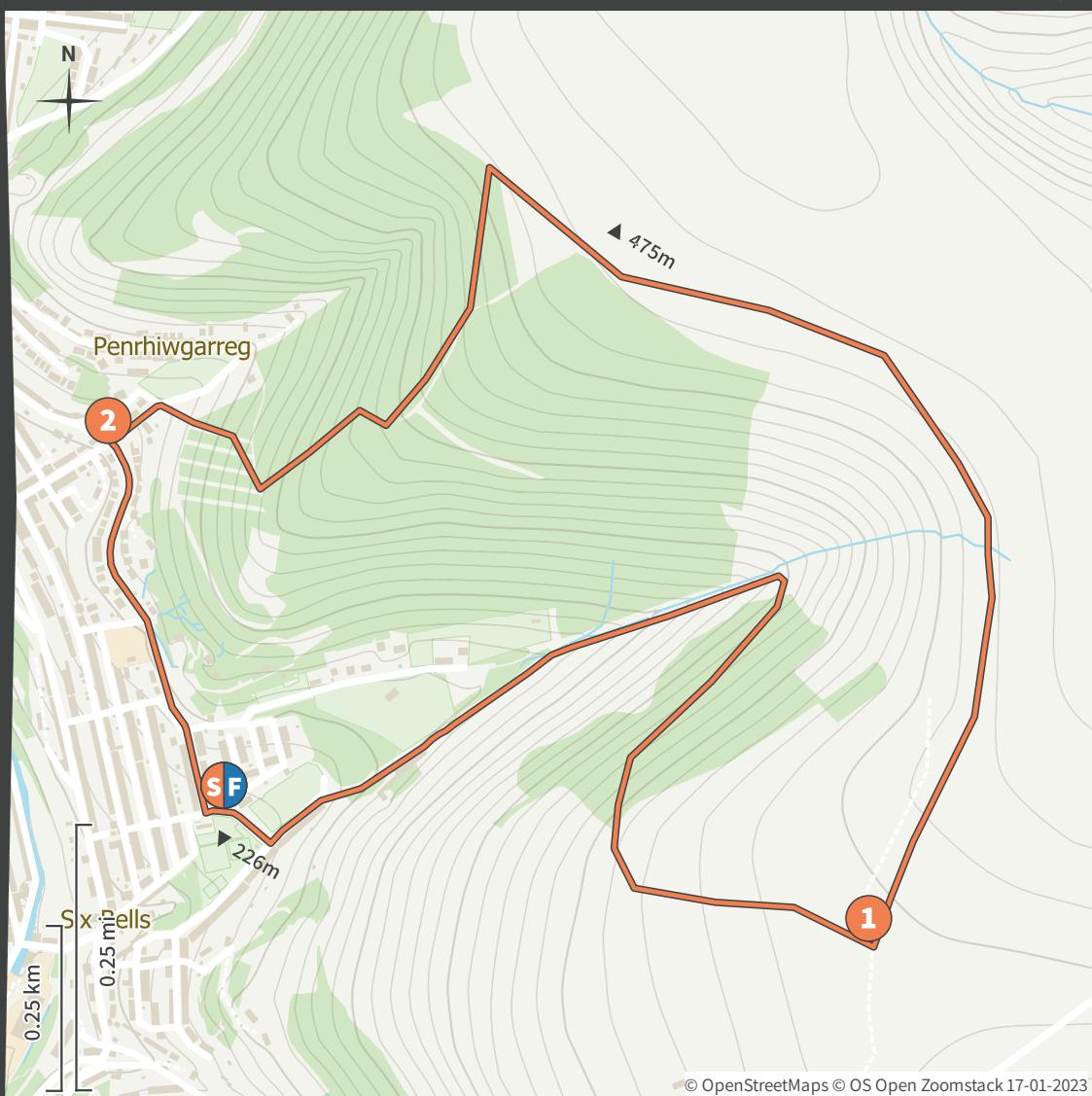




# Cwm Nant y Groes Walk

A steep pull onto beautiful moorland.

Tarmac, single track and rocky path.



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



Moderate



300m



Circular



5.2km | 3.2m



01:55

**S**

Starting from Six Bells Park head towards Windsor Road and turn L going past the playing field and up towards the hills. Continue on this road until the path becomes a track heading up towards the Bluebirds FC, pass through the green gate and keep on the path to the R until you reach a metal gate. Keep going straight as the path steepens and winds up the valley to the R and through the woods. Keep on the track and over several stiles until you are parallel to the wind turbines. Cross over into the moorland and turn L.

**1**

Continue past the turbines and follow the track ahead across the top of Nant y Groes Valley until you reach a L hand fork, take this and continue on skirting the woodland to your L until you reach a metal gate heading into the woods at Penrhiggarreg. Take the waymarked path and follow it down the steep hill until you reach junction. Turn R here and continue along the path and out onto the road. Turn L here and Head down the hill until you reach Cwm Farm Road where you will turn L.

**2**

Continue on Cwm Farm Road all the way back to Six Bells Park.



Consider the environment  
Please think before you print



The Ramblers' Association is a registered charity.  
(England & Wales No.1093577, Scotland No.SC039799)



Supported by players of



Awarded funds from

