady holloway.

5 7½ miles/12km

At the end of the holloway go over a stile at a junction of tracks and gates and follow fingerpost marked 'to road'. Walk along grass track but turn immediately L at next fingerpost on a permissive path, steeply downhill over field, to a track and a gate/stile next to lane. Turn R over bridge and go R up steps (again, a signed permissive path) to stile in hedge. Go uphill over next field to stile at narrow lane. Go straight

across to stile and walk up side of wood to stile in wall at the foot of the steep open hillside.

6 7¾ miles/12.5km

Turn L on path, with wall on L. After 1.1km go L at gate (not signed) and walk downhill through trees. Pass through another gate and follow path down to cottage at lane.

7 8¾ miles/14km

Turn R and take stile on L after 250m. Walk on old track

for 40m then take small gate on R. Go L along field edge, pass cottage/barn on L and cross stile by gate. Join track to small gate at lane and turn L downhill to Llanbedr. **CW**

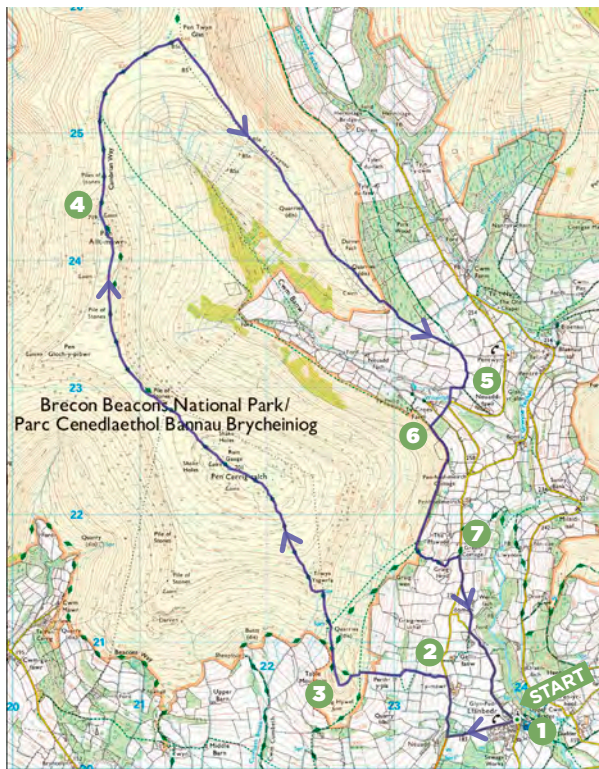
VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING

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