

Cwmduddwr

PARKING
Triangle Inn
St Brides

TOILETS
FOOD

Trail -----
Alternative Route

St. Gwrthwl's, Llanwrthwl to St Brides, Cwmduddwr

(3 miles, mostly tarmac, fairly flat, one moderate hill)

From the church turn left through the village, past the old school (now community centre) on the right and ignore the turning on the left to Penrhos.

50 yards further on, take the bridleway on the right up the hill.

At the tarmac road, turn right.

Follow the lane for 3/4 mile until you pass a house called Bach Y Graig on the left.

A short distance after the road veers around to the left but follow a bridleway that leads straight on down to the river.

Go through the gate and follow the path to the riverside. In the middle distance you can see a bridge over the Wye carrying the Mid Wales railway, closed in 1966. This is an ideal place for a paddle and if the river is low you can take off socks and shoes and wade to the other side. However, the proper footpath turns left and crosses the river by a rather scary looking suspension bridge. Despite the way it swings about a bit, this bridge is perfectly safe!

Follow the footpath through a gate to Glyn Farm.

Turn right onto the tarmac lane and follow the lane all the way to Cwmduddwr past Cwmduddwr Park on the right.

Fork left at the Triangle Inn, a 16th Century drover's Inn, and the church is on the left.

Alternatively, from the farm follow the tarmac lane as far as a patch of woodland on the left.

Take the farm track left and then at some farm buildings, turn right around the buildings and right again to take you back onto the tarmac lane after 1/2 mile and then left to Cwmduddwr.

Llanwrthwl

St Gwrthwls

PARKING

