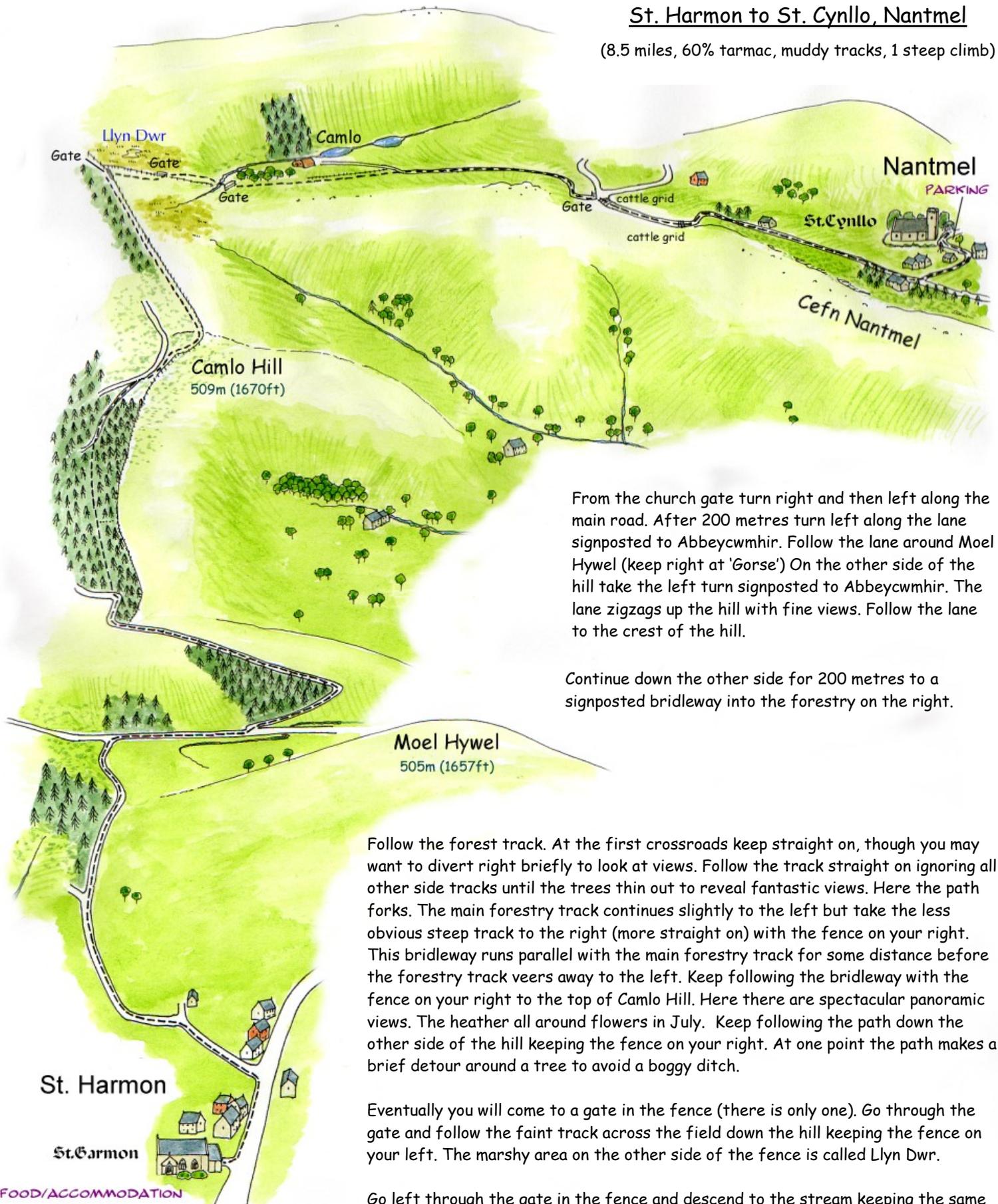


St. Harmon to St. Cynllo, Nantmel

(8.5 miles, 60% tarmac, muddy tracks, 1 steep climb)



From the church gate turn right and then left along the main road. After 200 metres turn left along the lane signposted to Abbeycwmhir. Follow the lane around Moel Hywel (keep right at 'Gorse') On the other side of the hill take the left turn signposted to Abbeycwmhir. The lane zigzags up the hill with fine views. Follow the lane to the crest of the hill.

Continue down the other side for 200 metres to a signposted bridleway into the forestry on the right.

Follow the forest track. At the first crossroads keep straight on, though you may want to divert right briefly to look at views. Follow the track straight on ignoring all other side tracks until the trees thin out to reveal fantastic views. Here the path forks. The main forestry track continues slightly to the left but take the less obvious steep track to the right (more straight on) with the fence on your right. This bridleway runs parallel with the main forestry track for some distance before the forestry track veers away to the left. Keep following the bridleway with the fence on your right to the top of Camlo Hill. Here there are spectacular panoramic views. The heather all around flowers in July. Keep following the path down the other side of the hill keeping the fence on your right. At one point the path makes a brief detour around a tree to avoid a boggy ditch.

Eventually you will come to a gate in the fence (there is only one). Go through the gate and follow the faint track across the field down the hill keeping the fence on your left. The marshy area on the other side of the fence is called Llyn Dwr.

Go left through the gate in the fence and descend to the stream keeping the same fence on your right. Cross the stream and go through the gate. Follow the faint track skirting the woodland on your left. Your route stretches away in front of you along the side of the ridge. The track gradually improves and eventually you will descend the hill through a gate to the tarmac road. Turn right over the cattle grid.

Follow the unfenced lane along the ridge, over another cattle grid and then down the hill to Nantmel. Just after the first bungalow on the right (Brynawelon) take the lane to the left down a steep hill. After quarter of a mile you will come to the church.

Trail
