

# Cynghordy to Caio - 10 miles

## Overview

The first part of the route follows quiet country roads. It then goes through a farmyard to ascend the southern part of Mynydd Malian. Then through Caio Forest into the village. Steep climbing in the middle section.

## Map and Grid References

OS Explorer 187	Llandovery/Llanymddyfri
Cynghordy	SN805402
Caio	SN 675398

## Route

From chapel, turn left on road for 1/2 mile. Turn right under railway arch and uphill on road. Past Cwmbargoed on left (1 mile) Past Pendrainlwyn on right. Continue on road for 1 mile to Nant-y-fforest .

At junction, turn left 150 yards towards Llandovery (take care here).

After 200 yards turn right towards Cilycwm. Over bridge (River Towey) through Penlan village. At top of hill, on the left hand bend in the road, take footpath ahead. Across the field (not right on track) through kissing gate. Walk diagonally across field to kissing gate on the far corner. Cross track and continue ahead as signposted. After 40 yards go left through kissing gate. Along sunken lane to further kissing gate.

Take first footpath left (signposted). Through kissing gate to join Carmarthanshire County Walks. Track to farm. Cross minor road towards Glangwenlas Farm SN 752 408. Through farmyard and through the red gate on the left hand side. Cross field to kissing gate in diagonal corner. Follow overgrown path at the back of a cottage to reach another kissing gate and cross the river.

Pass riverside cottage SN 750 408 on right to Penstacan Farm. Go through farmyard. Go through two gates to reach grassy path onto road. Cross over and through footpath field gate.

Climb up through three field gates (second gate in the corner of the field). Follow alongside woods on your right to the very end of the trees and a field gate. It is important to find that field gate at the end of the trees – do not be tempted by any other paths. SN 735 413

Through field gate and head NNW up the bank ahead. The path soon becomes more obvious and you can see the way ahead cutting across the hillside. Follow this path up to the top and then onward as it undulates across the moorland. Cross a stream and then rising up a slightly indistinct path comes in from the left. Take this and head for the trees.

Follow an indistinct path along the contours of the hill to reach the entrance to the forest. Climb over locked field gate as stile is dilapidated. SN 703 421

Follow logging road through the forest straight ahead over the first crossroads and on for approx. 1 mile. Where the track abuts the edge of the forest and you see a field entrance coming in from the left, take the track on the right off the logging road to walk through the woods. The path descends. At sharp left hand bend, turn right to another logging road. Turn left to leave the forest. (NB if this track is too muddy, you can stay on the initial logging road to bring you to the same forest departure point) SN 686 404

Follow the track down out of the trees, past a farm on the right to join a road where you turn left into Caio.

Ref: CYN to CAI