# Twmbarlwm Down, Machen Up

## Date: 20th May 1995

## Distance/Ascent: 25.2 miles, 5290 feet

## Leader: Gerry Jackson

## Route Description:

* Start from Pontypool Leisure Centre car park (SO 285 006)
* Southwards via Pontymoel and up Prescoch Lane (above and to west of Griffithstown), Mynydd Twyn-glas, Mynydd Maen, Mynydd Henllys, Twmbarlwm, Pegwn-y-bwlch
* Sheep Wash, west along Risca Canal for short way, across Ebbw River at (ST 225 913)
* Minor Road up past Glenside, Mynydd Machen, west ridge of Mynydd Machen via Twyn Gwyn
* Sirhowy Valley Way track below Graig-goch to Ynys-Hywel and onto Ynysddu crossing Sirhowy River at (ST 179 926)
* Zigzag route north-eastwards up valley side out of Ynysddu via Twyn-gwyn and Nant-y-Draenog Reservoir Dam Wall and Cwm-cae-singrug to Mynyddislwyn
* Eastwards over ridge and down Abercarn via Craig y Crochan and crossing Ebbw River at (ST 214 944)
* Across A467and then north on B4591 for short way. Minor Road then forestry track eastwards up valley of Nant Gwyddon to eventually exit forestry at (ST 245 972)
* North up steep hillside beside forestry boundary and across to join track above Coedcae Watkin Dafydd at about (ST 245 983)
* Track followed eastwards alongside forestry boundary across north side of Mynydd Llwyd and Twyn Calch to eventually descend to Upper Race
* Minor Road via south side of Cwm Fields to Pontymoel
* Back via outward route to finish at Pontypool Leisure Centre car park.

## Participants: Gerry Jackson, Dan Hadfield, Alan Abrams, Gwyn Matthews, Tim Gronow, Doug Aspinall, Mike Buckley, Dave Carrivick, Ann Carrivick, Nick Kaye, NS