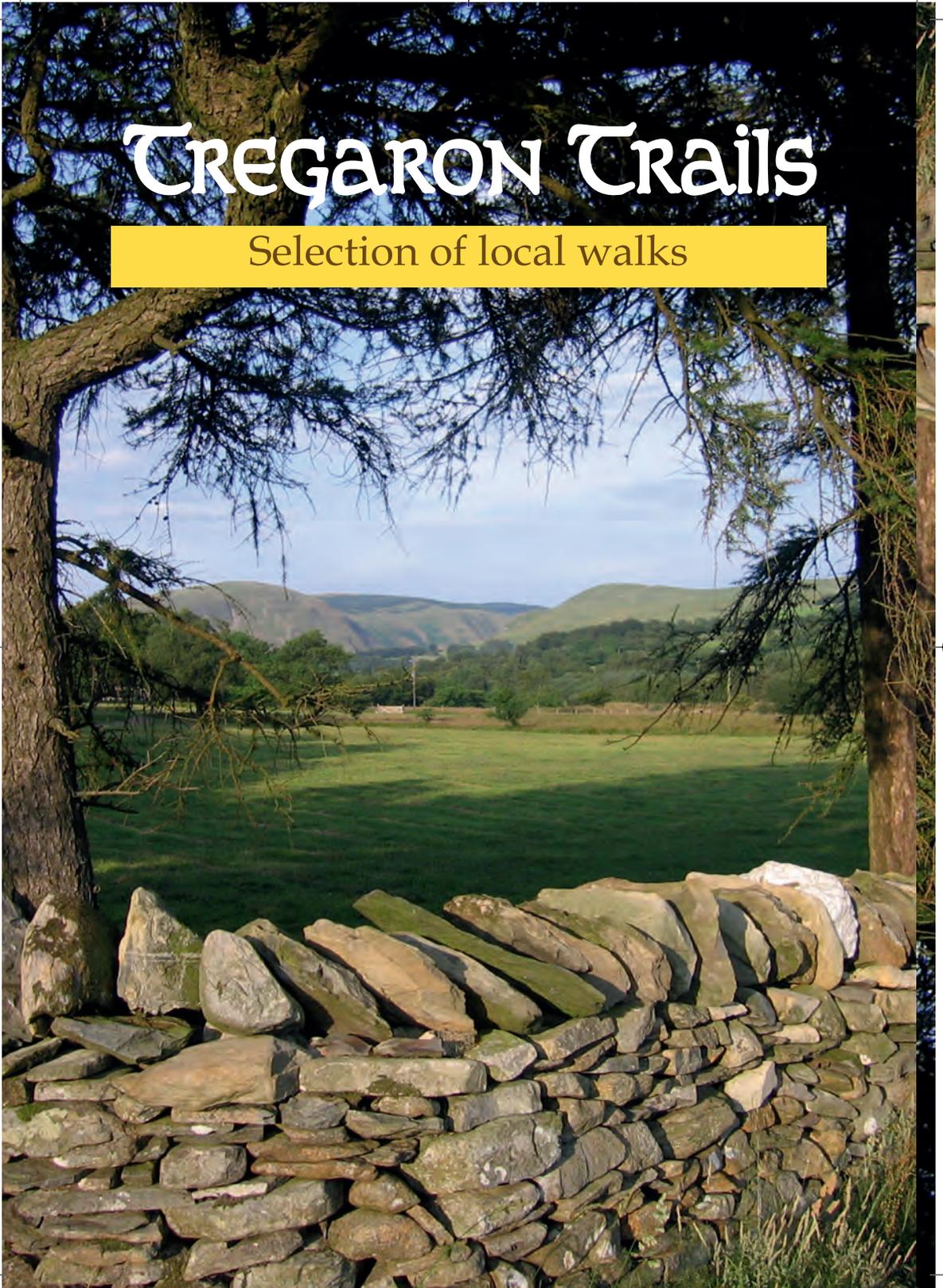


TREGARON Trails

Selection of local walks



ACKNOWLEDGEMENTS

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The booklet was launched at the 1st Great Tregaron Walking Weekend in the company of Tori James and Caradog Jones, the first Welsh woman and Welsh man to climb Everest. The weekend itself also launched the Walkers are Welcome status awarded to Tregaron as a result of an application submitted by Clwb Cerdded Crwydro Caron.

We would like to thank the members of the Bro Tregaron Walkers are Welcome Cluster group who gave of their time to bring the booklet together and to local landowners for their cooperation. Thanks go to Tom Hutton and Chiz Dakin for walking the routes and providing the route descriptions.

Finally many thanks to Julie Richards for supplying the wonderful illustrations that represent the maps for the walks.

www.walktregaron.co.uk
www.walkersarewelcome.org.uk
www.tourism.ceredigion.gov.uk

Disclaimer

Whilst Ceredigion County Council has made every effort to ensure accuracy in this publication, it cannot accept responsibility for any errors, inaccuracies or omissions or for any matter in any way connected with or arising out of the publication of the information contained within this book.

The Ordnance Survey maps for the area of the walks are Explorer 199 and 187. The maps in this book are for illustration purposes only and should be used in conjunction with the appropriate map and compass.

This booklet was produced with the support of the following:



Cover photo: View of Cwm Berwyn from the Twm Town Walk (Dafydd Wyn Morgan)

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The Walkers are Welcome Scheme

Obtaining Walkers are Welcome status, as a growing number of communities across Britain are doing, brings a number of benefits. It helps strengthen a town's reputation as a place for visitors to come to enjoy the outdoors, bringing useful benefits to the local economy. It helps to ensure that footpaths and facilities for walkers are maintained in good condition, benefiting local people as well as visitors. It can contribute to local tourism plans and regeneration strategies. It also allows communities to benefit from the regular networking opportunities with other Walkers are Welcome towns, when experiences are shared informally and new ideas discussed. Please visit www.walkersarewelcome.org.uk for further information.



Clwb Cerdded Crwydro Caron Walking Club

Why not join the local walking club Clwb Cerdded Crwydro Caron? Established in 2003, the Club has over a 100 members who walk all year round with a variety of walks, challenges and excursions to please everybody's walking needs. Visit www.walktregaron.co.uk for further information.



The Countryside Code - Respect - Protect - Enjoy

- Be Safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

Follow the Countryside Code wherever you go. You will get the best out of the countryside and help to maintain it now and for the future.

I. TWM TOWN Walk

Distance: 5.5 kilometre/3.5 miles

Time: 2 hours

Terrain: Mainly well-marked paths across sheep pasture with some road walking on quiet lanes

Suitable for: Most walkers, energetic children. Dogs on lead around livestock.

Grade: Fairly easy

Start/Finish: Tregaron SN680597

Refreshments: Tregaron

Public toilets: Tregaron

Public transport: Weekday and Saturday buses to Tregaron from Aberystwyth and Lampeter

Maps: OS Landranger 147; Explorer 199

Parking: Pay and display car park near Tregaron Square

- 1.** From the Talbot Hotel (behind you), walk over towards the bridge. Turn left, immediately before crossing (by garage), to go through a gate into the churchyard. Bear right to walk along a tarmac path and keep straight ahead between houses until the road widens and you can see a steep, narrow tarmac path leading uphill on your left. Take this to the top and turn right onto the road, then swing left onto the new drive, opposite the Fire Station.
- 2.** Continue to a cattle grid and then bear left, over a stile. Keep the field edge to your left for a few paces and then bear right to drop into a dip and then climb steeply to a stile in the fence above – note there are two stiles quite close together here and you need the left hand, higher one.
- 3.** Walk up the field edge for 50m to another stile on your right. Cross this and bear half left to climb to another stile. Cross this and continue in the same direction to contour around with the hilltop to your left before dropping to a stile in a boggy corner, close to a pile of stones. Bear half right to cross the next narrow field to another stile and cross this then turn right onto a concrete drive.



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4. Follow this to a gate and shortly after this, bear left to walk, parallel to the edge of the field, up to a gate in the top corner. Go through and cross the farm drive to walk up a grassy ramp to another gate. Now follow the sunken track to a gate and go through to continue to a fork, where you keep right. Follow this until it eventually merges with a drive, where you turn right to follow the drive to the road. Turn left to follow the road easily down and then turn left again to return to Tregaron passing a house named Porth y Ffynnon built close to where Twm Siôn Cati, the local 16th Century outlaw, was born.

Did you know?

A copy of Twm Siôn Cati's will is available for viewing at the Tregaron Red Kite Centre and Museum. Why not call in?

(Further info about Twm Siôn Cati available from www.twmsioncati.co.uk)

Try Geocaching!

Why not search out for these geocaches on your walks?

1 Twm Town Walk	N 52° 12' 27.0"	W 3° 54' 56.8"
2 Cors Caron Walk	N 52° 14' 34.2"	W 3° 55' 14.6"
3 The Elephant Walk	N 52° 13' 58.5"	W 3° 53' 59.2"
4 Tregaron to Llanddewi Brefi Walk	N 52° 11' 20.1"	W 3° 56' 32.2"
5 Strata Florida to Tregaron Walk	N 52° 16' 31.3"	W 3° 50' 23.1"
6 Pentre Bach Walk	N 52° 16' 54.7"	W 4° 01' 42.9"
7 Cwm Berwyn Walk	N 52° 12' 01.8"	W 3° 50' 58.5"

A geocache is a container that holds a log-book and comes in all different forms. They might be under benches, next to gate-posts or even behind a tree.

What to do?

- You might have a GPS (Global Positioning System) unit or even a mobile phone that has a GPS function on it.
- Keep an eye out for the coordinates above when you are on a walk or even input these coordinates into your device and press go!
- Visit **www.geocaching.com** for further information about geocaching.
- Please be aware that the accuracy of GPS devices can vary. To get an accurate and clear reading, GPS devices require a clear view of the sky in order to pick up signals. Reception can be affected by the presence of trees, cliffs and tall buildings.

2. CORS CARON Walk

Distance: 6.5 kilometre/4 miles

Time: 2–3 hours

Terrain: Initial boardwalk leads to very boggy ground at the start of the Riverside Walk. The path may flood during wet weather.

Red-topped wooden marker posts guide the way over the wetland.

Suitable for: Fit and experienced walkers. Dogs are not permitted on this walk.

Grade: Moderate

Start/Finish: Cors Caron Car Park SN692625

Refreshments: None

Public toilets: Cors Caron Car Park

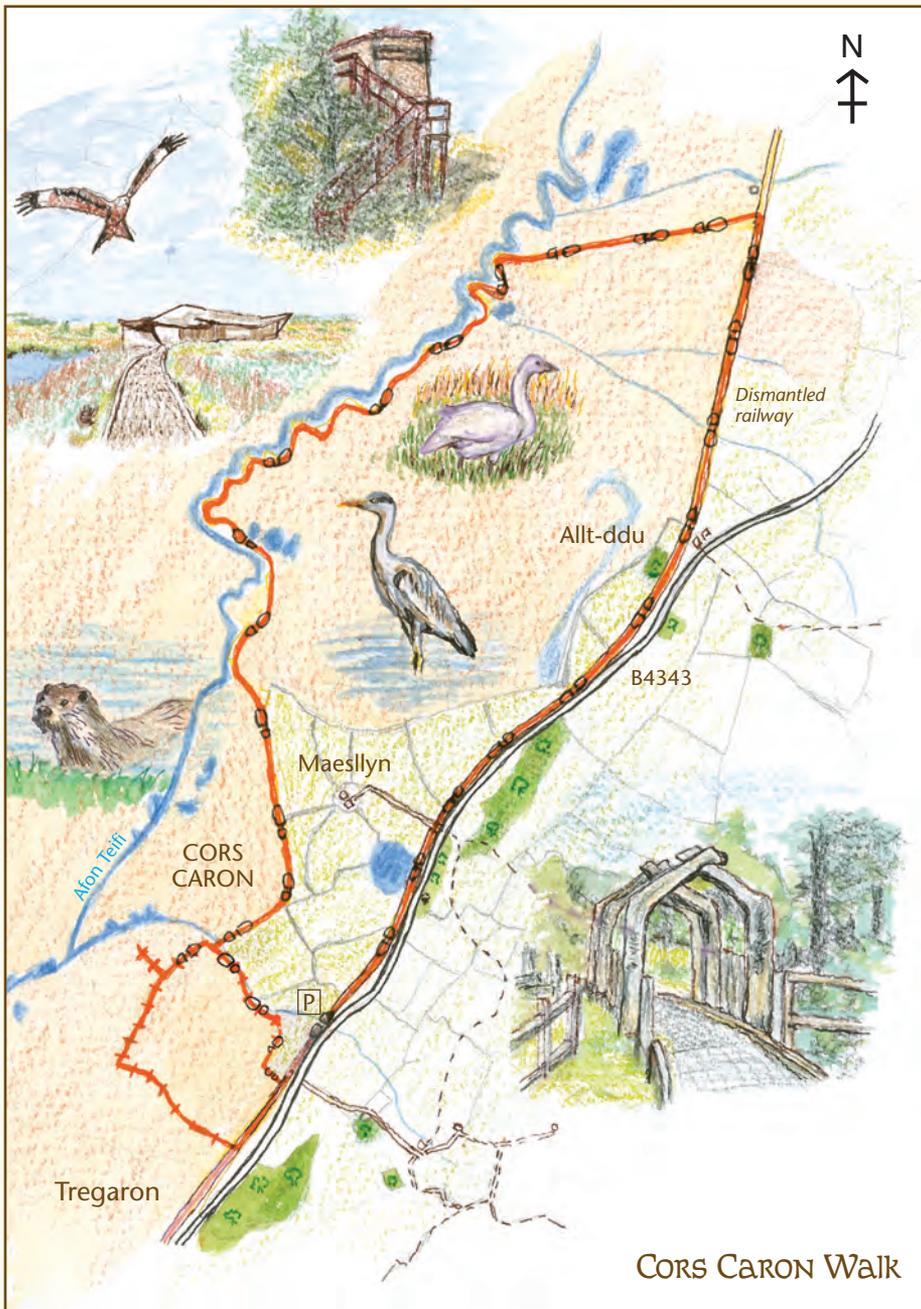
Public transport: None

Maps: OS Landranger 146; Explorer 187, 199

Parking: Cors Caron Car Park

NOTE: For a period during the summer, the Riverside Walk is closed to permit grazing management. It is also closed on several Saturdays during the winter. Signs are erected giving details of these necessary restrictions. More information can be obtained by telephoning the Reserve Manager on 01974 298480 during office hours.

1. From the car park, turn left along the old railway, until you reach a set of three sculpted wooden arches on the right. Turn right and pass through these arches on to the boardwalk. Follow the boardwalk until you pass a succession of ponds on your left. Continue along the boardwalk until you arrive at a short flight of steps on your right and a sign giving details of the Riverside Walk (dogs are not permitted beyond this point).
2. From this point, visitors who would care to make use of the informative observatory should continue along the boardwalk to a junction on the right, and follow this to the observatory building. Return to the steps to continue the Riverside Walk.
3. Descend the steps and follow the short section of boardwalk to a gate. Pass through the gate and continue along the boggy path that crosses the wet rushy meadow. As the ground rises slightly, and just before a gate, turn left and follow the red-topped posts that will guide you between the wetland to the left and the farmland to the right.



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4. The grassy and sometimes boggy trail continues through a gate, and follows the farmland edge to a point, marked with a post, where the trail turns sharply to the left to follow a raised bank towards the river. Turn right to cross the small wooden bridge. The trail now continues to the next red-topped post where it adjoins the river bank.

5. Cross three double planks with handrail, one marked 4, then a stile. Now head deeper into the fen alongside the river on a grassy bank. The river now twists and turns, at one point forming a swan's neck – as always keep an eye out for red-topped guideposts. Eventually cross two more bridges, the second of which crosses a larger side-stream from the right. Turn sharp left after this to continue following the riverbank, and two more river-meanders later, reach the end of the riverside section. This is indicated by a red-topped post with an arrow directing a turn to the right.

6. Bear right over a section of boardwalk and a bridge, and then it's an easy boardwalk all the way to the old railway track. Turn right and follow this back to the car park.

Did you know?

Cors Caron began to be formed 12,000 years ago, at the end of the last ice age!

3. The Elephant Walk

Distance: 8.5 kilometre/5.5 miles

Time: 3 hours

Terrain: Mostly defined tracks with some rough undefined sections. Very boggy in places. Long road walk at the end. Dogs on lead around livestock.

Suitable for: Fit walkers

Grade: Moderate

Start: Bronmwyn SN715645. Limited parking, so best to leave cars in Tregaron and use taxis or buses to start.

Finish: Tregaron SN680597

Refreshments: Tregaron

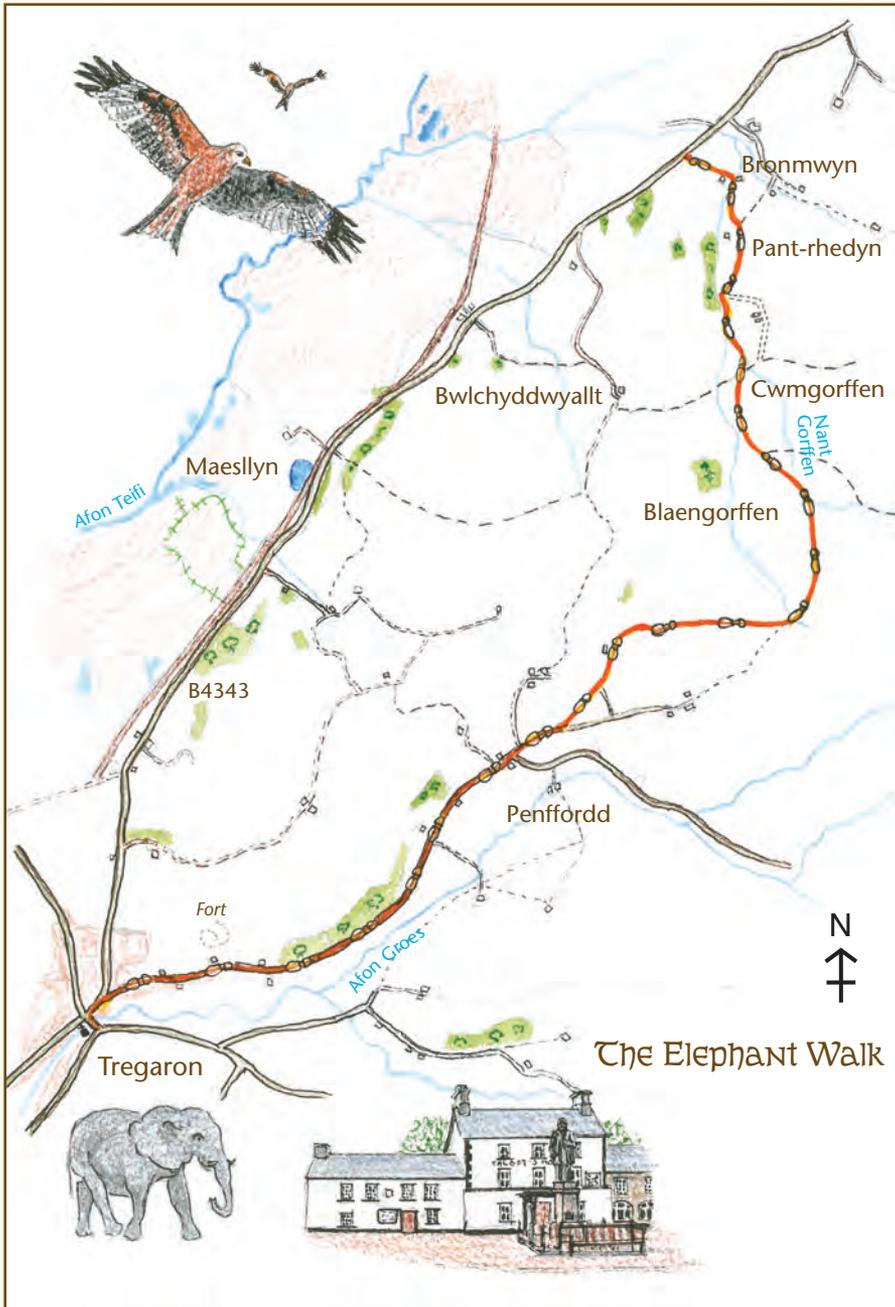
Nearest public toilets: None (apart from in Tregaron)

Public transport: Weekday and Saturday T21 buses between Tregaron and Aberystwyth. Check timetables before walking.

Maps: OS Landranger 146; Explorer 187, 199

Parking: Park in Tregaron and catch the bus (see above)

1. Turn right off the B4343 onto the tiny lane leading to Bronmwyn (roughly 6.5km north of Tregaron on B4343) and through the farmyard, bearing left at the stables, then right to ford a stream. Continue through two gateways as the track winds gently uphill.
2. Where the track bends left on a slight summit, leave it and follow a dry stone wall heading to the right, over reedy grass towards a large lone tree. From the tree, head beside the dry stone wall on the left to gain a rough path running roughly alongside a stream on the right. The path crosses the stream twice early on (poles advisable). Continue on a decreasingly distinct path near a wire fence, and ford a tributary stream coming in from the left.
3. Roughly follow the course of the stream on an increasingly obscure path towards a farmhouse. As a (usually) dry valley joins the stream, bear right, now heading significantly to the right of the farmhouse (Cwm Gorffen) to gain a vehicle track heading up a small ridge. Follow this up past a new plantation, and through one gate, then two more by the ruined buildings of Blaengorffen.



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4. Continue following the track as it veers to the right of a small stream, towards the ridge of Y Bryn ahead. When the track bends left and up towards a small quarry, continue straight ahead over a small metal gate (tied up) following the line of an old dry stone wall, over somewhat boggy sheep pasture. Exit the field through another metal gate, bearing very slightly right to run just right of another dry stone wall on a faint grassy vehicle track. (This gets boggy near the ruins).

5. Bend right by the ruins, and over an extremely boggy (flooded) section, before regaining a grassy track surface just to right of a another dry stone wall. Pass through a rusty gate into a more open grassy field. A second gate takes the track above reedy bog land to a line of pine trees. The track forks right to bend around the far side of these, then bends left again at the end of the pine line to descend a shallow valley and through a gate past a Blaenauaron farm.

6. The track bends a couple of times after the farm, just before a second bend to the left, (marked private) bear right onto a rougher vehicle track between two grassy fields. Go through a gate (hurdle), then continue between a wire fence and line of short trees at the field edge. Bend left on a boggy corner, and the track now becomes awkward with remnants of a dry stone wall and overhanging trees causing some obstruction (the stones are useful over boggier bits in the lower section!)

7. Turn right onto a narrow tarmac lane, over a cattle grid, and follow this to a junction. Turn right and past Penffordd house, and follow the road for roughly 3km to its end on the edge of Tregaron. Turn left and downhill to a junction near the centre of town, and left again over the river bridge to return to the Talbot Hotel.

Did you know?

Local folklore states that an elephant was buried behind the Talbot in 1848 after drinking from a lead polluted stream near Bronmwyn.

4. TREGARON TO LLANDDEWI BREFI WALK

Distance: 7.5 kilometre/4.5 miles

Time: 2¾ hours

Terrain: Mostly defined tracks with some rough undefined sections. Very boggy in places. Fairly long road walk at end.

Suitable for: Moderately fit walkers. Energetic children. Dogs on lead around livestock.

Grade: Moderate

Start: Tregaron SN681597

Finish: Llanddewi Brefi SN663553

Refreshments: Tregaron, Llanddewi Brefi

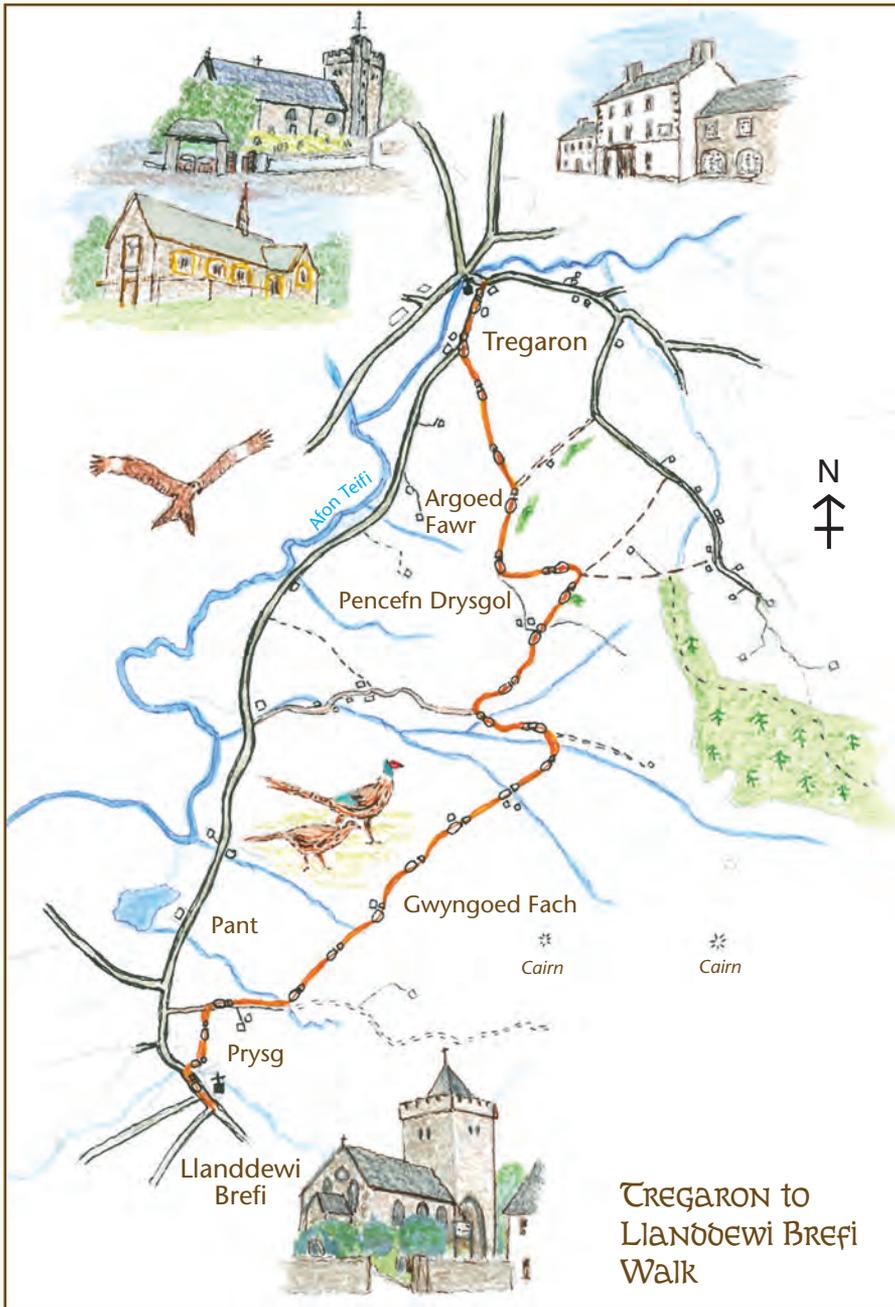
Nearest public toilets: Tregaron

Public transport: Weekday and Saturday buses to Tregaron from Aberystwyth. Same service (585) returns from Llanddewi Brefi to Tregaron and onto Aberystwyth. Also local taxi company.

Maps: OS Landranger 146; Explorer 199

Parking: Pay and display car park near Tregaron Square

1. From the Talbot Hotel, walk down Dewi Road leaving the purple Rhiannon building on your right. Continue to the top of the road turning left, onto a new drive, opposite the Fire Station.
2. Pass to the right of a cattle grid and over a stile. Keep the field edge to your left for a few paces and then bear right to drop into a dip and then climb steeply to a stile in the fence above – note there are two stiles quite close together here and you need the left hand, higher one. Walk up the field edge for 50m to another stile on your right. Cross this and bear diagonally uphill to reach another stile.
3. Cross this and continue in the same direction to follow the contour with the hilltop to your left before dropping to a stile in a boggy corner, close to a pile of stones. Bear half right to cross the next narrow field to another stile and cross this.
4. Turn right onto a concrete drive, and continue along to a gate. Shortly after the next telegraph pole, bear left to walk parallel to the edge of the field, up to a gate in the top corner. Go through and cross the farm drive to walk up a stony track to a small gate. Continue along a grassy track to reach a crossing of paths. Here you leave the town trail signs and turn right through



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a rusty metal gate on a newly designated bridleway (replacing the one south to Pencefn Drysgol).

5. Cross the grassy field and go through the leftmost of a couple of gates on the far side. Head down a grassy track which becomes increasingly muddy near the farmyard.

6. Just before the farmyard turn left onto a wide track. Go through a metal gate, and turn right to follow the fence line round and down to the far right corner of the field. Continue following this right as it becomes a beech-lined track way. The path narrows as it bends left to descend to a rickety metal gate.

7. Go through this, then follow the bridleway left (ignoring the sign right to Llanddewi Brefi). This briefly runs parallel to a small stream before fording it and continuing up an often wet tree-lined track. As you near another stream, the track divides. Fork right to ford the stream (poles highly recommended, it can easily be calf-deep and full of greasy pebbles underfoot). Follow the track as it quickly bends uphill before petering out. Now bear right and follow the fence line on the left until the track reappears. Continue on this, very boggy in places, and cross a third stream to exit through a gate by a barn undergoing renovation to reach the start of tarmac.

8. Follow this road and eventually it leads moderately steeply down towards the northern end of Llanddewi Brefi. As the descent eases you pass a concrete driveway to Prysg. Just after the next house, turn left over a stile onto a way marked footpath, running along the edge of grassy fields. Cross two further stiles, then the path descends right to briefly run parallel to a small river.

9. Exit left onto a road into Llanddewi Brefi, where you could take a look around the Church and graveyard, pop into the village shop or grab a quick drink in one of the pubs before catching your bus, or returning via the same route to Tregaron.

Did you know?

In the 6th century, the Patron Saint of Wales, St David, visited Llanddewi Brefi.

5. Strata Florida to TREGARON Walk

Distance: 15 kilometre/9 miles

Time: 5 hours

Terrain: Rough paths and trackless moorland. Long stretch on country lane at the end. Navigation would be difficult in poor visibility.

Suitable for: Fit and experienced walkers. Dogs on lead around livestock.

Grade: Strenuous

Start: Strata Florida SN745657

Finish: Tregaron SN680597

Refreshments: None

Public toilets: Strata Florida and Tregaron

Public transport: Weekday morning bus from Tregaron to Pontrhydfendigaid/Local taxi company

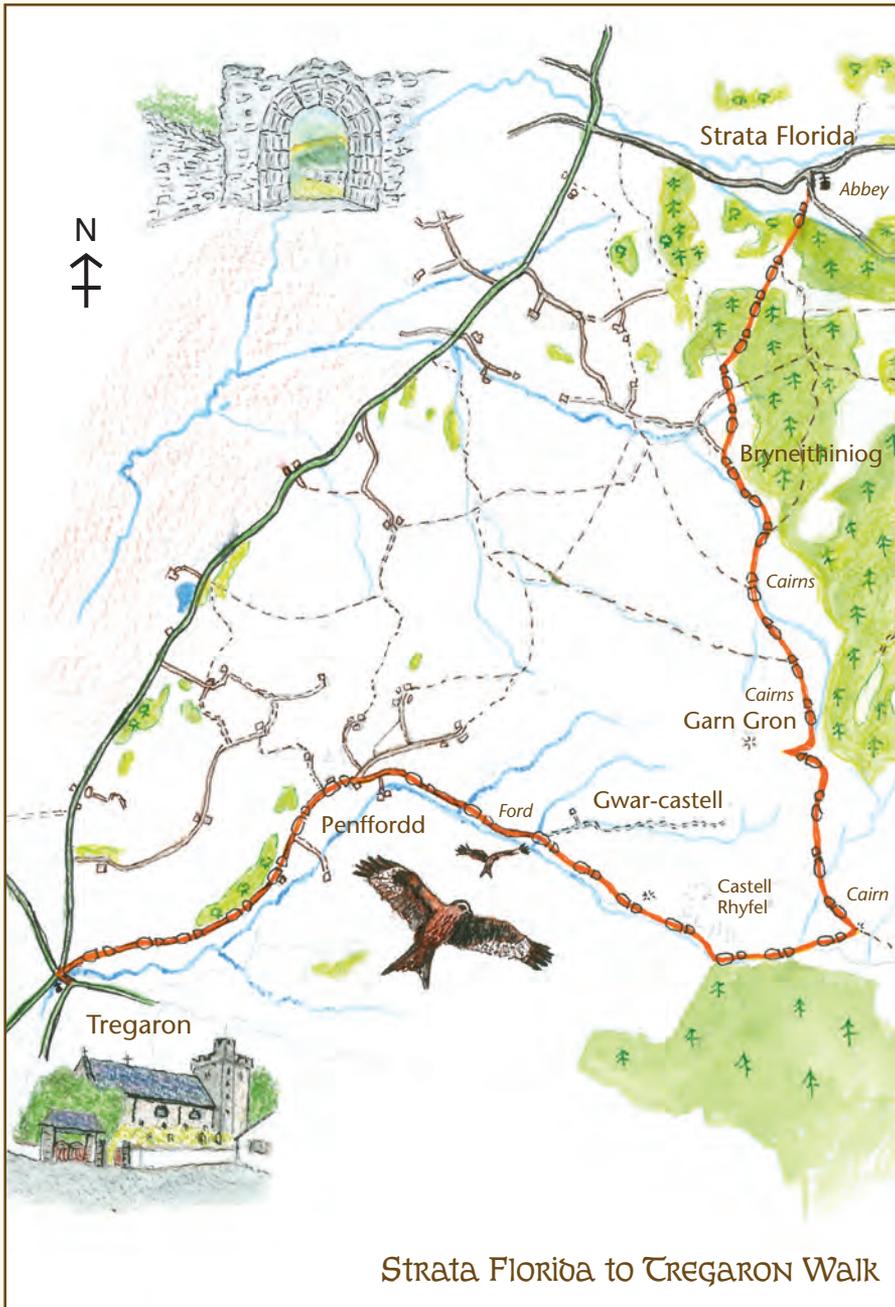
Maps: OS Landranger 147; Explorer 187, 199

Parking: Park in Tregaron and catch bus to Pontrhydfendigaid (you will need to walk a short distance to Strata Florida to the start of the walk. Alternatively you can park at Strata Florida, complete the walk, and catch a pre-arranged taxi back to the car).

NOTE: The section of the walk passing through the Bryneithinog forest managed by UPM Tilhill may be closed due to forest operations. All warning signs must be obeyed for your own safety.

1. With the Abbey on your left and the car park on your right, walk down the lane and as it bends left, go straight ahead through a gate. Follow the track ahead alongside a stream and through a gate. Now cross the footbridge and keep straight ahead to follow a sunken track up through the wood. Wooden posts then lead to a gate. Go through this and keep straight ahead for a few paces before bearing right at a waymark, and continuing to a gate that leads into woodland. Keep straight ahead into the wood and when you meet a main forest track, turn left.

2. Continue for a short distance and then turn right onto another narrow path that leads up through the wood to another main track. Bear left onto this and then, as it bends sharp left, keep straight ahead on a rough track that leads to a gate. Go through and bear half left to cross the top of the field, where a barn comes into sight. Head to a gate next to the barn and go through this, and then follow left down a good track into a dip and back up the other side.



Strata Florida to TREGARON Walk

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Continue through Bryneithinog farm yard and then turn left onto another good track.

3. Follow this to the corner of a wood and then bear half right to cut down through the field to a gate at the bottom. This leads onto open ground. Go through and bear left to keep alongside the fence as far as a stile. Don't cross this but bear right to drop to the stream. Now follow easy ground alongside the stream until it's possible to cross. Once over, follow the other bank upstream, staying with it until you reach a major confluence beneath a steep hillside.

4. Continue over stream aiming uphill to cross the boggy plateau and then bear right to contour around the dryer grassy banks of the hill. Keep your eyes open for a faint path that drops to cross the stream again and now follow a clear but narrow path up the side of the valley with steeper ground to your right and forestry to your left. Continue to level ground, with a fence ahead, and then bear right to climb the steep hillside to the cairn and trig point Garn Gron.

5. Make your way back towards the wood and the path you just left. Turn right onto this and follow it easily down to a fork. Bear left to stay next to the fence and continue down to a large cairn. Here bear sharp right onto a faint path that leads down into a valley.

6. Cross a stream and contour around to a gate. Go through and keep ahead to join another track and now stay on this for 2 kilometres to the road. Bear left and follow this down to a t-junction, where you turn left again. Now continue all the way down into Tregaron, where you turn left and then left again to the Tregaron Square.

Did you know?

Strata Florida is the traditional burial place of Dafydd ap Gwilym, one of the great poets of medieval Wales.

6. Pentre Bach Walk

Distance: 15.5 kilometre/9.5 miles

Time: 5.5 hours

Terrain: Mostly quiet country lanes, but some very boggy and rough terrain by Llyn Fanod. Otherwise variably-defined paths across sheep pasture and moorland. Also you get to see the sea.

Suitable for: Longer-distance walkers. Dogs on lead around livestock and around both lakes.

Grade: Strenuous

Start/Finish: Pentre Bach (in Blaenpennal village) SN631643

Refreshments: Available at Cafe in Pentre Bach (open during School Holidays or by arrangement)

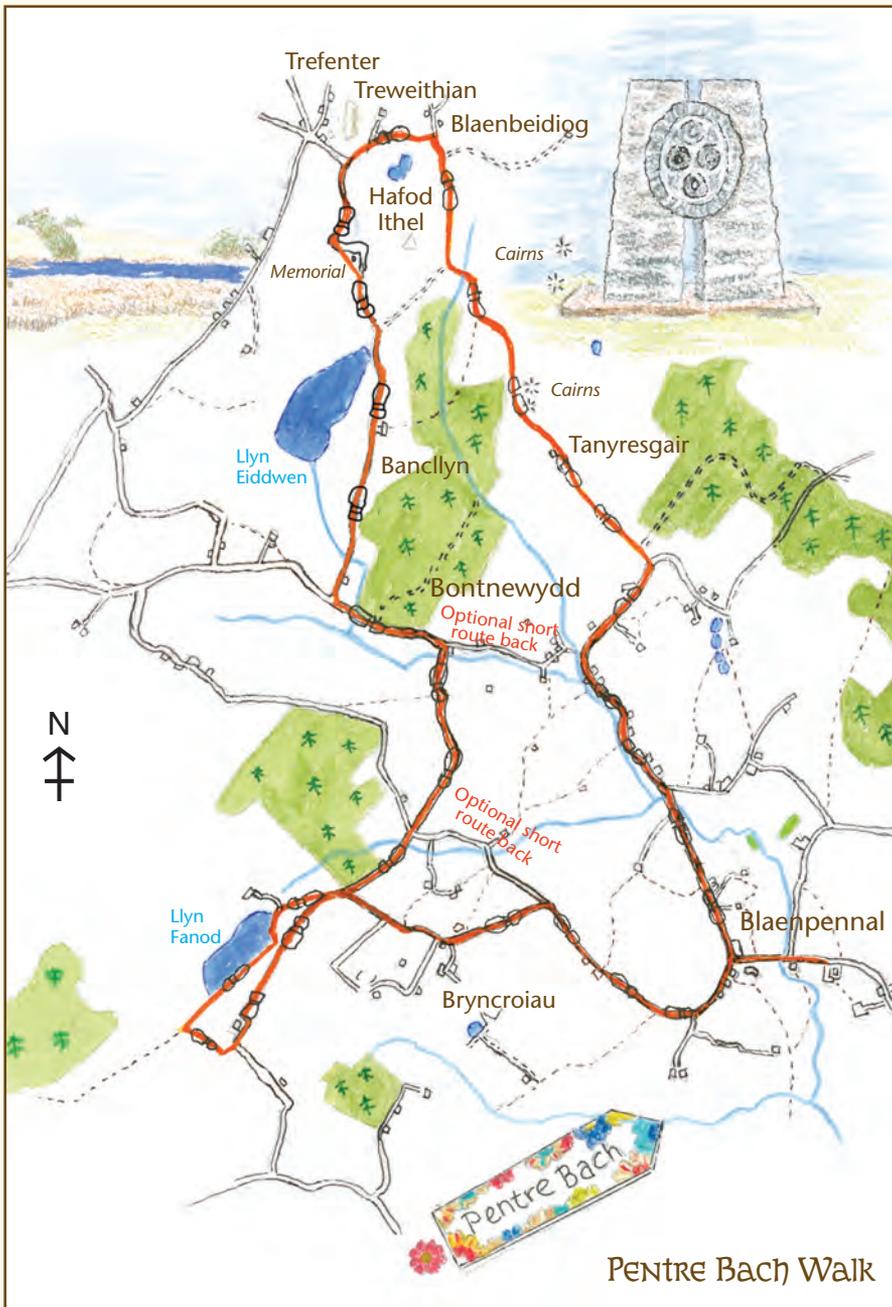
Public toilets: In Cafe and Neuadd y Pentre (Village Hall) in Pentre Bach (open during School Holidays or by arrangement)

Public transport: Regular Bus Service on the Aberystwyth – Tregaron A485

Maps: OS Landranger 135, 146; Explorer 199

Parking: Pentre Bach

1. From the post-box outside Pentre Bach, turn left and down the hill to a bridge. Cross this, and climb steeply to reach a T-junction. Turn left towards Blaenpennal church and continue up past the church road and on to a junction at the top at a small quarry where you turn left again (still on a country lane).
2. Bend right on the major road by Bryn Saron, where the road briefly heads more steeply uphill, before levelling out by Pen Lon. Then turn left at a T-junction towards Penuwch (short-cutters can avoid the loop around Llyn Fanod by turning right and following from point 6 but it is recommended that you at least walk far enough to obtain a view of the lake).
3. Follow the road with Llyn Fanod on your right. Ignore a footpath sign leading right, keep on the road as it bends sharply to the right (with a small pond on your left) and then on the next sharp bend to the left bear right (after Bryn tair llyn), onto a muddy access track running just left of a barbed wire fence. Roughly follow the fence line – the track becomes very boggy and indistinct in places.



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4. As the lake comes into view, turn right over a stile (beware, there may be a bull in the field and dogs must be put on lead at this point). Head over rough tussocky ground, initially towards an old wooden post, then roughly straight ahead to gain the right (south-eastern) bank of the lake ahead. Bend right and over a stile at the lake edge.

5. Continue as close as reasonably possible to the lake shore over rough, boggy, tussocky ground, to reach another stile. Cross this, following the lake shoreline, and over a further two stiles to reach the tail of the lake. Bear sharp right along the fence line, and cross a further stile in the far right corner of this field to gain a muddy access track. This leads back to the road junction with one more stile to cross, at the end of point 2.

6. Turn left onto tarmac again (towards Bontnewydd) and head gently downhill past a plantation on the left. Take the second right (to Bontnewydd), passing entrances to Bryn Lociau and Maes Newydd to reach a T-junction by a small junkyard. Turn left towards Llanrhystud, and climb gently past Bronant Forest (recently part-felled). Shortly after the road begins to rise once more, turn right towards Llyn Eiddwen. Continue steadily uphill with glimpses of the lake on the left. Continue past the radio transmitter mast, where the road bends left and downhill to give even better views down the length of the lake.

7. Continue over a cattle grid (dogs on short lead here as you enter Llyn Eiddwen Nature Reserve) then after approximately 200m along the road, take a narrow grassy path veering off into tussocky open ground, roughly opposite a small rocky knoll on the left. This rises towards a wider grassy track cutting across the ridgeline roughly half-way between the knoll and a prominent stack (Mynydd Bach monument) at the far end of the ridge. Cross a rutted track to gain the wider grassy track, and continue through a shallow cutting with views of the sea and Cardigan Bay. Now continue over the broader grassy ridge on a fainter track before heading right on a more distinct track joining from the left to regain the tarmac road. (Alternatively wander along the rougher grassy/rocky ridgeline to gain the Mynydd Bach monument on your right, before veering back left to join the track to the tarmac road).

8. Turn left onto the tarmac road, and bend right. As the road bends left, veer right on a stony track following the fence line on the right. Join a tarmac track to the right, and shortly after a small lorry graveyard, bear right onto a stony track (as the road bends left). Continue past a memorial to two RAF pilots and head back over the ridgeline.

9. As the track bears left, follow rougher muddier track right, which bends gently left before a junction with fainter tracks. (For a wonderful view of Cardigan Bay, the Llŷn Peninsula and the Preseli Mountains, visit the trig point at Hafod Ithel). Continue straight ahead over a very wet, and sometimes even flooded section. The track now becomes less distinct and veers gently left as the ridgeline rises to the right. Continue heading gently downhill to meet an emerging stony track from the right. Turn left, and ford a small stream. Immediately after this, fork right; then start looking for an extremely faint and narrow path which heads towards the left edge of the plantation to the right. (If you start rising up the ridgeline, you've gone too far! It may help to locate a sunken double line of reeds, just below the path, or a rusty fodder ring further along the line of the path. Hoof prints may also indicate the way). Regardless, the path eventually becomes more distinct.

10. Pass through a gap in the fence line just to the left of a corner of the plantation. The path now bends gently left and uphill to reach a rusty metal gate. Continue through this, and a set of vehicle tracks briefly joins the track from the right. Where they veer left (80m ahead), fork right, then bend right to run below another short ridgeline to reach a second gate near to another corner of forestry.

11. Follow the vague line of the track leftwards to gain a third gate, where the track becomes much more distinct. Continue down the track past a fourth gate which heralds Tanyresgair house and the start of tarmac. Follow the tarmac track for roughly 1km to reach a country lane. Turn right to descend moderately steeply to a T-junction just outside Bontnewydd.

12. Turn left and generally descends for 1km over a couple of bridges, then arise for a similar distance to regain the junction just west of Pentre Bach. Turn left at this (sign-posted Tregaron), descend the hill to the bridge, and rise up back to Pentre Bach.

Did you know?

The memorial to the poets BT Hopkins, T Hughes Jones, Prosser Rhys and JM Edwards was unveiled in 1992 during the week of the National Eisteddfod in Aberystwyth.

7. CWM BERWYN Walk

Distance: 18 kilometre/11 miles

Time: 7 hours

Terrain: Mostly rougher terrain, but a complete mix from rough pathless upland, through bridleways across fields to sections of tarmac/concrete track. Road-walking section at start/end of route.

Suitable for: Fit walkers. Dogs on lead around livestock.

Grade: Strenuous

Start/Finish: Tregaron SN681597

Refreshments: Tregaron

Nearest public toilets: Tregaron

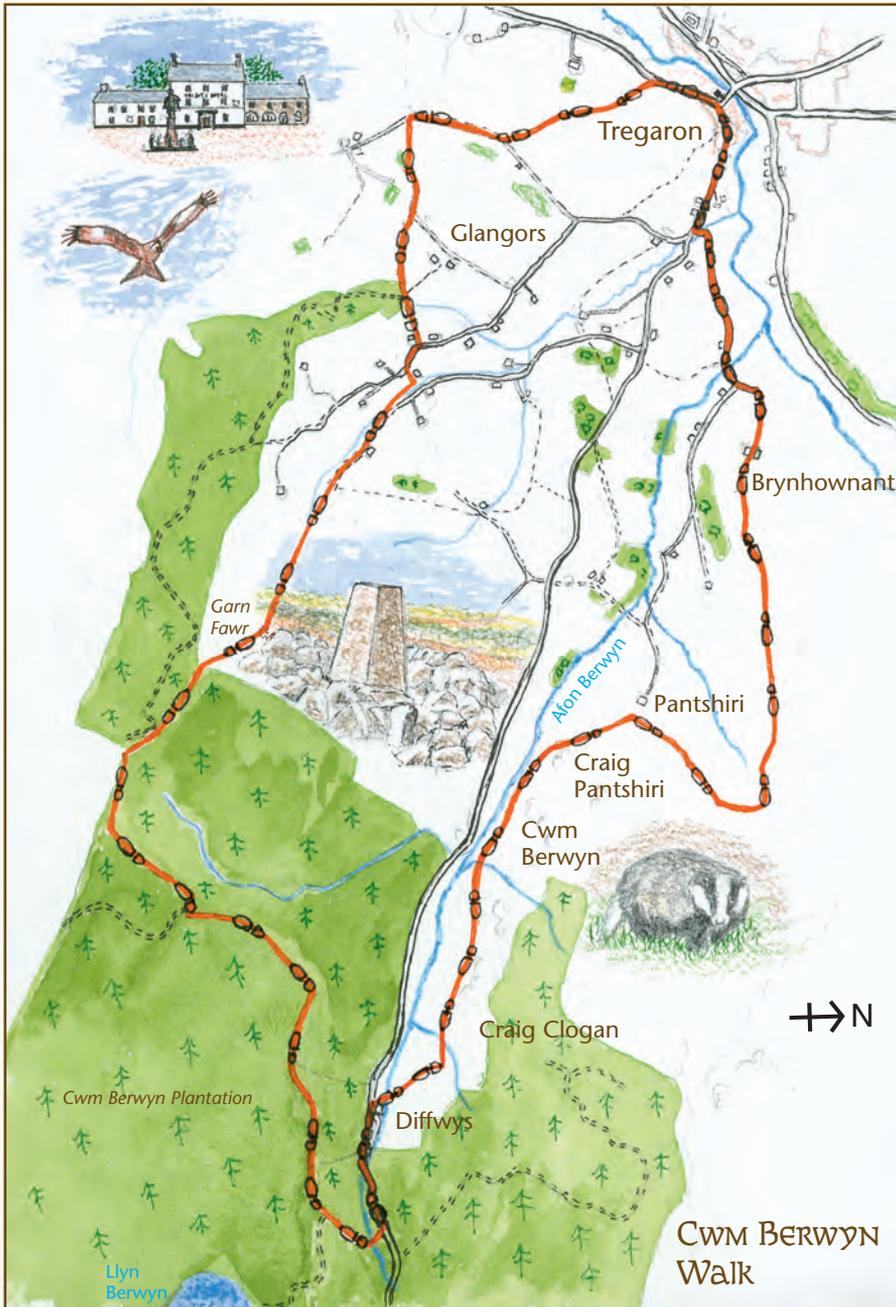
Public transport: Weekday and Saturday buses to Tregaron from Aberystwyth

Maps: OS Landranger 146; Explorer 199, 187

Parking: Pay and display car park near Tregaron Square

NOTE: The section of the walk passing through the Forestry Commission Wales Cwm Berwyn Plantation may be closed due to forest operations. All warning signs must be obeyed for your own safety. Dates where access is prohibited can be found on the Countryside Council for Wales website www.ccw.gov.uk

1. From the Talbot Hotel, turn right and walk up past the turning to the new pay and display town car park. Continue out of the town until you reach a white bungalow on the right called Llygad-y-rhiw. Take the next left after this (dead-end road) and cross a bridge over a small stream.
2. Continue following this road until you cross another stone bridge over a much larger stream. Shortly after this, turn left into the driveway of Brynhownant. After roughly 100m, bend right and gently uphill go through the farmyard. Emerge on a short grassy track with several exits – continue straight ahead through a small wooden gate into the field ahead, following the fence line uphill bear left to join a wide vehicle track exiting from the field on the right.
3. Continue through a metal gate (ignoring the one you pass on your right) and uphill past some gorse bushes (keeping these closely to your right). Pass through a wooden gate across the holloway (sunken track) to your left and continue following as close as possible to the line of gorse bushes (now on your left). In the far left corner of the field there is a small gap in the gorse bushes,



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leading to a wooden gate near the field corner. Open this, and soon rejoin the holloway, now mercifully clear of gorse bushes. Continue along this (now running along a broad grassy ridge divided into fields), and through a gateway and a metal gate. A final rusty gate marks open country ahead.

4. Follow vehicle tracks and past a rusty field gate to your right, over boggy ground to reach a further gate in a boggy corner. Go through this to stay in access land (it swaps to the right-hand side of the fence line here), and continue ahead following the line of a greasy, stony “stream” until you are roughly level with farm ruins of Bryn-coch on the left. Fork right over open ground towards a clear green path leading diagonally uphill until you are roughly level with a few trees surrounding a ruined barn to your right. Veer right towards these, initially on pathless ground, crossing a peat leat before a wire fence. Shortly after this, a vague sheep track emerges leading out of access land and just right of the farm ruins.

5. Follow narrow walled track beyond the farm ruins, then head for a lone tree in the far right corner of the field. Pass through a ruined gateway beside this, and continue ahead with a ruined wall/further ruin on your right. Keep going in roughly the same direction, as the fence line bears off downhill, now on a much wider, clearer green track which heads downhill to the left of a ramshackle dry stone wall. As the track bears left, continue downhill to Pantshiri Cottage.

6. Turn left to follow a grassy vehicle track (the line of an ancient roadway) running just above another fence/old dry stone wall. Keep following this track as it descends gently around the hillside and beside a small river. Eventually the path appears to head uphill around a field. Don't follow this, but instead climb over stile to the right of the padlocked gate to stay parallel to the river. Cross a tiny side-stream and when you are nearly opposite the two buildings on the far side of the river, follow the faint path as it heads for a gap in the trees ahead, to cross another tiny side stream.

7. Shortly after this you will see a small wooden gate leading to open hillside., Go through this, keeping the dry stone wall close to your right, until it ends at the field corner to your right. Now follow the valley floor heading for major dry stone wall

8. You now need to climb the hill to a point where the gradient eases (roughly 100m above an intentionally made gap in the dry stone wall) before crossing the wall. Go through a gap in the dry stone wall roughly 15m above a couple of fencepost in the wall.

9. Now follow the vague line of an old dry stone wall, bearing left and uphill towards a ruin, crossing an awkward valley by a couple of large boulders. From just below the ruin, head for an obvious (from below!) track-line leading to a hurdle in the fence. Negotiate this and continue to the left, cutting through a gap in an embankment at the corner of the fence line.

10. Descend diagonally downhill to the top of a stony path (stream) heading directly towards a gateway (low point in the garden fence) diagonally below. Cross this, following stream to cross a wooden bridge. Head left (waymarked) up some stone steps, bending right to a small wooden gate.

11. Head uphill on the road and continue steeply uphill to reach the Forestry Commission* (see note at beginning of the description) turn for Cwm Berwyn plantation. Take the forestry road (permissive path) right, and continue along the main forestry track past the viewpoint. Continue along the main forestry track for roughly 2km, following the occasional white permissive path signs.

12. Fork right at a junction on a bend left, onto a more minor forestry track, which bends left at a further fork very soon after. Follow this track to its end, then bear right onto a rougher path (way marked permissive path) which rapidly trades a stony surface for rough boggy grass. Follow this to the edge of the forestry and go through a wooden gate onto open moorland.

13. Follow an initially stony path to a white marker post, then follow the direction of the arrow up over rough ground, bearing right to deviate to the trig point of Garn Fawr. Head left (south-west) along the broad ridgeline for 100m to reach a white permissive path post. Now look for a pair of short-lived parallel ruts in the tussocky ground roughly 200m ahead, and head towards these, and the summit of the grassy mound ahead. From here, head towards the right hand end of a band of pine forestry below you, and through a gate roughly 50m right of this.

14. Follow a wide boggy track downhill. Shortly after a house (right) and vehicle track (left) is a newly signed bridleway on the left. Take this, crossing the stream and through a wooden gate. Follow the now (briefly) stony path, bending left just before a metal gate. Turn right onto a tarmac road past Gwndwn Melyn to reach a dirt track heading towards Glangors. Follow this to reach a metal gate, then bear left over a tiny brook and immediately right between two fences. Continue straight ahead on this bridleway, passing through a two metal gates to eventually reach a tarmac track. Cross this track and through the rusty gate on the far side, aiming ahead to an old concrete track.

15. Turn right along this, through gate eventually looking for a stile on your left. Cross this, and head diagonally right across a grassy field. Cross a stile, and then a stream near a pile of boulders. Follow the contours to the right, to cross a further stile and then across a sloping field, heading diagonally right. Cross a stile, then turn left and descend over a further stile into a final field. Descend half-right into a dip, and then ascend gently to reach a new tarmac driveway by a cattle grid.

16. Cross the stile and turn left along this driveway, then right onto the road by the fire station below. Continue along this road back into Tregaron.