

PANTYGEU SUGAR LOAF

Join the diners by toasting your day's walk in the hills! The Wallnut Tree, just change out of your muddied shoes and into a comfortable pair of loafers and dictates the chef's choices. No need to dress up at Wallnut Tree boasts an eclectic menu created from locally sourced products. The seasons' harvests on its south side. Located just off the A4521, The Walnut Tree also sits at the base of The Skirrid, For fine dining Michelin-style, the one-starred The Skirrid Inn carries with it an exciting, if not mouth-watering history!

Skirrid Inn hangs ropes were numerous, Their days when hanging ropes were numerous, The medieval structure still harbors ancient ship timbers. Traced with markings from imbered beams. To be the oldest public house in Wales, reputed to be "ghostry", eating establishment - The Skirrid Inn, north side, in Llanvihangel Crucorney, is another topographic landmark. At the base of The Skirrid's valley stands The Skirrid, an equally impressive heights of Sugar Loaf Mountain, across the valley from the Skirrid. While you've just scaled worth mentioning: While you're certainly worth restaurants near to your walk are certainly

needed to walk the rest of your journey after lunch! Locally made beers. Don't overdo it though; you still on Nevill Street to sample one or several of their and before you leave town, visit the Kings Arms on a Tuesday or Friday for freshly harvested fruit sandwiches. Stop into the 500-year old Market Hall just down the lane, on Flannet Street, Edward Master Butchers can provide you with mouth-watering cured ham or salt beef, perfect for Master Butchers can provide you with mouth-watering sandwiches. Stop into the 500-year old Market Hall just down the lane, on Flannet Street, Edward

more savory taste of the hills of Abergavenny. Of Pocklers' Pickle to go with the pies for an even Family Butchers on Market Street in Abergavenny is hamper before setting out for the day. Rations more to your liking, then you can stock up your hamper before setting out for the day. Rations of picnicking on the hills above Abergavenny is

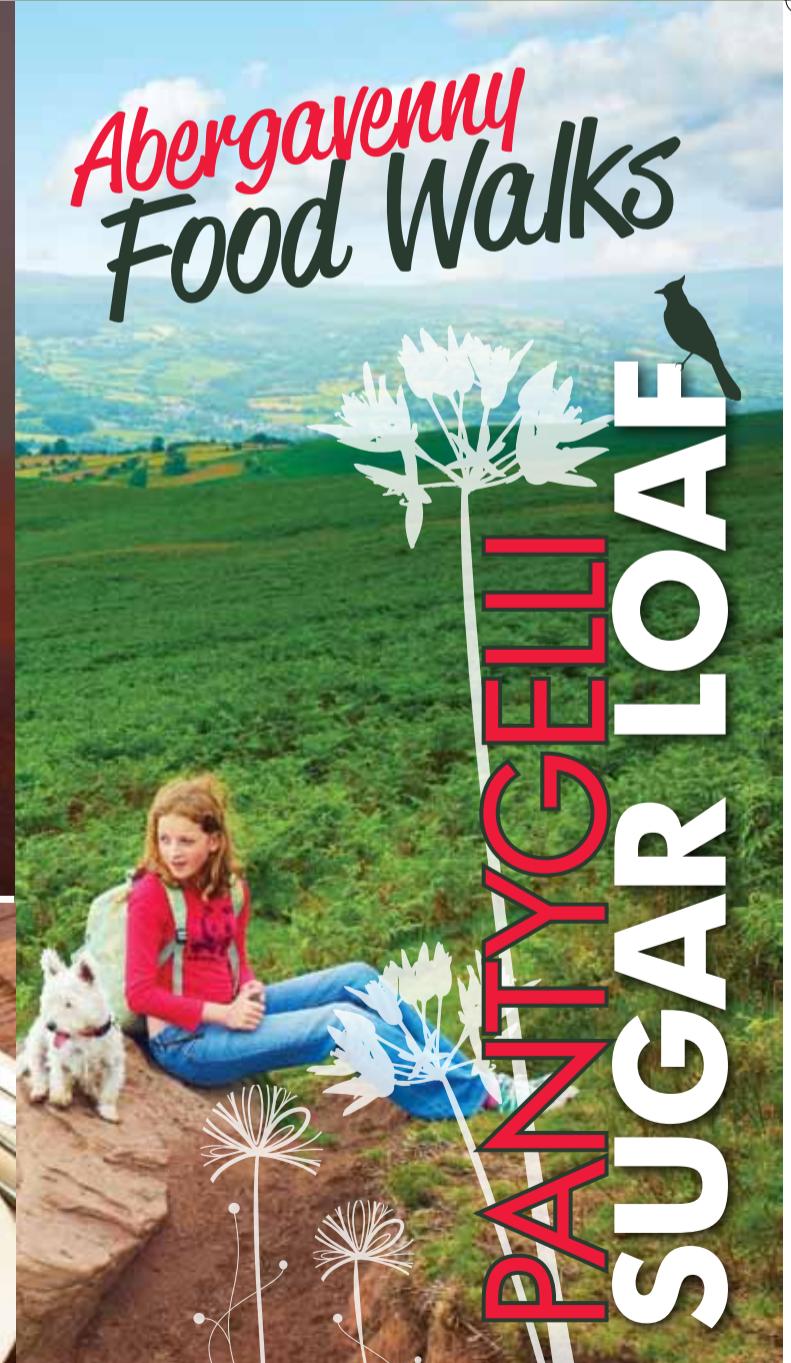
The Crown is a welcoming end to a glorious day in the hills and the friendly atmosphere found in this charming pub and restaurant will complete your day perfectly.

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The Good Beer Guide regularly recognizes The Crown for their five real ale handpumps and the occasional barrel tapping that takes place during summer months. The chef sources most of his

beer and a warm meal. Welcome you back from your trek with a nice cold that you're taking the "Foolie Walk." They'll inform the owners, Steve or Cheerie Chadwick, to inform the lot, and stop inside this friendly restaurant parking lot. Park your car in The Crown's Upper is good side! Park your car in The Crown's Upper believe in ghosts or not, it's always safe to stay on recalls a ghost inhabiting the pub, and whether you century inn and pub: The Crown, located in Pantygeell, just north of Abergavenny. History a sign stuck into the earth adjacent to the 15th



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www.visitabergavenny.co.uk





Abergavenny Food Walks

PANTYGELLI SUGAR LOAF

1) Turn right out of pub and walk up the road past Gelli Dawel for about 100 yards before turning right at a set of large driveway gates onto a steep tarmac lane. Follow this up until you come to a mountain gate. Go through the gate and follow the well defined and rutted path with views of Ysgyryd Fawr behind you. Follow the track along the bottom of the open moorland, with a wall to the right; eventually cutting a corner and rejoining the wall before cutting another corner.

2) This time, just before the track re-joins the wall, bear left, uphill, on to a grassy track. Follow this up and over the ridge top where you get the first view of Sugar Loaf. Drop to the wall on the other side of the ridge and, ignoring a stile, turn right and follow the path keeping the fence to your left, as you contour around the rim of the valley.

3) The path leads into an oak wood and becomes vague in places but stay with it, with the fence always to your left and the hill to your right, and it eventually becomes a lot clearer again as it reaches a gate at the entrance to the Park Lodge estate. Ignore the gate and instead walk around the corner to keep the fence to your left, with Sugar Loaf now above you to your right.

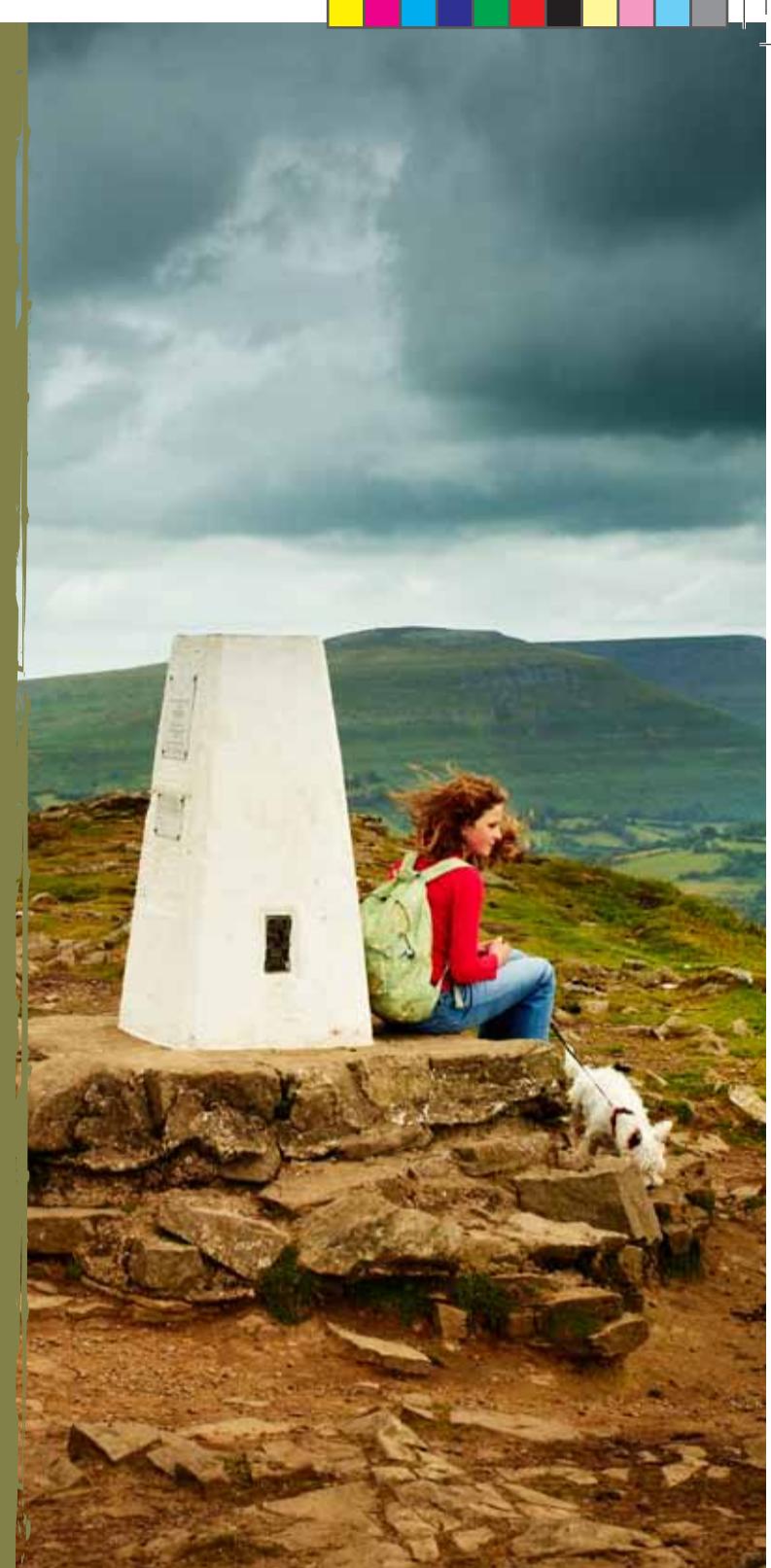
4) Continue like this ignoring a sheep track to your right until you reach a clear junction where you should turn right to start climbing towards the Sugar Loaf.

Stay with the path as it weaves ever upward and eventually you will tee into another track that appears to be leading you to the right of the mountain. Shortly after this, bear left onto a narrow path that leads up through the heather, directly to the summit.

5) To descend, head back towards the ascent path but where this drops slightly left, instead drop slightly to the right onto a broad, clear path that leads down, over a stream, to join the boundary of the Park Lodge estate again.

6) This section is quite complicated. Ignore the gate to your left leading through an open field to Park Lodge. Do not follow the obvious path heading downwards that is next to the gate with the fence immediately on your left. Instead, just over to your right is another well defined path running almost parallel to the first path mentioned, heading in the same direction, but gradually deviating away from the fence which is about 50m to your left. Stay with the clear grassy track as it trends rightwards and starts to drop towards the upper edge of the woodland in St Mary's Vale. A beautiful vista of Abergavenny and the River Usk will come into view. Continue downwards until eventually you will see an enclosed roughland with trees in it to your right. Keep the fence to your right and continue downwards until entering and passing through an old wood to drop all the way down to a gate.

7) Go through and keep right to drop to the road head and a small car park. Walk down the road ignoring a sign to the Rhoben and continue downwards to where the road bears at right angles to the left by a farm. Continue on the road to eventually reach a t-junction. Turn right and after about 10 yards turn left by the waterworks building, onto a tarmac track. Drop to a bridge and then climb on a rough track to houses at the top. Turn left and then veer around to the right.



8) As the road veers left again, turn right onto a waymarked footpath behind the houses and follow this easily to a kissing gate which takes you along the base of the Deri.

This emerges briefly onto open ground and then eventually joins a drive. Bear right past houses with fields to your right and you eventually reach a tarmac lane where you bear right to drop a few metres and then immediately left to climb again – effectively carrying on in the same direction.

9) Stay with the road as it climbs steeply until you see a garage at the top. Bear to the right of the garage to drop slightly. Follow the path ignoring all tracks leading to the left back on to the mountain. This levels and continues behind Triley Court to eventually emerge on the steep lane which you followed earlier. Turn right to drop to the main road and then left to return to the Crown.

**DISTANCE: 6 MILES
HEIGHT GAINED: 590m
TIME: 4/5 Hours**

This is a lovely walk with stunning views. There are several quite steep climbs but otherwise quite flat and well worth the effort.

PARKING:

Park at The Crown, enjoy your walk and return to eat or drink and sample some local and free range dishes. As described by the Daily Telegraph the Crown at Pantygelli is a 'rural treasure that demands a visit' don't miss this opportunity.

