



# Pen Pych

A stunning view of the valley, well worth the hike!

Steep ascents and declines, rocky underfoot and some muddy paths.



Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!



Moderate



392m



Circular



7.7km | 4.8m



02:10

**S** Starting from Pen Pych Forest car park, make your way to the kissing gate and head along the footpath directly in front of you. Follow this path as it curves into a snaked path. At the third bend in the path, you will see a smaller path that juts off to the R. Take this R into the forestry and walk this track (which can be very muddy at times). The path you walk will keep you above the level of the houses and will walk you alongside a picnic area to your R, accessible via a designated gap in the fence.

**1** Continuing on the forest path, you will notice the ascent begins to steepen at this point. Steadily make your way uphill, not forgetting to stop to look around and admire the beauty across the valley. Listen out for the sound of running water as you pass small streams and pools of water, hosting a variety of insect and animal life. You will remain on this path for some time. As the path begins to level out and slightly descend, there will be a fork in the path. Take the L split to continue uphill.

**2** Walking up, you will shortly arrive at another fork, taking a L once again. Steadily making your way uphill, remember to take in the beautiful surroundings. You will hear birdsong and see a variety of wildlife in the forest surrounding you. As you reach the top and the ground plateaus, notice the signpost and follow the directional arrow that takes you through remnants of an old stone wall. This path will walk you along the ridgeway until you see the stunning views of the valley. Catch your breath in this ideal location.

**3** Once ready, walk the path to the R which wraps around the hillside and forest. The route will begin to descend slightly and looking to your L, you will see a great view of the waterfall. At the fork in the path, take the higher split to the R. This path might become very wet for just a few meters, before you see an old stone wall to your R. Take this R path uphill as it hugs close to the wall on the outskirt of the small woods. Follow this wall to the top, where you will see the signpost you arrived at from the earlier ascent.

**4** Descend the path you earlier walked, taking your time as the surface of this path can contain loose stones. The path will curve R at the earlier splits and will lead you all the way back to the car park. As you near the houses, remember there is a picnic area for a final chance to gather yourselves before your return journey. You can access this by taking a L when the path forks or you can continue your walk back by taking the R, higher fork and arriving at Pen Pych car park.