

Name of route	Fan y Big and Cribyn			Map	OL 12
Duration	5 hr + breaks	Distance	13 km	Ascent	750m
General notes	A good day's walk to the highest point in the Brecon Beacons. A bit grim in foul weather as there is nowhere to shelter.				
Weather				Dark at:	

Start point parking, public transport, meeting point	Park near Cantref Bridge or walk from Upper Cantref Farm	Starting GR	056255
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Direction	Distance	Ascent/Descent	Duration	See on the way	Escape route	End point	End GR	How to know if you have over-shot
South	700m	50m ↑	16 mins	Take the track which is east of the church, cross the stream and follow the path, via a track and crossing one B road to get to the 2 nd B road.	Back the way you have come	Junction with track to Tynllwyn	058248	If you have passed the junction.
South	900m	60m ↑	20 mins	Walk up the road	Back the way you have come	Track cross-roads	058241	If you have passed the crossroads
SW then SSW	4200m	440m ↑	1 hr 50 mins	Follow path up brow of hill	Back the way you have come	Fan y Big	036206	If you start going downhill
West becoming North	1600m	120m ↓ 200m ↑	50 mins	Drop into saddle then climb up other side. Steep drop on RHS	Drop into saddle, follow path in valley North	Cribyn	024213	If you start going downhill after the climb
NE	2800m	470m ↓	50 mins	Down path on steep ridge, follow path on brow of hill to track	Continue on planned route	Fork in track (gate on LH fork)	038237	If track turns North
NE	1500m	130m ↓	25 mins	Follow track	Continue on planned route	T-junction by river	047247	If you have passed the bridge and the junction
North then NE then East	1300m	30m ↓	20 mins	Follow road, ignoring all RH turns	Continue on planned route	Cantref Bridge	056255	If you pass the stream where you started

Post-walk notes	
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Ready reckoner

Speed	3km/h	4km/h	5km/h
100m	2 mins	1 ½ mins	72 secs
250m	5 mins	3 ¾ mins	3 mins
500m	10 mins	7 ½ mins	6 mins
1km	20 mins	15 mins	12 mins

Add 1 minute for each contour line climbed
Add 1 minute for each 3 contour lines of steep descent

Don't forget time for breaks

The Country Code

- When walking in the countryside, please remember:
- Enjoy the countryside and respect its life and work
 - Guard against all risk of fire
 - Fasten all gates
 - Keep your dogs under close control
 - Keep to public paths across farmland
 - Use gates and stiles to cross fences, hedges and walls
 - Leave livestock, crops and machinery alone
 - Take your litter home
 - Help to keep all water clean
 - Protect wildlife, plants and trees
 - Take special care on country roads
 - Make no unnecessary noise

Clothing:

- walking boots
- thick, warm, socks
- non-cotton trousers
- non-cotton base layer
- several non-cotton warm layers
- waterproof jacket
- hat
- gloves

Each walker to carry a small rucksack, containing:

- water (1 ltr winter, 2 ltr summer)
- food
- spare warm clothes
- emergency food
- waterproof over-trousers
- whistle
- survival bag
- mobile phone

Additional leader equipment:

- map
- compass
- group shelter
- basic first aid-kit
- torch
- rope
- route card
- emergency card
- permanent ohp pen
- emergency food for group
- emergency hat, gloves and fleece for group

The leader does not need to carry all of the items above themselves - they can be shared out amongst the group, particularly if they are warned in advance to leave some space in their bags.

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