

# Penrhiw to Henllan - 6 miles

## Overview

The route is along quiet roads and footpaths, crossing streams and using a dismantled railway that follows the River Teifi. There are some steep ascents and descents, but a lot of the walking is not too strenuous.

## Map and Grid References

OS Explorer 185  
Pen-rhiw  
Henllan

Newcastle Emlyn/Castell Newydd Emlyn  
SN436417  
SN357405

## Route

From waystation, turn left onto road. After 400 yards on road, turn right onto footpath. Down field to stile at the bottom, keeping the trees on left. Turn right, and walk with the river on the left. Cross stream to stile. (A footbridge is promised). If impossible use the parallel road if river is high.

Turn right towards the gap in the hedge and a stile. Walk to road and kissing gate. Turn left onto B4476.

Over bridge. Walk on road to Llandysul, and through town. Turn right opposite Pharmacy towards town centre. Cross road and climb up Scion Hill towards Leisure Centre. Cross A 486 and continue on road for one mile. Turn left at Garregwen Smithy (white cottage) towards Aberhoffnant.

**Continue on track downhill. At bottom of hill, stay on road until it joins footpath. Turn left.** Downhill through farmyard and metal gate to road. (One mile) Turn right. After 1/2 mile turn first left off road. Turn right after broken railway arch. Continue on path, then slightly uphill to dismantled railway track. Turn left and continue (SN367406)

Turn left off railway bed onto road. Turn left to Trebedw. Then left again on road towards Henllan. The way station is situated on the left at Diana Mattias Fine Art studio.

Ref: PEN to HEN