

WALK 15 LAND OF MINERALS

DESCRIPTION The Cambrian Mountains offer some of the wildest walking in Wales. This challenging 7 mile walk leads through wetlands and moors to Rhandirmwyn, nestled in the beautifully wooded Tywi Valley, then returning to Cyngordy, and its finely constructed railway viaduct. Allow about 4 hours.

START Cyngordy Station. SN802406.

1 Leave the lonely platform of Cyngordy halt by way of the access track but turn RIGHT at the first junction to the level crossing. Climb over the stile and listen for trains. If all is clear cross over and climb a stile into a field to follow the track up to a stile by a gate. Continue ahead as the track bends right to Dildre to the left of a huge shed, and through a gate. Walk up and across the field to the left of a line of trees. Continue through a gateway. Interesting this, there is no gate and the right gate post has a fence attached to it but not to the left! Walk down the field half LEFT to a gate. Go through it and down a track for 20 yards into wet ground. Turn sharp LEFT to pass through a very rickety iron gate. Go ahead for 10 yards then turn RIGHT and cross a small footbridge into a field. Walk up the field with a fence on the right to a stile at the top corner.

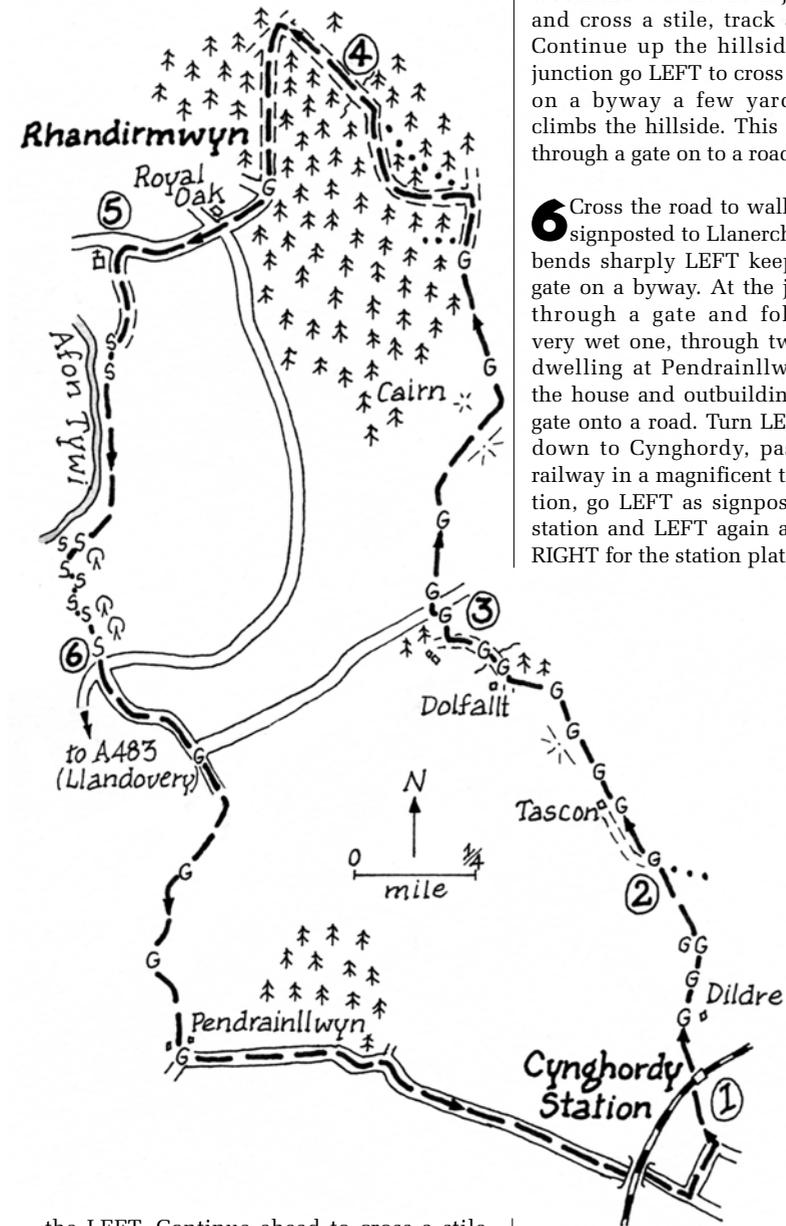
2 Go LEFT to cross a track and continue up to a stile by a gate. Cross it and continue through a wet pasture to a bridle gate. Go through and keep ahead with a fence on the left. Pass through a bridle gate by a dwelling known as Tascon. Proceed ahead again with a fence on the left to pass through a barred gate. The fence cuts left but keep ahead across marshy ground to go through a bridle gate. *The view back to the Brecon Beacons is superb.* Turn RIGHT and walk with the hedge on the RIGHT but go half LEFT through more wet ground to reach two gateways as indicated by a waymark on a tree. Go through the one on the left and continue ahead with a fence and trees on

the right. It descends more steeply to a track. Turn RIGHT and follow the track to a gate before a farm. Go through it and continue ahead between the house on the left and outbuildings on the right to exit over bridge and through a gate. Follow the track up the hillside to a gate and a road.

3 Cross the road and turn RIGHT to go through a gate into a field. Continue to rise up the field with a hedge on the left. Go through a gate at the next boundary and follow a green track with a fence on the right but ignoring a gate on the right. There's a cairn on the summit to your left and then a gate facing a mountain of conifers ahead. Go through it and follow it to a gate into the wood. Follow this between the trees and a fence. Ignore the gate on the right but rise up to a junction. Go LEFT to descend on a wide track for about half a mile. Pass over a stream in a narrow gully and then look for a stone cairn on the left.

4 Go LEFT at the cairn on a well worn path beneath conifers. This drops down to a gateway. Continue ahead to leave the wood to join a track. Turn RIGHT and go through a gate onto the road. Pass by the Royal Oak Inn, turn LEFT and first RIGHT at the junction on the road through Rhandirmwyn. *The area has been subject to mining for lead and zinc and the last mine was closed in the early 1930s hence its name meaning 'land containing minerals' in Welsh. The Royal Oak is a stone flagged inn with real character, serving great ale and food with a warm welcome. It is open at lunchtimes (to 15.00 in the summer, 14.00 in the Winter) and from 18.00 in the evening (19.00 on Sunday). It also has accommodation which is ideal for those seeking to explore the Upper Towy Valley (theroyalakinn.co.uk). There's also a tearoom and store at the T junction.*

5 Turn LEFT by St Barnabus church to follow a track to a sewage works. Cross a stile by a gate and go ahead through a bridle gate to join a riverside path. Turn LEFT to follow this beautiful waterside path (Towy Trail) over a footbridge. Ignore the stile on



the LEFT. Continue ahead to cross a stile, footbridge and steps to rise up then follow a fence on the LEFT to the next stile. Cross it and proceed ahead (not RIGHT) on a permissive path to cross a stile by a gate. Cross it and go LEFT at the fork to rise through

woodland. At the next junction, go LEFT and cross a stile, track and another stile. Continue up the hillside and at the next junction go LEFT to cross a stile then RIGHT on a byway a few yards beyond which climbs the hillside. This veers RIGHT to go through a gate on to a road.

6 Cross the road to walk up a narrow lane signposted to Llanerchindda. As the lane bends sharply LEFT keep ahead through a gate on a byway. At the junction go RIGHT through a gate and follow the track, a very wet one, through two more gates to a dwelling at Pendrainllwyn. Pass between the house and outbuildings to go through a gate onto a road. Turn LEFT and follow this down to Cyngordy, passing beneath the railway in a magnificent tunnel. At the junction, go LEFT as signposted to the railway station and LEFT again along a track. Turn RIGHT for the station platform.