

Rhydcymerau to Pen-rhiw, Capel Dewi - 13.5 miles

Overview

A mixture of footpaths and quiet roads, with stunning views from the top of Mynydd Llanbyther. Some of the climbs and descents are quite steep. After heavy rains, care is needed when crossing streams where there are no footbridges. The waystation is situated at Pen-rhiw where accommodation is available at the Long Barn.

Map and Grid References

OS Explorer 186
OS Explorer 185
Rhydcymerau
Pen-rhiw

Newcastle Emlyn
Llandeilo & Brechfa Forest
SN578388
SN436417

Route

Turn right onto B4337. Turn left at telephone box to go through between houses. After 300 yards, turn left onto bridleway. Follow this for two miles to a T junction with a track (SN567366). Turn right and follow track unto Ljidiad-Nenog. Continue north west on this track, over two cattle grids, past Blaencym towards the masts at Mynydd Llanbyther. A T junction (SN535394). Turn left on track to car park at Pen Llwyn-uchel. Continue on past disused quarry and car park (just south of Mountain Gate at SN503391 where track becomes a minor road. Join footpath on left past Cyn-melyn and Pantysgawen. Turn right on minor road. After 1/4 mile, leave road at SN491388 and join footpath going south-west. Ignore first footpath coming in from the right but turn right a second footpath to main road - A485. Turn left for 150 yards then right on track towards Treetops. Cross B4336 and continue on footpath to Bryn-ceirch (SN475391). Turn right and then left following footpath unto Cwm-du to minor road. Turn right and continue to crossroads (SN 477408).

Turn left and continue onto Maesycrugian, past phone box to T junction at SN468416. Turn left, after 200 yards turn right at footpath sign. Follow this to Corsyfran. At minor road, turn left.

Change to OS185

Continue on road for one mile (past Bryn Martin). At sharp left-hand bend (SN458412) turn right onto footpath. At road, turn right, then almost immediately to bridleway on left to Penpompren. Cross B4459 and continue on over footbridge to junction with minor road (SN442412). Turn right on road for 1/2 mile. At T junction, turn left to Penrhiw and Long Barn where the way station is situated.

Ref: RHY - PEN