

THE ANGEL HOTEL

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The Sugar Loaf (starting at the top car park)

the shortest route to the summit of the Sugar Loaf with views of the Usk valley



The Sugar Loaf in winter

Length and Duration: approx. 3 miles (5km), 268 metres of ascent, 1½ - 2 hours

General Information: Moderate walk, with easy to follow paths across open moorland with good views. Some parts are rocky underfoot with a fairly steep climb to the summit. Sensible footwear and wet weather clothing is recommended as the weather on top of the Sugar Loaf can change very quickly and is often completely different from the weather in Abergavenny.

Map: Walks are naturally taken at your own risk and you may wish to use an Ordnance Survey Explorer map (OL13 - Brecon Beacons National Park East). This may be purchased from Abergavenny Bookshop, higher up Cross Street, on the corner by the Market Hall. Starting point OS Grid Reference Explorer Map OL13 SO 269167.

Please follow the Countryside Code

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under close control
- Consider other people

Getting there by car

From the hotel car park turn right, then left at the crossroads onto Merthyr Road. At the roundabout take the second exit. At the next roundabout, take the first exit onto Brecon Road (A40) and pass Nevill Hall hospital on your left. Take the next turning on the right and drive up narrow lanes taking two left turns until you cross a cattle grid. Here you take the steepest option which is the road leading to the Sugar Loaf Car Park and View Point. The road eventually reaches a car park on the southern slopes of the Sugar Loaf. Park here.

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Directions

Follow the broad path, northwards, from the car park and soon the summit will come into view. As you continue, the path goes towards a stone wall on your left. When you reach the corner of the wall bear left and follow the main path until a smaller path leads off to the right. Follow this (slightly down-hill), cross another path and then soon begin ascending the steep path and final rough, zig-zag steps to the summit. This mountain is know as 'Y Fal' in Welsh (pronounced 'Er Val') but it is commonly known as the Sugar Loaf because of the

Enjoy the panoramic views from the trig point: the Black Mountains to the north, the Brecon Beacons to the west, the Blorenges to the south, Skirrid Fawr and Skirrid Fach (and the Forest of Dean beyond) to the east. Return by taking the south-west path sloping down from the summit. This eventually curves round to a south-easterly direction and meets the path you ascended on.

To go directly back to the car park turn right here. If you miss the turn (which is easy to do) just take any path to the right and quite soon you will reach the road. If you come to the stone wall too soon you have not curved round enough, so follow the wall eastwards (to your left) until you reach the corner and the main path back to the car park.
