

# Henllan to Crymych - 16 miles

## Overview

The route is along quiet roads and footpaths. There are some steep ascents and descents, but a lot of the walking is not too strenuous apart from the long descent into Newcastle Emlyn. En route, you pass the Wool Museum.

## Map and Grid References

OS Explorer 185  
Henllan  
Crymych

Newcastle Emlyn/Castell Newydd Emlyn  
SJ022681  
SN182337

## Route

Re-trace steps and take footpath on right (SN362406). Walk on to come out on road (B4334) (900 yards) by river bridge. Turn left over bridge to A484. Turn left for 30 yards, then immediately right uphill towards Drefach Felindre.

Turn right by National Wool Museum on footpath. Turn left off track through middle metal gate. Through wooden gate to road. Turn right uphill. Turn left on uphill path. (SN351391). Grass track uphill. Through metal gate (Werallt). Turn left, cross road towards path ahead. Turn right uphill.

Through metal gate into farmyard and onto footpath. At end of path at Cym cottage, go right to path uphill to metal gate. Cross track. Through metal gate following footpath signs. Through wooden gate. Continue along footpath to wooden gate to stile. Through yards on track. Past black corrugated barn on right. Go straight ahead to road. Go left. At junction, turn right onto main road, then turn left into Newcastle Emlyn.

From the cattle market, cross road and turn left past Ivy Bush on right to Porth Street. Cross over. Turn left towards Capel Iwan, then after 100 yards, turn right onto bridleway.

Downhill, over footbridge. Continue on up track. At road, turn left . Past bungalow (Penwaun) to cross roads at Bryn Farm(1 1/2 miles approx.). Keep on minor road downhill to Bwlchmelyn and then Penfeidr (SN263402). Carry on track to reach Penrhiw.

Leave the Nags Head on your right hand side, go past car park and walk uphill. Turn sharp right at footpath sign (ignore Permissive Path sign which goes straight up) At top of hill, go straight ahead through metal gate. Continue uphill, past derelict buildings and diverted footpath. Up past farm, turn right following following footpath signs (Do not follow Permissive Path signs). Through metal gate. At stone stile on right, take care when climbing them. Through small metal gate. Cross field with hedge on left to metal gate. Go ahead. Turn right through derelict farm buildings (Ffynnonau Home Farm) to road. Turn right. Walk 50 yards to wooden gate with ancient latch. Turn right onto footpath. Walk down path with

fence on left. At bottom of field, through metal gate in fence. Down to further metal gate onto field. Cross field at top with hedge on right. Through footpath, and metal gate towards farm, with fence on left towards metal gate, keeping hedge on left.

Take permissive path down through trees (Path is not clear but it is possible to get down to track at bottom.) At track turn right, downhill to footbridge. Cross over. Walk to Ty-Isaf (white cottage) but turn right up bridle way just before it. Watch out for bridle way going uphill to the right off the track. (VB). Turn right. Follow bridleway (not footpath) past farm.

At church, turn left on bridleway. After nearly 3/4 mile (Postgwyn), go straight across B road on to minor road to Dolalauisaf, turn right on road uphill to bridleway. Turn left and follow bridleway. At farm, turn up left through yard then leaving stone cottage on right, go through bridle gate and go ahead. At bridleway three way junction, go straight ahead uphill. Follow bridleway walking along stream bed and then follow contour (VB) through gates toward bridleway metal gate. At end of bridleway, turn right onto road. After 500 yards, turn left towards Tegryn (1. 1/2 miles). After 50 yards, turn right onto footpath before The Barn (Penlan Uchaf). Turn left at gate, with fence on left. Through gate, turn right following footpath signs. At farmyard (Pencwarre), go straight across.

### **Change to OL35**

At road, go straight across to footpath. Cross fields to footpath sign by metal gate (VB) (This is a difficult section as path indistinct but passable by following along contour line). Do not follow track uphill. Towards the end is a section that goes through high bracken. At road, turn left, past cemetery to A478 and into Crymych.

Ref: HEN to CRY