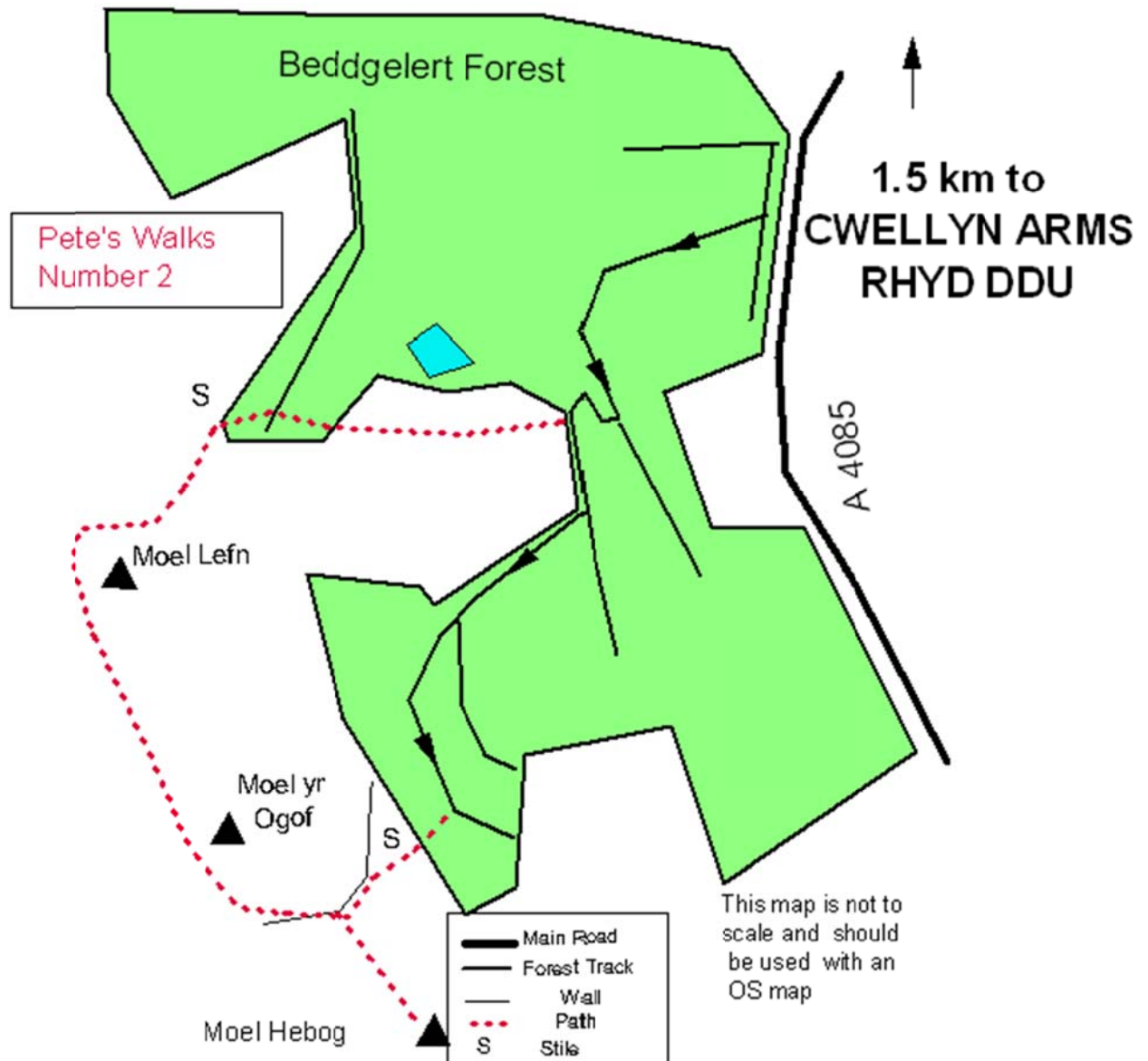


OWEN GLENDOWER'S CAVE



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Time 3-4 hours. Maximum height 655 metres. A hard but scenic little walk with some very muddy patches in the forest. **Car Parking:** Approaching from Rhyd Ddu there is an entrance to the forest at the point where the forest begins. A track parallel to the main road runs from this point and there are places for off track parking in addition to the official car park further down the track. **Clockwise:** Take the second turning off the initial track and follow through without deviation taking the double bend where the track splits. At the weather station take the right fork and further on take the right-hand option again to access the highest part of the forest. Where a stream runs down there is a path by the side of the stream which leads upwards to the stile out of the forest. Climb steeply rightwards and gain the upward leading wall. (From a point about halfway up the wall it is possible to traverse rightwards to a large gully in the cliff which is much easier to climb up than it looks. There is an actual cave here.) More prudently go up by the side of the wall to the col. Those with higher ambitions can ascend Moel Hebog from here - height 782 metres. Otherwise go through the cleft seen from the col which leads up to Moel yr Ogof. Coming off from Moel Lefn continue northwards until you spot the path going downwards to the right. The path wanders and eventually comes out to a point where you can follow a wall downwards to a stile into the forest. Reaching the first track turn left and in a few metres the continuation of the path will be seen on the right. Where this forks take the right fork which comes out into an open space, back into the forest and down to the double bend. **Anti-clockwise:** There are two points of difficulty which

are not apparent when walking clockwise. 1. Coming out of the forest, turn sharp left and go up by the side of the wall. At the top of the wall go to the right of the small quarry to access the path up to Moel Lefn. 2. Coming down from the col by the side of the wall at the end of the ridge deviate rightwards from the wall about halfway down to spot the stile into the forest.