

Humanities Curriculum Area

Wellbeing Week Walks



During Wellbeing Week try to get yourselves outside at least once per day for some fresh air and exercise. Taking walks outside in the fresh air is proven to enhance not only your physical fitness but it's also great for your mental health too!

Rules and Advice when walking in the countryside:

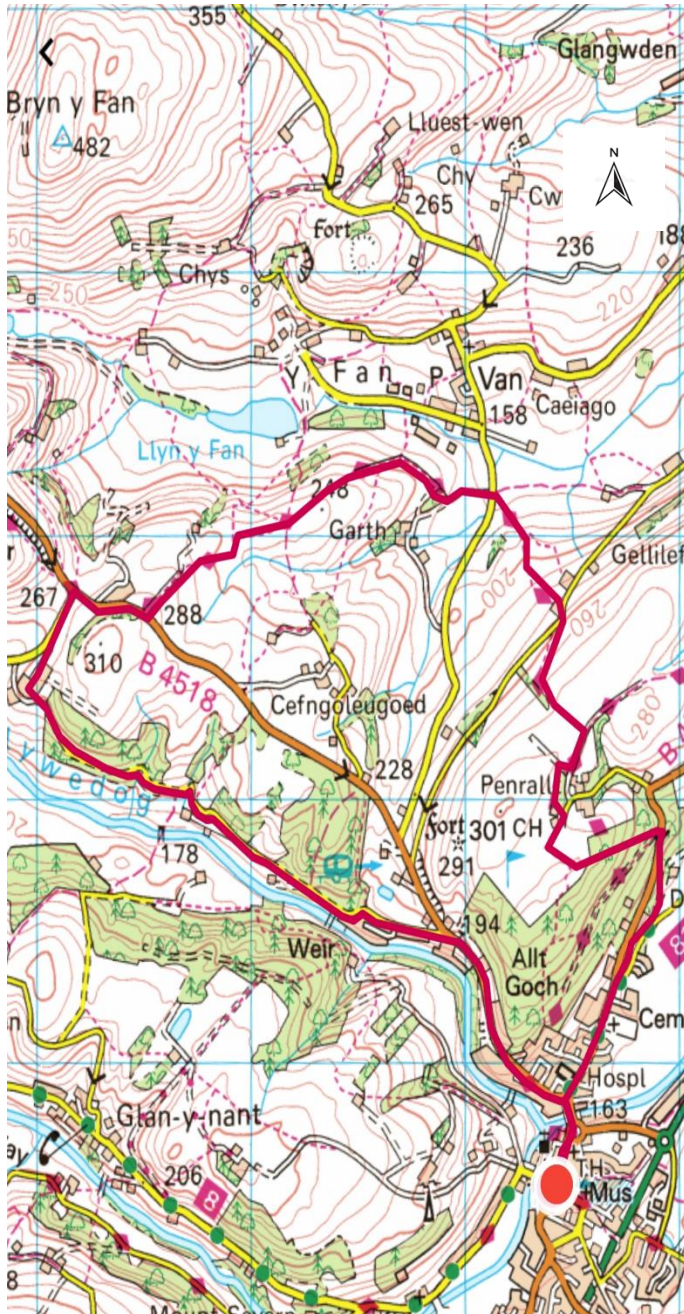
1. Check the weather forecast first.
2. Make sure that you are wearing suitable clothes (see point 1). You might need waterproofs if it's wet, but don't let the rain stop you!
3. Take a drink and a snack if you plan on being out for a while.
4. It can be muddy along some of these routes so choose your footwear carefully. Walking boots or wellies are better than trainers if cutting across fields.
5. Don't litter and leaving nothing behind but footprints.
6. Ensure that you close any gates that you walk through to prevent livestock escaping.
7. You might want to take a map and compass or some pages from this guide to help you navigate on your route. Devices are great until they run out of battery or stop working altogether.
8. If walking with someone not in your bubble (you're allowed to meet up with 1 other person not from your household at present), maintain a social distance to keep each other safe.
9. At all times follow the Countryside Code:
<https://www.gov.uk/government/publications/the-countryside-code/countryside-code-full-online-version>

Allt Goch, Fan, Glyn loop and Glyndwr's Way

10 km – Moderate – 2 hrs 30mins approx.

Things to look out for!

Allt Goch (great for exploring), The Garth Hall, views of the Y Fan Hill and Fan Pool, Coed Y Glyn.



Description

1. From the Market Hall, head to and over long bridge following the road past the hospital and the cemetery.
2. Follow the right-hand fork towards Oakley Park then the left fork towards Dol Llys Hall. You should see a sign for a footpath that takes you upwards into the wood, parallel to the road. When you reach the top, head into Allt Goch and immediately right and upwards following the well-marked path.
3. At the top, turn right onto Glyndwr's way past the golf course, around the farm and along the lane. You should come across a footpath sign near a gate. Go through the gate, heading along Glyndwr's way through two other gates until you can see Y Fan.
4. Head diagonally and down across the field to a gate that brings you onto a road. Follow the path past the house on the left and continue downwards, again until you reach a road.
5. Follow signs for Glyndwr's way towards The Garth and parallel to Y Fan, taking in views of the Van Pool and Bryn Y Fan until you reach the main road about a mile further along.
6. Turn right along the main road but take care along this stretch until you turn left at the junction and along the road towards Bryn Tail, following the bridal path through Glyn Farm.
7. Follow the road through the woodland passing Glyn cottages and Clywedog Caravan Park and back into town.

Best Views of Llani Loop

5.2 km -1hr 30 minutes – Leisurely

Things to look out for!

The old railway station, Gorn Road 'aircraft hangers', Chicken farm, Great views over Llani

Description



1. From the Market Hall, head up along Great Oak street towards the fire station. Follow the path that runs between the fire station and the allotments, over the footbridge and out onto the Gorn Road. Before you go over the bridge, turn and look at the Old Station building and behind you Llani's hidden cemetery!
2. Bear slightly left, following the road up the hill, continuing over the mini roundabout and upwards along the single track road for about a mile passing buildings that look like aircraft hangers on the way.
3. When you reach a shed (selling delicious free range eggs) take the left hand fork towards Gorn Farm.
4. Go through the farmyard along the lower track and through the gates on the other side (the path is well signposted), through two more gates until you reach an open field.
5. Head to the other side of the field, through the gate and along the lane past the chicken sheds to a larger gate.
6. Follow the fence line through the field until you can see Llani in all its glory! Once you have taken in the lovely views head down the hill bearing slightly left as you do so.
7. Head through the bridal path gate into a sunken lane and follow it until

you reach some farm buildings on your left.

8. Continue past the buildings, following the lane through a series of gates until you reach the road.
9. Turn left and follow the road until you reach the mini roundabout (same one as in 2), then turn right and continue your journey back into town.

Cwmeryr/Glyn Loop

5.6 km – 1hr 40 minutes – Leisurely

Things to look out for!

The very old oak tree, Summerfield house, the 'White Bridge', Remains of the old Woollen Mill.



Description

1. Head along Short Bridge Street from the Market Hall, passing the Baptist and Trinity Churches as you do so.
2. After crossing the bridge, head up the lane passing a very old oak tree on your right and then Summerfield House on your right. Continue on the lower path, passing a hay shelter as you do so and keeping the river Clywedog in sight on your right.
3. Follow the lane until you reach a field with a steep descent to a footbridge and gate, ascending to a stile and passing a bungalow on your left as you do so.
4. Follow the well-marked path through the woodland and out into open fields (look for a large house on your right) and to a stile which takes you onto a track.
5. Follow the track for a short while but look for a gate on your right leading onto a sunken lane descending towards the river as you do so. Look out for the memorial to Mr Chris Rendell (highly respected and much loved former colleague) on your left as you go down the track.
6. Upon reaching the river you should see the 'White Bridge' (great place for a selfie but don't drop your phone in the river!). Cross the bridge and turn right, following the river as to you do so. Look out for the remains of the old Glyn Clywedog woollen factory just below Glyn Cottages.
7. Head out onto the track passing the Clywedog Caravan Park and back into town.

Nearly Oakley Park Loop

6.7km – Moderate – 2 hrs approx.

Things to look out for!

The avenue of oaks, The crashed space craft, Allt Goch wood (great for exploring).



Description

1. From the Market Hall, head to and over long bridge following the road past the hospital and the cemetery.
2. Follow the right-hand fork towards Oakley Park, passing Dol Llys farm and onto the narrow road. As the road begins to climb, you should pass through an avenue of beautiful old oak trees and then pass the turning for Morfodion farm on your right.
3. Continue up the hill until you reach a left hand turning for Cefn Mawr and the Severn Way. Follow the track towards the house, turning left just before you reach it and around the marked fence line path and then onto a sunken path between two hedgerows.
4. Follow the path through the field past some corrugated sheds and across the road into the field on the other side.
5. Continue through the field to another gate at the top and then follow the cart track as it curls left towards another gate and a crashed space craft (or so rumour has it!). Go through the gate and follow the signs which should take you to the golf course and Glyndwr's way.
6. Follow Glyndwr's way into Allt Goch wood (there are a variety of paths to follow and explore here) and descend through the woods back into town.

Trefeglwys and Llyn Ebyr

13km – Moderate – 3hrs approx.

Things to look out for!

Bodiach Hall, The bridge across the Cerist, Haunted Llyn Ebyr (look out for changelings!) Motte and Bailey Castle.



Description

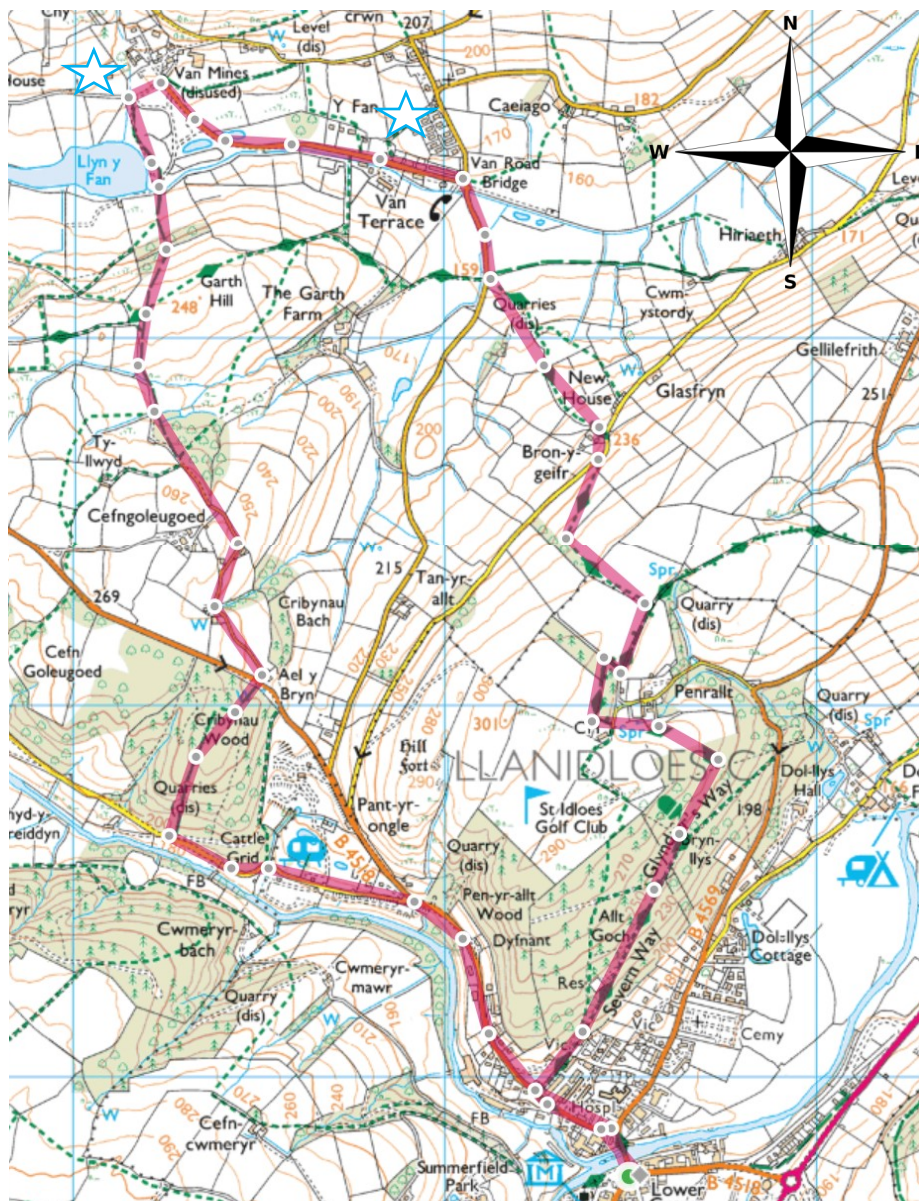
1. Head out from the school towards Caersws, taking the first right as you do so. Continue along the road passing Bodiach Hall and across the bridge over the Cerist.
2. Go through the field gate (not towards Pen Y Wern) and across the field towards Wern, upon reaching the house turn left on the drive, cross the cattle grid and turn right towards the foot bridge.
3. Cross the bridge and turn right and follow the Cerist to the next farm gate and on to Pant farm. Go through the farm and onto the tarmac road.
4. Follow the road until you reach the bridleway gate on your left, go through and follow the path to Cyll farm, up through the field and left until you reach Bwlch Y Llyn Uchaf. Follow the track past the farm, through the field gate at the end of the track and into the woodland. Follow the right hand path until you can see Llyn Ebyr (it's haunted here they say, by changelings!) and a clearing. Follow the track back up into the woodland towards Pen Y Castell farm (you might want to deviate west and take in the Motte and Bailey Castle here).
5. Follow the track until it turns sharply and descends across a field into a plantation of trees. Follow the fence line taking in some great views across the valley.
6. Follow the track to Cwm Y Garth and descend towards Trewythen Fach and on to the road. Turn left and follow the road back past Red House farm until you come to the field gate where you previously left the road. Continue back past Bodiach Hall and into the village.



Llanidloes and Y Fan walk

Time: 4 hours Distance: 8km

Point of interest– Y Fan Lead Mines



Route description:

1. Head over the Long Bridge in Llanidloes and up the B4518 towards Staylittle.
2. After 100m turn right into Allt Goch/Pen yr Allt woods.
3. Follow Glyndwr's Way (very well sign posted) through the woods, past the golf course and down the hill towards the village of Y Fan. 
4. When you reach the road at the valley bottom turn right in to the village of Y Fan (don't carry on along Glyndwr's Way)
5. Take the first left turning in the village and go past the Van Terrace.
6. Carry on the road until the Fan mine workings (See info below)
7. Find the track to the Van Pond/Llyn Y Fan. Just as the track turns 90° right go straight on, over the stile, and up the field -due South. Up to the half gate in the trees.
8. Continue slight right up through the trees into to the field to wooden post. Head due south (straight on) until you find a track that drops down a little bit into an oak woodland.
9. Through the gate on the track up through the woodland until the surfaced road.
10. Follow the minor road until you meet the main road to Llanidloes.
11. Cross directly over the road following the bridle path sign (green metal pointer with a horse on). Follow this path down through the Cribynau woodland to the road at the

How to be prepared for the walk:

Make sure you pack well– raincoat and warm layers will be needed. Probably a hat and gloves too. Make sure you have battery on your mobile phone.

Take some food and plenty of drink with you to enjoy half way round or in case you get hungry.

Remember to be COVID safe– this includes carrying anti-bac gel for opening and closing gates.

Van Terrace: ★

The Van Terrace is a group of 18 terraced houses built for the workers at the Van Lead mine in 1874. They are up on what looks like a platform. Even though it looks today like this might be a railway platform, it wasn't. The houses were built on the platform because of the risk of flooding.



Van Lead Mine: ★

One of Britain's Richest mines

Some of the sites of old mines in the Llanidloes area date back to when the Romans were in Britain, or even earlier. But it was during the *Victorian* age that the lead mines here became really important, and brought jobs and prosperity to the district. The biggest and most successful of these was the *Van* Mines. This site had been worked by different mining companies in the 1850s, but in 1865 a rich seam of *lead* was found underground at Van.

The mine was doing very well for some years after this new discovery, and by 1876 it was producing thousands of tons of lead and providing many jobs. At the busiest time for the industry there were over 700 men working there.

During much of the Victorian period there was a very large demand for lead for piping, roofing, paint manufacture and other uses. This meant by 1898s Van Lead mine produced more lead than any other mine in the UK. Other mines across mid-Wales even named themselves after the Van mine!

Today you can still see parts of the mine (be careful to only stick to the paths as these are old buildings) from the chimneys up the hill to the railway tunnel some old buildings and also some pillars!

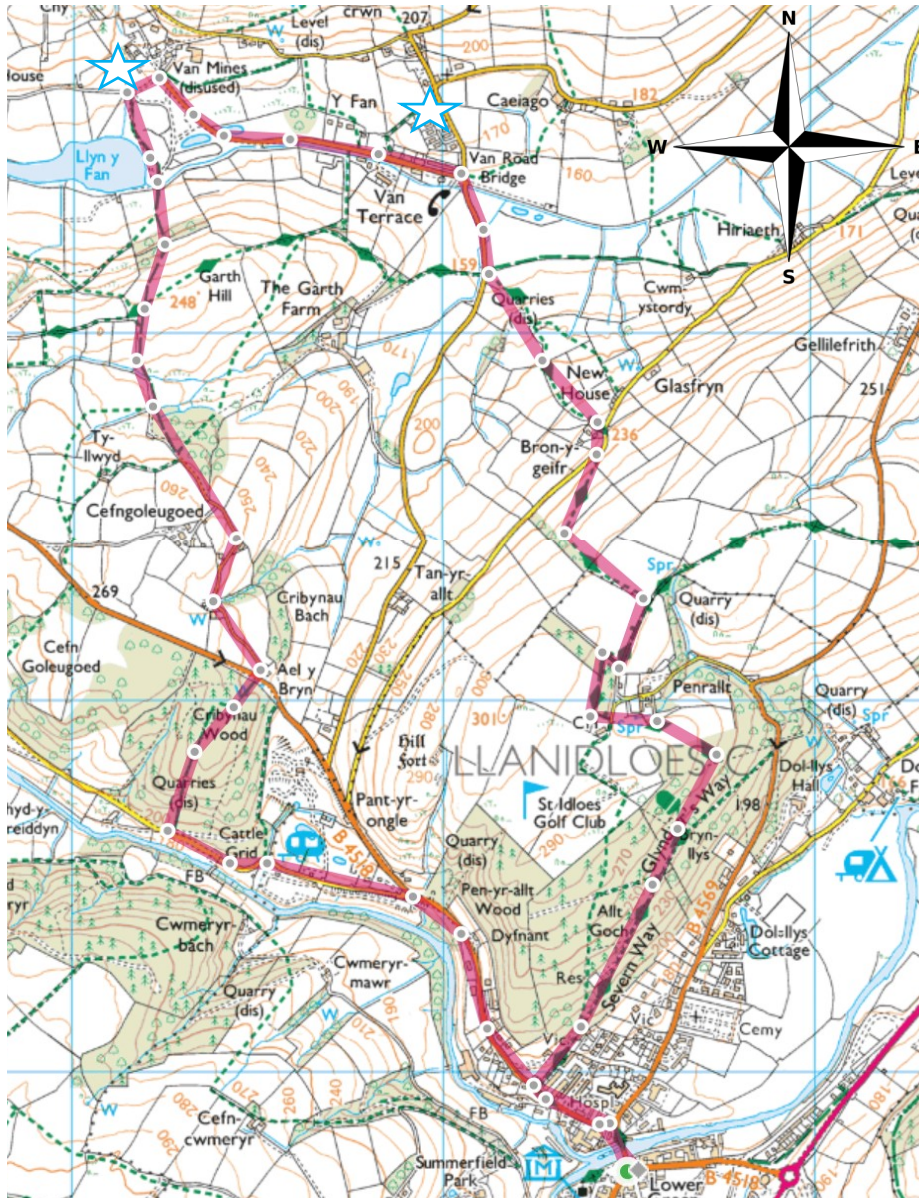




Taith Llanidloes ac Y Fan

Amser: 4 awr Pellter: 8km

Ardal o ddiddordeb– Gwaith Plwm Y Fan



Disgrifiad o'r daith:

1. Ewch dros y Bont Hir yn Llanidloes ac i fyny'r B4518 tuag at Benffordd-Las.
2. Ar ôl 100m, trowch i'r dde i goedwig Allt Goch/Pen yr Allt.
3. Dilynwch Ffordd Glyndŵr (mae llawer o arwyddion) drwy'r goedwig, heibio'r cwrs golff ac i lawr y bryn tuag at bentref Y Fan.
4. Cymerwch y troad cyntaf i'r chwith yn y pentref a mynd heibio Teras Y Fan (*Van Terrace*).
5. Dilynwch y ffordd nes eich bod yn cyrraedd gweithfeydd plwm Y Fan (Edrychwch ar y wybodaeth isod).
6. Dewch o hyd i'r llwybr i Bwll y Fan/Llyn Y Fan. Yn union fel y mae'r llwybr yn troi 90° i'r dde ewch yn syth ymlaen, ac i fyny'r cae - i'r De. Hyd at yr hanner giât yn y coed.
7. Parhewch ychydig i fyny drwy'r coed i mewn i'r cae i'r postyn pren. Ewch i'r de (yn syth ymlaen) nes i chi ddod o hyd i lwybr sy'n disgyn i lawr ychydig i goetir derw (*oak woodland*).
8. Ewch drwy'r giât ar y llwybr i fyny drwy'r coetir tan y ffordd.. Dilynwch y ffordd fach nes i chi gwrdd â'r brif ffordd i Lanidloes
9. Croeswch yn syth dros y ffordd gan ddilyn yr arwydd llwybr ceffylau (metel gwyrdd gyda cheffyl). Dilynwch y llwybr hwn i lawr drwy goetir Cribynnau i'r ffordd ar y gwaelod.
10. Trowch i'r chwith a dilynwch y ffordd i'r brif ffordd.
11. Trowch i'r dde a dilynwch y palmant yn ôl i'r dref.



Sut alla i baratoi ar gyfer y daith?

Gwnewch yn siŵr eich bod wedi pacio yn dda– dewch a chot law a haenau cynnes, efallai het a menig hefyd. Gwnewch yn siŵr bod digon o fatri ar eich ffôn symudol.

Paciwch ychydig o fwyd a digon o ddiod i fwynhau yn ystod y daith neu pan fyddwch eisiau bwyd.

Cofiwch ddilyn rheolau COVID– paciwch gel gwrthfacteria a'i ddef-

Teras Y Fan:



Grŵp o 18 o dai teras yw Teras Y Fan a adeiladwyd yn wreiddiol i weithwyr yng ngwaith plwm Y Fan yn 1874. Mae'r tai wedi adeiladu ar yr hyn sy'n edrych fel platfform. Mae'n edrych heddiw mai platfform drên oedd hwn, er nad platfform drên oedd y platfform yn wreiddiol. Adeiladwyd y tai ar blatfform gan fod risg o lifogydd.



Gwaith Plwm, Y Fan:



Un o fwyngloddiau Cyfoethocaf Prydain

Mae rhai o safleoedd fwyngloddiau yn ardal Llanidloes yn dyddio'n ôl i'r adeg pan oedd y Rhufeiniaid ym Mhrydain, neu hyd yn oed yn gynharach. Er hyn, daeth mwyngloddiau plwm yn bwysig yn ystod oes Fictoria, gan ddod â swyddi a ffyniant i'r ardal. Y mwynglawdd mwyaf llwyddiannus oedd mwyngloddiau Y Fan. Fe wnaeth sawl gwmni glofaol weithio ar y safle hwn yn 1859. Yn 1865, daeth gweithwyr o hyd i lawer o blwm o dan y tir.

Yr oedd y pwell yn gwneud yn dda iawn am sawl blwyddyn ar ôl y darganfyddiad newydd hwn, ac erbyn 1876, roedd yn cynhyrchu miloedd o dunelli o blwm ac yn darparu llawer o swyddi. Pan oedd y diwydiant ar ei brysuraf, roedd dros 700 o ddynion yn gweithio yno.

Am gyfnod sylweddol o oes Fictoria, roedd galw mawr iawn am blwm am bibellau, toeau, gweithgynhyrchu paent a defnyddiau eraill. Roedd hyn yn golygu erbyn 1898a, roedd Gwaith Plwm Y Fan yn cynhyrchu mwy o blwm nag unrhyw fwynglawdd plan arall yn y DU. Roedd mwyngloddiau eraill ar draws canolbarth Cymru hyd yn oed yn enwi eu hunain ar ôl mwynglawdd y Fan!

Heddiw, mae dal modd gweld rhannau o'r mwynglawdd (byddwch yn ofalus i gadw at y llwybrau yn unig gan mai hen adeiladau yw'r rhain) o'r simneiau i fyny'r bryn, i dwnnel y rheilffordd rhai hen adeiladau a hefyd rhai pileri!

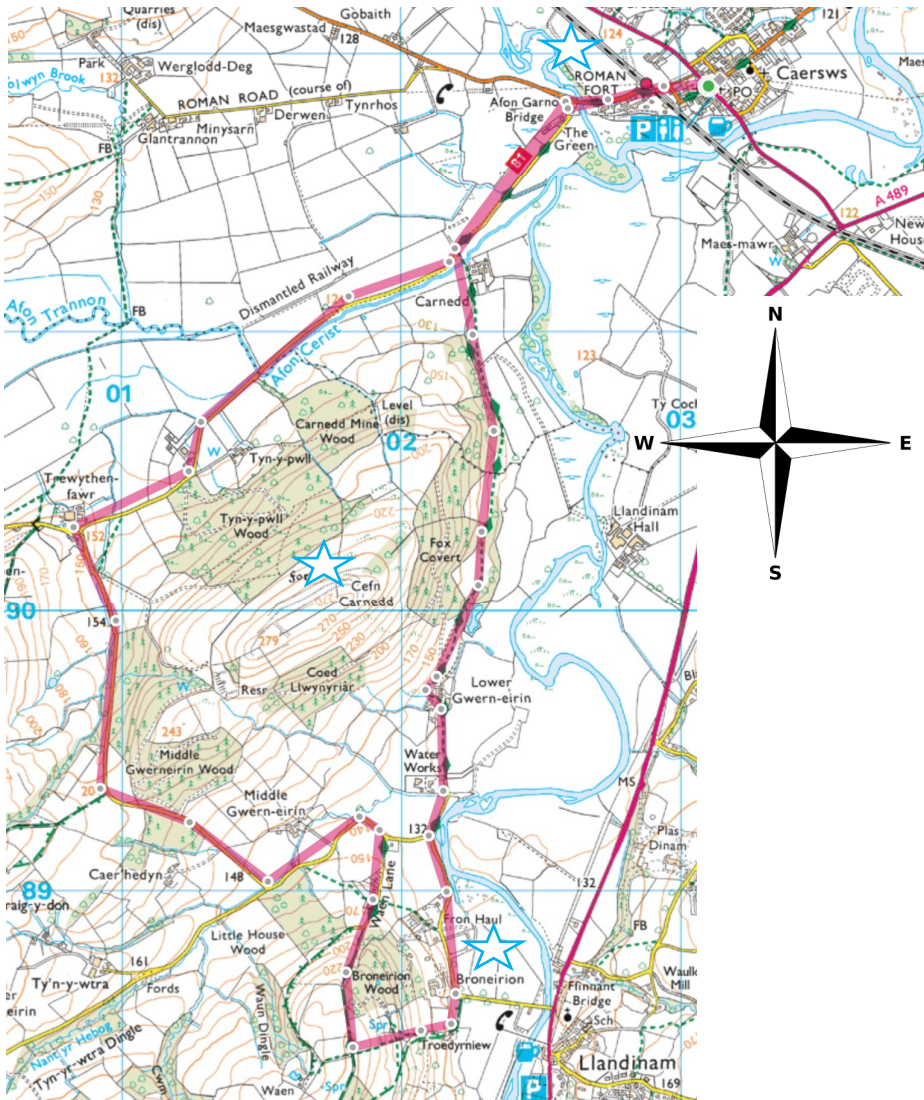




Caersws/Llandinam walk

Time: 4.5 hours Distance: 10km

Point of interest– Broneirion Hall Motte
and Caersws Roman Fort and Cefn
Garnedd Hill Fort



Route description:

1. Start at Railway crossing in Caersws, head out on the road to Trefglwys (west) for 200m
 2. Just after the bridge turn left on the back road for 500m until the first farm on left
 3. Turn left on to well signposted footpath 'Severn Way' following for 2km. Passing Llandinam hall on the left in the distance.
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4. You will reach a road by the waterworks carry on to the junction and turn left. Follow the road to Broneirion hall.
 5. As the road bends sharply to the left take the surfaced road straight on for 100m. (Here you could go on to Llandinam/start the walk in Llandinam)
 6. Follow the bridleway due west (right) straight up the fairly steep hill
 7. At the top of the hill as it flattens out you will re-join the Severn Way – turn right on to it and follow back to the Road 'Waen lane'
 8. In 300m Waen Lane comes to a junction, turn left away from the river and the main road.
 9. In 400m a junction for another minor road will be on your right, take this as it goes uphill.
 10. Follow this road for 2km as it passes woodland on your right.
 11. You will again reach a junction with a minor road (with a farm directly in-front of you) turn right
 12. Follow this road all the way back in to Caersws as it picks up and follows the river Cerist.
 13. As you reach the main road turn right into Caersws centre crossing through one of the two Roman forts in Caersws.

How to be prepared for the walk:

Make sure you pack well– raincoat and warm layers will be needed. Probably a hat and gloves too. Make sure you have battery on your mobile phone.

Take some food and plenty of drink with you to enjoy half way round or in case you get hungry.

Remember to be COVID safe– this includes carrying anti-bac gel for opening and closing gates.

Cefn Carnedd Iron Age Hillfort: ★

This Hill fort helps to tell the story of the Roman Invasion of Wales and the Roman forts in Caersws. It is thought that this fort may have been a stronghold of the Ordovices Celtic Tribe, and it is one of the locations that has suggested as the site of Caratacus's last battle in AD 51, when the Romans finally defeated Britons. This is because of the description of the battle taking place overlooking the river Severn. From the air the defensive walls and size of the fort are clearly visible.



Broneirion ★

The House, to your right as you walk, was built in 1864 and is now a Grade II listed building meaning it can't be changed in the way it looks. It was originally the home of the renowned Welsh entrepreneur, David Davies. David Davies was one of the pioneers of the coal industry in Wales, building the Barry Docks, and the railways. David Davies began the construction of many railways in Wales including the Llanidloes to Newtown railway and through to Machynlleth.



Roman Fort, Caersws: ★

This fort is the second to be built in Caersws and appears to have been rebuilt several times, in 120 and 140 AD (over 2100 years ago) before finally falling out of use in the late 3rd or early 4th century (12-1300). The site grew with the large village for this not in the military where the modern village of Caersws now stands. In the centre of the fort stood a *principia*, or headquarters building, incorporating a regimental strongroom for storing pay and weapons. One theory suggests that the modern name Caersws comes from *Caer* (Latin-what the Romans spoke- for Fort) and the name Zeus, the Greek king of the gods. So the original town might have been called Caer-Zeus.

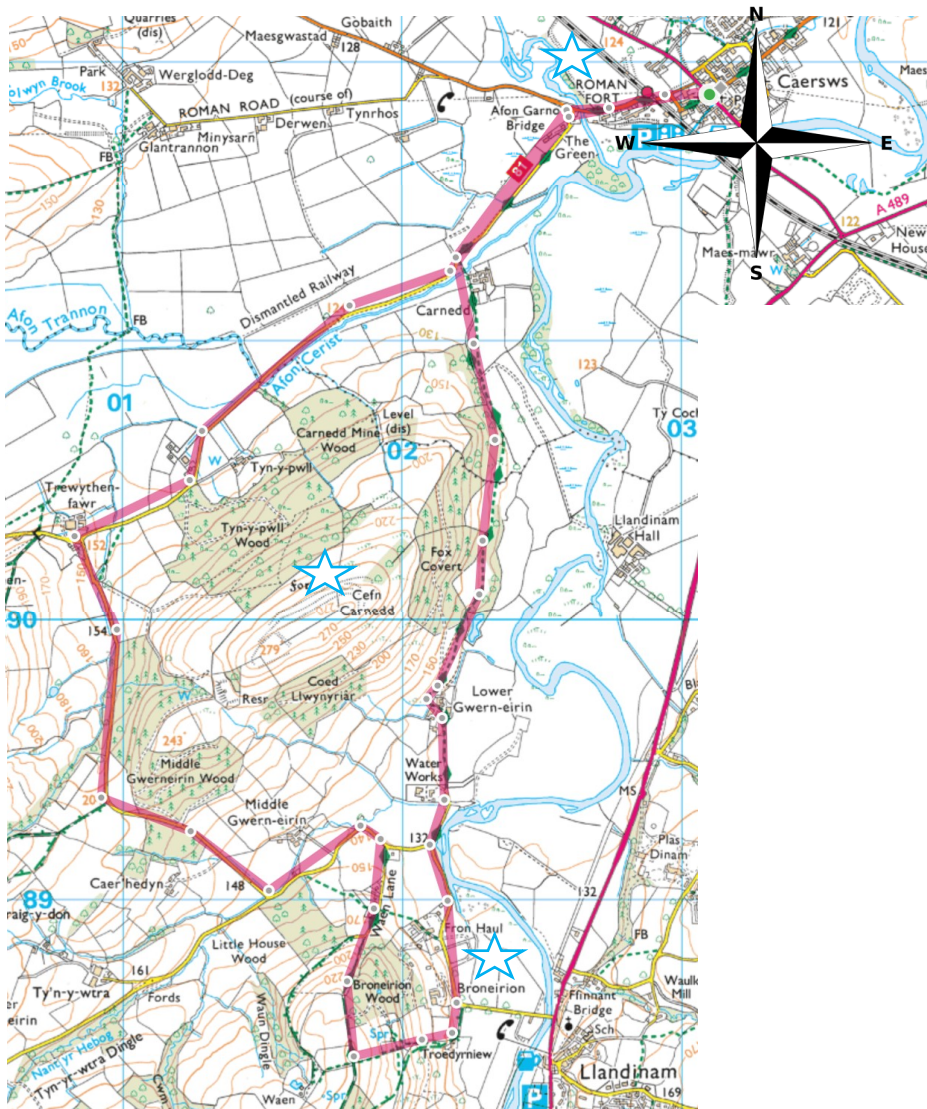




Taith Caersws/Llandinam

Amser: 4.5 awr Pellter: 10km

Ardal o ddiddordeb– Neuadd Broneirion
Caer Rhufeinig Caersws a Bryngaer Cefn
Carnedd



Sut alla i baratoi ar gyfer y daith?

Gwnewch yn siŵr eich bod wedi pacio yn dda– dewch â chot law a haenau cynnes, efallai het a menig hefyd. Gwnewch yn siŵr bod digon o fatri ar eich ffôn symudol.

Paciwch ychydig o fwyd a digon o ddiod i fwynhau yn ystod y daith neu pan fyddwch eisiau bwyd.

Cofiwch ddilyn rheolau COVID– Paciawch gel gwrthfacteria a'i ddefnyddio wrth agor a chau gatiau.

Disgrifiad o'r daith:

1. Dechreuwch wrth groesfan rheilffordd Caersws, ewch allan ar y ffordd i Drefeglwys i'r (gorllewin) am 200m.
 2. Ychydig ar ôl y bont, trowch i'r chwith ar y ffordd gefn am 500m tan gyrhaeddwch y fferm gyntaf ar y chwith.
 3. Trowch i'r chwith i lwybr cerdded Ffordd Hafren ('Severn Way'), gan ddilyn y llwybr am 2km. Pasiwch neuadd Llandinam ar y chwith yn y pellter.
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4. Byddwch yn cyrraedd ffordd wrth ymyl gwaith dŵr. Parhewch i'r gyffordd a thro i'r chwith. Dilynwch y ffordd i neuadd Broneirion.
 5. Wrth i'r ffordd droi'n sydyn i'r chwith, dilynwch y ffordd (surfaced road) yn syth ymlaen am 100m. (Gallech fynd ymlaen i Llandinam yma/ dechrau'r daith gerdded yn Llandinam).
 6. Dilynwch y llwybr ceffylau i'r gorllewin (dde) yn syth i fyny'r bryn serth.
 7. Ar ben y bryn wrth, fynd yn wastad, byddwch yn ail-ymuno â Ffordd Hafren – trowch i'r dde ato a dilyn yn ôl i'r Ffordd 'Waen Lane'
 8. Mewn 300m, mae Waen Lane yn cyrraedd cyffordd, trowch i'r chwith i ffwrdd o'r afon a'r brif ffordd.
 9. Mewn 400m bydd cyffordd ar gyfer ffordd fach arall ar y dde i chi, dilynwch y llwybr. Mae'r llwybr yn dechrau mynd i fyny.
 10. Dilynwch y ffordd hon am 2km wrth iddi fynd heibio i goetir (woodland) ar y dde.
 11. Unwaith eto, byddwch yn cyrraedd cyffordd â ffordd fach (gyda fferm yn syth o'ch blaen), trowch i'r dde
 12. Dilynwch y ffordd hon yr holl ffordd yn ôl i Gaersws wrth iddi godi a dilyn Afon Cerist.
 13. Wrth i chi gyrraedd y brif ffordd, trowch i'r dde i ganol Caersws gan groesi drwy un o'r caerau (forts) Rhufeinig yng Nghaersws.

Bryngaer Cefn Carnedd (Oes Haearn) ★

Mae'r bryngaer (hillfort) hon yn helpu i adrodd hanes Goresgyniad Rhufeinig Cymru a'r caerau Rhufeinig yng Nghaersws. Yn ôl sôn, gallai'r gaer hon fod wedi bod yn gadarnle i'r Llwyth Celtaidd Ordoficaidd, ac mae'n un o'r lleoliadau sydd wedi awgrymu fel safle brwydr olaf Caradog yn OC 51, pan wnaeth y Rhufeiniaid drechu'r Brthynoliaid. Mae disgrifiad o'r frwydr yn disgrifio brwydr sy'n edrych dros Afon Hafren. Mae waliau amddiffynnol a maint y gaer i'w gweld yn glir o'r awyr.



Broneirion ★

Adeiladwyd y Tŷ (sydd i'r dde wrth i chi gerdded), yn 1864 ac mae bellach yn adeilad rhestredig Gradd II sy'n golygu nad oes hawl newid y ffordd y mae'n edrych. Yn wreiddiol roedd yn gartref i'r entrepreneur enwog o Gymru, David Davies. David Davies oedd un o arloeswyr y diwydiant glo yng Nghymru, gan adeiladu Dociau'r Barri, a'r rheilffyrdd. Dechreuodd David Davies adeiladu llawer o reilffyrdd yng Nghymru gan gynnwys rheilffordd Llanidloes i'r



Caer Rufeinig, Caersws: ★

Dyma oedd yr ail gaer i'w hadeiladu yng Nghaersws ac mae'n ymddangos iddi gael ei hailadeiladu sawl gwaith, yn 120 a 140 OC (dros 2100 o flynyddoedd yn ôl) cyn iddi gael ei ddefnyddio yn llai ac yn llai ar ddiwedd y trydydd neu ar ddechrau'r bedwaredd ganrif. Yng nghanol y gaer, mae yna *principia*, neu adeilad pencadlys, gan gynnwys ystafell greffi catrodol (*regimental strongroom*) ar gyfer storio arfau. Mae un damcaniaeth yn awgrymu bod enw modern Caersws yn dod o Gaer (Lladin-beth siaradodd y Rhufeiniaid— am Gaer) a'r enw Zeus, brenin Groegaid y duwiau. Felly efallai mai Caer-Zeus oedd enw'r dref yn wreiddiol.





Llanbrynmair walk

Time: 2.5 hours Distance: 5.5km

Point of interest– Motte and Bailey
Castle, Tafolwern and Glyndwr's
way



Route description:

1. From the centre of Llanbrynmair head north along the road signposted to 'Pandy', go under the railway bridge and carry on for about 1km.
2. Turn left on to Glyndwr's way near to Clegyrddwr farm.
3. Glyndwr's way bends north (to the right) of the farm– it is very well signposted with signs that look like these.
4. Follow Glyndwr's way for about 1 km until you get to Bryn-aire-uchaf farm
5. At Bryn-aire-uchaf farm you will meet the road to the farm coming in from your left
6. Take that road on your left and follow it for about 1km until it bends round to the left.
7. Keep following the road to the road back to Llanbrynmair
8. Turn right on the road, back under the railway bridge and to the main road (A470)
9. Cross the road carefully, turn right and follow the pavement for about 200m passed the sheds where you will see a 'kissing gate' on your left with a footpath signposted across the field
10. Follow the footpath southwest across the fields going through 4 gates until you get to Tafolwern.
11. At the road in Tafolwern turn left and in about 100m there will be a Y junction. Look in the middle of the junction and up– this is the Domen Fawr
12. Retrace your route back to Llanbrynmair

How to be prepared for the walk:

Make sure you pack well– raincoat and warm layers will be needed. Probably a hat and gloves too. Make sure you have battery on your mobile phone.

Take some food and plenty of drink with you to enjoy half way round or in case you get hungry.

Remember to be COVID safe– this includes carrying anti-bac gel for opening and closing gates.

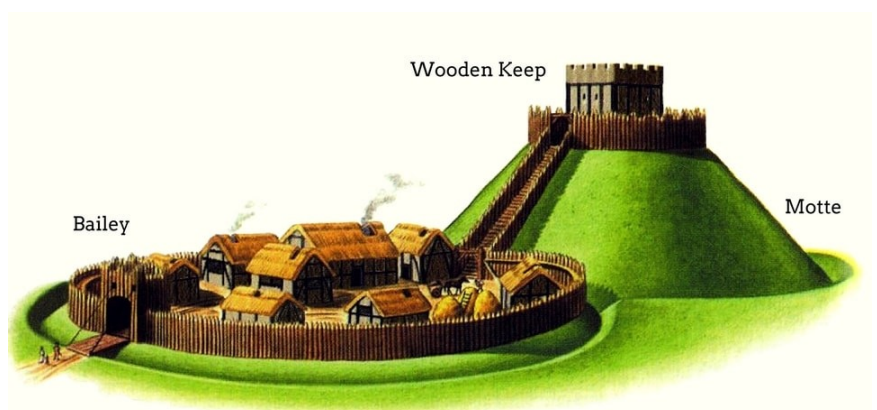
Glyndwr's Way: ★

Glyndwr's Way is named after Owain Glyndwr, the 15th century warrior/statesman who attempted to establish an independent Welsh nation. The route of the walk is by, or close to, many sites connected with his rebellion. Owain Glyndwr. Not only does Owain Glyndwr's parliament still exist in Machynlleth, but the role of Owain Glyndwr is shown in Shakespeare's Henry IV play and in popular legends in Wales. By walking along this path you are walking in the footsteps of a Welsh legend.



Motte and Bailey Castle (Domen Fawr) ★

The big mound (Domen Fawr) would have been the Motte of a Motte and Bailey castle. The first historical reference to this castle is in 1149 AD when it was granted to a man called Owain Cyfeiliog. The last mention of the castle was when Owain's grandson Gruffydd was isolated there in 1244 by a Welsh army because of his support for the English king Henry III. The two rivers that flow either side of the this mound (the rivers Twymyn and Rhiw Saeson) make it a perfect place to be easily defended. Some historians think the river Rhiw Saeson was used to make a man made moat round the castle too. The castle's bailey stretch to the confluence between the two rivers. The site of the castle is the perfect place to defend the valley which was one of the few ways to cross the Cambrian mountains.





Taith gerdded Llanbrynmain

Amser: 2.5 awr Pellter: 5.5km

Ardal o ddiddordeb– Castell tomen a beili, Tafolwern a Ffordd Glyndŵr



Disgrifiad o'r daith:

1. Dechreuwch yng nghanol Llanbrynmain. Cerddwch i'r gogledd ar ffordd 'Pandy'. Ewch o dan o bont drên a cherddwch am tua 1km.
2. Trowch i'r chwith ar ffordd Glyndŵr (Glyndwr's way) ger fferm Clegyrddwr.
3. Mae ffordd Glyndŵr yn troi i'r gogledd (i'r dde) o'r fferm— mae digon o arwyddion i'ch helpu sy'n edrych fel hyn 
4. Dilynwch ffordd Glyndŵr am tua 1km nes eich bod yn cyrraedd fferm Bryn-aire-uchaf.
5. Yn fferm Bryn-aire-uchaf byddwch yn cwrdd â'r ffordd i'r fferm ar y chwith.
6. Dilynwch y ffordd ar y chwith a'i ddilyn am tua 1km nes ei fod yn troi i'r chwith.
7. Dilynwch y ffordd nes eich bod yn cyrraedd y ffordd sy'n eich arwain yn ôl i Lanbrynmain.
8. Trowch i'r dde ger y ffordd, yn ôl o dan y bont trên i'r ffordd fawr (A470)
9. Croeswch y ffordd yn ofalus, trowch i'r dde a dilynwch y palmant am tua 200m ger y sieidiau lle welwch 'kissing gate' ar y chwith gyda llwybr gerdded ag arwyddion ar draws y cae.
10. Dilynwch y llwybr gerdded i'r de-orllewin ar draws y caeau yn mynd trwy 4 gât, nes eich bod yn cyrraedd Tafolwern.
11. Trowch i'r chwith ar y ffordd yn Nhafolwern. Mewn tua 100m, bydd cyffordd 'V'. Edrychwch i ganol y gyffordd ac i fyny— dyma Domen Fawr.
12. I gyrraedd yn ôl yng nghanol Llanbrynmain, dilynwch yr un llwybr.

Sut alla i baratoi ar gyfer y daith?

Gwnewch yn siŵr eich bod wedi pacio yn dda— dewch a chot law a haenau cynnes, efallai het a menig hefyd. Gwnewch yn siŵr bod digon o fatri ar eich ffôn symudol.

Paciwch ychydig o fwyd a digon o ddiod i fwynhau yn ystod y daith neu pan fyddwch eisiau bwyd.

Cofiwch ddilyn rheolau COVID— paciwch gel gwrthfacteria a'i ddefnyddio wrth agor a chau gatiau.

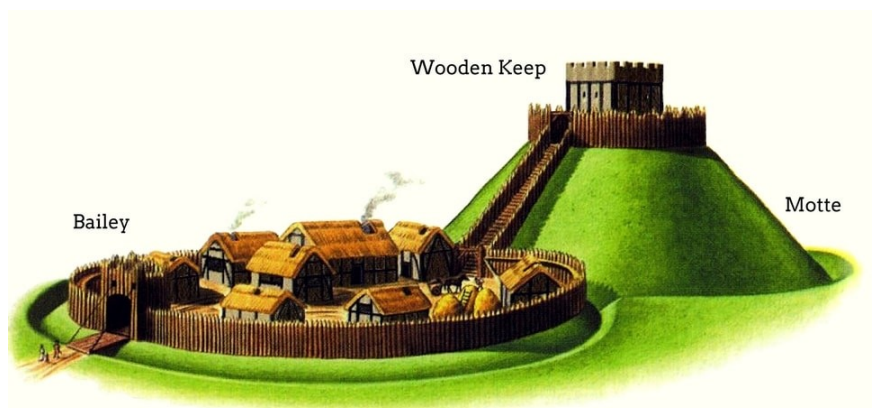
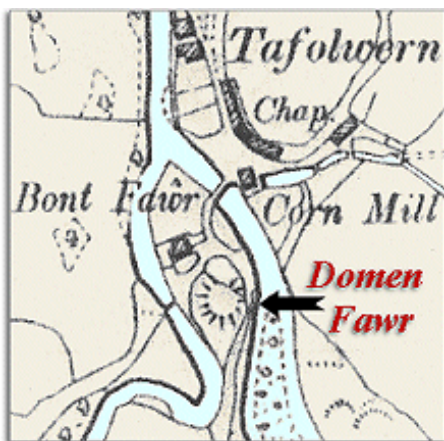
Ffordd Glyndwr: ★

Mae Ffordd Glyndwr wedi enwi ôl Owain Glyndŵr, y rhyfelwr o'r 15fed ganrif a geisiodd sefydlu cenedl Gymreig annibynnol. Wrth ddilyn y llwybr, byddwch yn pasio sawl safle sy'n gysylltiedig â'i wrthryfel. Nid yn unig y mae senedd-dy Owain Glyndŵr yn dal i fodoli ym Machynlleth, ond caiff rôl Owain Glyndŵr ei ddangos yn nrama Shakespeare, Harri IV ac mewn chwedlau poblogaidd yng Nghymru. Wrth gerdded y llwybr, rydych yn dilyn ôl traed arwr Cymreig.

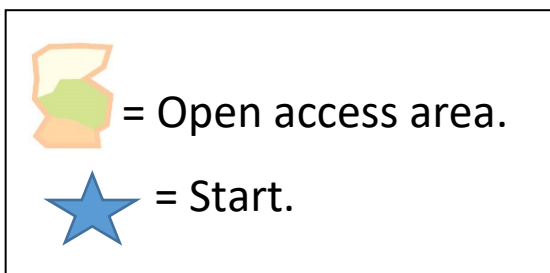
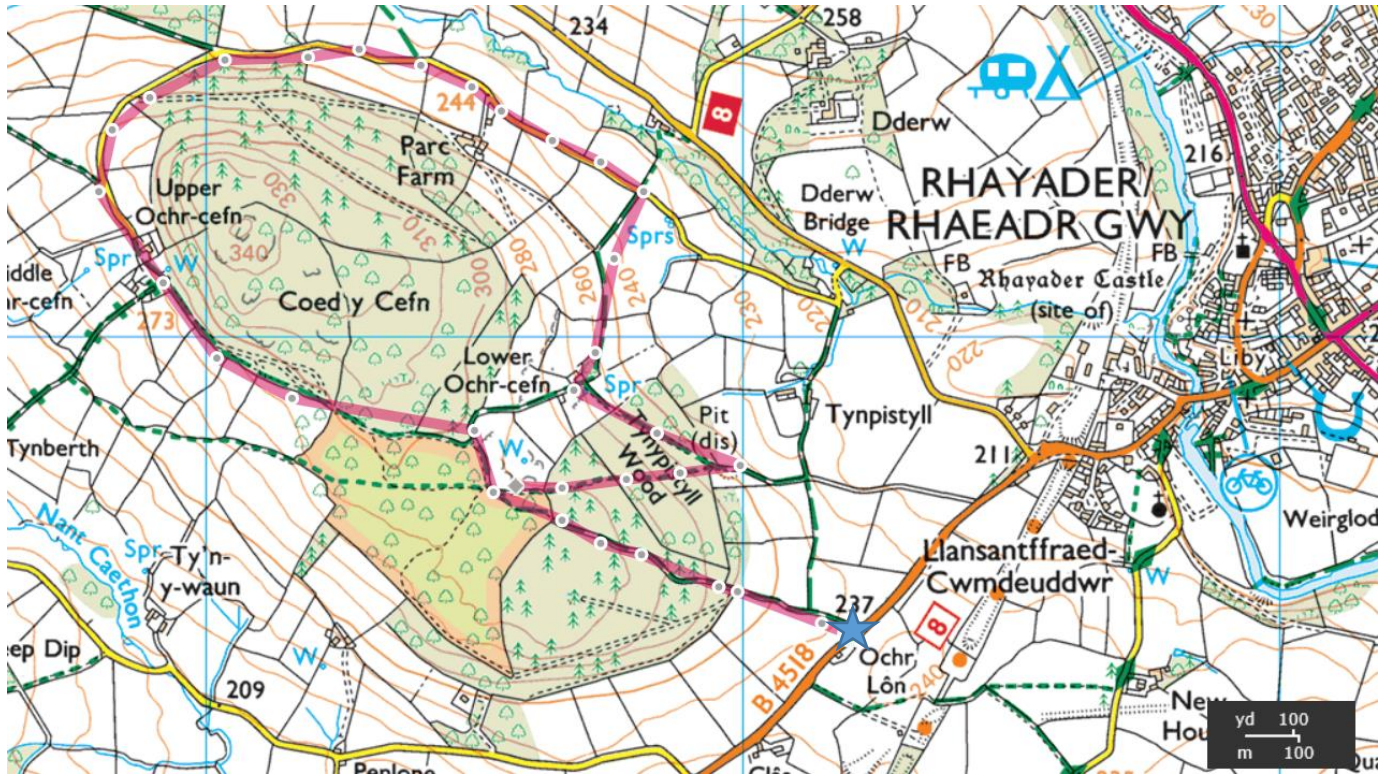


Castell Tomen a Beili (Domen Fawr) ★

Y twmpath mawr (Domen Fawr) fyddai castell Mwnt a Beili. Cyfeiriwyd yn gyntaf i'r castell yn 1149 OC pan roddwyd ef i ddyn o'r enw Owain Cyfeiliog. Y cyfeiriad olaf at y castell oedd pan ynyswyd ŵyr Owain Gruffydd yno yn 1244 gan fyddin Gymreig oherwydd ei gefnogaeth i'r brenin Seisnig Harri III. Mae'r ddwy afon sy'n llifo'r naill ochr a'r llall i'r twmpath hwn (yr afonydd Twymyn a Rhiw Saeson) yn ei wneud yn le perffaith i gael ei amddiffyn yn hawdd. Mae beili'r castell yn ymestyn i'r cydlifiad rhwng y ddwy afon. Mae safle'r castell hwn yn le perffaith i amddiffyn y dyffryn a oedd yn un o'r ychydig ffyrdd i groesi mynyddoedd Cambria.



Tynpistyll woods walk (Ant hills walk) (4KM).



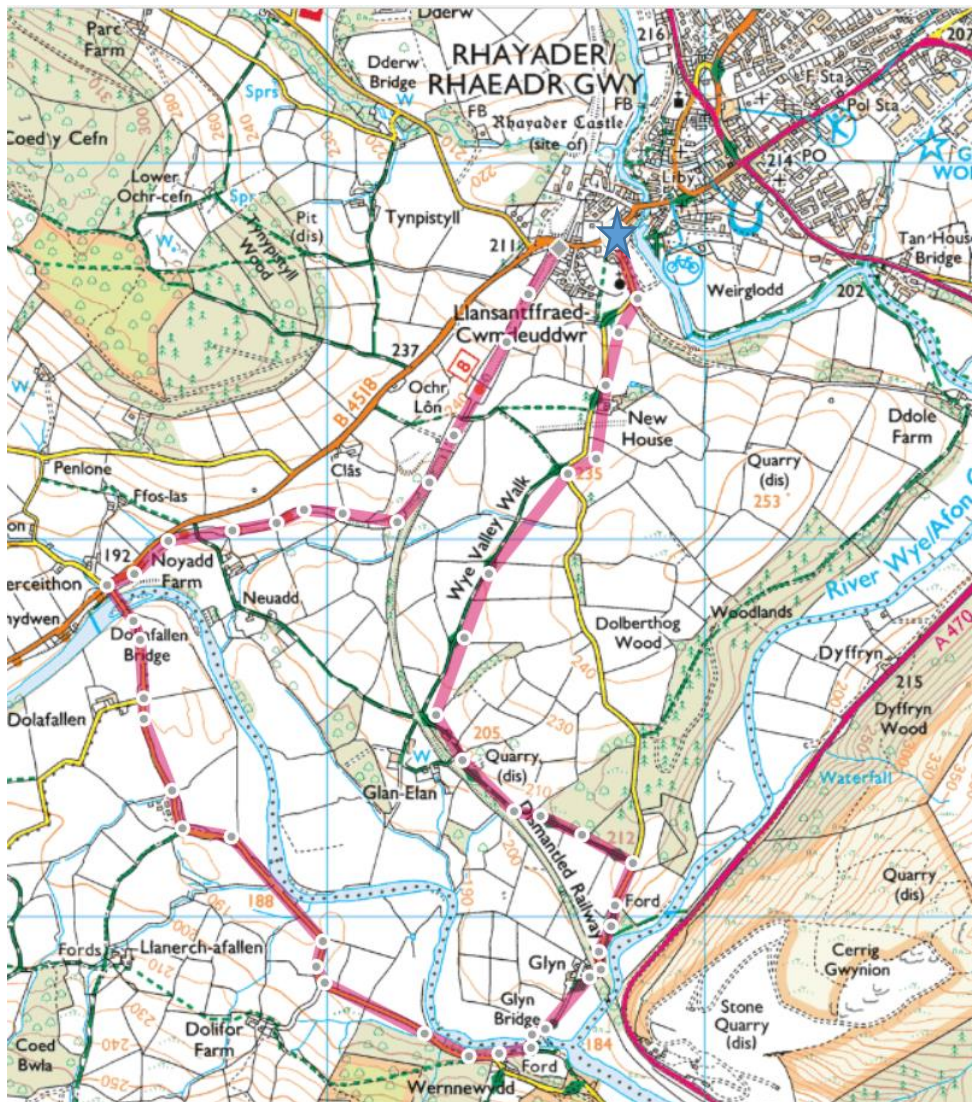
This is a 4KM walk through different types of woodland. It is a very flexible walk as you can make it shorter if you wish. Part of the walk is in an “open access” area, meaning you do not need to stick to the footpath and can explore within that area.

The walk starts ½ mile up along the Elan Valley road from Cwmdeuddwr.

- 1) At the top of the hill you will see a large lay-by often used for parking on the left hand side.
- 2) Opposite this there is a lovely green bridle way between two hedges.
- 3) Follow this bridleway up. It changes from fields to conifer woods.
- 4) Eventually you leave the conifer woods and enter a deciduous woods. This is the part which is open access, meaning you can explore.

- 5) This part is particularly interesting as some of the trees have old pots and pans hanging from the trees.
- 6) At this stage you can take the path past Lower Och-kefn if you want a shorter walk... if not carry on...
- 7) On following the path through the woodland you will come to an old gate way which leads you into a woodland with larger deciduous trees. Take the central path. Be aware you are leaving the open access land so must now stick to the path.
- 8) Eventually you will come to a smallholding. Go through the gate and into the farmyard. Make sure you leave the gate as you found it.
- 9) You are now on a minor road which you follow round in a semi-circle, until you see a footpath sign on your right.
- 10) Go through the gate and follow the footpath up through the field.
- 11) It is a steep climb, but at the top of the field you turn left and follow the hedge line. Follow this path along until you see a house. Turn right and go through the gate 20 meters or so in front of the house.
- 12) Follow this track away from the house, heading down hill and it will take you back into the woods.
- 13) After a short time you will see a section of the bank which was removed a long time ago. (Pit (dis) on the map.)
- 14) At this point take a sharp right up off the path and into the woods.
- 15) Follow this path and you will come to an old stile which you climb over to get back into the conifer woods.
- 16) Eventually you will come out onto the first path you were on.
- 17) You turn left and follow the bridleway back through the conifer trees, down the path between the hedges and back onto the road opposite the layby.

Wye Valley Walk/River Elan loop (6KM).



The footbridge over the river Elan.



=Wye valley walk sign which you follow for part of the walk.



= Start

This is a 6KM circular walk which takes you along the Wye Valley walk. At times following the old railway line. You will cross over the River Elan at the point it joins the River Wye, before following a minor road along to the Elan Valley cycle path and then back to Rhayader.

- 1) You start this walk at the Groe. ★
- 2) You follow the minor road alongside the Groe and then stick to the road as it starts to climb.
- 3) Eventually you will come to a T junction. Follow the Wye Valley walk signs and carry straight on down a farm track.
- 4) You will come out into a farm yard, turn left, continuing to follow the Wye Valley walk signs.
- 5) You are now on the old railway line!
- 6) Shortly you will come to a T junction. Turn right and head down the hill on another minor road.
- 7) You will come to a sunken area next to the river. Turn right. You will be able to see where the railway would have gone over you here.
- 8) You come to another farmyard. Walk into the farmyard and turn left behind a barn.
- 9) You will head down a short path and then arrive at the footbridge which crosses the Elan.
This is my favourite part!
- 10) Once over the bridge you can turn right and follow the minor road all the way until you cross the Elan again, this time on a road bridge.
- 11) This is where you can join the Elan Valley cycle path (another old railway line!) turn right onto the path and it will take you all the way back to Rhayader.

Points of interest.



The railway station in Rhayader, now the Powys depot.

The railway reached Rhayader in 1864. It's arrival brought sensational changes as goods no longer needed to be moved on a 'gambo' - a horse and cart. The line served the town until November 1962 when it ceased operation in the national Beeching cuts.

<https://www.rhayader.co.uk/history-rhayader>



The confluence of the Wye and the Elan.



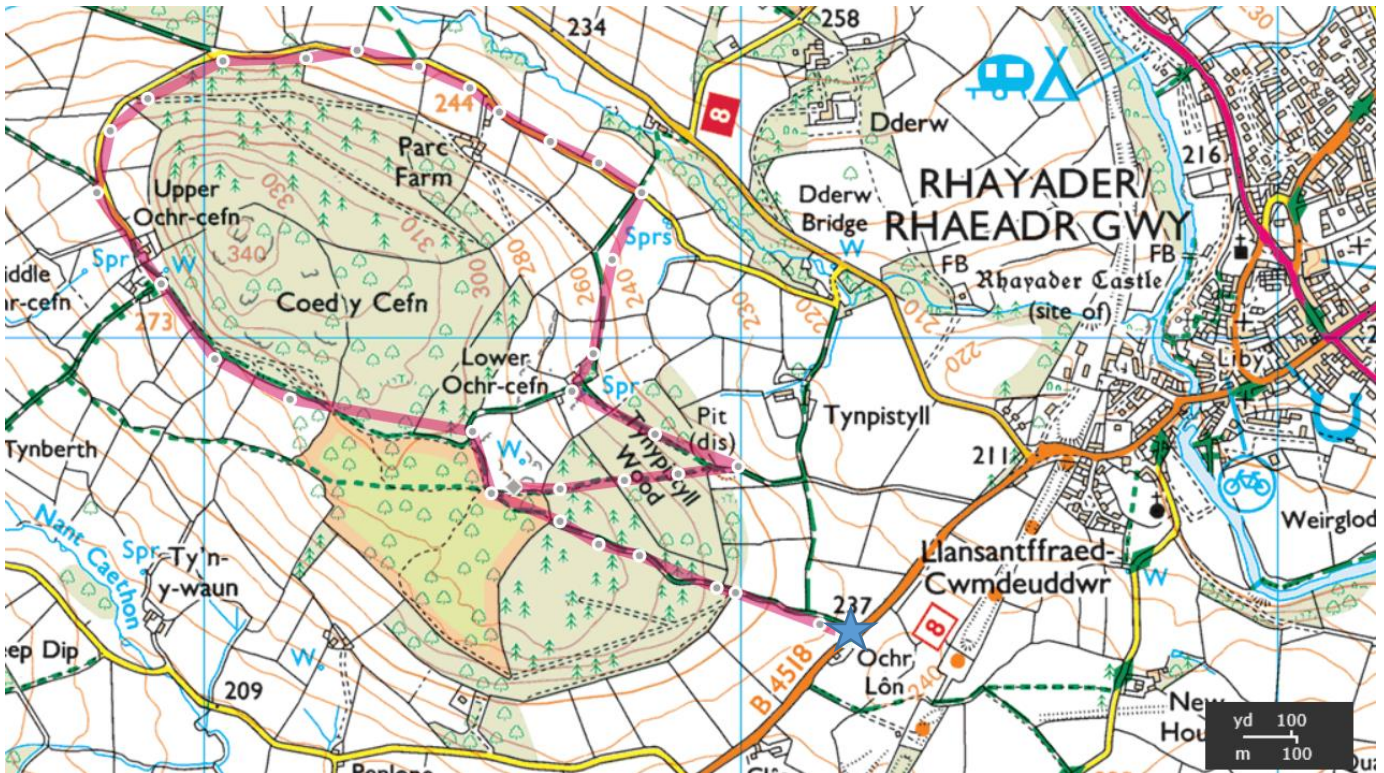
The foot bridge over the Elan.

The River Wye is a river in England and Wales, about 130 mi (210 km) long. It flows from the moorlands of central Wales, generally southeastward through England to its Irish Sea mouth in the Severn Estuary. It is one of the major rivers of Britain.

The Wye rises on the eastern slopes of the uplands of Plynlimon, and its upper valley, which has been glaciated, is deeply cut in the ancient grits and shales of the Welsh upland. At most points there is only a narrow strip of farmland between peaty moorlands. Near Rhayader the Wye is joined by the Elan, the upper valley of which has been dammed to form reservoirs for supply of water to Birmingham

<https://www.britannica.com/place/River-Wye>

Taith Goedwig Tynypistyll (Ant hills walk) (4KM).



= Ardal mynediad agored.



= Dechrau

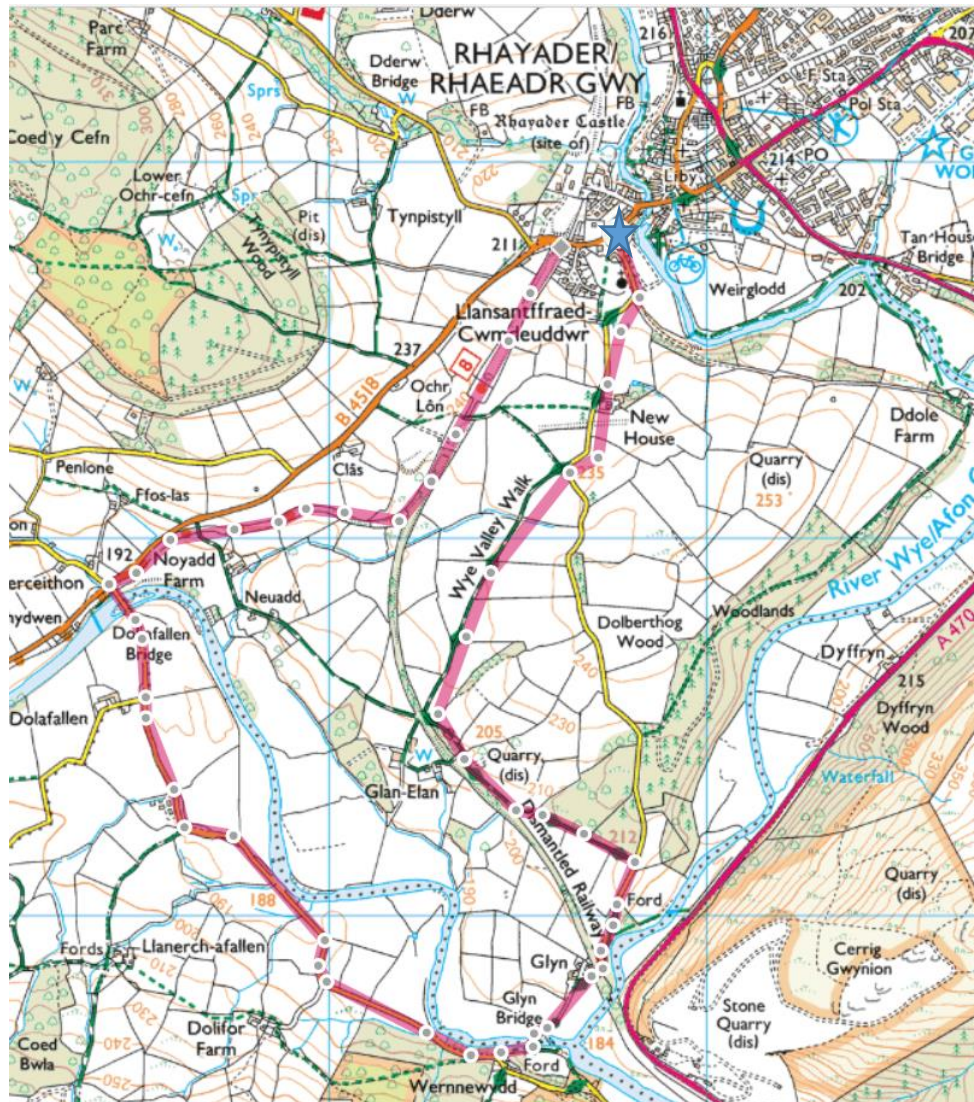
Taith gerdded 4KM yw hon drwy wahanol fathau o goetir (*woodlands*). Mae'n daith hyblyg iawn gan y gallwch ei gwneud yn fyrrach os dymunwch. Mae rhan o'r daith gerdded mewn ardal "mynediad agored", sy'n golygu nad oes angen i chi gadw at y llwybr troed a gallwch grwydro o fewn yr ardal honno.

Mae'r daith gerdded yn dechrau 1/2 milltir i fyny ar hyd ffordd Cwm Elan o Gwmdeuddwr:

- 1) Ar ben y bryn fe welwch gilfan (lay-by) fawr a ddefnyddir yn aml ar gyfer parcio ar yr ochr chwith.
- 2) Gyferbyn â hyn, mae llwybr geffylau gwyrdd rhwng dau wrych.

- 3) Dilynwch y llwybr geffylau hwn. Mae'n newid o gaeau i goedwigoedd conwydd. Yn y pen draw, byddwch yn gadael y coed conwydd ac yn mynd i goedwigoedd collaidd. Dyma'r rhan sy'n fynediad agored, sy'n golygu y gallwch grwydro o gwmpas.
- 4) Mae'r rhan hon yn arbennig o ddiddorol gan fod gan rai o'r coed hen botiau a sosbenni yn hongian o'r coed.
- 5) Ar y pwynt hwn, fe allwch ddilyn y llwybr heibio i Ochr Isaf os ydych eisiau taith fyrrach... os nad ydych, mae angen parhau i gerdded...
- 6) Wrth ddilyn y llwybr drwy'r coetir byddwch yn dod ar draws hen ffordd gyda giât sy'n eich arwain i goetir gyda choed collddail mwy o ran maint. Cymerwch y llwybr yn y canol. Ar y pwynt hwn, rydych yn gadael y tir mynediad agored, felly mae'n rhaid i chi gadw at y llwyb.
- 7) Byddwch yn dod i'r tyddyn (*smallholding*). Ewch drwy'r giât ac i mewn i iard y fferm. Gwnewch yn siŵr eich bod yn gadael y giât fel y daethoch o hyd iddi.
- 8) Rydych bellach ar ffordd fach y gallwch gerdded rownd mewn hanner cylch, nes i chi weld arwydd gerdded ar y dde.
- 9) Ewch drwy'r giât a dilynwch y llwybr i fyny drwy'r cae.
- 10) Mae'r cae yn serth, ond ar ben y cae rydych yn troi i'r chwith ac yn dilyn y gwrych (*hedge line*). Dilynwch y llwybr nes eich bod yn gweld tŷ. Trowch i'r dde ac ewch drwy'r giât 20 metr o flaen y tŷ. Dilynwch y ffordd i ffwrdd o'r tŷ, gan fynd i lawr y bryn. Byddwch yn mynd yn ôl i'r goedwig.
- 11) Ar ôl cyfnod byr fe welwch ran o'r banc a ddilëwyd amser maith yn ôl. (Pit (dis) ar y map.)
- 12) Ar y pwynt hwn, trowch yn sydyn i'r dde oddi ar y llwybr ac i mewn i'r goedwig.
- 13) Dilynwch y llwybr a byddwch yn dod i hen gamfa (*stile*) yr ydych yn dringo drosodd i fynd yn ôl i'r coedwigoedd conwydd.
- 14) Yn y pen draw, byddwch yn dod allan ar y llwybr gyntaf ddilynoch chi.
- 15) Rydych chi'n troi i'r chwith ac yn dilyn y llwybr ceffylau yn ôl drwy'r coed conwydd, i lawr y llwybr rhwng y gwrychoedd ac yn ôl i'r ffordd gyferbyn â'r gilfan.

Taith Gerdded Dyffryn Gwy/'Cylch' Afon Elan(6KM).



Dyma bont dros Afon Elan.



=Arwydd cerdded dyffryn Gwy y byddwch yn ei ddilyn am ran o'r daith gerdded.

= Dechrau

Taith gylchol 6KM yw hon sy'n mynd â chi ar hyd taith gerdded Dyffryn Gwy. Ar adegau, byddwch yn dilyn yr hen reilffordd. Byddwch yn croesi dros Afon Elan wrth y pwynt y mae'n ymuno ag Afon Gwy, cyn dilyn ffordd fach ar hyd llwybr beicio Cwm Elan ac yna'n ôl i Raeadr Gwy.

- 1) Rydych chi'n dechrau'r daith gerdded hon yn y Groe.
- 2) Dilynwch y ffordd fach wrth ochr y Groe ac yna arhoswch wrth y ffordd wrth iddi ddechrau dringo.
- 3) Yn y pen draw, byddwch yn dod i gyffordd T. Dilynwch arwyddion cerdded Dyffryn Gwy a cherddwch yn syth i lawr y ffordd fferm.
- 4) Byddwch yn dod allan i iard fferm, trowch i'r chwith, gan barhau i ddilyn arwyddion cerdded Dyffryn Gwy.
- 5) Rydych chi nawr ar yr hen reilffordd!
- 6) Yn fuan byddwch yn dod i gyffordd T. Trowch i'r dde ac ewch i lawr y bryn ar ffordd fach arall.
- 7) Byddwch yn dod i ardal fas (*sunken*) wrth ymyl yr afon. Trowch i'r dde. Byddwch yn gallu gweld olion yr hen reilffordd yma.
- 8) Rydych chi'n dod i iard fferm arall. Cerddwch i mewn i iard y fferm a throwch i'r chwith y tu ôl i'r ysgubor.
- 9) Byddwch yn mynd i lawr llwybr byr ac yna'n cyrraedd y bont sy'n croesi'r Elan. Dyma fy hoff ran!
- 10) Unwaith y byddwch dros y bont gallwch droi i'r dde a dilyn y ffordd fach yr holl ffordd nes i chi groesi'r Elan eto, y tro hwn ar bont ffordd.
- 11) Dyma lle gallwch ymuno â llwybr feicio Cwm Elan (hen reilffordd arall!). Trowch i'r dde i'r llwybr a bydd yn mynd â chi'r holl ffordd yn ôl i Raeadr Gwy.

Ardaloedd o ddiddordeb.



Yr orsaf reilffordd yn Rhaeadr yw *depo* Powys erbyn hyn.

Cyrhaeddodd y rheilffordd Rhaeadr Gwy yn 1864, gan ddod â newidiadau syfrdanol. Nid oedd angen symud nwyddau ar 'gambo' ddim mwy, sef - ceffyl a chert. Roedd y rheilffordd yn bresennol ac yn cludo pobl tan fis Tachwedd 1962 pan ddaeth i ben yn nhoriadau cenedlaethol *Beeching*.

<https://www.rhayader.co.uk/history-rhayader>



Cyflidiad Afonydd Gwy ac Elan



Y bont dros yr Elan.

Afon sy'n llifo o lethrau dwyreiniol Pumlumon i Afon Hafren yw Afon Gwy. Llifa trwy Gymru a Lloegr, ac mewn rhannau mae'n ffurfio'r ffin rhwng y ddwy wlad. Gyda hyd o 210 km (130 milltir), hi yw'r ail fwyaf o'r afonydd sy'n llifo trwy Gymru, ar ôl Afon Hafren a'r bumed fwyaf ar ynys Prydain. Mae tarddle Afon Gwy ar lechweddau dwyreiniol Pumlumon. Islaw'r dref, mae Afon Elan yn ymuno â hi.

<https://www.britannica.com/place/River-Wye>

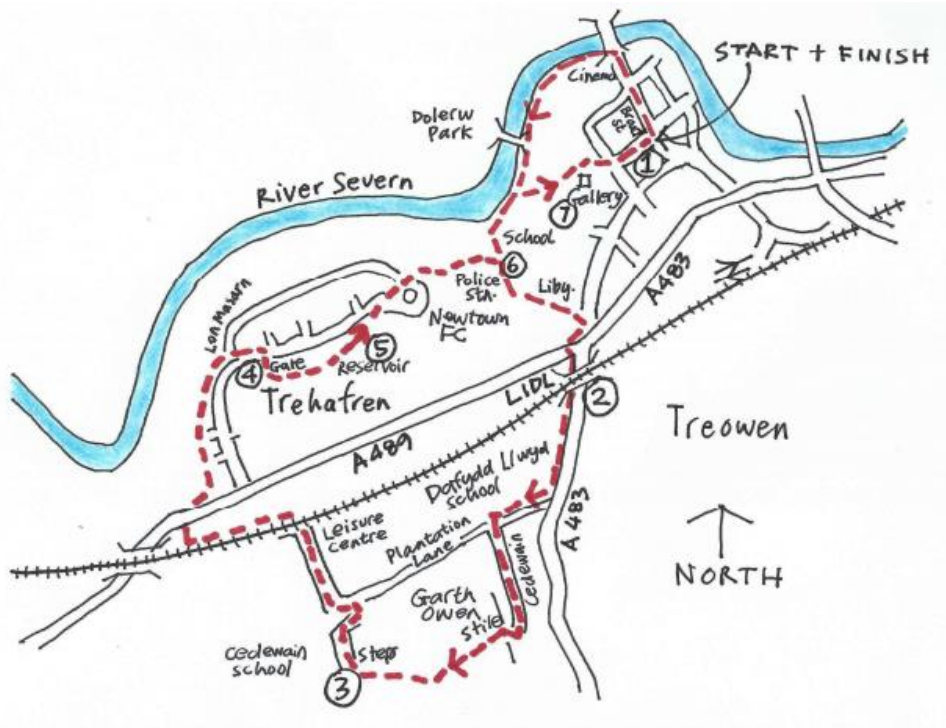
NEWTOWN WALKS

Hills of Newtown (Easy walk)

This town walk includes two low hills in the town, Black Hall Hill and Trehafren Hill, both of which reward a small effort with great views over Newtown and the surrounding area. It starts and ends in the centre and is a mixture of road and footpath walking (mostly hard surfaced except on the hills). There are options for foraging in the season. It also passes four of Newtown's schools.

Distance: 3 miles

Time: 1 hour 30 minutes



DIRECTIONS

1. Start under the Town Clock at the junction of Broad St, High St and Severn St, the area known locally as 'The Cross'. The building now housing Barclays Bank was erected by Sarah Brisco, a descendent of the Pryce family of Newtown Hall, to commemorate Queen Victoria's Jubilee in 1897. Opposite the clock on Severn Street is the Robert Owen Museum and the Robert Owen Memorial Rooms are over the HSBC on the other corner. Robert Owen, the founder of the Co-operative Movement, is one of Newtown's most famous sons.

Walk north up Broad St until you reach Longbridge and the old flannel woollen exchange on your left (now housing a cinema and night club). After the woollen exchange and before the bridge turn sharp left onto the footpath which overlooks a lower footpath and the River Severn. Stay on this footpath, passing the Dolerw Park footbridge on your right and pick up the green fence around Ladywell School on your left. Follow the fence around to your left, passing the Scout hut on your right to the road ahead. Turn left, still with the school on your left to the T junction. Turn right and immediately right again at the main road, Pool Road, and cross it at the zebra crossing at Lidl.

2. Bear left under the railway bridge on Dolfor Road. Pass the school gate and turn right onto a footpath set back off the road. Follow this around past the front entrance of Ysgol Daffydd Llwyd and Newtown High school then cross the road, Plantation Lane at the zebra crossing. Turn right and immediately left into Cedewain. Just after the bend

go across the road and up the ramp to the stile on your left. Cross the stile and head up the steps and on up the path passing a large fallen tree to reach an open space at the top of Black Hall Hill. At the end of this grassy space the path makes a Y and you take either fork into the wood. Follow any of the paths through the wood and go down the steps on your right.

3. Turn left and follow the road passing Ysgol Cedewain school on your left. At the junction with the main road (Plantation Lane) turn left then right at the roundabout. Follow this road around to the left alongside the railway line on your right. At the next zebra crossing cross the street and go under the railway. Turn right on Pool Road to cross at the pelican crossing. Turn right then, after the bus shelter, turn left on the footpath. Follow the footpath until you reach the road, Lon Masarn and turn on to the main road, Lon Pinwydd and follow it uphill to your left. At the next road junction on your left, cross the road and go up the path to the pedestrian gate on your right.

4. Continue uphill to the hedge above, go left through a small gap in the hedge, cross the cycle track on to the footpath and on up to the top of Trehafren Hill,. Here you will see lovely views of the hills in both directions, including Black Hall Hill on your right. Continue along the path to pass to the left of the fenced-in underground reservoir.

5. Follow the track down to the roundabout in the road at the bottom. Cross to the road ahead, signed for local buses only and rising bollards. Turn right on to the footpath and follow it past the Newtown FC ground, Latham Park, on your right.

6. When you again reach the green school fence, turn left signed Town Centre and cycle route 81. Retrace your steps along the fence around to the right to the end. Then take the footpath on your right, passing the playground on your right and later the miniature railway track on your left.

7. You will soon see a striking single-story red brick building ahead, which is the Oriel Davies Gallery (01686 625041). The art gallery, which hosts touring exhibitions, commemorates the Davies sisters who were collectors and benefactors. There is a café and bookshop. (Open Mon – Sat 10 – 5, admission free.) details at www.oriel Davies.org

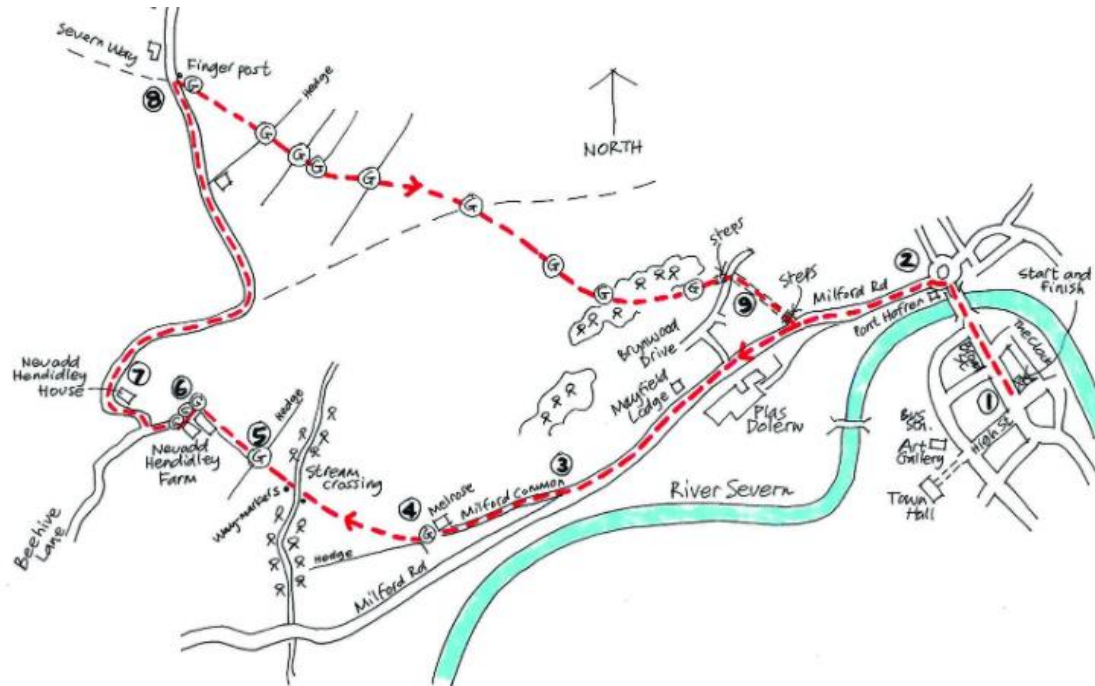
Cross the green in front of the gallery to the Park gates, cross the road, (Back Lane) and walk down High Street to end the walk back at the Town Clock.

Severn way circuit (easy walk)

This walk starts and ends in the centre of Newtown. This walk heads out in a westerly direction, with a gentle climb before crossing a small stream and offering easy walking with spectacular views of the town and Severn Valley. It returns via the well-used Severn Way footpath.

Distance: 3.5 miles

Time: 2 hours



DIRECTIONS

1. This walk starts under the Town Clock at the junction of Broad St, High St and Severn St, the area known as 'The Cross'. The building, now Barclays Bank was erected by Sarah Brisco, a descendent of the Pryce family of Newtown Hall, to mark Queen Victoria's Jubilee in 1897. Opposite the clock on Severn Street is the Robert Owen Museum and the Robert Owen Memorial Rooms are over the HSBC on the other corner. Robert Owen, the founder of the Co-operative Movement, is one of Newtown's most famous sons.

Walk down Broad St and cross the river via Longbridge passing an attractive old building on the left, Pont Hafren, which houses a registered mental health charity, www.ponthafren.org.uk/

2. At the roundabout turn left along Milford Road, passing Plas Dolerw on your left at the entrance to Dolerw Park. Plas Dolerw was the former home of Pryce Pryce-Jones, who brought the world mail-order shopping.

Further along Milford Road you pass the old Friends Meeting House. The walls along the road at the beginning of the walk contain decorative panels of over-fired bricks. Look out also for the dragon on the ridge of Mayfield Lodge on your right. This former lodge cottage also contains fine examples of decorative tiled brickwork. Continue along Milford Road until you see a road, named Milford Common (SO 098915), rising at an angle to the right.

3. Walk up Milford Common taking the centre road at a junction passing the house Hillside on your left and marked by a way-marker post. At the top of the hill you will see the drive to a house called Melrose. Go up this drive. To the left of the house you will see a pedestrian gate (SO 195914).

4. Go through the gate into the field and open countryside beyond. Bear left diagonally across the field from the gate. As you come round the contour of the small hill you will see a way-marker ahead of you by the stream (SO

093915). Cross this stream at any convenient place (if it looks a bit steep try further along it to the right for an easier crossing). From the way-marker on the other side, climb the hill and go through the gate to the right of the hedge.

5. Walk straight along the next field following the fenced hedge on your left. This brings you to Neuadd Hendidley Farm (misspelt Nyodd Hendidley Farm on the OS map).

6. Pass the farm buildings on your left and go through the second gate (SO 091917) into the farmyard. There may be a dog or two here but they (and the farmer) are friendly. Head towards the old red brick barn and pass through another gate on the right down a short drive to the road. This is Beehive Lane.

7. Turn right up the hill past Neuadd Hendidley House and follow Beehive Lane for 0.8 miles until you come to fingerposts marking the Severn Way which crosses the lane at this point (SO 091924).

8. Take the Severn Way to your right, go through 3 more gates and follow the hedge on your right to a gate by an ash tree visible on the horizon (SO 094922). Cross the field to another gate ahead. Continue following the Severn Way which will lead you through two more gates and then downhill to a beech wood. Go through the gate into the wood and follow the woodland track down to another gate at the end of the wood.

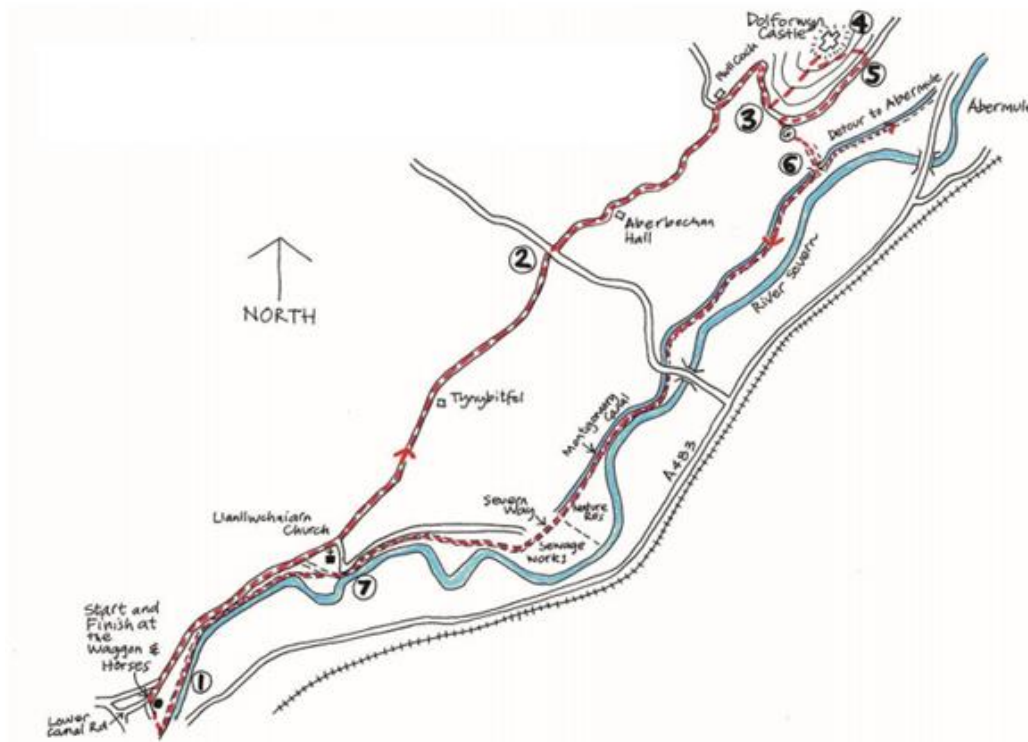
9. Cross the road and follow the footpath ahead which runs between the houses down to Milford Road. Turn left at the bottom and continue past Plas Dolerw (on your right) to the roundabout. Turn right at the roundabout, cross the river over Long Bridge and walk up Broad Street to the clock which is the end of the walk.

Dolforwyn castle & Abermule (Moderate walk)

This muddy day walk starts and finishes at the Waggon and Horses in Lower Canal Road and includes Dolforwyn Castle and an optional detour into the village of Abermule. It is possible to make it a one-way walk and catch a lift back to Newtown from Abermule if desired. Much of the walk is along minor roads, and tracks.

Distance: 8 miles + 1.7 with optional Abermule or 6 miles one way

Time: 3 hours + castle and Abermule time



DIRECTIONS

1. Begin at the Waggon and Horses at the junction of Lower Canal Road and Dolafon Road. Cars can be parked nearby. Walk east along Canal Road towards Llanllwchaearn. Where the pavement finishes you will need to walk along the road. Pass Llanllwchaearn Church on your right, which was built in 1814 on a site dating back to the 6th Century and has a famous art deco, stained glass window and a carved rood screen but is rarely open except for bi-weekly services.

The road meanders uphill to a red brick house, Tynybitfel, 1.4 miles from the start. Continue walking along this road, passing the left hand turning to Lower Gwestydd Farmhouse and onwards for another 0.7 miles, to a T junction with the B4389 at the end (SO 136940).

2. Turn right toward Welshpool, then take the lane immediately on the left, leading uphill. At the top you will pass an impressive red brick farmhouse, Aberbechan Hall, where Rowland Fernyhough, the international show-jumper, grew up. Go past the next farm, Pwllcoch, and continue following the road downhill, around a sharp right-hand bend passing a house called Whym. At the top of the next rise you will see a fingerpost pointing up into the woods on your left (SO 149947).

3. Enter through the gap in the hedge and follow the steep footpath up through the wood. At the top go through two pedestrian gates passing in front of a cottage (SO 151949). Continue straight on, following the path up the bank to reach Dolforwyn Castle.

4. This castle was built in 1273-1277 by Llywelyn the Last. See www.castlewales.com/dolforn.html for its description and history. Information on the excavations can be found at <http://www.castlewales.com/dolforn1.html>. Once you have looked around this impressive monument, retrace your steps to leave the castle the way you entered. When you see the first pedestrian gate (SO 151949) instead of going towards it continue on the main grass track to your left and downhill.

5. At the bottom of the hill you will come out on the road. Turn right and continue until you see a fingerpost on your left pointing to Abermiwl (SO 149947). Go through the gate here and walk downhill keeping the field hedge on your left. Continue until you reach a Bridleway fingerpost (SO 150946) where you bear right. At the bottom of the field go through a gate on to a tarmac lane.

6. Turn left and immediately right to cross the bridge over the end of the canal lock. Once across the canal turn right to follow the towpath back to Newtown and the Waggon and Horses.

To take a detour into Abermule or to catch a lift back, turn left here (SO 152944) and walk along the towpath until you come to a fingerpost (SO 162952) showing that Berriew is 5 miles ahead, Newtown is 5.6 miles behind and Abermule is 500 metres to your left. Here you will see the road bridge over the River Severn which has the inscription "This Second Iron Bridge constructed in the county of Montgomery was erected in the year 1852". The detour will add 1.7 miles onto the walk. To return to the walk, retrace your steps across the bridge to the canal.

7. Either from the Abermule detour or the lock below the castle, continue along the canal toward Newtown, eventually passing the Pwll Penarth Nature Reserve on your left. This reserve is operated by the Montgomeryshire Wildlife Trust and there are two hides available for bird watching. Details of the reserve, including a map, can be found at www.montwt.co.uk/pwll.html

8. You will again pass Llanllwchaiarn Church on your right, and the 'Old Pump House' on your left. The Pump House took water from the Severn to supply the head of the canal. It was originally operated by a water wheel, later by steam and eventually by a diesel engine. It ceased operation in the 1940s. Go through the gate after the Pump House, taking the upper path along the flood defence bank. Go through the gate on the right on to Dolafon Road. Turn right which will bring you back to the Waggon and Horses on your right.

Glan y Nant – Short Loop

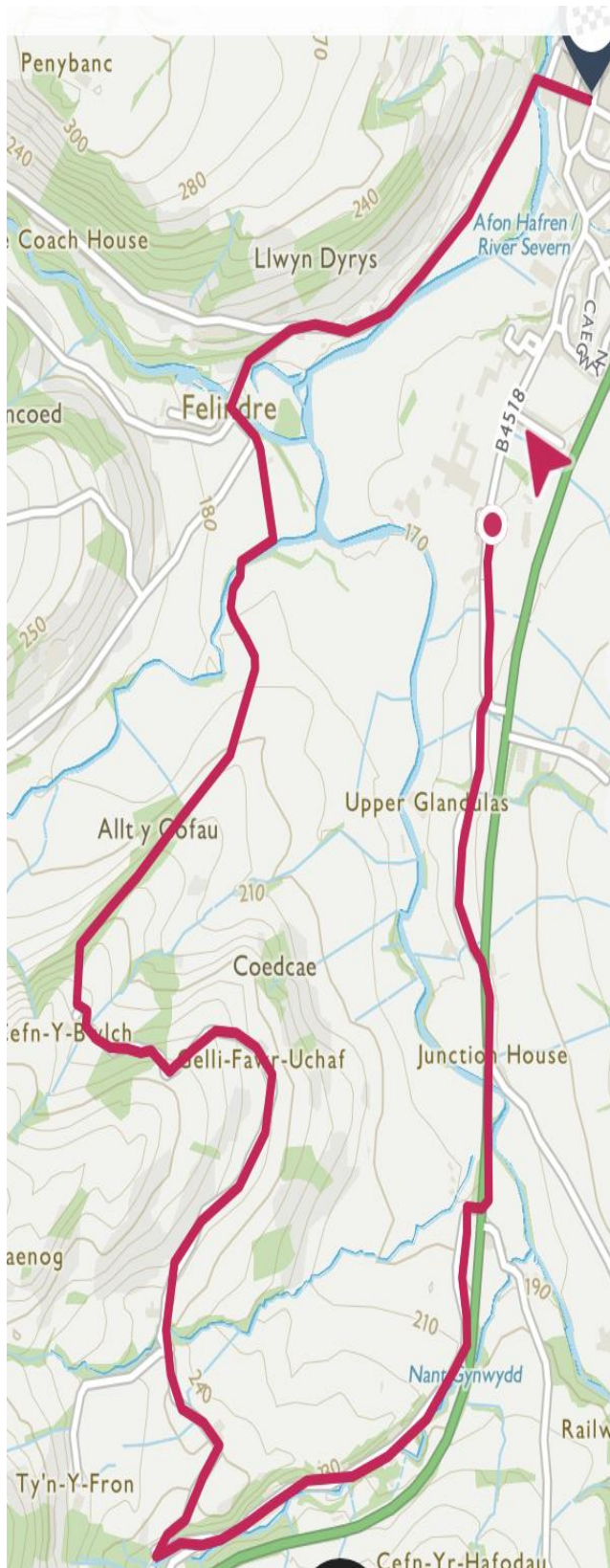
7 km - Moderate – 1 1/2 h



1. Start off from Llanidloes market hall heading down Short Bridge street.
2. Cross over short bridge, and turn left heading along pen y green road
3. Take care as the path ends and you walk along the road
4. As you start climbing up the hill take the left turn signposted Felindre
5. Drop down the bank and over the bridge
6. Take the second right hand turn immediately after the bridge (the first is into a housing estate)
7. You are now walking up a hill on a quiet, single track lane.
8. Keep following the lane, you will notice woodland on the left and fields on the right which drop sharply down to the river Severn
9. The lane will drop down to the left and back up again to the right, at this point you will pass nant yr hebog on the left and a cottage immediately to the right.
10. Walk on approximately another 100m and then turn right and down a grass pathway
11. A white footbridge crosses the river
12. The path climbs steeply back up to the main Glan y nant road.
13. Turn right walking back through Glan y nant, heading towards Llanidloes
14. Follow the road all the way back to Llanidloes, taking care along the road

Cwmbelan / Felindre Loop

8km – moderate – 2 hours



1. Leave the High School heading out of Llanidloes heading up towards the bypass, taking care along the road
2. Turn right before you reach the bypass, signposted Cwmbelan
3. This road will lead you back up to main road. Then follow the path along the main road heading towards Cwmbelan.
4. The path turn right and ends at a finger post. Now continue walking up a steep bank, passing a house with large gardens on your left. Take care along the road
5. You will arrive at Cwmbelan. Walk on up through the hamlet. At the northern end you will leave the hamlet and you will see a single track lane on the right hand side. Take this right turn (if you've walked over the stone bridge you've gone too far!)
6. This lane hairpins and climbs steeply. At the top take your time to look at the views back towards Llanidloes.
7. Keep following the lane, bearing right.
8. You will come to the end of the lane at 'Cefn y Bwlch' farm.
9. The footpath is signposted from here, take a right turn over the gate immediately before the farm.
10. Turn right and head through the woods, there is a fence to your right. Enjoy the views
11. The path drops quickly down through the woods and across the field.
12. Walk across the flat field and towards a gateway.
13. By this gateway there is a footpath which is between a double hedge and this leads you to a footbridge which crosses the Afon Brochan
14. Turn right over the footbridge and head across the field towards a gate in the far corner
15. After going through the gate you will be in Felindre. Cross over the stone bridge and up the road which will lead you to the glanynant road
16. Turn right at the top of the junction and follow the road back into Llanidloes, taking care as you do so.