

Your Adventure Your Way

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YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Hazards

Crossing the busy and fast A470 without pedestrian crossings. Craig Cerrig-gleisiad is steep with large drops to the right and requires scrambling in places. Inexperienced or nervous walkers may be uncomfortable on this section. This is a reasonably high mountain route so proper preparation and equipment is necessary. The higher parts of the route regularly have low visibility, make sure you know where you are at all times and have a map and compass for navigation. In winter conditions the route will become slippery and dangerous, especially when covered in snow and ice – mountaineering skills and equipment may be required.

Accessibility

There are stiles and steps on the route. The surface includes a good path to the road, mountain tracks, trodden grass paths and a section of steep rock where hands may be required.

Facilities

There are no facilities on the route. Toilets and water available at YHA.

Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emercencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.
- Complete a route notification card (yha.org.uk/route-card) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

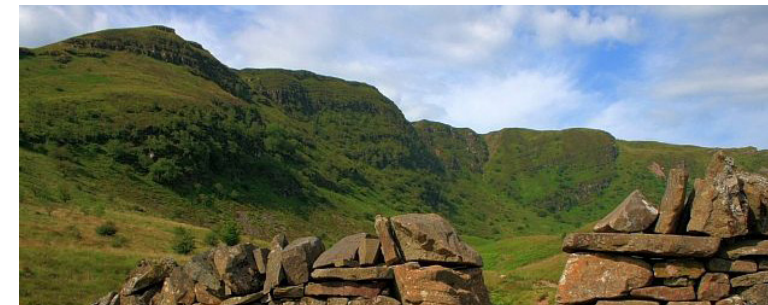
Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from John Watkins, Simon Ainley and Huw Rogers. Designed by HeylinSmith.com. Cover image: © Mick Garratt (cc-by-sa/2.0) geograph.org.uk/p/1383158



Craig Cerrig Gleisiad and Fan Frynych walk



189

YHA Brecon Beacons

Book your stay now yha.org.uk/stay-189

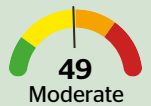
Mountain walk

A short mountain route through a National Nature Reserve rich in flora and fauna, with stunning views across the Brecon Beacons. A great walk if you do not have much time. There are steep drops along the escarpment to Fan Frynych and it will be slippery and muddy after rain.

Distance: 3.2 miles (5.2km)

Ascent: 369m (1,211ft)

Time: Allow 2h to 3h



Partnered with



Route directions

Map: OS Explorer (OL12) Brecon Beacons National Park / Parc Cenedlaethol Bannau Brycheiniog

Start/Finish: Grid ref SN 973 225

what3words ///mild.intrigued.simulates

- 1 Head around to the back of the hostel, pass the pods and onto the path through the trees.
- 2 Cross the A470 to the layby, onto the Craig Cerrig Gleisiad footpath and head uphill through the trees.
- 3 Cross a wall, bear left and head uphill.
- 4 Bear right to follow alongside the fence up a steep and sometimes exposed path along Craig Cerrig-gleisiad.
- 5 At the path junction bear left to the summit of Fan Frynych.
- 6 Retrace your steps to the path junction.
- 7 Turn left, over a stile and follow the path downhill.
- 8 Cross the A470 and retrace the route to the hostel.

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