

Crymych to Ffald-y-Brenin - 13 miles

Overview

The path crosses the SSI Mynydd Preseli, a large open moorland, with a large cairn and ancient burial ground at its' western end. It then descends to farmland and a beautiful woodland path, before a short walk to the Christian Retreat Centre at Ffald-y-Brenin.

You will need to use either sat nav or ordnance survey map for this section. The way is wet and boggy in places so good waterproof foot wear is essential on this section. Some strenuous walking.

Map and Grid References

OS Explorer OL 35	North Pembrokeshire
Crymych	SN184339
Ffald-y-Brenin	SN049352

Route

Walk through Crymych on A478 to junction with byroad toward Blaenbanon (3/4 mile). At T junction turn left on road. After 500 yards turn right to car park at Llainbanal, cross the road, go straight ahead.

At T junction, take left fork towards Mynydd Preseli (Site of Scientific Interest). Follow the bridle way, keeping Foeldrygarn hill on the right. The Bridle Way is not well marked, but the path is well worn so follow the tracks. At points, there are marker posts to follow. Head towards the forested area, and look out for a fence on the left. Walk towards it and then along it until you reach the car park at Bwlch-gwynt.

Cross road and then either skirt Cerrig Lladron on the Bridle Way or climb to the cairn on the top. Descend from the top down to join the Bridle Way. The path is waymarked in places, but is mostly not a clear path. Turn north and walk towards the farmstead at Pen-lan-wynt. Using the telegraph posts as markers continue to descent towards Berth-Gwynne.

Cross the road and pick up footpath signs (also signed to Tregynon Cottages. Cross this property on clearly defined footpath keeping to the right as directed. The path goes through woodland at the top of a steep valley, falling away to the right. Descend down to the road, via a wooden bridge. Turn right along road. At Ffald-y-Brenin Christian Retreat sign follow the road up the steep ascent to the top.

Ref: CRY to FLD