

Walks in Carmarthenshire Llyn y Fan Fach



Moderate / Hard



Weather it's **HOT**
or weather it's **NOT**

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- 1 From the car park head up the path that follows the river up the valley.
- 2 Pass through the trout farm and continue along the path, the looming glacial cirque will come into view. You'll soon be at the lakeside, a great spot for a picnic, or wait to see the Lady of the Lake!
- 3 Either return to your car from here, or continue up the mountainside to the top, follow the ridge to the North, walking over Picws Du and Fan Brycheiniog until you see a path on the left heading down to the plateau below with another lake called Llyn Y Fan Fawr.
- 4 Follow the path along the lake edge and the ridge until you reach Llyn Y Fan Fach.

Lady of the Lake...

A folklore legend connected with Llyn y Fan Fach is the myth of 'The lady of the lake'. In the folktale, a young farmer of the 13th century spotted the most beautiful girl he'd ever seen emerge from the lake, she was a princess from the kingdom of fairies. He courted the fairy princess by baking her bread and after 3 attempts he succeeded in winning her hand in marriage on the condition that if he hit her three times she would leave him.

He complied easily because she was so beautiful and they were happy for years bringing up a family at his farm near Myddfai, with her magic dowry of farm animals. In time the inevitable happened he hit his wife and she disappeared back into the lake taking her prized animals with her, leaving the farmer with her sons. The sons once grown became known as the "Physicians of Myddfai" who became physicians to the English royal court.

On the route to and from Llyn y Fan Fach stop and watch the jumping trout in the Weir/ Hatchery.



Approx 5-6 Hours

Not suitable for pushchairs or wheelchairs

Muddy areas

Green walk - approx 5km. Red walk - approx 13km

Red section not suitable for younger children.

Suitable for all.

Beware - Dangerous slopes.