

Caio to Rhydcymerau - 10 miles

Overview

Quite a lot of walking on quiet country roads to start with, before turning into the path through Brechfa Forest. Once through the village of Llansawel, after some road walking, the route continues on an old drover's road and down into Rhydcymerau.

Map and Grid References

OS Explorer 186	Llandeilo & Brechfa Forest/Fforest Brechfa
Caio	SN675398
Rhydcymerau	SN578388

Route

From the church, turn left and walk out of the village uphill towards Carreg for 400 yards. Turn right at the second junction, uphill to Coed Glynteg.

Keep ahead. Past Brynhyfyrd. Left at T junction with A482 (take care here). Walk on right hand side of the road on the verge. After 200 yards, turn right on road past sawmills.

Overbridge (River Cothi - Pont Grenllwyd). Carry on downhill past white cottage. Turn right at Nantgwynau, past Murmarynant, past Pantyddereen House on left. On corner, turn right on footpath towards Tan-y-lan. Farm track to farm. Through metal gate on left. Continue up the track to footpath. Go straight ahead through Brechfa Forest.

Turn onto footpath at SN627384, then follow uphill to metal gate up to house on right. Join road, go through wooden gate to house and turn left up to road towards Gareg (SN 625382). Turn left past Pistyllgwyn Farm on left. At junction with road turn right on road down hill into Llansawel. Entrance to the church is via opening between Black Lion Hotel and old county courthouse.

Leave the church, turn left uphill past Angel Inn. Turn right onto B4337 (take care here). Turn right onto bridleway after 1/2 mile at Sunny Bank. After approx. 100 yards, turn left onto footpath. (Road Closed sign) (This could be wet in winter)

Through metal gate continue uphill. At top, through metal gate then ahead down the hill.

Through metal gate, uphill - keeping to the left. Wooden gate at bottom then ascend ahead with fence on left. By copse on right, cross stream and go uphill through two gates. Go through right hand metal gate. Go uphill with fence on left, using old drover's road. Through metal gate by end of copse. Continue along track to road.

Ref: CAI to RHY