

# Llanwrtyd Wells to Cynghordy - 8 miles

## Overview

The first part of the route follows the Heart of Wales Line trail to Crychan Forest. The track through the forest is difficult and in wet weather could be flooded.

## Map and Grid References

OS Explorer 187	Llandovery/Llanymddyfr
Heart of Wales Trail	Order: <a href="http://www.kitti-wake-books.com">www.kitti-wake-books.com</a>
Llanwrtyd Wells	SN877465
Cynghordy	SN805402

## Route

Return to Llandovery Road (main A 483 road). Once over the Afon Irfon, cross the road and walk ahead by St James's church, before turning right into Victoria Road. Follow this out of town. The road rises and bends left and right before levelling by three dwellings on the right.

Go left before a house on the left, as signposted between a fence and the property, to a small gate. Once through, head slightly right up the hillside to a field gate at the top. Go through and keep ahead in the same direction to join a track and then climb up to a junction, just before the brow of the hill. Turn right here to walk to the left of a covered reservoir.

Proceed through a field gate and turn left. Follow the lane down, bearing left at a junction, to reach the A483 at Berthddu. It is just under 1 1/2 miles. Take care at the main road as you'll need to cross over and turn left for a few steps to the junction off right. Go right along the lane, across the railway track and then down to a stream, the Cledan, another tributary of the Irfon.

Follow the lane, over a cattle grid, as it climbs up to Bryn-hynog farm; go through a field gate and keep slightly right to head between farm buildings. Well before you reach the farmhouse, keep right along a track to descend slightly to a field gate. Continue ahead to go through another field gate, and follow the track slightly left on a green track, to climb up the hillside in earnest now. However, be vigilant; look for a field gate mid-way on the right. Pass through it, and then cut left to climb a steeper section, leading up to a gateway and a top pasture. Go through it and head slightly right towards a field gate and finger post near to the woodland, where another bridleway joins before enter the wood.

Go through the gate into Crychan Forest, managed by Natural Resources Wales. A track leads into the woodland. The trail crosses a wider forestry track and then climbs at first before descending and bending right. This joins another track, keeping right on this old drovers' way through the forest. Ignore junctions to the left and right to continue ahead on a well rutted route which is worn down to bare rock in places. This can be challenging in places. It finally descends gently for a couple of kilometers to a road (signposted Tirabad left), Turn right down Roman road, through wooden gate.

Take path downhill. Follow hedge line on left to copse on left at top of hill.

At junction with A483, cross road. Footpath lays behind the old pub, cross field, then turn right to chapel. Turn right on road into village.

Ref: LDW to CYN