

The Weatherman Walking maps are intended as a guide to the TV programme only. Routes and conditions may have changed since the programme was made.

The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.

Approximate distance: 10.5 miles

A challenging walk through breath taking mountain scenery, taking in Pen y Fan, Corn Ddu, Ffan y Big and the Horseshoe.

**1. Roman road**

There's some dispute as to whether this is actually Roman but it's still an ancient track leading to some lovely views of the reservoirs to your left.

**4. Pen y Fan**

Pen y Fan is the highest mountain in Southern Britain and comes in at a whopping 886 metres high!

On a clear day you can see the sea beyond Mumbles.

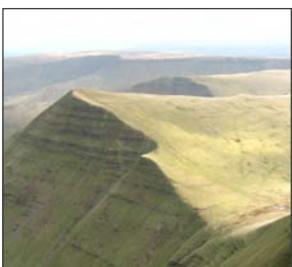
**2. Fan y Big**

A short, tough climb to the summit brings you to the 'diving board' - a slab of rock that juts straight out from the mountain.

**5. Corn Du**

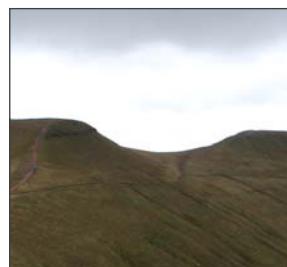
Smaller than Pen y Fan - you'll find a Bronze Age burial cairn and remains of a peat bog at the top.

A small glacial lake is visible from the Libanus side of the peak.

**3. Cribyn**

Another hard, sharp climb but worth it once you reach the top.

The views up and down the spine of the peaks here is stunning and there's a nice walk down.

**6. Bwlchygwynt**

If you're following in Derek's footsteps you'll skim through here and head up to the last set of 'fans' and onto the path down the valley to the Taf Fechan forest.