

The Carmarthen Fans Walk



Why walk?

This walk covers some of the most spectacular and remote mountain terrain in the Brecon Beacons National Park. Llyn y Fan Fach sits beneath the precipitous ridgeline of Bannau Sir Gaer. It's an epic scene, the remnants of the landscape's glacial past clearly visible in all directions. The lake is a real wildlife haven. Look out for fish as they flip on the water's surface, while up in the sky, riding the thermals, you're likely to see red kites, buzzards, carrion crows and kestrels. On the route to and from Llyn y Fan Fach stop and watch the jumping trout in the Weir/ Hatchery. The folklore legend connected with Llyn y Fan Fach is the myth of 'The lady of the lake'.



How Long/Time?

The short route up to Llyn Y Fan Fach and back is 4.2km (2.6 miles) with 225m of ascent (738ft). Allow 2 hours.

The long mountain route is 15km long (9.3 miles) with 712m of ascent (2,335ft). Allow 5 to 6 hours.



How hard?

The short route gains height gradually to Llyn Y Fan on a gravel track and in summer conditions should require no special footwear or clothing.

The long mountain route is steep and strenuous with some sections of rocky terrain and should not be underestimated. Once on the mountain you are a long way from shelter and assistance. Appropriate footwear and clothing for walking in mountainous terrain is essential, even in summer. Children will need to be closely supervised.



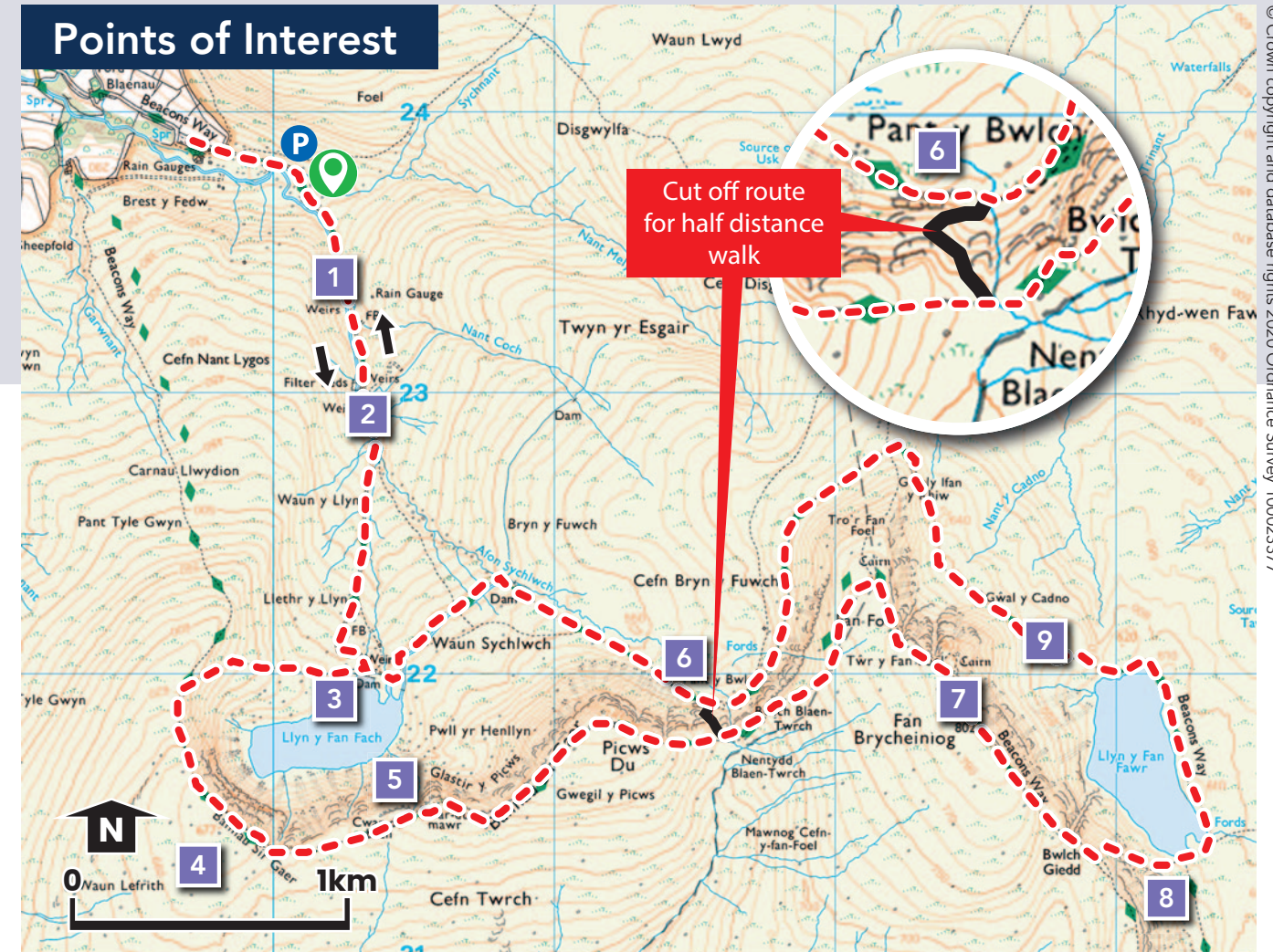
Parking/Starting Point.

NB: It is important that drivers should only use the car park provided by the Brecon Beacons National Park shown on the map - **Please do not park in the narrow country lanes or passing places.**



Refreshments - Llangadog and Llandeilo are the nearest towns. It is advisable to take both food and drink with you on the walk.

Points of Interest



1 The area has a fascinating history. Nearby can be found the remains of ancient standing stones, Iron Age hill forts, Roman marching camps and mediaeval castles.

2 The picturesque tumbling stream attracts Dippers, Pied Wagtails and Yellow Wagtails. Next to the track is a trout farm, from here onwards the impressive glacial cirque of Bannau Sir Gaer looms into view, followed shortly by the picturesque Llyn Y Fan Fach.

3 In good weather the lakeside is a great spot to enjoy a picnic and admire the view and is the setting off point for what is arguably one of the finest mountain walks in Wales.

4 The extensive areas of upland grassland swathed in Heathers and Purple Moor-Grass attract great numbers of birds. Many are year-round residents, like Meadow Pipits and sky larks, whilst others are summer visitors like Wheatears. Red Kites and Buzzards are also a common site.

5 The north facing escarpments, inaccessible to the flocks of hill sheep, are home to rare plants left over from the last ice age.

6 The steep rugged path can be used to cut the walk in half but care is needed on this descent and is only recommended as an option for experienced hikers.

7 A stone shelter near to the triangulation point on Fan Brycheiniog (which is the highest point on the walk at 802m/2631ft) provides welcome shelter from cold winds.

8 The steep rocky descent to Llyn Y Fan Fawr.

9 A narrow but distinct path at the bottom of the valley leads beneath the escarpment all the way back to Llyn Y Fan Fach and the track back to the car park.

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