

THE ANGEL HOTEL

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The Sugar Loaf (starting at the hotel)

a great day's walking with splendid views along the Usk valley



View of the Sugar Loaf from the castle grounds

Length and Duration: approx. 8.5 miles (13.5km), 546 metres of ascent, 5 - 6 hours

General Information: A strenuous walk from the town through ancient woods and across open moor. Easy to follow paths and good views. Sometimes rough underfoot and can be boggy in parts. 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.

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

Directions

Leave the front door of the hotel, turn left and walk to the very end of the shops. At the war memorial follow the road to the left and stay on this main road until you reach The Railway Inn. Cross over the road at the pelican crossing and go up Chapel Road. At the end of the houses, Chapel Road swings round to the right and turns into a country lane that becomes tree canopied and climbs a steep hill. When the trees clear, take the first turning on the left, between a house and farm. Then, at a small junction, keep to the left just before the end of the road where there is a small car park surrounded by conifers. A gate and cottage is just beyond.

Take the path that goes in front of the cottage and leads downhill to a ford and walkway across the stream, Nant Iago. Cross the walkway and follow the track beside the stream for 400m where another track crosses and fords the stream. Turn sharp left

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up this track and enjoy the view through the beech trees. After the track levels out it passes Pen-yr-Heol farm. Just before it joins the road to the Sugar Loaf car park there is a stony track turning off sharply right. Follow this track as it climbs steeply through a wood of stunted oak trees for over ½ mile (almost 1 km) keeping right at the fork just before the wood ends. Continue contouring on this path until you again reach the Nant Iago, near its source. Cross the stream and ascend the path that climbs steeply and directly to the summit.

Enjoy the panoramic views from the trig point: the Black Mountains to the north, the Brecon Beacons to the west, the Blorengge to the south, Skirrid Fawr and Skirrid Fach (and the Forest of Dean beyond) to the east.

To descend, take the path from the east end of the summit that leads south- south east towards the Rholben. Continue following this path as it levels out and crosses the track that traverses the southern slopes of the Sugar Loaf. Then 300 yards further on take the right-hand fork that leads away from the stone wall and the main Rholben path. Follow this path as it descends past the occasional tree and then follows the boundary of St Mary's Vale's wooded slopes. Looking through the trees, Pen-yr-Heol farm can be seen below, with the Blorengge in the distance. Soon the path reaches the road and the car park.

Continue downhill, bearing right at the junction. Pass between a farm and a house, then turn right downhill through the trees. Very soon you will be back in Chapel Road. Walk to the end of the road, across the pelican crossing and turn left, heading back in to town. At the war memorial, turn into the main street and continue along it until you reach The Angel Hotel.
