

Walk: EOC 06  
**Location: Off-road Tracks above Banwen**

- Directions: Turn left out of Castle, heading south on the A4069 through Penycae and past the Ancient Briton Pub.
- Turn sharp left soon after entering the 60 mph zone, once you have gone past the Abercrave turn-off on your right. Head up the hill and past the first cross roads at the top of the hill.
- The road levels out and you come to a 40 mph zone. Soon after the 40 MPH zone starts, take a right turn at the crossroads heading towards Banwen. (The road opposite will take you a cross country route back to Penycae).
- Park up before the street with two single rows of small terraced houses either side. On your left there is a small lake with a path around it. Follow the path around the far side of the small lake and up through a gate into the hills.
- Walk around the open mountains as you wish. You can do some circular walks and come back down through the old Banwen town (via the two single rows of terraced houses).
- Distance (miles): 6.8  
 Time (hours): 0.12  
 Length of Walk: 1-2 hours or longer if wander further  
 Dates Walked: 18/04/2009,  
 Parking: Free on the road by small lake
- Pop in to: Abercrave Inn, Ancient Briton or Penycae Inn on way back
- Description: These mountain tracks are used by of-road bikers and used often for BMW off-road bike riding training. I believe some of the tracks are actually owned by the BMW training school.
- The people behind this training organisation feature high up in established rallies such as the Paris to Dakar motor bike race. Mostly however you will not come across any bike riders, maybe the odd Banwen boy on his bike.
- There are small lakes with islands up in the hills and plenty of wide open tracks to explore.
- This is not however among the most scenic or preferred walks. Banwen itself is a bit of a backwater, with a poor reputation. There are nicer walks than this but if you are passing by it is a convenient stop off for a dog run around the little lake at the very least.