



Whether you start your day in Abergavenny, Crickhowell or somewhere in between, today's walk takes you into and around spectacular Brecon Beacons scenery and edges the prominent Sugar Loaf Mountain. Stops along the way include many winners of Wales' True Taste Awards. The classic pub, The Bell, has graciously offered its parking lot for the beginning, and ending of your trek.

The Bell, in the village of Clangrwnyney, is known throughout the region for offering the best homemade food using ingredients that are sourced locally. Ales and beers round out their specially menu making this country pub an ideal launching pad into the glorious mountains that surround its location, or the perfect end to a special day.

As you walk through the Brecon Beacons, the village of Llangenny's Dragon's Head Pub is a welcome respite. Featured in the Good Pub Guide, this picture-perfect country village pub features a fireplace to warm you on a chilly day, a selection of ales and hearty food.

If stopping along the way, sitting in the soft green grass and enjoying the silence of the mountains surrounding you is appealing, then a picnic is an ideal choice. Pick up packages of freshly smoked salmon or duck at the Black Mountain Smokery in Crickhowell, add a baguette of fresh, crisp bread and cheeses from local farms, tuck some Welsh Farmhouse Apple Juice grown in organic orchards in Crickhowell into your hamper, and your lunch will be complete.

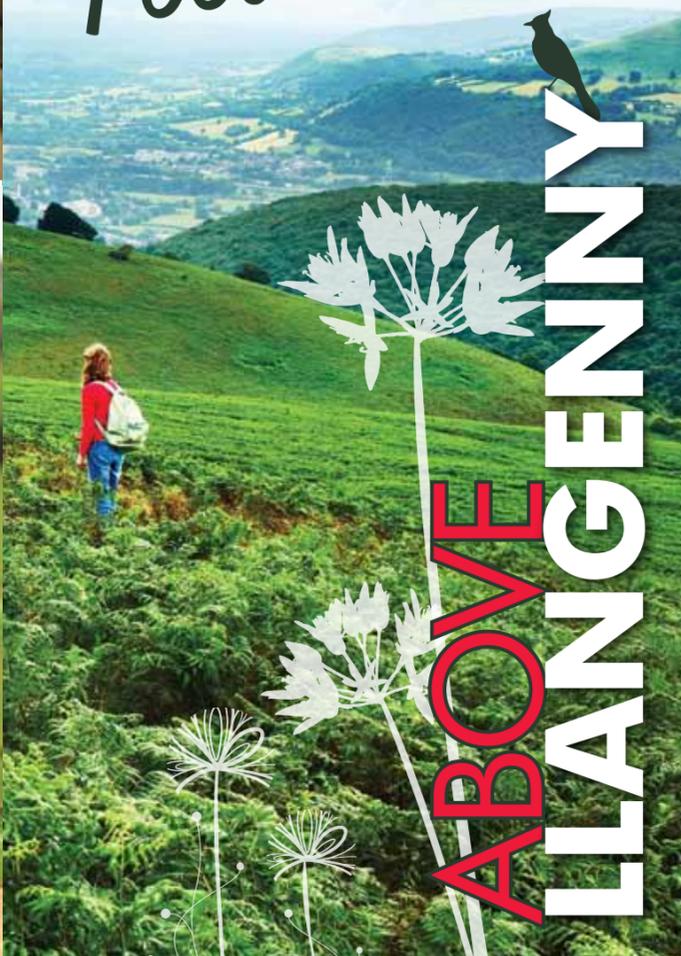
For an after-walk reward, visit the Sugar Loaf Vineyard Cafe and wind down with a glass of their award-winning red or white wines and a bit of light refreshment.



[www.visitabergavenny.co.uk](http://www.visitabergavenny.co.uk)



# Abergavenny Food Walks



# ABOVE LLANGENNY



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Perched above the River Usk, the Llanwenarth Hotel, a 15th century marvel, enjoys some of the best views in the entire Usk Valley. Soothe your muscles and relax your soul in one of their seventeen en-suite bedrooms, and partake of all fresco dining overlooking the Breconge Mountain in their famed Riverside Restaurant.

Around the corner from Number 18 is a totally different atmosphere. When you walk into The Bear Hotel you are immediately warmed by a roaring fire in the cooler months or dazzled by a courtyard patio ablaze with seasonal flowers. Pub patrons may be found sipping ale in the low-beamed, "Pub of the Year" bar, sitting at a table with their favorite dog snoozing by their side. Dining customers are treated to a menu graced with locally sourced products, as recommended in the Good Food Guide. And overnight guests are secure in the fact that The Bear has been acknowledged as an Inn of the Year.

At the end of your day, relax and enjoy a meal at one of several noted restaurants or pubs in the area. Number 18 Bistro in Crickhowell is a True Taste Winner. Owners Steve Lewis and Samantha Devos pride themselves on their menu featuring only local meat and produce, sourced within 18 miles of the restaurant.



# Abergavenny Food Walks

## ABOVE LLANGENNY

1. From the Bell, cross the A40 and go through gap into field – signed footpath. Walk up the track and then through a gate on the left to continue along the edge of a field with buildings to the right. Keep straight ahead, through a gateway with a brook to your right and then with the Grwyne Fawr river to your left, to a gate and stile. Cross and turn left onto the road to the bridge. Cross this and then turn immediately right, over a stile, by a huge sweet chestnut tree.
2. Now keep ahead, with the Grwyne Fawr down to your right. Continue through a succession of fields all the way to the road at Llangenny, where you emerge by the Dragon's Head – this is a logical end for those wanting a shorter, easier walk.
3. For more energetic walkers, turn right and then right again to cross the river. Over the bridge, turn left and almost immediately, take the path crossing the wall on your left (awkward for dogs). Bear left onto the drive and almost immediately bear left again onto a narrow

riverside footpath. Follow this to pasture and keep ahead to a footbridge on your left. Bear right here steeply up the fields, bearing left towards the top to a stile into a wood. Follow the woodland track, keeping uphill whenever the track forks to cross a stile by a metal barn. Bear right for 30m to a second stile onto a road.

4. Turn right and walk up the road for 400m then left up a steep narrow lane. Walks past an old farm on the right, and then as you reach Pengilfach Farm, turn left up a waymarked bridleway. Follow this easily around the hillside and through a wood to a gate. Bear right to walk steeply uphill to a second gate giving access onto the open hillside.
5. Keep right, following a broad grassy track until, just short of old sandstone quarry workings you can turn right to follow a contouring path around the slopes of the hill. Continue for 1km before dropping down into a deep valley with spectacular views up to Sugar Loaf's summit.
6. Turn right just before the stream and follow the path through a gate and then up slightly. Keep straight ahead on this through a couple of fields and then, with a fence directly ahead, bear left to drop slightly into a wooded area. Follow the track out of the wood to a gate and keep straight ahead on a good track that passes a house and emerges on a road.
7. Turn left and then right and drop steeply past Hall Farm to a t-junction. Turn right and then first left to walk towards the hamlet at Millbrook Bridge and here turn left, over the stile you crossed earlier, to retrace your steps back to Glangrwyney and the Bell.

**DISTANCE: 6 MILES**  
**HEIGHT GAINED: 390m**  
**TIME: 4/5 Hours**

### ORIGINAL SHORTER VERSION

1. Follow the directions above to Llangenny (3) and turn right and then right to cross the bridge. Then turn left up a steep hill. Turn right onto a drive and follow this to its end, where you cross a stile onto a path that follows the field edge up to another stile. Go through and bear right to walk diagonally across the next field to a stile and the road.
- 2B. Cross the road and go over a stile to follow a wet track up and right. Now follow this along the top of this field and through a gap by a ruined building to continue along the bottom edge of a wood. Beyond the wood, cross a stile on the left and bear right to another. Cross this and keep straight ahead to another by a waterworks hut.
7. Turn right to drop to a gate and the road. And then keep ahead to drop to a sharp right hand bend. Now follow the road down steeply past Hall Farm to a t-junction. Turn right and then first left to walk towards the hamlet at Millbrook Bridge and here turn left, over the stile you crossed earlier, to retrace your steps back to Glangrwyney and the Bell.

**DISTANCE: 3 MILES**  
**HEIGHT GAINED: 160m**  
**TIME: 2/3 Hours**

### ALTERNATIVE SHORTER ROUTE

1. Follow the description above to Llangenny (3) and then retrace your steps. This is easy going across flat fields.

**DISTANCE: 2 MILES**  
**HEIGHT GAINED: 60m**  
**TIME: 1 Hour**

#### PARKING:

'The Bell is proud to support the walks organised in this beautiful area of the countryside. Please feel free to utilise the car park at the rear of the pub and the toilets will be open for your use. We hope you all have a great couple of days.'

Tony Griffiths – The Bell.

