# South Wales “Seven Peaks” Marathon Walk

# (Nick Kaye Special No. 1)

## Date: 2nd/3rd February 1985

## Distance/Ascent: 43.4 miles, 11,145 feet

## Leader: Nick Kaye

## Route Description:

* Met at Capel-y-ffin Youth Hostel at 9:00pm, Friday evening for food and briefing.
* 15 walkers with Marcus Harling in support left at 11:30pm to drive to Llanddeusant Youth Hostel arriving at 12:45am Saturday morning.
* Road east past Blaenau then track beside Afon Sawdde to junction with Afon Sychlwch.
* Followed right bank of Afon Sychlwch to Pant y Bwlch then zig-zag path up to the col between Bannau Sir Gaer and Fan Brycheiniog.
* Uphill to summit of Fan Brycheiniog (CP1 -2635 feet).
* Southwards to Bwlch Giedd then east down path to outflow of Llyn y Fan Fawr.
* Eastwards downhill, across Afon Tawe and up to mountain Road at about (SN 852 211).
* North up road to (SN 852 215). East uphill beside fence past standing stone, across ridge and round head of Cwm Padest making for block of forestry at (SN 876 211).
* North-east to stream meeting it at about (SN 879 215).
* East down bank of stream/ravine to shore of Cray Reservoir.
* North along shore of reservoir and across the dam wall to CP2.
* Driveway to A4067 then track from Pont Cnewr to mountain road and refreshments with Marcus.
* Uphill via left bank of Nant Cnewr-fach to forestry track which was followed south to Bwlch y Duwynt.
* Path south-east down to lower col then eastwards beside fence across north slopes of Fan Nedd to mountain road at Llethr at (SN 923 196) (CP3).
* Eastwards across Bryn Melyn and across Cefn Perfedd then descending to Afon Dringarth crossing it at (SN 951 197).
* Path up right bank of Nant Mawr, across col and down to Storey Arms (CP4).
* South-east along A470 to car park at (SN 988 199) and refreshments with Marcus.
* North-eastwards up main path via Bwlch Duwynt to summit of Corn Du (CP5 2863 feet).
* To Pen y Fan (CP6 2906 feet) then Craig Cwm Sere to col and Cribyn (CP7 2608 feet).
* To Craig Cwm Cynwyn to col. South-east up slanting path to Craig Cwmoergwm and eastwards around Craig Cwareli to Bwlch y Ddwyallt.
* North-east uphill to summit of Craig Pwllfa (CP8 2504 feet).
* North to path then path north down Gist Wen finally descending via path and track past Tir-Hir to minor road at Tregaer farm.
* Road north-east into Llanfrynach to meet support party by the church (Marcus, Nick Gould and Antonia with soup and other goodies).
* Road north to B4558 and on to Usk Bridge (CP9).
* Roads via Llanfihangel Tal-y-llyn, crossing B4560 to Heol-y-Cefn.
* Track, road then bridle track to Pengenffordd (CP10) and support party (Marcus, Nick Gould and Antonia).
* Track north-east past Dinas farm then slanting path uphill on north side of Y Grib.
* Then taking a rising line up south side of Pen y Manllwyn to main ridge path.
* Path southwards to summit of Waun Fach (CP11 2660 feet).
* Ridge path south-eastwards to summit of Pen y Gadair Fawr (CP12 2624 feet).
* Descend north-east to cross Grwyne Fawr river at (SO 244 295).
* Uphill north-east crossing Chwarel y Fan ridge near Blacksmith’s Anvil
* Descend north-eastwards again to pick up path descending through crags of Tarren yr Esgob past The Monastery.
* Lane east to road and Capel-y-ffin village then road north to Capel-y-ffin Youth Hostel and finish.

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| **Checkpoint** | **Time** | | | **Distance (miles)** | |
| **Clock** | **Stage** | **Total** | **Stage** | **Total** |
| Llandeusant YH | 00:55 | - | - | - | 0.0 |
| Bannau Brycheiniog | 02:25 | 01:30 | 01:30 | 4.1 | 4.1 |
| Cray Reservoir | 04:21 | 01:56 | 03:26 | 4.6 | 8.7 |
| Llethr | 05:48 | 01:27 | 04:53 | 3.9 | 12.6 |
| Storey Arms (breakfast) | 07:25 - 08:00 | 01:37 | 06:30 | 3.9 | 16.5 |
| Corn Du | 08:53 | 00:53 | 07:58 | 1.9 | 18.4 |
| Pen y Fan | 09:01 | 00:08 | 08:06 | 0.4 | 18.8 |
| Cribyn | 09:24 | 00:23 | 08:29 | 0.8 | 19.6 |
| Craig Pwllfa | 10:31 | 01:07 | 09:36 | 3.4 | 23.0 |
| Llanfrynach (lunch) | 11:51 - 12:25 | 01:20 | 10:56 | - | - |
| Usk Bridge | 12:41 | 00:16 | 11:46 | 5 | 28.0 |
| Pengenffordd (afternoon tea) | 14:30 - 14:54 | 01:49 | 13:35 | 7.5 | 35.5 |
| Waun Fach | 16:29 | 01:35 | 15:34 | 3.7 | 39.2 |
| Pen y Gedair Fawr | 16:59 | 00:30 | 16:04 | 1.1 | 40.3 |
| Capel y ffin YH | 19:04 | 02:05 | 18:09 | 4.2 | 44.5 |

## Weather: Very mild night for the time of year with all-over thin cloud covering and full moon making it quite light. Stiff cold wind on Bannau Brycheiniog – jerseys only required for rest of night. Sunny all day with very strong wind on Beacon’s ridges and tops. Mist on Corn Du and Pen y Fan. Warm sunny afternoon – mild evening but cold wind, cloud and some light rain on Waun Fach and Pen y Gadair Fawr. Good views all day. Excellent company, excellent walk.

## Participants: Nick and Julia Kaye, Frank Wood, Clive Marchant, Gerry Jackson (dropped out at Storey Arms feeling unwell), Chris Coy, Tony Rowley, Richard Dixon, Shirley and Chris Hume, David Smith (1), David Smith (2), Ken and Isabel Falconer, Richard Brook (15 in total).

## Support Party: Marcus Harling at Cray Reservoir, Storey Arms, Llanfrynach, Pengenffordd plus Llandeusant and Capel-y-ffin Youth Hostels. Nick Gould and Antonia at Llanfrynach and Pengenffordd.

## Overall: The South Wales Seven Peaks Marathon Walk was an event organised by Cardiff YHA. This was the second ever winter crossing of the route, the previous crossing was also from Llandeusant Youth Hostel to Capel-y-ffin Youth Hostel by a party of six, three of whom dropped out.