

TWMBARLWM | Hill fort | ST 242926

At 414 metres above sea level, it is easy to see why this site has been such a popular settlement over the centuries. It is thought to have been a Bronze Age hill fort, which has been adapted by other cultures through history. With panoramic views over the Bristol Channel and surrounding area, this site would have provided an ideal vantage point, as you will see when you reach the top of the tump.

TWMBARLWM | Bryngaer | ST 242926

Gan ei fod 414 metr uwchben lefel y môr, mae'n hawdd gweld pam fod y safle wedi bod yn anheddiad mor boblogaidd dros y canrifoedd. Credir mai bryngaer Oes Efydd ydoedd sydd wedi cael e addasu gan ddiwylliannau eraill drwy gydol hanes. Gyda golygfeydd panoramig dros Sianel Bryste a'r ardal amgylchynol, byddai'r safle hwn wedi darparu man ffafriol delfrydol, fel y byddwch yn ei weld pan gyrhaeddwch ben y twyn.

ESCAPE TO TWMBARLWM: Information
DIHANGWCH I FYNYDD DWMBARLWM: Gwybodaeth

MAP O.S. EXPLORER 152 : Casnewydd a Phont-y-pŵl

UCHAFBW YNTIAU Mae'r daith gerdded gylchol a chyffrous yn newid o lwybrau coedwig i dir comin agored, gan arwain at y man uchaf yn y sir, Twmbarlwm, Caer o'r Oes Haearn.

FFEITHIAU DEFNYDDIOL Mae'r daith gerdded yn cynnwys rhai mannau sy'n codi ac yn disgyn yn serth ond does dim camfa arni o gwbl. Golygfeydd gwych ar draws i Fôr Hafren ac Aber Afon Hafren o Gaer Twmbarlwm.

AWGRYMIADAU Gwisgwch esgidiau call cryf, dillad cynnes addas a dillad sy'n atal dŵr a gwynt.

O.S. EXPLORER MAPS 152 : Newport and Pontypool

HIGHLIGHTS This exhilarating circular walk takes in the contrasts of forest tracks and open common land, leading up to the highest point in the county, Twmbarlwm Iron Age Hill Fort.

USEFUL FACTS The walk includes some steep ascents and descents, and also has no stiles around its entire length. Excellent views across the Bristol Channel and Severn Estuary can be achieved from Twmbarlwm Hill Fort.

TIPS Wear strong sensible footwear, suitable warm clothing and take waterproof / windproof clothing.

ESCAPE TO...
TWMBARLWM

DIHANGWCHI...
DWMBARLWM



6.5 ml ; 10.5 km



4 : 30



Cwmcarn Forest Drive Visitor Centre
Ffordd Goedwig Cwmcarn Canolfan Ymwelwyr SO 229936



Cwmcarn Forest Drive Visitor Centre 01495 272001
Canolfan Ymwelwyr Ffordd Goedwig Cwmcarn
(phone for opening times) (ffoniwch am amseroedd agor)



ESCAPE TO... Twmbarlwm

Directions

1. With the visitor centre behind you, walk to the entrance of the car park. Cross the road to walk through a gate. Turn left onto a tarmac road. Turn right uphill at the sign for Graig Bungalows.
2. Continue up the road, turning right at Woodlands Bungalow (by a telegraph pole). Walk up the lane to a kissing gate. Go through the gate into the woods and continue until you reach a T-junction. Turn right, then after 15m, turn left up a steep narrow track.
3. When you reach the crossroads (small waymark post on your left) turn right on this track. Turn immediately left and follow a steep zig-zag path to the top until you reach an old stone road.
4. Turn right on the road and continue to climb up. Ignore the next left turn, and continue along on the gentle ascent. Look out for your first views of Twmbarlwm on your right.
5. Continue along the road, with old fencing to your left, until the track splits in three. Take the middle track, so that the forest barrier is on the right, and an old gate is on your left.
6. Continue along this track, and enjoy fantastic views of Twmbarlwm and Mynydd Henllys Common. Follow the track keeping the old stone wall to your left until you reach a fork in the road. Keep to the main track on the right, through the metal barrier, until you reach a u-shaped forestry road. Take the right hand track. Enjoy great views of the horseshoe valley.
7. Continue along this track ignoring the turnings to your left, following the curve of the horseshoe valley as it descends gently. Look out for a row of magnificent beech trees as you will need to turn left, off the track, as soon as they are in front of you. The turning left is waymarked, just round the sharp right hand bend.
8. Head down to the kissing gate (taking care in wet weather). Cross over and follow the sheep track along the fenceline up and to your right. Continue uphill keeping the fence on your right.
9. When you reach a kissing gate on your right, go through and follow the woodland track (muddy in places), until you reach a stone track.
10. Keeping the waymark post (with bike symbol no. 16) on your left, follow the track left. You are now following the Twrch Mountain Bike Trail. Take care and give way to cyclists.
11. Continue along a forest track to a car park and picnic area.
12. Head towards the gate, and go through the kissing gate (way-marked Mountain Walk), and follow the path up onto the common.
13. Stay on the right hand track, keeping Twmbarlwm straight ahead (ignore the track to your left). Follow the well defined and rutted track towards Twmbarlwm.
14. Continue across the common through the kissing gate at the foot of the mound. Take the left hand stone path up the burial mound to the steps. Climb up the steps, and be prepared to be blown away, literally!
15. Once on top, walk past the triangulation point to the steep descent on the other side. Take care negotiating the ruts down to the kissing gate at the bottom. Look out for the Search and Rescue Dog Association Memorial in the car park.
16. Pass the sculpture and head towards the way-out sign. You will see a wooden Raven Walk finger post.
17. Follow the Raven Walk down, taking care on the steps in wet weather.
18. Once on a forest road, turn right to follow the Raven Walk signs to the left. Continue until you reach Mountain Bike waymark 3. Continue straight on, take care and give way to cyclists.
19. At the path junction go left downhill, following the yellow arrows to the gate.
20. Turn left onto a tarmac road and follow the stream down to the lake in the lower Nantcarn Valley.
21. Keep the lake on your left, take the tarmac footpath to follow the stream down until you reach Cwmcarn Visitor Centre, where you will no doubt need a refreshing and well earned cup of tea!

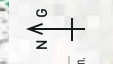
DIHANGWCH I... Dwmbarlwm

Cyfarwyddiadau

1. Gyda'r ganolfan ymwelwyr y tu ôl i chi, cerddwch at fynedfa'r maes parcio. Croeswch yr heol a cherdded trwy'r giat. Trowch i'r chwith ar yr heol tarmac. Trowch i'r dde fyny rhiw wrth yr arwydd am Fyngalos Graig.
2. Daliwch i fynd i fyny'r heol, gan droi i'r dde yn Fyngalos y Coetiroedd (ger y polyn telegraff). Cerddwch i fyny'r lôn at y giât fochyn. Ewch trwy'r giât ac i mewn i'r goedwig a daliwch ymlaen nes i chi gyrraedd cyffordd T. Yna trowch i'r dde, ac ar ôl 15 metr, i'r chwith i fyny llwybr cul, serth.
3. Wrth gyrraedd y groesffordd (postyn cyfeiriad bach i'r chwith) trowch i'r dde ar y llwybr hwn. Trowch ar unwaith i'r chwith a dilynwch y llwybr igam ogam serth at y brig nes cyrraedd hen heol gerrig.
4. Trowch i'r dde ar yr heol a daliwch i ddringo i fyny. Anwybyddwch y tro nesaf i'r chwith a pharhau i ddringo'r allt ysgafn. Fe welwch eich golygfeydd cyntaf o Dwmbarlwm ar eich ochr dde.
5. Parhewch ar hyd yr heol, gyda'r hen ffens ar eich ochr chwith, nes bod y llwybr yn rhannu'n dri. Cymerwch y llwybr canol, gyda rhwystr y goedwig ar y dde a'r hen giat ar eich ochr chwith.
6. Daliwch ar hyd y llwybr hwn a mwynhewch y golygfeydd ffantastig o Dwmbarlwm a Chomin Mynydd Henllys. Dilynwch y llwybr gan gadw'r hen wal gerrig ar eich ochr chwith nes cyrraedd fforch wal gerrig ar eich ochr chwith nes cyrraedd fforch yn yr heol. Cadwch ar y prif lwybr ar y dde, trwy'r rhwystr metel, nes cyrraedd heol goedwigaeth siâp 'u'. Cymerwch y llwybr i'r ochr dde. Mwynhewch y golygfeydd gwych o'r cwm siâp pedol. rhediad
7. Daliwch ati ar y llwybr gan anwybyddu'r troadau i'r chwith. Dilynwch rediad siâp pedol y cwm fel mae'n disgyn yn ysgafn. Gwylwch am res o goed ffawydd mawreddog gan y dylech droi i'r chwith oddi ar y llwybr unwaith y bydd y rhain o'ch blaen. Mae'r tro i'r chwith wedi'i gyfeirio, ychydig ar ôl y tro sydyn i'r dde.
8. Ewch i lawr at y giat fochyn (gan gymryd gofal mewn tywydd gwlyb). Croeswch drosodd a dilynwch y llwybr defaid ar hyd y ffens i fyny ac i'r dde. Parhewch i fyny'r rhiw gan gadw'r ffens ar eich ochr dde.
9. Wrth gyrraedd y giât fochyn ar eich ochr dde, ewch drwyddi a dilynwch y llwybr drwy'r coetir (mwdlyd mewn mannau) nes eich bod yn cyrraedd llwybr caregog.
10. Gan gadw'r postyn cyfeirio (gyda symbol beic rhif 16) ar eich ochr chwith, dilynwch y llwybr i'r chwith. Rydych erbyn hyn ar Lwybr Beicio Mynydd Twrch. Cymerwch ofal ac ildiwch i'r beicwyr.
11. Parhewch ar hyd y llwybr coedwig tuag at faes parcio a man picnic.
12. Ewch tuag at y giat ac ewch trwy'r giat fochyn (gydag arwydd ar gyfer Taith Gerdded y Mynydd) a dilynwch y llwybr i'r comin.
13. Arhoswch ar y llwybr ar y dde, gan gadw Twmbarlwm yn syth o'ch blaen (anwybyddwch y llwybr ar eich ochr chwith). Dilynwch y llwybr amlwg gydag ôl traul arno tuag at Dwmbarlwm.
14. Daliwch i fynd ar draws y comin trwy'r giat fochyn at droed y domen gladdu. Cymerwch y llwybr cerrig ar yr ochr chwith i fyny'r domen gladdu at y grisiau. Dringwch y grisiau a byddwch yn barod i gael eich chwythu i ffwrdd, yn wir!
15. Unwaith y byddwch ar y brig, cerddwch heibio'r bilen driongli at y ffordd serth i lawr ar yr ochr arall. Byddwch yn ofalus wrth groesi'r tir anwastad i lawr at y giat fochyn yn y gwaelod. Chwiliwch am Gofeb y Gymdeithas Gŵn Chwilio ac Achub yn y maes parcio.
16. Ewch heibio'r cerflun a thuag at yr arwydd ffordd allan. Fe welwch bostyn cyfeiriad pren Raven Walk.
17. Dilynwch Taith Gerdded y Gigfran i lawr, gan gymryd gofal ar y grisiau mewn tywydd gwlyb.
18. Unwaith y byddwch ar ffordd y goedwig, trowch i'r dde a dilyn yr arwyddion Taith Gerdded y Gigfran i'r chwith. Ewch yn eich blaen nes gyrraedd pwynt cyfeirio 3 Beicio Mynydd. Ewch yn syth ymlaen gan gymryd gofal ac yn ildio i feicwyr.
19. Wrth gyffordd y llwybrau ewch i'r chwith i lawr rhiw, gan ddilyn y saethau melyn at y giât.
20. Trowch i'r chwith ar yr heol tarmac a dilynwch y nant i lawr i'r llyn yn Nyffryn Nantcarn isaf.
21. Cadwch y llyn ar eich ochr chwith ac ewch ar y llwybr troed tarmac a dilyn y nant i lawr nes eich bod yn cyrraedd Canolfan Ymwelwyr Cwmcarn, ble byddwch yn siw'r o fod angen dishgled o de i adfywio!

KEY
to other symbols

	Route : Iwmbarlwm	ALLWEDD i symbylau eraill
	Cycleway : NCC 47	Ffordd : Iwmbarlwm
	Café	Llywodraeth : RBC 47
	Accommodation	Caffi
	Viewpoint	Llety
		Man golygfeydd



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100 m
1 km
100 yd / ft
1 km
1:12,500