

# Craig Cerrig-gleisiad and Fan Frynych

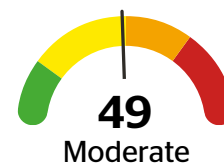
Scan or click to view this route on the OS Maps App – also a route profile and GPX

## Mountain walk

**Distance:** 3.2 miles (5.2km) **Ascent:** 371m (1,217ft) **Time:** Allow 2h to 3h

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

**Start/Finish:** OS Locate SN 973 225 **what3words** ///mild.intrigued.simulates



A great little mountain route with a bit of scrambling and stunning views. Head around to the back of the hostel, pass the pods and onto the path through the trees to the A470. Cross the road to the layby and follow the footpath uphill through the trees. Cross a wall, bear left and head uphill to a fence. Bear right to follow alongside the fence up a steep and sometimes exposed path along Craig Cerrig-gleisiad. Continue on the path to the right of the fence to a path junction then bear left to the summit of Fan Frynych. Retrace your steps to the path junction and turn left, over a stile and follow the path downhill to the A470. Retrace the route to the hostel.

## Hazards

Beware of fast traffic on the busy A470, be vigilant when crossing. 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

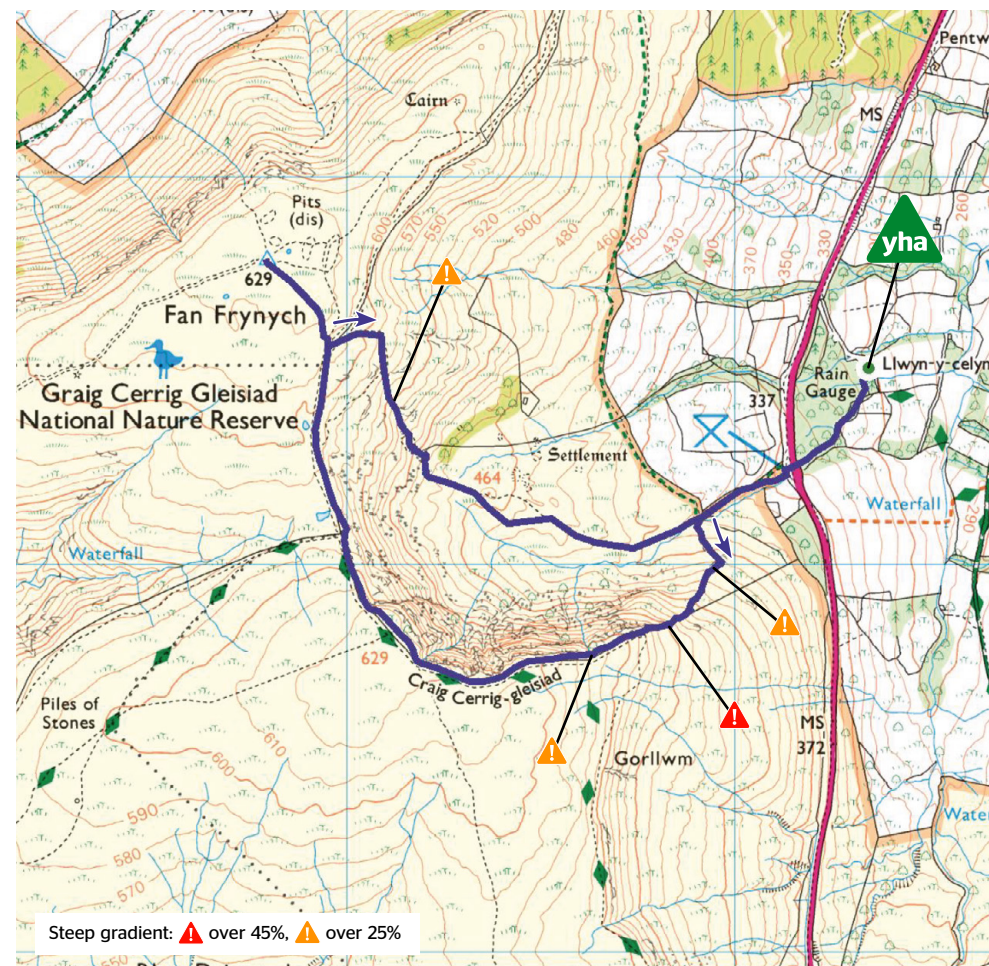
There are stiles and steps on the route. The surface includes a good path to the road, mountain tracks, trodden grass paths and a section of steep rock where hands may be required.

## Points of interest

This is a short mountain route with a bit of a scramble and stunning views across the Brecon Beacons. A fun alternative to longer routes in the area, and great if you do not have much time.

## Facilities

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



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.



Thank you for choosing to walk from our hostel.  
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

### Before you go:

- Check the local weather forecast ([mwis.org.uk](http://mwis.org.uk)).
- Check the tide times for coastal routes ([tidetimes.org.uk](http://tidetimes.org.uk)).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) ([relayuk.bt.com/emergencysms](http://relayuk.bt.com/emergencysms)).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated ([yha.org.uk/route-card](http://yha.org.uk/route-card)).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit [adventuresmart.uk](http://adventuresmart.uk)

For more walks or information on route grading and timings go to [yha.org.uk/walks](http://yha.org.uk/walks)

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](http://osmaps.com/yha)

Share your walks



## What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

## Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

## You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

## In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.