



21 MONMOUTHSHIRE SUGAR LOAF/Y FAL

SHORT & SWEET

4.5

MILES

WALLES

▶ Distance: 4½ miles/7.15km ▶ Time: 3 hours ▶ Grade: Moderate



Heading up to Sugar Loaf from the east.

PHOTO: STEVE EDDY



CHOSEN BY...

STEVE EDDY

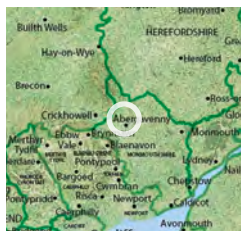
Although close to the rest of the Black Mountains, the Sugar Loaf is a solitary outcrop of quartz conglomerate on top of sandstone. Its name comes from its distinct cone shape when seen from the east, which often leads it to be mistaken for an extinct volcano. The route suggested here is a slightly longer but more interesting and varied ascent than the most popular one from the higher car park due south of the peak. It begins in rolling farmland, and takes in the attractive sessile oak woodland of the National Trust's Parc Lodge, before

emerging on open moorland. It provides great views east to Skirrid Fawr, north to Hatterrall Hill and, from the summit, west towards Table Mountain and Pen Cerrig-calch.

1 Start

Walk N up track that continues from Pentre Rd, towards Parc Lodge Farm. Just before farm, follow diverted FP through gate on R, passing around the farm to ford stream and immediately pass through gate. Turn R, uphill, to follow field edge beside stream to enter woodland by gate. Follow stream and path, veering R to reach top corner of wood, with NT

PLAN YOUR WALK



ROUTE

Start/parking Small free car park at Porth-y-parc, nearest postcode NP7 7HU, grid ref SO288166

Is it for me? Track, paths, wet path by stream
Stiles 2

PLANNING

Nearest town

Abergavenny

Refreshments

None on route. Nearest in Abergavenny

Public toilets

None on route. Nearest in Abergavenny

Public transport

Abergavenny has train and bus stations

Maps OS Explorer OL13 Landranger 161

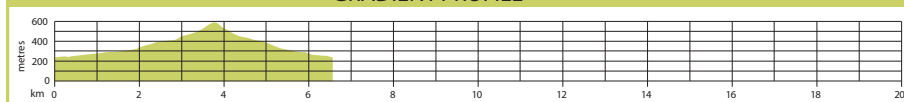
sign for Parc Lodge by the gate onto the moor.

2 ½ miles/2.5km

Summit is now clearly visible in clear weather.



GRADIENT PROFILE



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

DON'T MISS...

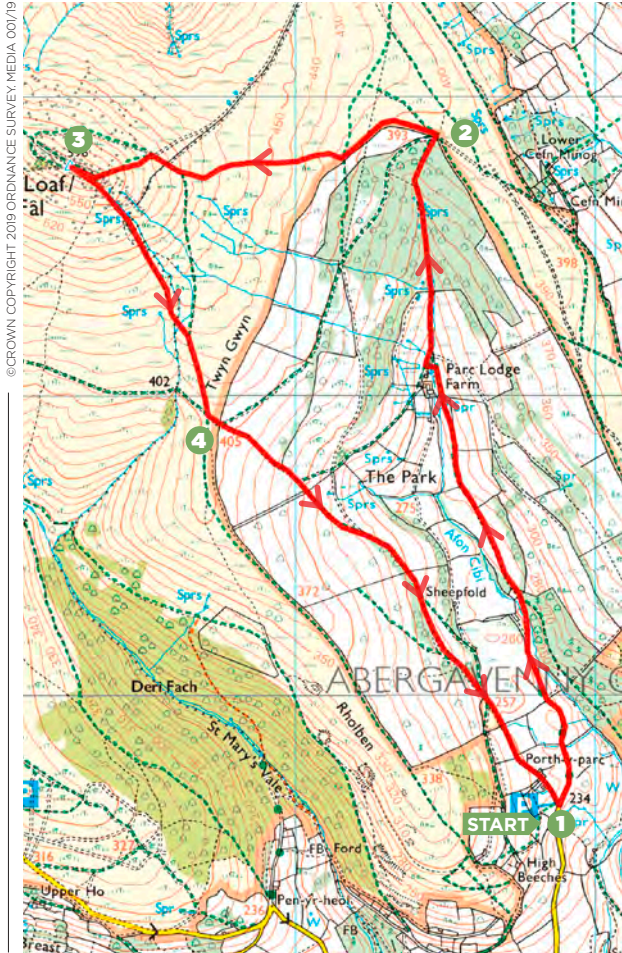


The view of Table Mountain, site of an Iron Age fort, above Crickhowell, halfway up Pen Cerrig-calch.

Follow path west, then SW, along moor edge, then branch off R on the path heading west towards summit.

3 **2½ miles/4km**
From the summit and trig point, take the well-worn path SSE down to cross the gully with small stream, reaching gate on the moor edge (marked 405m on the map), at Twyn Gwyn.

4 **3½ miles/5.6km**
Follow the path SE downhill over the field, and over stiles, keeping straight ahead at the junction of paths. (The left-hand path leads back to Parc Lodge Farm.) Follow path over fields and by the edge of the woodland, past cottages to car park. **CW**



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DATE WALKED

TIME TAKEN

YOUR RATING

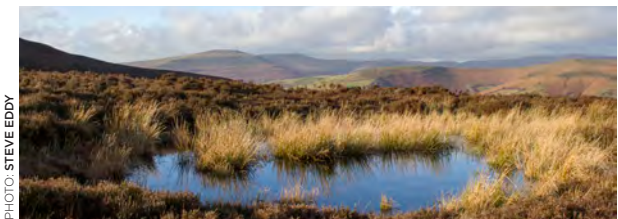


PHOTO: STEVE EDDY

VIEW THE WALK ON OS MAPS ONLINE:
lfto.com/cwroutes
IN ASSOCIATION WITH



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