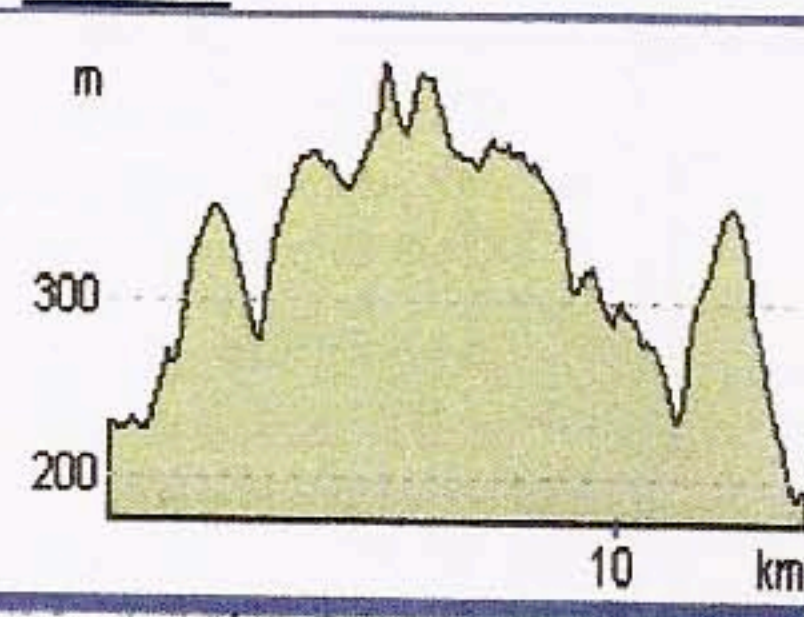


Leg1.Llandrindod to CP1(A481) (SO 073 530)

Distances

This leg =8.7miles
Summed=8.7miles
Ascent =1350ft
Telephony=Total

Profile



Comment

The metropolis is soon left behind as you take to the tracks and minor paths that traverse three fine hills. Take time to look about you and particularly northwards to the distant horizons and you will see much of the route to come. But don't force your pace too soon in this event. So, as instructed by Nancy Sinatra: "Are you ready boots? Start walking!"

Bon Voyage!

Note. The route description starts from the Trig Point 355 to where you have been taken by a guide.

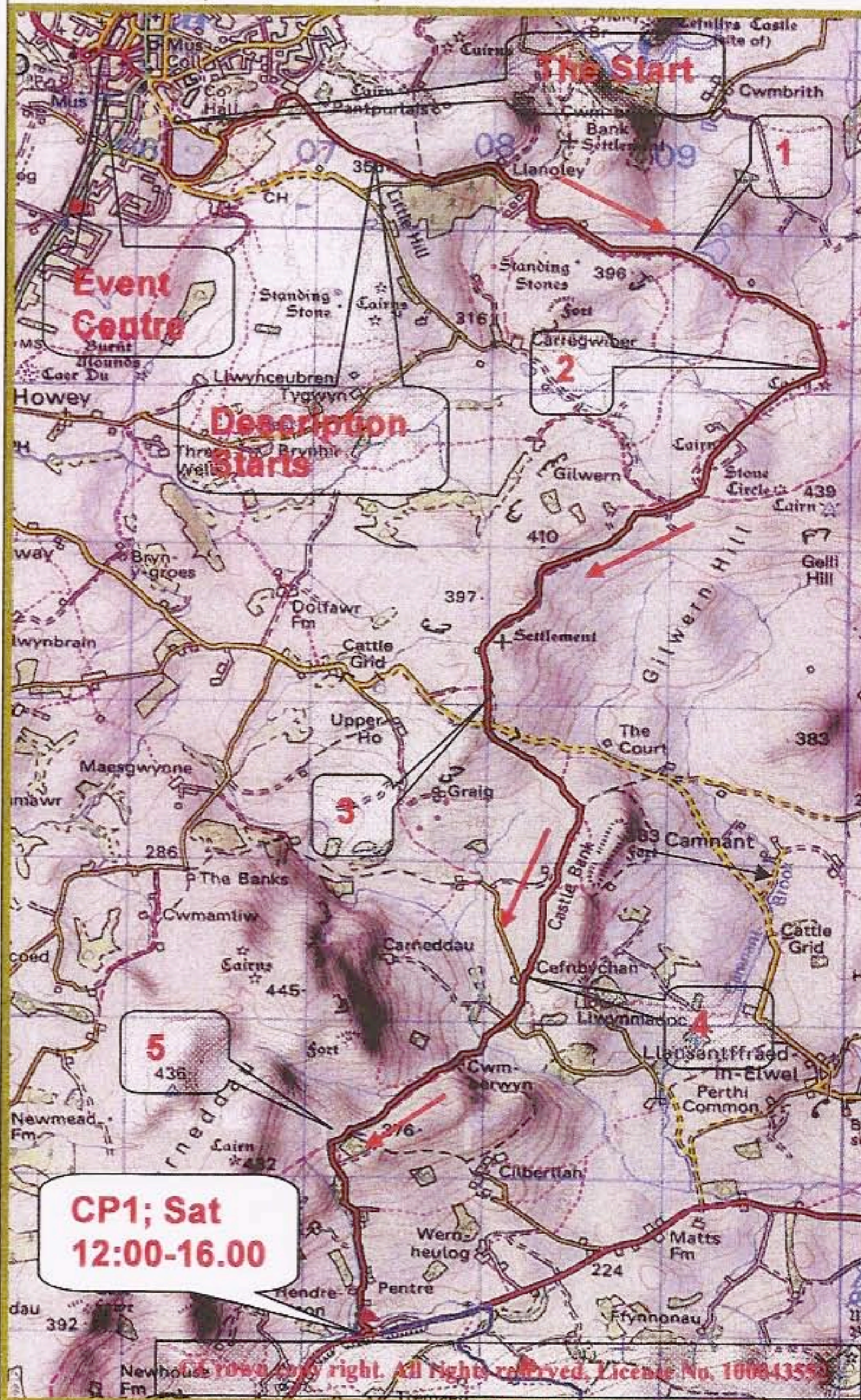
Glossary

On Rt = On your Right	Gt = Gate
On Lt = On your Left	Rd = Road
AH = Ahead	Km = Kilometre
Jnct = Junction	(BNNN) = Bearing
Trk = Trk	WM = Waymark
St = Stile	GW = Glyndwr's Way
CP = Check Point	WVW = Wye Valley Walk
PC = Passage Control (unmanned)	Br = Bridge

1. From Trig Point(SO 074 604) take a clear path (B120) for 130m to Rd where turn Lt and descend to road end there continuing AH up clear Trk for 900m to fork of Trks and keep Lt to pass by scattered trees with offset pool on Lt. (4.7Km; SO 091 598).
2. After 800m pass stone hut on Rt (SO 097 595) and AH for 50m to go thru Gt and immediately turn Rt along fence on Rt to second Gt and thru keeping AH on flagged route up hillside under obvious summit with cairn to gate and go thru(5.9Km;SO 098 591).
3. Descend over field (B235) to reach Gt on Lt in valley bottom and go thru into Trk then in 30m follow bend to Southwest onto Trk that winds for 1.7Km across eastern flank of Gilwern Hill to reach open moor and then unfenced Rd. (9.3Km; SO 080 569).
4. Cross Rd to old notice and AH for 30m to take unmapped grass Trk on Lt down hill(B135) passing enclosure on Lt and then uphill to fence corner where turn Rt(B200) onto grass Trk and follow it along fence/wall on Rt under Castle Bank to reach Gt before farm (Cefnbychan, NO ENTRY) but go AH on field path by farm buildings on Rt and thru several Gts to reach lane and turn Lt (11.2Km; SO 082 552).
5. After 250m when lane bends to left keep AH down Trk to Cwm-berwyn and go past building on Rt into garden immediately turning Lt up to Gt and thru to turn Rt along path offset from hedge on Rt to climb across hillside soon crossing scree to reach end of field fence there continuing AH(B230) on ascent to saddle between hills and turn Rt with wood on Lt. to reach fence corner (12.4Km; SO 073 543).
6. Keep along fence with wood on Lt to reach Gt on Lt and go thru into field where after 25m turn 1/2Rt across field to Gt and thru onto Trk and AH descending steeply by Rhiwlas soon to reach CP1 on Rt in lay-by off A481.(14Km; SO 073 530).

Limited service open air Checkpoint

Busy Main Road with fast traffic. You have personal responsibility for your own road safety when crossing the road. Look both ways and cross when safe to do so.



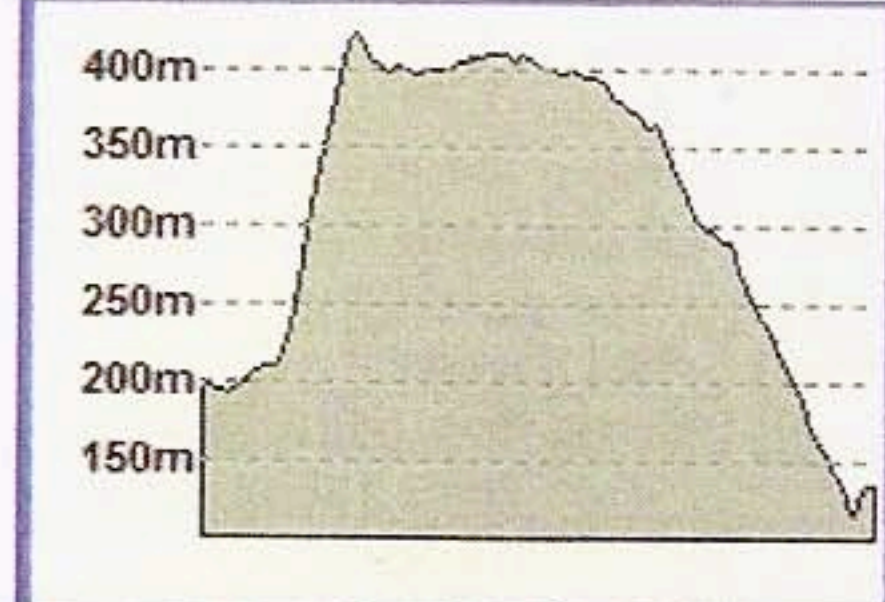
CP1; Sat 12:00-16.00

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Leg 2. A481 to CP2
Aberedw
Village Hall
(SO 078 473)

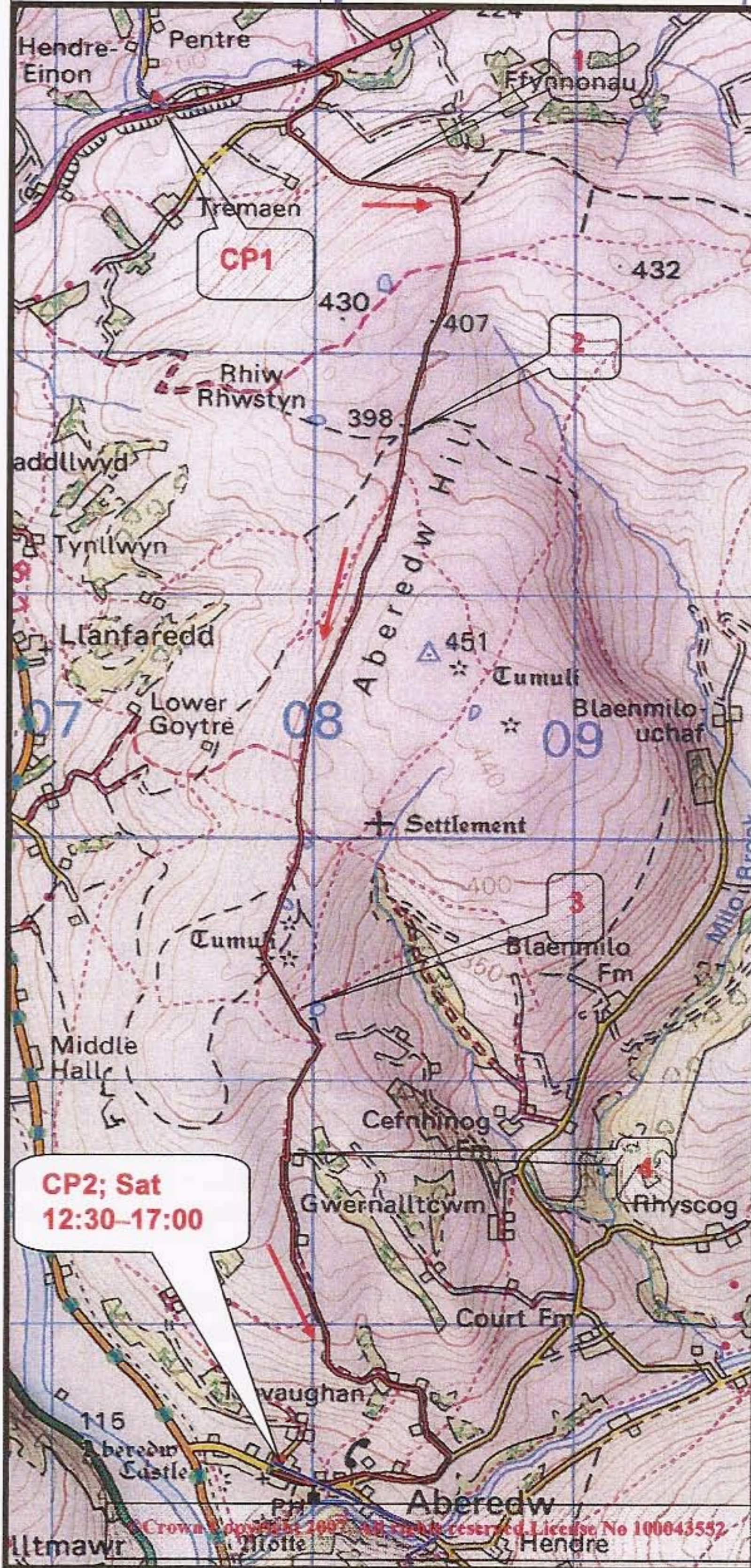
Distances
This leg = 5.4miles
Summed =14.1miles
Ascent =750ft
Telephony; Total

Profile



This leg, on the day of the event., will start with a waymarked, permissive route across fields. At other times use the route as described

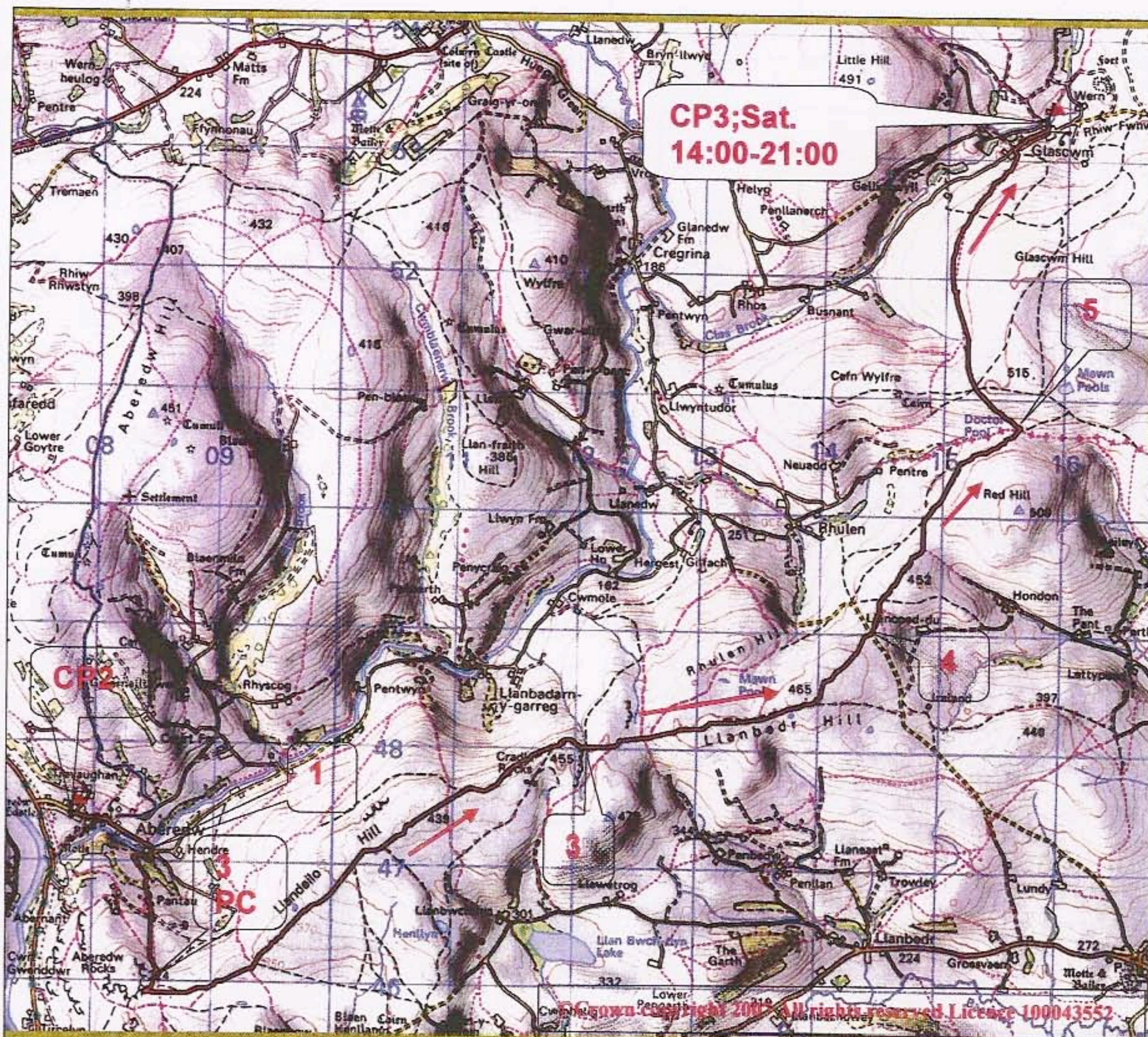
A mile into the leg a steep climb takes you to open hill country with splendid views into the Wye Valley and on a clear day the Brecon Beacons and Hay Bluff are clearly visible to the South. Look out for the ancient standing stone that marks the turning off the hill track.



- 1. Cross A481**(**Stop! Look both ways before crossing.**) and follow waymarked route across fields to minor road to reach ascending Trk soon passing derelict farm on Lt (*Neuadd Fach*) continuing AH up enclosed Trk thru Gts to open field where keep AH in ascent by low bank on Lt to Gt and thru onto open hillside(**1.4Km; SO 082 527**).
- 2. Turn Rt uphill over grass** then in 20m turn Lt to join clear sunken path rising steeply to hill crest and where it becomes undefined continue AH(**B200**) over short grass to join clear grassy Trk and AH(**B200**) for 750m to reach saddle by pond on Rt then at Trk jnt continue AH(**2.3 Km; SO 083 516**).
- 3. Ascend clear Trk(B200)** that traverses west flank of *Aberedw Hill* for 1.5Km to pass pool on Lt(see map) then a second pool and after 100m pass by standing stone (*Tumuli*) offset on Lt and then in a further 80m turn Lt on narrow path(**B170**) soon descending for 300m towards fields to reach Gt and go thru(**5.1Km; SO 079 493**).
- 4. Pass thru small wood** (unmapped) then cross field with standing stones on Lt and at pair of Gts go thru gate on Rt then immediately turn ½Rt (**B230**) into field and in 200m go thru gap in fence to descend South down shallow valley towards ruined barn (*Ffynnon-goll*) and join clear Trk(**6.1Km; SO 079 486**).
- 5. Continue AH down Trk** for 1.2Km to Gt into *Trevaughan Farm* yard and cross to drive (**permissive for event**) that becomes lane and at road jnt turn Rt and Rt again at next Jnt soon passing Church and *Seven Stars Inn* to reach CP2 in hall on Lt(**8.9Km; SO 078 474**).

Full service CP in Hall.

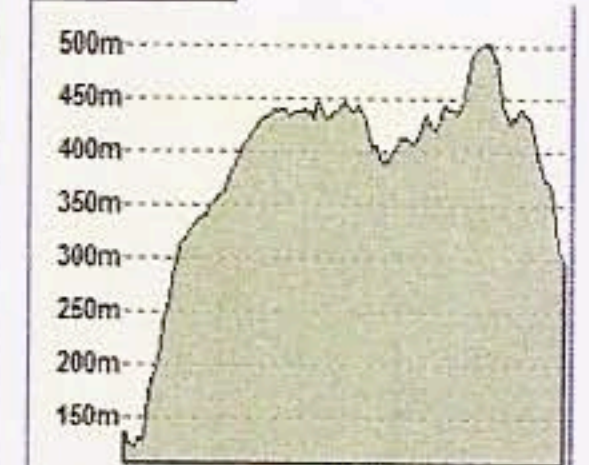
As the enormity of your task becomes clearer remember what the Marines say: "Pain is merely weakness leaving the body".



Leg 3. Aberedw to Glascwm (SO 158 532)

Distances
 This Leg = 8.9 miles
 Summed = 23.0 miles
 Ascent = 800ft
 Telephony: Partial

Profile



After a stiff climb you reach open moor where miles of turf tracks lead you on across rolling heather covered moor.

Unmapped sheep trods and vehicle tracks may distract you so keep an eye on details in the route description.

1. From the hall retrace the route thru the village going Rt at fork in Rd then in 400m cross bridge and at Rd fork veer Rt uphill for 80m to turn Rt thru Gt (0.7Km; SO 086 470).
2. Ascend clear Trk thru wood that in 200m bends to Lt then at fork of Trk keep Rt (B175) to reach ruined farm (Pantau) and go thru Gt and when Trk bends to Rt keep AH taking a clear grass path going directly uphill keeping AH at cross Trk until in 600m at crest of the hill keep AH for 200m passing small Pool under low crags and at its south end find PC1; SELF CLIP (2.1Km; SO 085 459).
3. Leave PC1 on a clear path going East along hill crest for 900m to pass under Power Line then in 80m go AH over Trk onto a clear Trk gently ascending North Eastwards along Llandeillo Hill for 1.3Km with views North into valley to pond on Rt (Glannau Pool) then in a

further 700m pass by a boundary stone (Twm Tobacco's Grave) and continue AH on clear Trk (B060) to rocky outcrop (Cradle Rocks) and descend to stream with ford in Cwm lago. (6.9Km; SO 121 480).

4. Keep along the Trk to cross crest and go down to saddle (crag to N & S) where at fork veer Rt and gently ascend flank of Llanbedr Hill (B075) for 1.2Km to pass offset pond to Rt and at fork of Trks keep Lt onto clear Trk (B050) leading to unfenced Rd (9.5Km; SO 145 490).

5. AH over Rd to grass Trk (B024) crossing undulating ground for 1Km to Trk Jct by boundary stone and turn Lt (North) then in 200m reach Gt (no entry) and turn Rt onto Trk (B035) going along fence on Lt to it's end and then AH on Trk for 900m reach pond (Pwll Brwynog) (11.7Km, SO 156 507). ▶▶▶▶

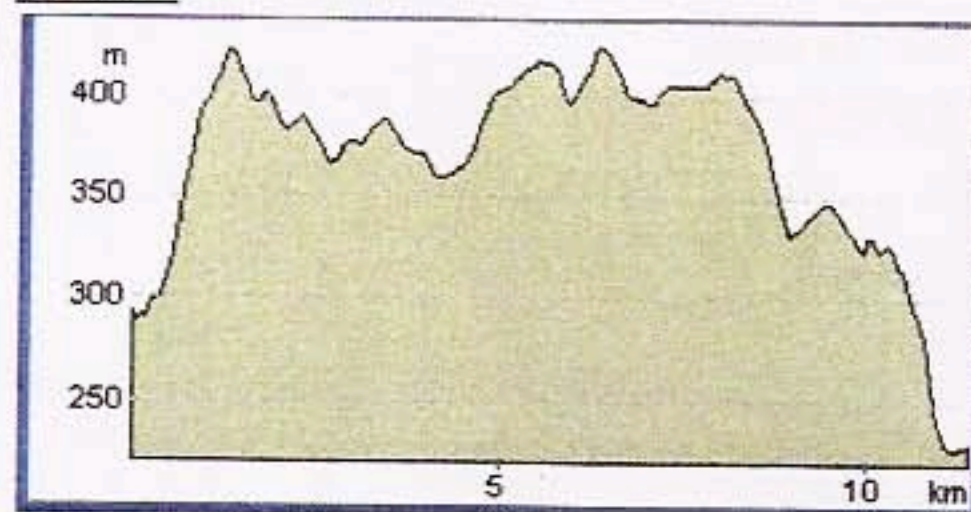
6. From Pool go AH over Trk then immediately Lt onto clear unmapped path (B340) to climb steep hillside for 400m then AH over crossing Trk and down by line of posts on Rt for 1Km to reach clear path and descend Northeast across western flank of Glascwm Hill to reach wood on Lt and then at Gt on Lt go thru onto Road and turn Rt passing church on Lt to reach Rd Jct and turn Lt for 50m to reach CP3 on Rt (14.6Km; SO 158 532). Full service Check Point

Bear in mind the advice given by that profligate sage; Anon "Don't think you are on the right road just because the path is well beaten"

**Leg 4. Glascwm to
New Radnor
(SO 212 608)**

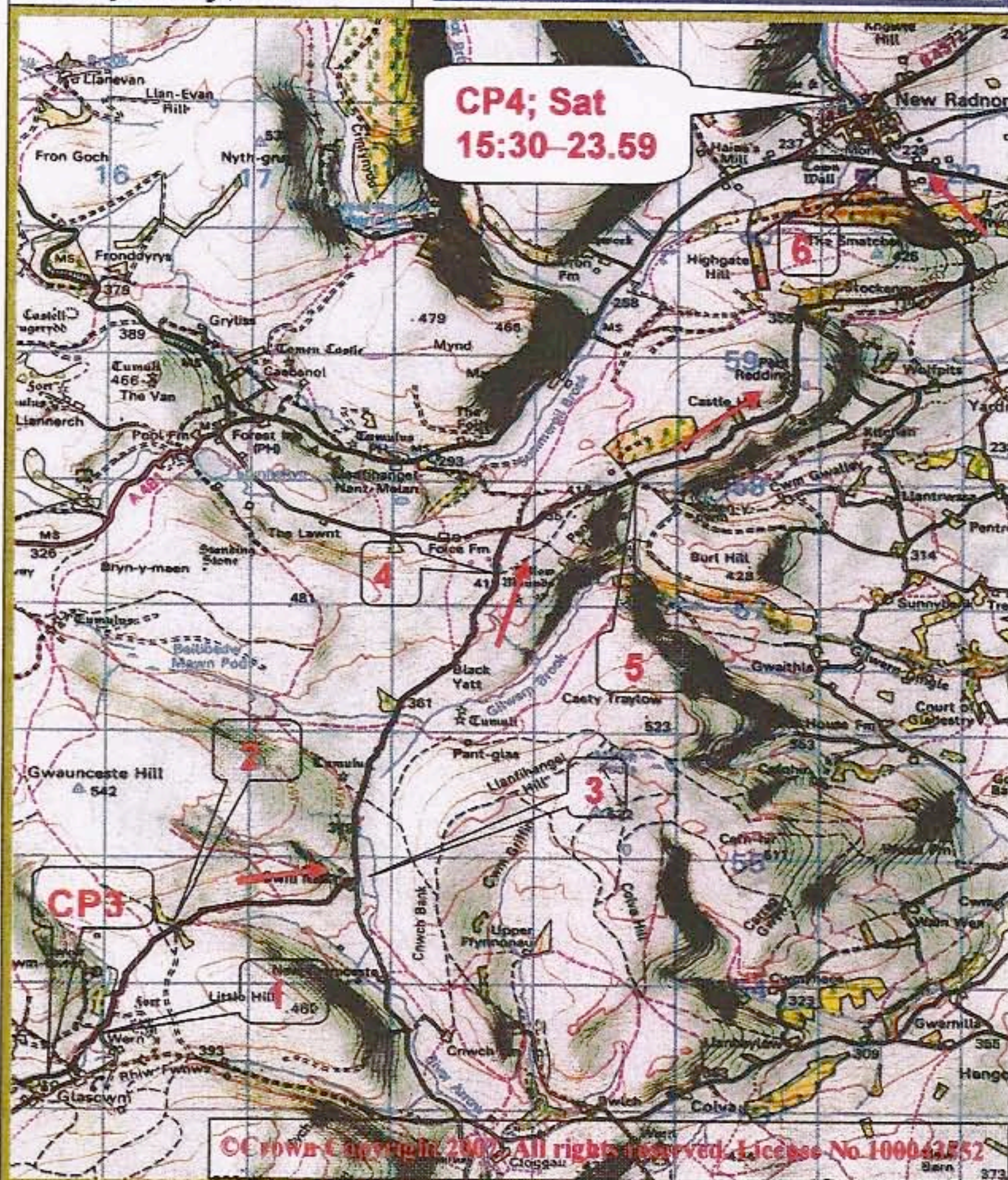
Distances
This Leg = 7.4miles
Summed =30.4miles
Ascent =990ft
Telephony; None

Profile



After another stiff climb you come to miles of rolling hill country generally enclosed within fields but interrupted by short sections across open moor. Finally there is a steep drop by minor road to reach CP4 in the community hall in New Radnor.

Navigation needs care on leaving Glascwm through the field sections and again when crossing the field after Llanwentre Pool but clear tracks predominate.



1. Leave CP by turning Rt and in 50m go over Br and turn Rt onto path between house and stream to enter field then AH to St and turn Rt fording stream and immediately Lt along fence on Rt to reach Gt and thru onto Trk(450m; SO 160 536).

2. Turn Lt thru gate and at fork of Trk veer Rt for 100m to go thru Gt and ascend by hedge on Rt for 100m and where Trk bends to Rt turn ½Lt (B020) up steep bank to join faint Trk that ascends to Gt onto open hillside and go AH now on clear Trk (B010) for 200m that bends to Rt(B035) and in 250m at fence corner continue AH(B040) for 300m over open ground of hill top and reach Gt between 2 small pine woods.(1.6Km; SO 165 544).

3. Go thru to cross field by fence on Lt to field corner and enter overgrown sunken Trk(B070) to keep AH for 600m thru several Gts(Trk becomes well used after 1st rusty Gt) then enter field and keep by fence on Lt to reach double Sts in corner and cross keeping AH along fence on Rt to Gt and go thru onto Trk at Cwm Kesty.(2.8Km; SO 177 548),

4. Turn Rt and in 50m turn Lt onto Trk and go along fence on Rt for 500m until Gt and thru into open ground (ignore first Trk on Rt) then after 200m go AH over cross Trks then thru Gt into field keeping AH on same Trk to ford stream then pass wood on Lt keeping AH on deeply rutted Trk that climbs by the ruins of Black Yatt on Lt to reach hill crest with Llanwentre Pool on Lt.(5.9Km; SO 187 573).

5. Pass thru Sheepfold and on exiting turn Lt across field(B010) on undefined path to join fence on Rt then keep AH by fence down to Trk and thru Gt on Rt to follow Trk across hill for 900m to Trk crossing with pool on Lt where keep AH(B074) on grassy Trk(7.1Km; SO 197 580).

6. After 30m go thru Gt into field and keep AH across level hillside by fence on Rt that changes to Lt before going thru thin belt of trees then bend Lt to reach farm (Pool Redding) and go AH thru yard then down clear Trk to reach pair of Gts and thru Gt on Rt entering enclosed Trk into forest then after forest exit continue AH for 900m to tarmac and after 150m at Rd Jct go Lt for steep descent on minor Rd to reach A44(T) and cross(CARE! Look both ways then cross; 11.4Km; SO 216 605)

7. Turn Lt for 150m to Rd Jct and turn Rt on Road keeping Lt at monument and in 200m within town centre opposite Pub(The Eagle)turn Lt into Hall Lane to reach CP4 in hall on Rt. (10.3Km; SO 212 608).

A community hall with full facilities.

Today Glascwm is a remote and solitary place just as it was when founded by a group of Celtic monks, a glas, and so it acquired its name meaning the chapter or chapel in the valley. The church is dedicated to St. David, who is not the patriarch of Wales but another leader who resisted without success the encroaching Saxons.

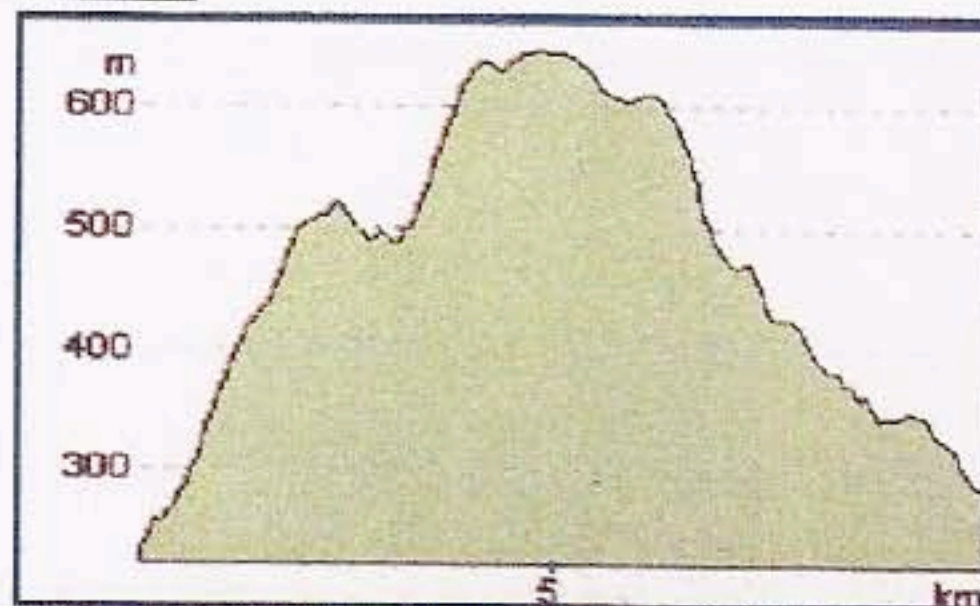
After the Norman Conquest a reform of local government created a parish centred upon the church and this prospered until the 14th Century when depopulation caused by the Black Death and depredations inflicted on English sponsored churches by the Glyndwr rebellion brought poverty to the Welsh border.

In time bust led to boom when the village became a stopover on a drover route and business expanded so that 4 inns provided refreshment to travellers. The turn pike came through in the early 19th century cutting 2 hours off the time for the London postal delivery in Builth and the prosperity enabled the church to be refurbished in the 1880's by the architect of the Tate Gallery with warm air underfloor heating for the comfort of worshippers. But the tide of history has turned again. I remember a youth hostel that is no more so the hamlet is now without a bus, a shop, or an Inn to attract custom.

Leg5 New Radnor to Dolau (SO 159 673)

Distances
This Leg= 6.6miles
Summed=37.0miles
Ascent =1586ft
Telephony=Good

Profile



We intended that on this leg you would climb a hill but the discovery of unexploded munitions along that path has required a diversion so now we have you ascend a mountain. This change adds ascent to the overall route but your gain is a highly scenic leg with comfortable checkpoints at both ends

Navigation in daylight should be easy but in darkness take care to locate the correct path from the trig point on Black Mixen and the turn out from the forest path described in section 4.



1. Leave CP by turning Lt and returning to Broad Street then Lt again to top of Rd where turn Rt then in 20m Lt into Rd (Mutton Dingle) and ascend for 1Km to reach entrance(no entry) into forest and turn Lt onto ascending Trk (1.1Km; SO 205 618)

2. Keep AH up Trk with forestry on Rt and reach open hillside under Hill (Whimble) where keep AH on Trk that passes firing range on Lt(Harley Dingle)and continue ascent of grassy Trk to reach Gt. at head of dingle (3.6Km; SO 203 637).

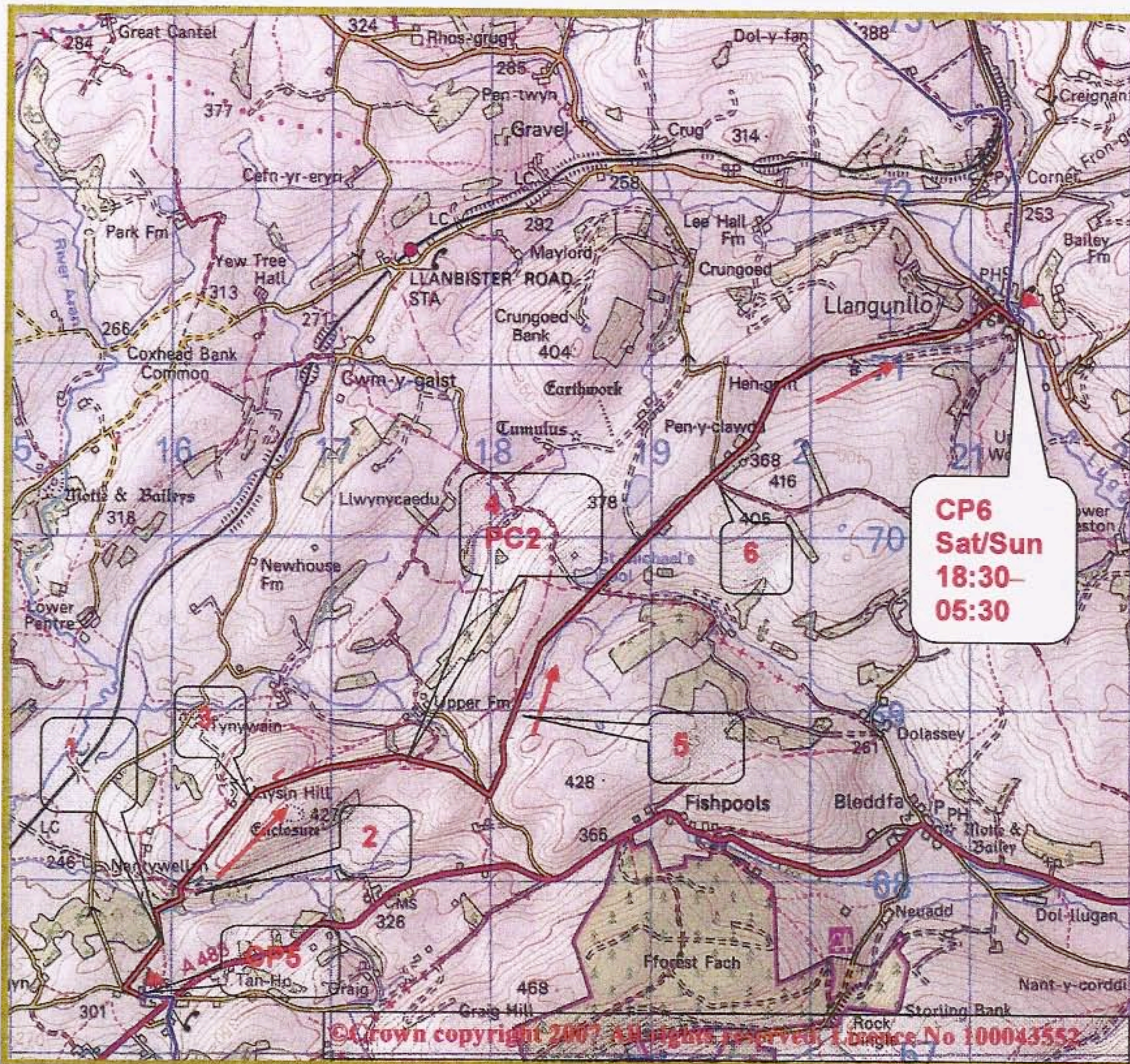
3. Go thru Gt and AH up path(B000) for 80m to stony Trk and turn Lt by small quarry on Rt then in 200m join fence on Lt. to keep AH for 400m where Trk swings Rt(B320) and weakens but continue towards Telecom Tower to reach trig pillar (Black Mixen, 2100ft) 20m before tower,(4.9Km; SO 197 644)

4. From trig pillar take clear peat Trk (B300) in 75m passing post on Lt and head North West through heather for 500m to reach fence of nature reserve on Rt then AH to fence corner(by Shepherd's Well) and cross stile into vehicle turning circle to take first forestry Trk on Lt, (B280) to go into forest and continue AH for 1Km going West then Northwest to descend steeply thru logging clearance to reach "Y" jct where keep AH for 600m to reach Trk(wide entrance) on Lt and turn Lt along it for 25m to reach Gt (8.2Km; SO 175 663).

5.Go thru into field and turn Rt and descend Trk with forestry fence on Rt keeping AH at Trk Jncts to reach grassy triangle of Trks and there take 2nd turning on Lt thru Gt onto road end then AH for 1.2Km to cross(CARE! Stop. Look both ways) major Rd (A488) into minor Rd opposite and AH for 50m to CP5 in community hall on Lt. (10.5Km; SO 159 673) A full service CP in Hall.

New Radnor was built as a walled garrison town with an associated castle during the 12th C to extend English influence over a strategic route into Mid-Wales. For 400 years it served its purpose during a turbulent period of power politics, civil war and insurrection but then came peace. In 1562 it acquired borough status and became the administrative centre of a new shire county of Radnor but it lost this status in 1886 and, then in 1974, the eponymous County was subsumed within Powys. Without the business of servicing a castle the economy of the town suffered a long decline that even the coming of a railway in 1875 failed to reverse. One at a time it lost its law court, fair, weekly market, gaol, police station and town hall until in 1978 a by-pass removed the trade generated by through traffic.

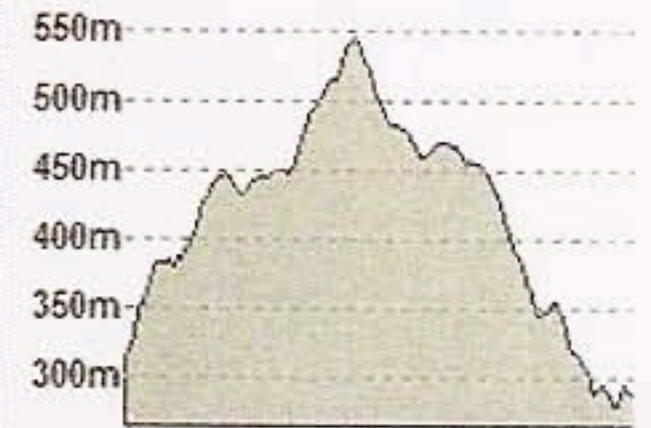
Reflect as you pass through that you maybe a part of the greatest commotion to pass this way since Glyndwr last visited but please don't get the habit of burning the place down; at least until after the closing time of the CP.



Leg 6 Dolau to Llangunllo Hall. (SO 213 713)

Distances
 This Leg = 5.1 miles
 Summed = 42.1 miles
 Ascent = 730ft
 Telephony; Partial

Profile



Comment

This may be the leg where you walk into the first night so take advantage of a big hall in which to eat, drink and prepare yourself for the rigours to come.

Navigation across the field paths that start the leg will require care but after Llysin Hill clear tracks and a road should give to you miles of easy progress.

1. From the hall turn Lt along road for 200m and then Rt thru Gt before Rd Jnt and take undefined path along hedge on Lt for 200m to Gt on Lt and thru into field and go ½Rt(B050) to stile and cross(0.5Km; SO 159 676).
2. Go AH down steep bank(B010) with hedge offset in ravine on Lt for 300m to bridge and cross to fork ½Rt(B045) on faint path(flagged) ascending thru wood for 200m to St and cross into field(0.9Km; SO 161 679).
3. Turn Lt up fence on Lt for 150 m to reach clear Trk and turn Rt then in 50m at fork of Trks veer Lt up fence on Lt for 60m to Gt on Lt and thru then Lt along fence on Lt for 300 m to corner where keep AH(B40) across open field to rejoin hedge on Lt then at Gt go thru to continue AH along line of bushes on Lt.(2.1Km; SO 168 687).
4. At last bush keep AH(B060) across open field to go thru Gt on low saddle then gently descend (B085) across flank of hill (Llysin Hill) for 200m to Gt ▶▶▶

and thru to go up Trk and follow fence on Lt across hillside to reach Gt at South end of narrow wood and **PC2**; self clip(2.7Km; SO 174 687).

5. Leave PC2 descending by fence on Lt (B105) to Trk and turn Lt to reach cattle grid where turn Rt on Trk for 400 m to Rd and turn Rt for 50m to off-set Gt on Lt and thru onto clear Trk(B025) going over low saddle with sheepfold on Rt where it becomes an undefined path.(3.8Km; SO 181 689).
6. Descend valley going AH thru several Gts and using fence line alternating to your Rt and Lt as a guide reach cross Trks near St. Michael's Pool and continue AH (B045) on wide Trk for 1Km to Rd(5.8Km; SO 194 704).
7. Descend North Eastwards on Rd into the village of Llangunllo and at cross roads turn Rt along Rd to reach CP6 in hall on Lt.(8.1Km; SO 213 713).

Fully serviced CP in hall

In the next leg you walk a part of Glyndwr's Way; a National Trail of 134 miles through Mid-Wales.

Born in 1354 Glyndwr was an aristocrat, barrister and soldier and for forty years of his life a loyal subject of the English Crown. Then after suffering an injustice under the English occupation of his country in 1400 he raised an insurrection so successful that in 1405 he called a Welsh parliament and was crowned Prince. His vision was of a free and independent Welsh state, with its own legal system, civil service, church and 2 Universities. But his power waned, the English regained an upper hand and he became a fugitive until in about 1415 somewhere in the Marches he died and was buried in a secret grave hidden to this day.

Leg7: Llangunllo to Felindre Hall (SO 170810)

Distances

This Leg = 9.4 Miles

Summed =51.5miles

Ascent =1390ft

Telephony: None

Profile

550m
500m
450m
400m
350m
300m
250m

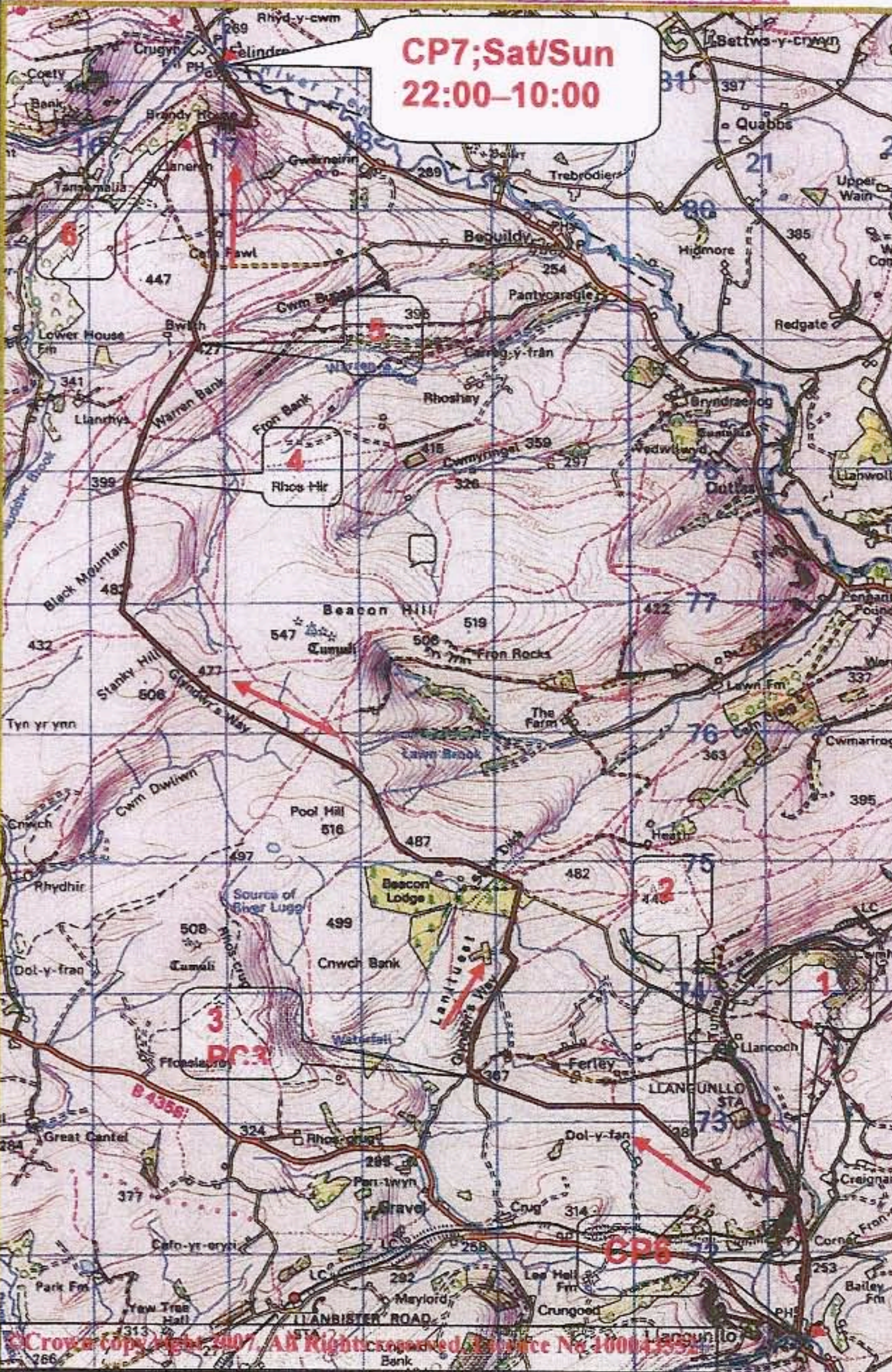


This leg includes a long stretch of beautifully wild and rugged moor but the pity of it is that you will likely walk it in darkness. Then it could be a serious challenge if the weather is bad with wind, rain, poor visibility and lack of shelter on high ground.

Navigation should not be difficult as you join Glyndwr's Way and follow it for the whole leg so its waymarking will be a great help.

We will augment it with light emitting wands to help you on your way.

Note that LDP acorn markers are not directional and that the LDP out of Llangunllo is not as shown on current OS maps.



Llangunllo station is well worth a visit. It is a renovated old style country halt of a type that you thought no longer existed and a good base from which to recce this route. The Mid Wales line from Shrewsbury to Swansea opened in 1868 and was scheduled for closure under the Beeching axe in 1962 and again in 1967 but a vigorous local preservation group have kept it operating into 21st century. A walker may use it for hikes linking the various stations. Trains run in the early morning and evening.

1. From CP reverse the route to the Village centre there turning Rt down Rd signed Gorsaf(station) and in 600m AH over cross Roads until in 100m at Rd bend to Rt go thru Gt on Lt(GW) and down to metal bridge then ascend thru trees to reach hedge on Lt and AH along it to reach Gt on Lt and go thro onto Rd.(1.2Km;SN 212 724).

2. Turn Rt along Rd to go under bridge then turn Lt up clear winding Trk for 500m until **60m before** farmyard turn Lt on Trk to Gt(GW) going thru and veering 1/2Rt across field(B315) for 200m to Gt at far right hand corner and go thru onto plank bridge then in 20m thru Gt on Lt(2.1Km; SO 204 727).

3. Follow hedge on Rt around corner as it soon bends to Lt and goes thru two Gts then at a third go thru into green Lane(SO 201 731) and follow for 1.2Km to Tee jct at Trk Jct (GW)and PC3,self clip. (3.9Km; SN 188 733).

4. From PC3 turn Rt(B005) along clear Trk soon ascending for 1.8Km to Trk Jct (SO 192 748) and turn Lt onto broad Trk(B340) along hill crest with occasional GW markers until in 1.4Km at fingerpost(SO 180 757) follow faint path(B316) soon becoming a clear Trk heading North West across undulating flank of Beacon Hill to Trk Jct with WM (SO 162 768) and ascend to Trk summit with WM(SO 164 772) then descend on broad faint path (B015) to go past field on Lt and reach stream (10.5Km; SO 163 779).

5. Ford stream and turn Rt up sunken Trk (B025) that soon broadens and fades but keep to heading and in 500m reach GW finger post(SO 167 787) on Warren Bank keeping AH(B025) along a line of GW posts on a clear Trk guiding you to a short muddy fenced Trk at Bwlch. (11.8Km; SO 168 790).

6. At end of fences turn Rt up stony Trk and in 400m reach Rd at Cefn Pawl with GW fingerpost and go North for 100m to field corner of Blaen-yr-Ysgwydd(SO 169 796) and go North by fence on Rt to join clear Trk and turn Rt going Eastwards for 80 m then at GW fingerpost turn Lt descending along line of GW markers to join clear Trk and follow to meet Trk by wood and turn Rt to Gt.. (13.5Km; SO 167 806).

7. From Gt descend winding Trk to Brandy House Farm and turn left on drive to B4355 then Lt to Felindre and CP7 on Lt. (14.2Km;SO 170 810)
CP in fully serviced village hall

As the night passes You might agree with John Bunyan's pilgrim "The way here was very wearisome nor was there on all this ground as much as one inn or victualling-house wherein to refresh the feeblersort"

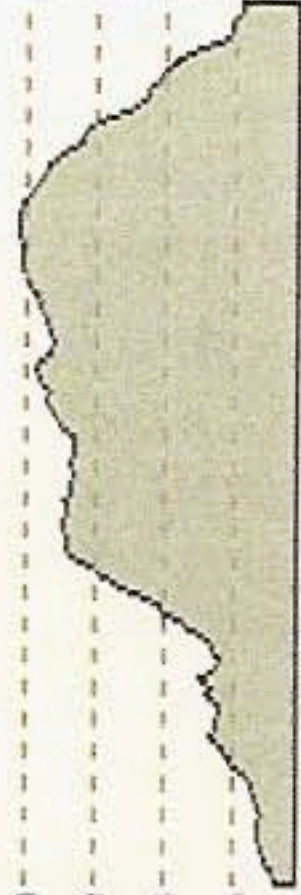
Leg 8 Felindre to Llanbadarn Hall
(SO 099 780)

Distances.

This Leg = 5.5 miles
Summed = 57.0 miles
Ascent = 770 ft
Telephony: None

Profile

550m
500m
450m
400m
350m
300m



Comment

In part along Glyndwr's Way(GW) this is an easy short leg leading to a well earned breakfast. But take care in navigating the short section across fields in mid section.

The hall that we use for the breakfast stop is a modern building named the Wellingtonia Centre. It is important that you take this opportunity to rest, eat, drink and re-supply from the baggage you may have forwarded to this check point so that you may refresh yourself after the toll of the first day and the first night. You have now completed more than half the route but as Robert Frost might have put it "The woods are lovely, dark and deep but you have promises to keep and miles to go before you sleep."

1. On leaving Hall turn Lt along Road for 250m passing **Wharf Inn** on Lt then turn Lt at Rd Jct signed Llanbister (**ignore next GW signage**) and in 900m reach road on Rt and turn Rt into it until in 1.3Km tarmac ends but continue AH thru yard of Killowent Farm(**2.6Km; SO 150 805**).

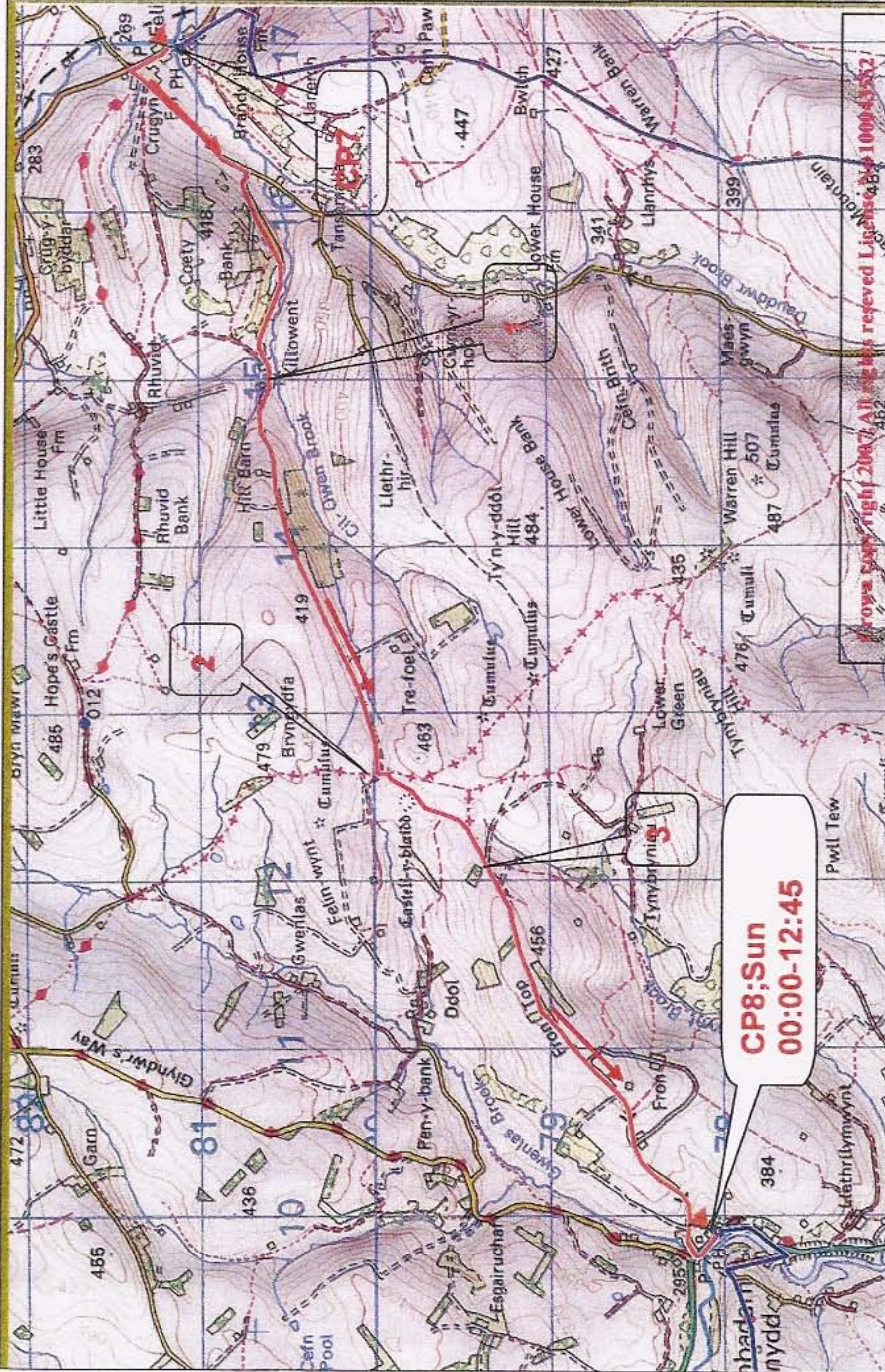
2. Ascend south westwards(**B200**) on clear Trk for 2Km going AH thru several Gts and ignoring side turnings to pass off set conifer wood on Lt then in 50m at crest of hill reach Way Mark post offset to Rt and return to **GW** whose signage will now guide you to the end of this leg (**5.2Km; SO 126 799**).

3. Leave Trk by waymark by turning Lt across grass for 50m to fence corner on Lt and in 5m turn Rt

by **GW** post and go gently down (**B220**) shallow valley under Castell-y-blaidd on Rt to Gt by Trees and AH(**B220**) across field along line of **GW** posts to reach St onto Rd at **Fron Top**(**6.0Km; SO 117 792**)

4. Turn Rt descending minor Rd for 2.5Km to reach major road(**A483**) in **Llanbadarn Fynydd** and turn Lt on pavement passing the **New Inn** and in 250m reach **CP8** in Village Hall on Lt(**8.8Km; SO 099 780**)

A roomy modern community centre with a transport link by major road to the Event Centre

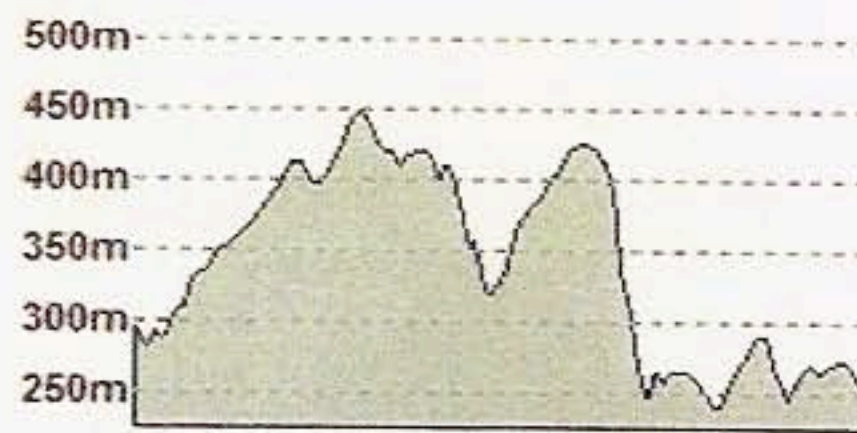


**Leg 9: Llanbadarn to
Abbey-cwm-hir
(SO 053 712)**

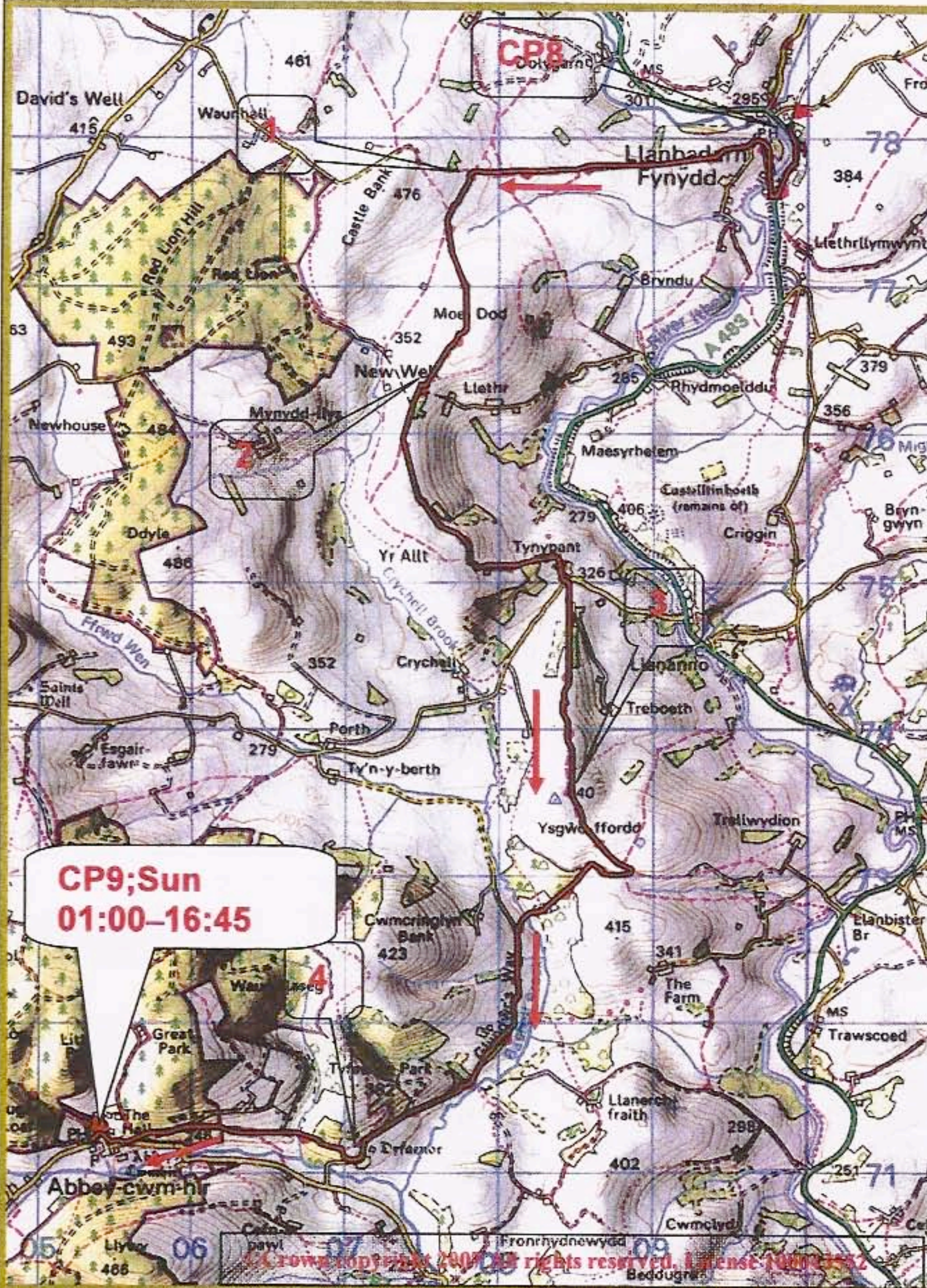
Distances

This Leg = 8.6 miles
Summed = 65.6 miles
Ascent = 1450ft
Telephony: Good at first

Profile



This leg should give you an comfortable ramble on pleasant turf carpeted paths with short stretches along roads and a field crossing at the finish. Navigation is simple as you follow Glyndwr's Way for the entire leg with it's signage to assist your path finding. The Phillips Hall is large and fully serviced and will be familiar to anybody who has walked the Cwmhir Christmas Cracker.



If you have acquired a taste for Mid Welsh scenery perhaps you should consider returning another day to walk the whole of Glyndwr's Way. The LDP starts in Knighton and It soon comes to the parts you are now walking. Thence it goes through the market town Llanidloes and heads via Plynlimon and the source of the Severn to Machynlleth. where it turns east and passes Lake Vyrnwy to reach its finish in Welshpool. You can return on foot to the start along Offa's Dyke LDP.

1. Leave CP by crossing Road (**CARE! Stop. Look both ways**) to turn Lt along pavement passing Church on Rt then turn Rt down Rd re-passing Church and go thru village then in 400m when Rd bends to Lt go AH(**GW**) up clear enclosed Trk for 1Km to Gt and AH into field along fence on Lt for 700m to cross stile by Gt and immediately turn Lt along fence on Lt to reach Gt., (2.5Km; **SO 078 778**)

2. Thru Gt to contour AH (**B215**) across hillside on turf Trk under **Castle Bank** to low marshy area with bridge and cross to continue AH(**B165**) ascending west flank of hill (**Moel Dod**) and continuing along crest (**B209**) until fence on Lt and descend to small wood on Lt. (4.7Km; **SO 075 763**).

3. Continue AH by fence to Lt along turf path that descends to Gt before white house and thru down Trk for 500m to **Tynypant Farm** to go thru yard to Rd Jct (**SO 084 750**) and cross into Rd opposite then AH ascending for 250m until Rd summit where at **GW** fingerpost turn Rt thru Gt and ascend steeply thru 2nd Gt onto open hill to pass by Trig Pillar on Rt. (7.2 Km ; **SO 085 735**)

4. At fork of Trks by **GW** post veer Rt and descend slope to **GW** post and make an acute Rt turn down hillside on Trk to next **GW** post there turning Lt down steep path to Gt into wood and AH down muddy path into field and cross to tarmac drive leading to bridge then Rd where turn Lt for 2.1 Km to pass farm (**Dyfaenor**) on Lt (9.8Km; **SO 070 711**).

5. Continue AH for 50m then turn Rt at **GW** post and follow clear Trk at top of bank down to bridge and up into field to keep along hedge to Rt for 250m to Gt on Rt and go thru soon passing big house on Lt and at Gt go thru into drive thru forest to Rd where turn Rt passing thru village (**Abbey-Cwm-hir**) to reach **CP9** on Rt in **Phillips Hall** (8.4Km; **SO 053 712**).

Full service CP in a community hall.
Now on the way to a holy place on a Sunday let us pray:

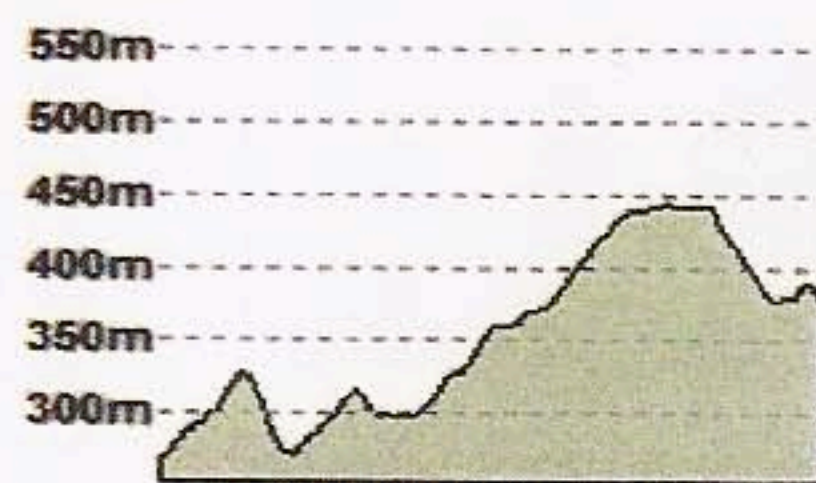
"If you pick 'em up, O Lord, I'll put them down";
The Prayer of the Tired Walker.

**Leg10. Abbey-cwm-Hir
to Bwlch-y-sarnu
(SO 029 746)**

Distances

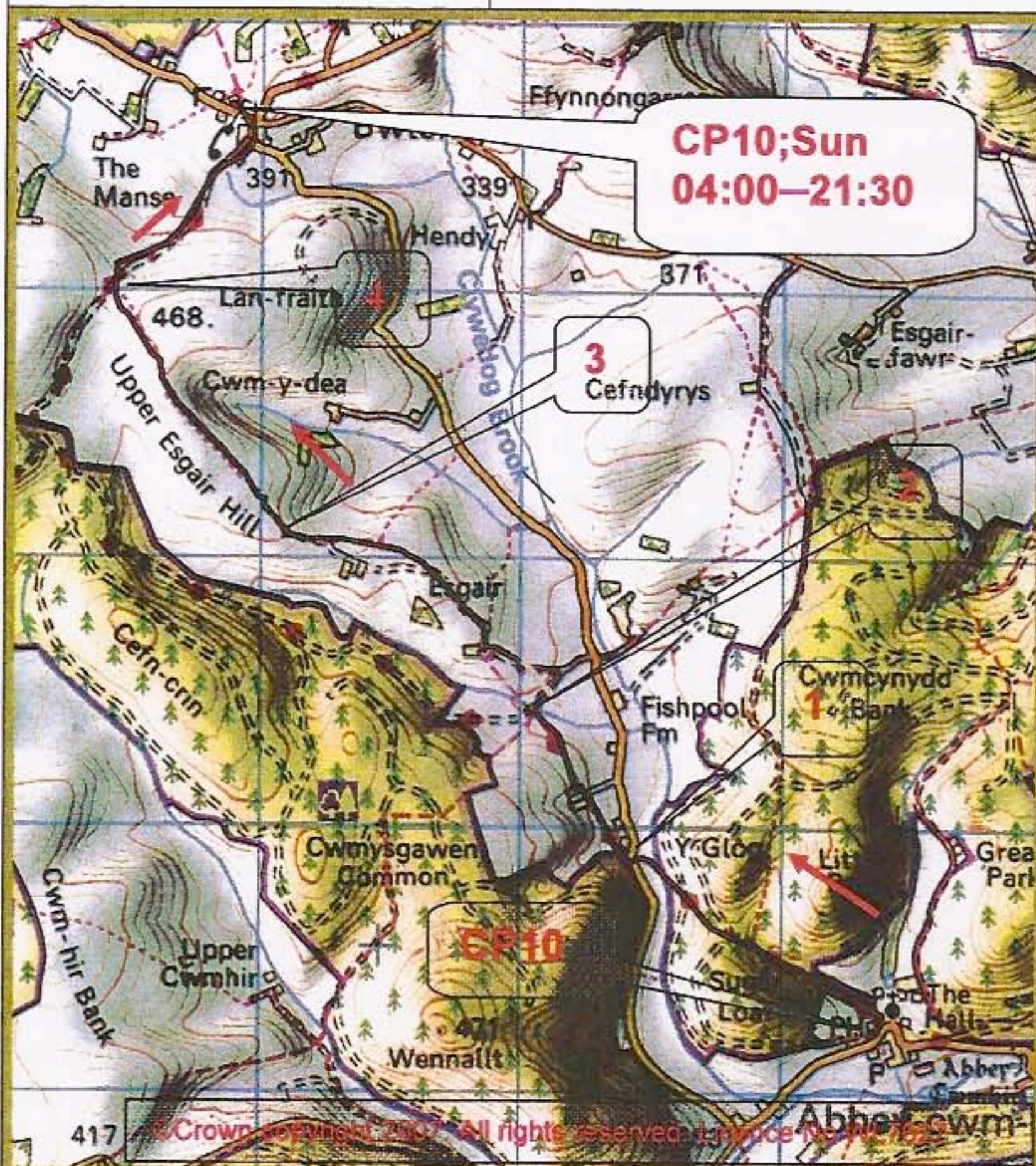
This Leg = 3.4Miles
Summed =69.0miles
Ascent =755ft
Telephony=Patchy

Profile



This is the shortest leg of the Event and at its ends are fully serviced check points. Make the most of them for ahead the facilities are more Spartan.

You will be continuing along Glyndwr's Way but note that most OS maps show an abandoned route while this description of the way up Esgair Hill seems complicated in practise it is a direct line of ascent,



Note that the 100 route follows a revised route of the Glyndwr's Way and not that shown as diamonds on the OS map

Abbey Cwm Hir

The Abbey ruins are a painful reminder of what happens if you back losers.

It was originally built in 12th Century by the Cistercian Order and then was of a size comparable to the great cathedrals of Durham and Winchester with a nave bigger than even that of Canterbury. In 1237 it paid a heavy fine to Henry II for being too Welsh but in the centuries that followed it prospered due to endowments from the Powerful Marcher Lordship of the Mortimer's until in 1401 it was burned by Owain Glyndwr for being too English. Then when Henry VIII dissolved the monasteries the monks were evicted with the premises becoming crown property and as such the still substantial ruins were rebuilt and fortified by the Royalists during the Civil War. Then came Cromwell's Army whose artillery reduced the ruins to rubble for being too Royalist. Local scavengers plundered the site for stone and any other useful bits were taken for incorporation into other churches in the vicinity.

It still is a shrine for welsh patriots for in the grounds of the ruins close to the high altar was interred in secret the headless body of Llewellyn ap Gruffudd the last Welsh born Prince of Wales otherwise known as Llewellym the Last. He died in a battle fought close to Aberdwr in 1282.

1. From the hall retrace your steps for 70m and turn left re-joining Glyndwr's Way at fingerpost to go AH on Trk along church yard wall on Rt and thru Gt into field then at next Gt enter forest and ascend to crest of hill there crossing Trk and descend clear path to cross bridge and go up sunken Trk to Rd(**1.9KM; SO 044 719**)

2. Turn Lt and in 30m Rt onto forestry Trk (GW) and in 60m cross St and go over field(B325) to reach St by farm building on Lt and AH thru farm yard passing farm house on Lt to ascend Trk for 200m to reach and cross St on Rt then AH down bank(B315) to far Lt corner of field with Gt and cross St onto Trk(**1.9Km; SO 042 726**).

3. Follow Trk for 100m to gated tarmac drive on Lt(GW) and turn Lt onto it then in 250m to pass bungalow on Lt and bend Rt continuing to follow clear winding Trk for 250m to go thru Gt at bend to Lt and immediately AH thru Gt(to by-pass Upper Esgair Farm on Lt) up hedge on Rt for 150m to go thru a further gate and then in 100m rejoin Trk and keep AH(**3.4Km; SO 031 731**).

4. When Trk terminates in field turn 1/2Rt across field to obvious Gt on Rt on skyline and go thru turning Lt up fence on Lt to next Gt going thru and turning Rt up fence on Rt then at Gt on Rt thru into enclosure and AH to leave thru Gt to keep along fence on Lt and keep under summit of hill to reach fingerpost(GW) and pass wood on Lt to reach deeply rutted cross Trk, (**4.0Km; SO 024 740**)

5. Turn Rt on Trk going East into hamlet (Bwlch-y-Sarnu) then at Rd Jnt turn Lt soon keeping AH across Rd Jnt and down passing chapel on Rt and reach CP10 on Rt in hall (**4.7Km; SO 029 746**)

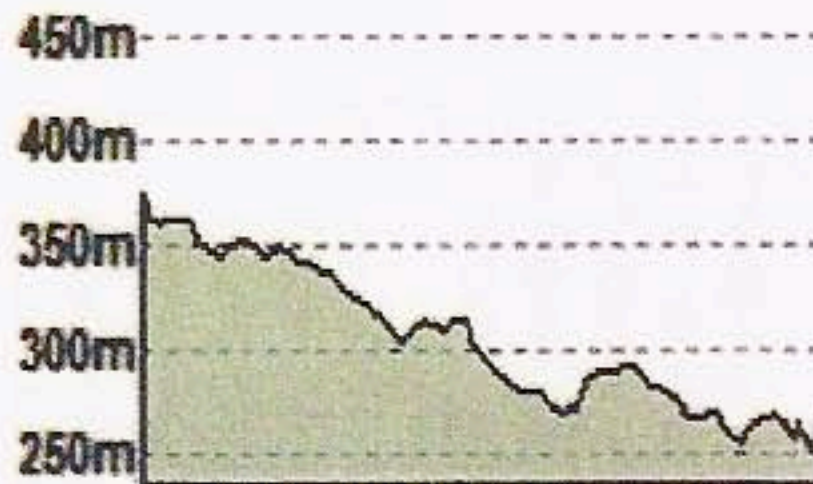
This is a fully serviced CP.

Leg 11. Bwlch-y-sarnau to Gilfach (SN 963 717)

Distances

This Leg = 5.6 miles
 Summed = 74.6 miles
 Ascent = 100m
 Telephony; None

Profile

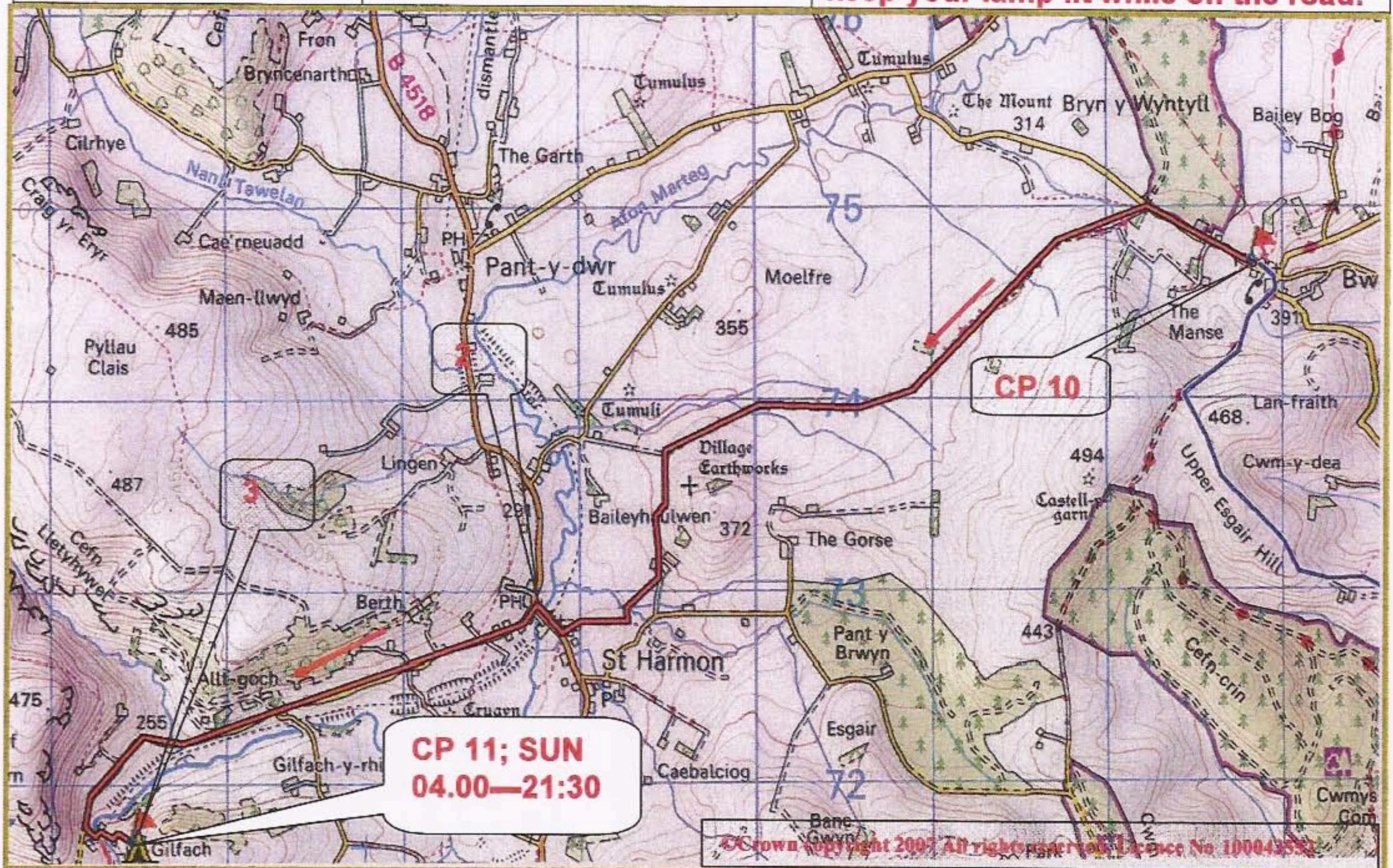


Comment.

At last we give you an easy leg with simple navigation and gentle downhill gradients throughout. But ahead the Cambrian Mountains loom.

CP11 is in an otter hide that is small shed and the facilities are spartan.

Note. In darkness for road safety keep your lamp lit while on the road.



1. From the hall turn Rt down Rd (Leaving GW) and in 900m (SO 022 750) turn Lt onto clear Trk to go South Westwards for 3Km along a rutted muddy Trk that passes between hill and marsh to reach Trk Jct and there fork Lt over Cattle Grid continuing AH heading South West on clear Trk to a bend Rt in 600m and soon to reach **Bailey Bedw Farm (4.4Km; SN 995 732)**

2. Go thru farm yard on a bend to Lt to pass the front of farmhouse on Lt and down farm drive to Rd where turn Rt and at next Jct Rt again to main Rd (B4518) and then Rt along pavement passing Church on Rt (St. Garmon) in village of St. Harmon. (5.2Km; SN 987 729).

3. At Rd Jct before the **Sun Inn** turn Lt into minor Rd sign-posted **Marteg Bridge** and follow for 3Km until cattle grid (SN 962 718) and cross immediately turning Lt to go steeply down drive and cross bridge to immediately reach **CP11** on Lt (Gilfach) in timber shed (8.9Km; SN 963 717).

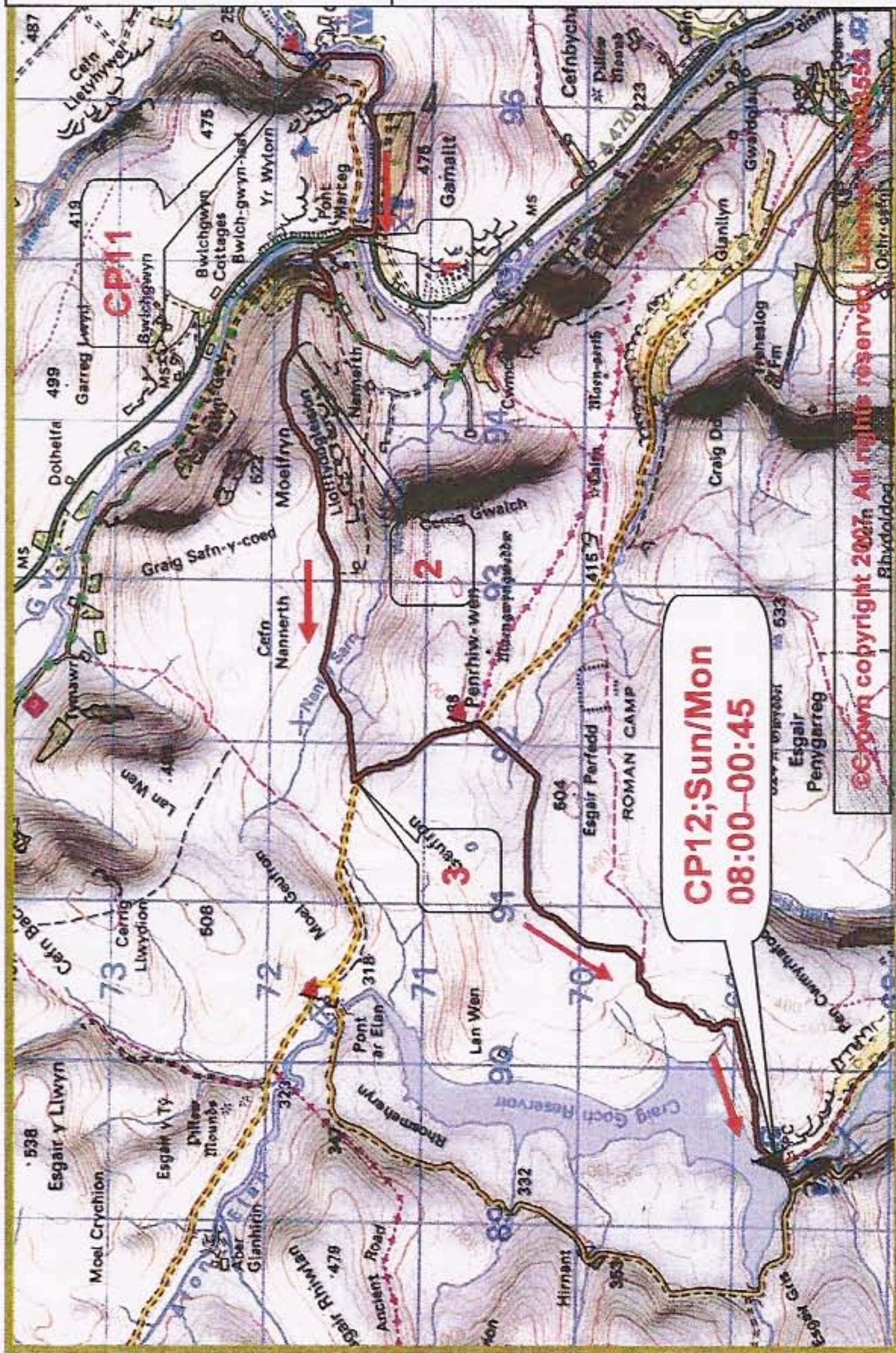
This is a simple spartan Check Point located in a small otter hide and is the first of three primitive CPs located in remote country. But each will offer some shelter, simple food and a choice of drinks.

Perhaps you may think as Marie Curie wrote:
"The way of progress is neither swift nor easy"

St. Garmon or St. Harmon.?

As you pass through the village of St. Harmon you go by the ancient Church of St. Garmon. So why this difference?

Back in the dark ages the Anglo Saxons having conquered England were pushing West into Celtic lands. The Welsh princes hired one familiar with the incomers to counter the invasion. In Latin he was called Germanicus after his place of origin, or as we would say "the German". But how was his name to be translated into the local lingo? The phonetic sound of the soft Saxon "g" was written as Gh and so the word "German" became Gharmon. Somewhere in the time line the Celtic church sanctified him as St. Garmon but the Saxon landowners of these border lands used the H hence Harmon. Or so I have been told!



If worried in navigating the short section of moor after the hill road be advised that it takes less than 10 minutes with line of sight way marking.

1. Leave CP by re-crossing Bridge to Gt on Lt and go thru joining well marked Trail (*Wye Valley Walk*) across fields to river bank then up to path along derelict Railway until after 0.7Km reach busy Rd (A470) where turn Rt over Bridge to Rd Jct and cross Rd (**CAREI Stop!** **Look then cross**) to lay-by at **Pont Marteg** (2.0Km; SN 952 715)
2. Descend to cross foot bridge over R. Wye and turn Rt on clear rising path thru wood with WMs (**WVW**) for 200m to go thru Gt immediately turning Lt for a steep climb by fence on Lt to Gt and turn Lt along short Trk to road then AH for 20m and turn Rt up winding Trk thru woods to Telecom tower and go thru Gt onto undefined path (B310) across field to Gt and St (2.8Km; SN 944 719). ▶

3. After St. turn Rt up Trk to Gt and go thru onto open moor taking a clear ascending grass Trk to reach a saddle with small marsh where fork Lt on minor path (B240) down across hillside for 350m to cross stream then in further 200m go along stone fence on Lt (*Lwest-pen-rhiw*) to it's far end then keeping AH (B275) on grassy sunken Trk keeping on a contour high on hillside (B275) to pass above rock outcrop with sheepfold below and on reaching clear Trk turn Lt to cross ford (*Rhyd Garreg-lwyd*) and take jeep Trk over open moor (B230) to unfenced Rd (6.0Km. SN 917 715) ▶

4. Turn Lt for 400m going over road summit to reach big notice board on Lt and turn Rt for bushwhack of 500m across open moor (B210) starting with a descent to stream (*Nant Gwyn*) then ascent to reach an obvious mountain bike Trk (*Unmapped*) and turn Rt (west) over open Plateau of **Esgair Perfedd** soon passing WM on Lt (SN 907 696) but keep AH on path by 2 further WMs and start descent South West on clear green path heading towards reservoir (*Graig Goch*) to reach clear Trk and turn Lt to reach Dam and tented CP12 (10.4Km; SN 894 687). Tented site close to public toilets.

Leg 12. Gilfach to Graig Goch (SN 894 687)

Distances.

This Leg = 6.6 miles
Summed = 81.2 miles
Ascent = 1650ft
Telephony: None

Profile

500m
450m
400m
350m
300m
250m

Comment.

This leg embodies the protestant work ethic that there is no true pleasure that does not require toil to earn it. Be assured that you will have much pleasure.

The scenery is varied and the views spectacular but this is challenging terrain with steep climbs and considerable exposure to the weather. However once done the remainder of this 100 route is straight forward and not unduly arduous with just the miles to walk; always the miles!

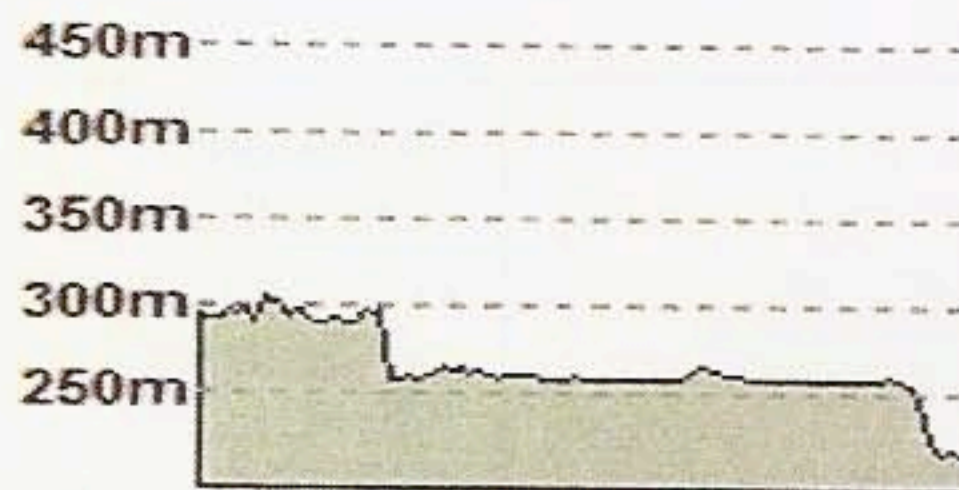
We worried about the implications of some tricky navigation in bad weather or at night but most walkers will do it in daylight. Markers will assist you in the navigation of both the bushwhack and the unmapped cycle path with the target of your navigation being the dam at the end of a big reservoir, You can't miss it. Can you?

Leg13. Graig Goch to Elan Village (SN 931649)

Distances

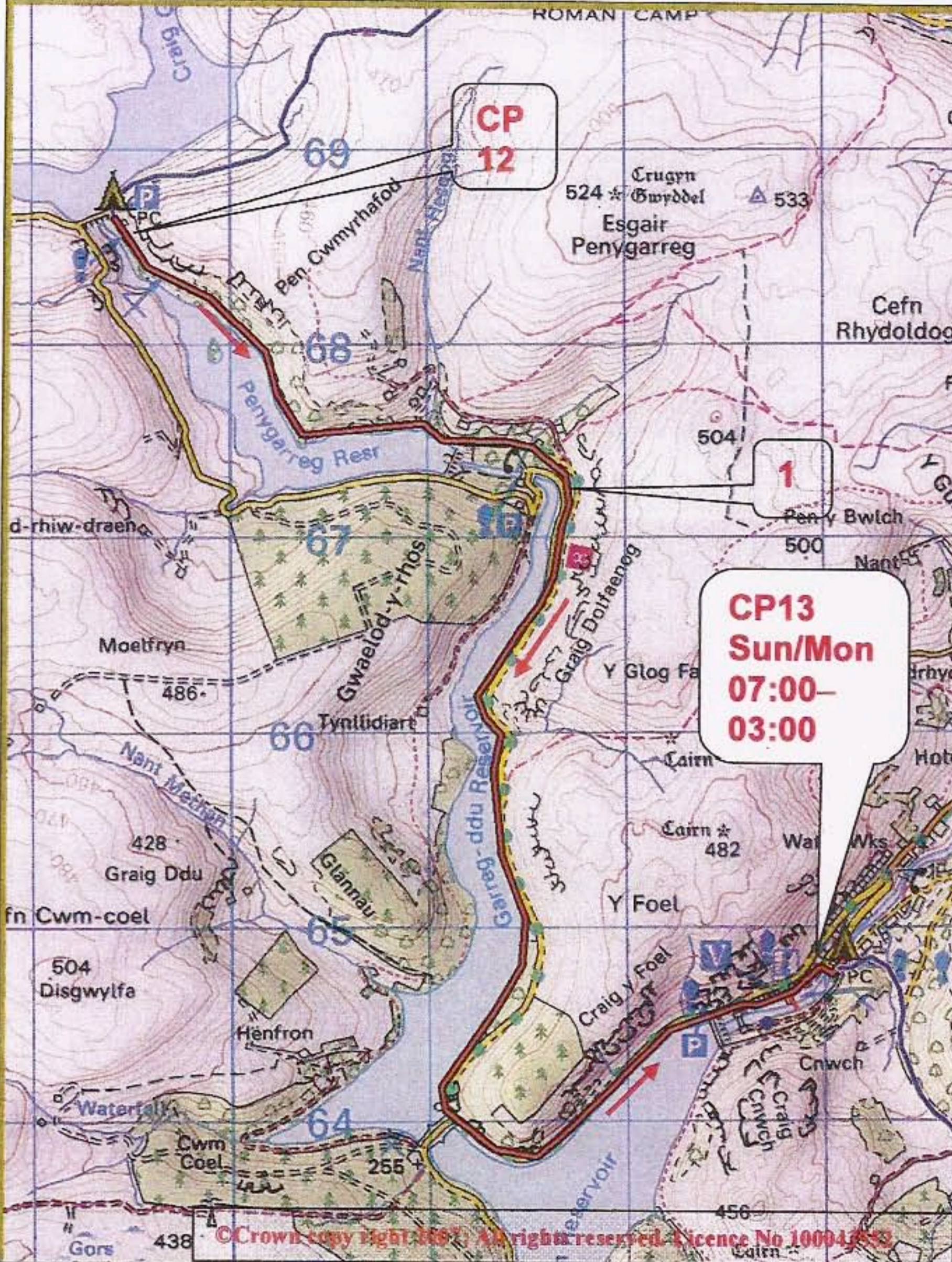
This Leg = 5.6 miles
 Summed =86.8 miles
 Ascent =45ft?
 Telephony=None

Profile



Should not all 100s be like this? Navigation could hardly be simpler, the scenery is spectacular, and you follow the flow of water downhill all the way.

We are embarrassed to offer you this Nirvana though if you get this far you have earned it. But remember there remain 15 miles that many would consider a hard day's ramble. **Enjoy.**



The Track about the reservoirs that you are to follow is multi-use for walkers and mountain bikers. During the bank holiday it is likely to be quite busy so be alert to the actions of other users.

1. Leave the Check Point on tarmac surface passing Public Toilet on Lt and in 40m go thru Gt onto level Trk overlooking reservoir (**Pen-y-garreg**) and in 2.3Km reach dam there going ahead for 350m to tarmac and in 30m turn Rt onto path descending thru trees across steep bank between tarmac drive and road to convergence of the ways where cross Rd to small gate directly opposite(**3.6Km; SN 915 666**).

2. After Gt go AH on multi use Trail alongside reservoir(**Garreg-ddu**) for 3Km to Road crossing of dam where keep AH to Gt opposite and thru keeping on the Trail now going eastwards alongside reservoir on Rt and in 1.6Km reach wide grassy terrace by dam overlooking Élan Village and follow signage down bank to visitor centre and car park there turning Lt to leave centre and in 200m at Rd turn Rt to cross bailey bridge then immediately turn Lt and in 80 m come to **CP13** that is a tented site in clearing on Lt (**9.1Km; SN 931 649**)

The complex of dams in the Elan Valley was built by Birmingham Municipal Council lead by a Mayor, Joseph Chamberlian, who had the foresight and vision to make the investment in infra structure that gave its citizens the benefit of clean water at a time when water borne disease was rampant.

There are 5 dams that impound water of which 4 are highly visible but the critical one is hidden under the water of the road bridge you pass by. When water levels drop in times of drought it emerges into daylight to hold back the waters of Garreg Ddu so they may continue to supply Birmingham via the intake tower. Then the waters of the Garreg Coch Reservoir below the dam are used to maintain the flow in the river Afon Elan so that it continues to give water to the River Wye.

This is another Spartan Check point within a tent sheltered by trees in Élan Village. But in reaching it you pass the visitor centre that if open has a café and toilets that you might wish to patronise.

If it seems that though the end is nearing it is still too far note the advice of Arthur C. Clarke;

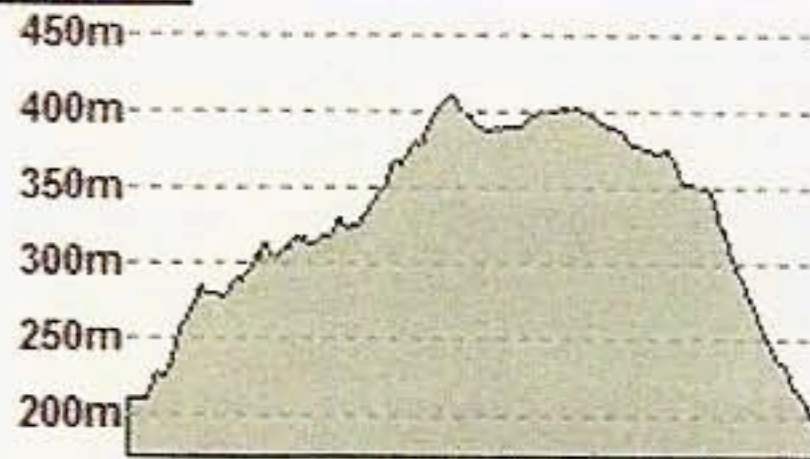
"The only way to discover the limits of the possible is to reach beyond to the impossible".

Leg 14 Elan Valley to Llanwrthwl (SN 974 639)

Distances.

This Leg = 3.9miles
 Summed =90.7miles
 Ascent = 800ft
 Telephony: Patchy

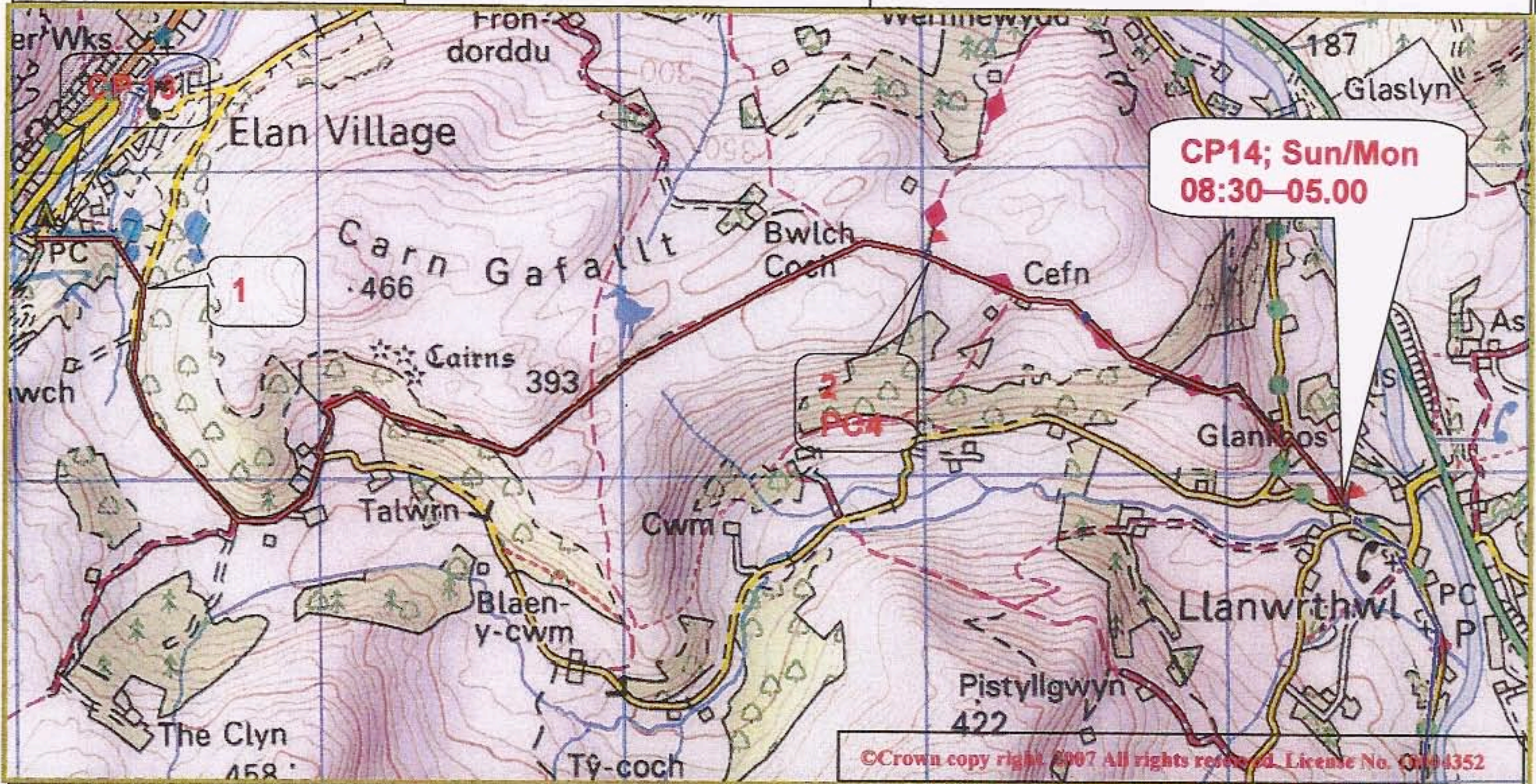
Profile



Comment

This is the leg where you leave the hills behind and in just one more push the scent of victory will be in your nostrils.

Navigation is generally easy though with some complexity at the start and a dog leg on the road just before the finish



1 Leave the Check Point retracing your steps towards the Bailey Bridge and turn Lt thru Gt taking path ascending thru trees on hillside above CP 13 and in 300m cross bridge soon turning Rt(South East) and ascend clear path for 200m to reach Rd and turn Rt (0.4Km; SN 934 646).

2. Ascend hill and in 1.2Km after lane bends to Lt and after house on Lt(Pen y Castell) immediately turn Lt onto clear Trk that winds uphill then bends North East thru wood to emerge on open hill and at 1st Trk on Lt continue AH to reach 2nd Trk on Lt and PC4(self clip) (3.9Km; SN 960 648).

3. Leave PC4 by keeping AH (East) on Trk(Wye Valley Walk, south bound) then South East ▶▶▶

thru farm yard(Cefn) and descend Trk to Rd where turn Lt and in 70m Rt down sunken Lane for 300m to reach Rd and turn Lt for 30m to reach CP14 in Village Hall on Lt (6.2Km; SN 974 639).

At last! A fully serviced village hall!

Elan Village.

This was originally constructed as a work camp for the 5000 men constructing the dam complex.

On arrival new workers stayed in a doss house where they were deloused and inspected for disease before they were frisked for hard liquor and permitted to cross the bridge to the main village.

In the village the men lived in wooden huts in dormitories of 15. There were 2 hospitals; one reserved for injuries with the other being an isolation ward for infectious disease.

This community was self contained with a rail branch to the main line in Rhayader, a library, a public hall, shop, canteen and a pub selling only beer. All were lit by electricity produced by hydraulic turbines (in 1893) that have recently been upgraded to send 5 MW of renewable energy to the national grid.

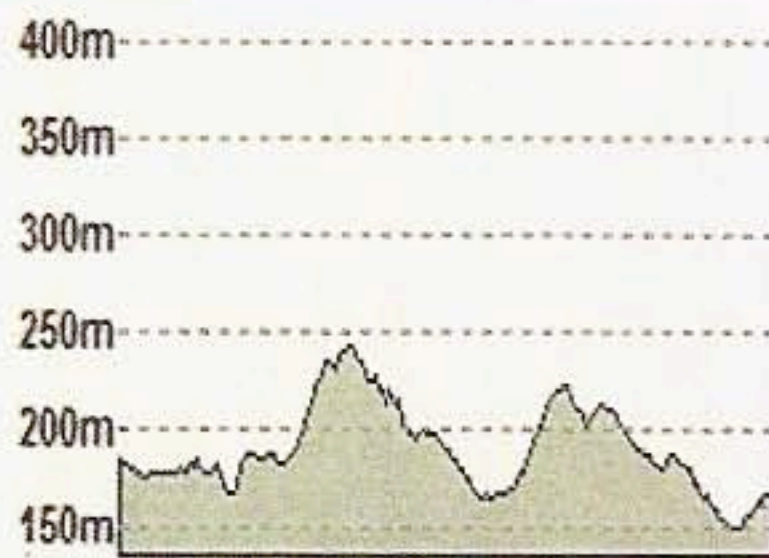
The whole Phase 1 scheme, dams and 80 miles of pipeline, took 12 years to construct at the cost in 1900 of £6 million. Phase 2, The Claerwen Dam was delayed by 2 wars and an economic depression to be opened in 1953. A phase 3 is being studied but the EU bird directive might prevent this

Leg15. Llanwrthwl to Newbridge-on-Wye
(SO 017 581)

Distances

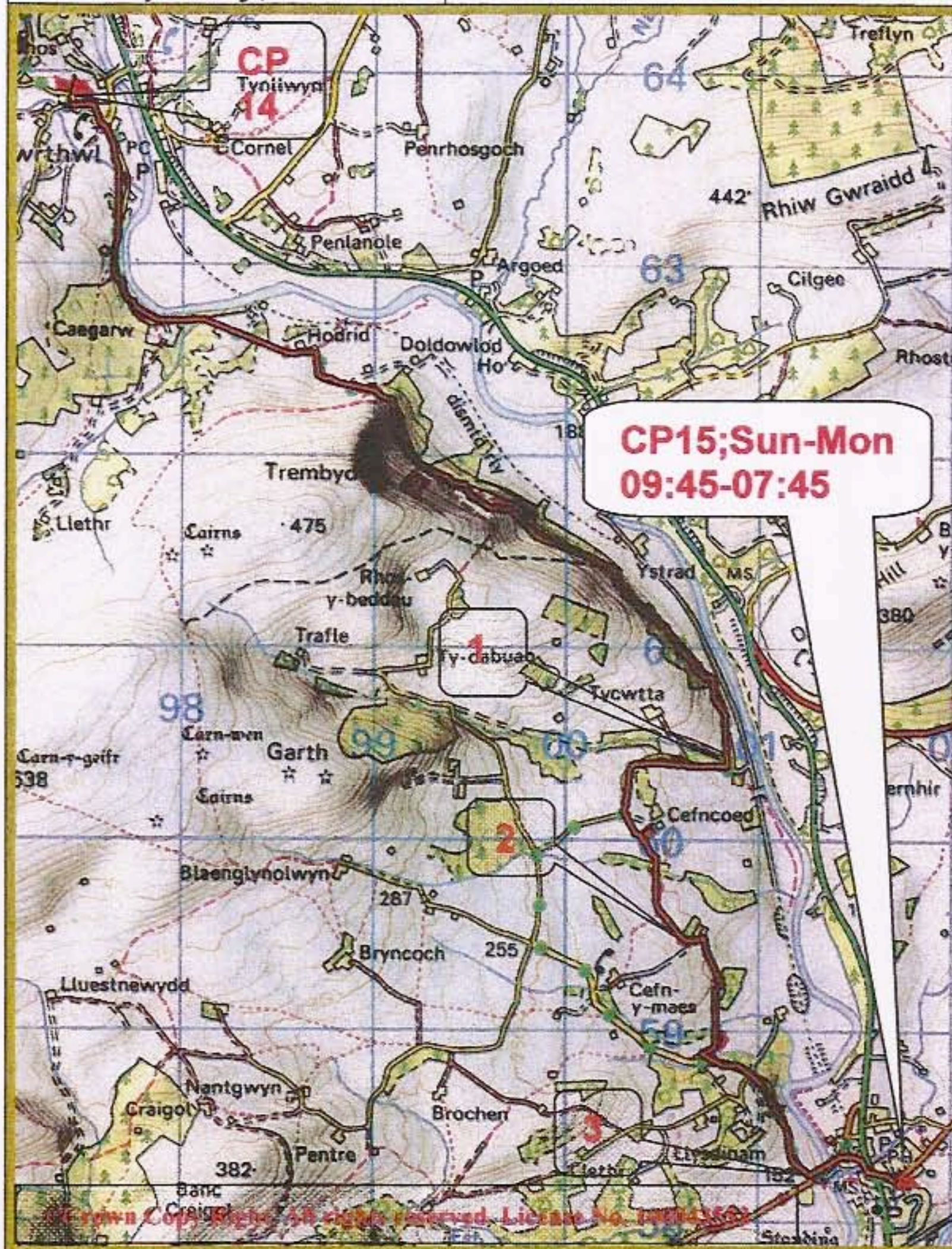
This Leg = 6.0 miles
Summed =97.7 miles
Ascent =229ft
Telephony;Total

Profile



This leg follows the Wye Valley Walk until the final 500m where it crosses the Wye into Newbridge. It is a pleasant pastoral walk down the river valley that as a National Trail is well waymarked and has bridges and steps at the crossings of several streams and bogs.

Navigation along the first 4 miles could not be e but then comes a mile of field crossings that will require care if done in darkness,



1. Leave the Hall and turn Lt passing church on Rt and at Rd Jnct turn Rt into Rd and follow tarmac to its end in 2.4Km there going AH thru Gt onto Trk under hill and in 3Km reach bridge. (5.6Km; SN 974 639)

2. Go AH for 20M then turn Rt to follow a winding Rd uphill for 750m until at acute bend to Rt go AH over St by Gt (WW) and keep by hedge on Lt until a descent to bridge and ascent of steps to a finger post(WW) and cross field (B150)to St then AH by hedge on Rt to pass wood on Lt to reach Trk and turn Lt then in 40m reach farm entrance (Tyn-y-coed; don't enter) and turn Rt into field with fence on Lt.(6.7Km;SO 007 595)

3. Keep by fence to go over several Sts then descend to cross 2 bridges (Estyn-gwyn Brook) and enter field where keep along fence on Rt to reach path thru scrub woodland leading to St and cross into Rd (B4358) then in 900m come to Rd jnct (7.3Km; SO 013 582).

4. Cross Rd(B 4358; leaving WW) and turn Lt to cross road bridge (R.Wye) and immediately turn Rt into drive between houses then after 20m go thru kissing Gt into cemetery exiting thru second Gt and turn Lt up road passing under railway arch then in 60m reach Rd (A470) and turn Rt on pavement for 250m to iron gate on Rt at Church and cross Rd(Care) and AH to CP 15 in Hall that is a part of a school complex (9.6Km; SO 017 581).

A fully serviced CP but you will probably not wish to tarry but instead to make a final push to the finish.

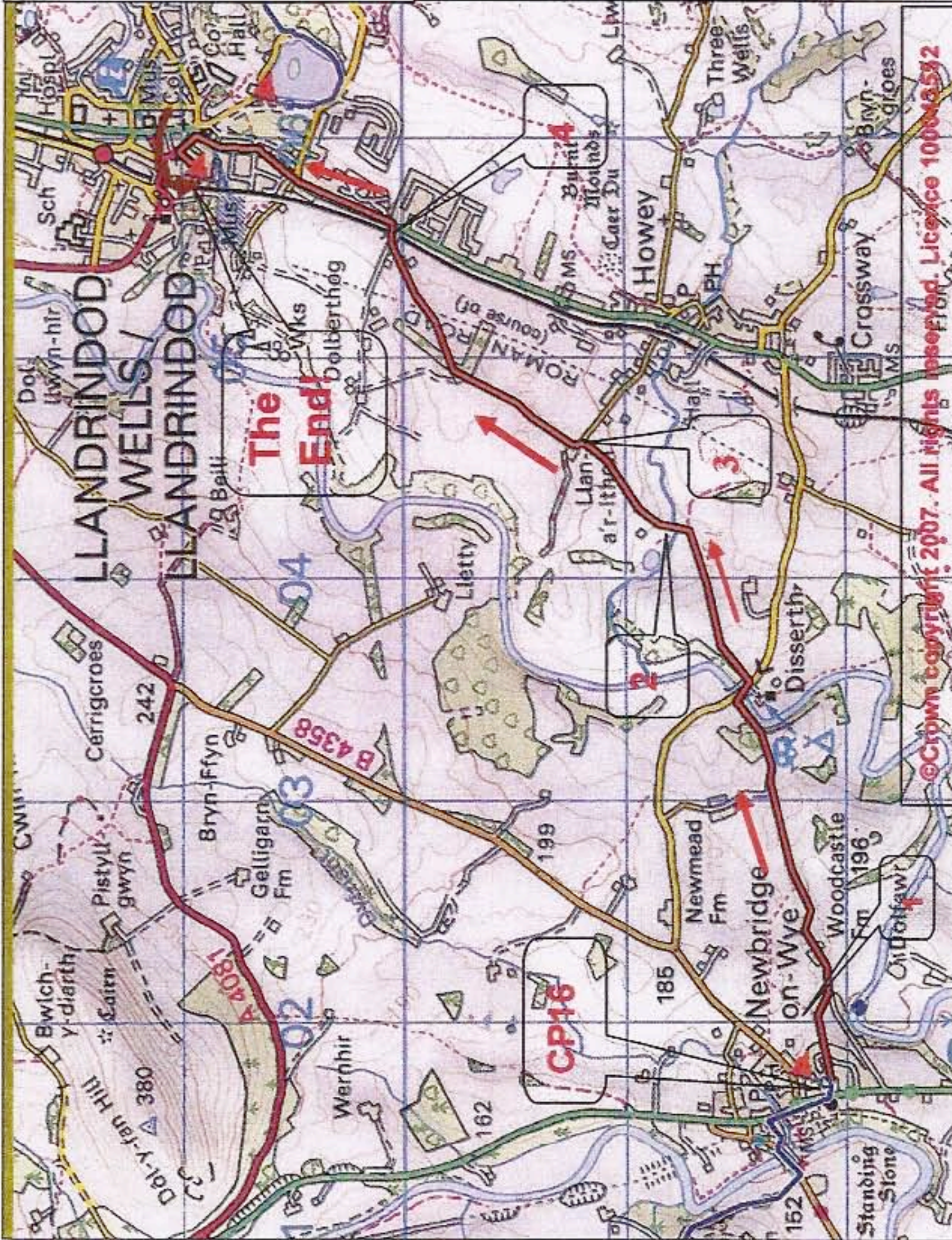
If you wonder if the fatigue and exhaustion is worthwhile remember the words of Wilfred Thesiger:

"It is not the goal but the way that matters. And the harder the way the more worthwhile is the journey".

The River Wye and the Severn Valley Way

The Wye rises just below the Summit of Plynlimon and flows for 244km south and eastwards into the Severn Estuary close to the original Severn Bridge. Throughout this distance the water sparkles clear and unpolluted and provides fine sport for anglers, and also canoeists who make use of a parliamentary right of navigation between Hay and the Severn. As a hiker you may follow the whole course from it's source on Plynlimon to the estuary by taking the Wye Valley Walk part of which you now use.

And if you want some good training for this 100 take the first 2 legs of the 100 route, cut west to Builth Wells and take a spectacular stretch of the SVW to Newbridge and then use the final leg of the 100 back to Llandrindod..

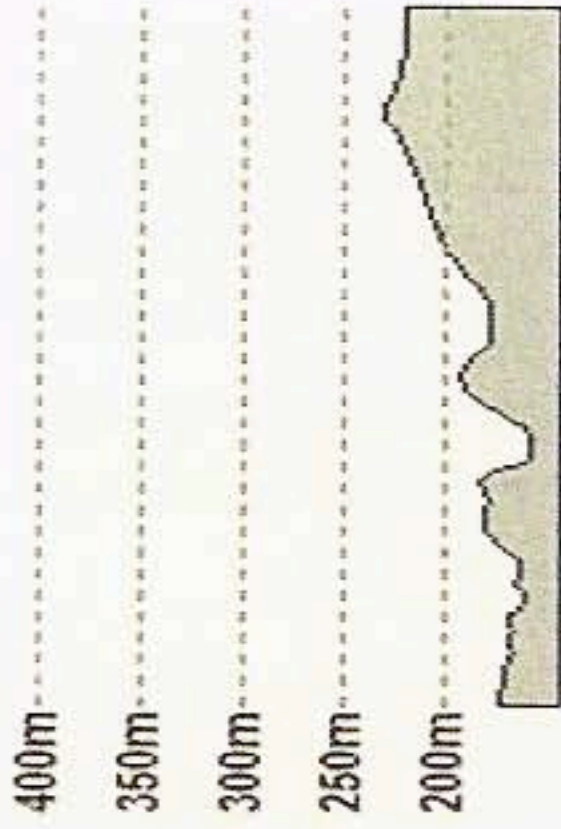


Leg 16. Newbridge-on-Wye to The End (Llandrindod) (SO 058 609)

Distances.

This Leg = 3.8 miles
 Summed = 100.5 miles
 Ascent = 250ft
 Telephony: Total

Profile



Your trials will soon be over with only this last pleasant pastoral leg remaining to walk. The path may be a little tricky to navigate at night but it is well waymarked with stiles and these we will reinforce with illuminated signs. The ground is gently undulating and without any strenuous climbs that might exhaust your last reserves of strength.

Your greatest problem might be presented by the mean streets of Llandrindod that you will walk in your way to the finish.

Nancy Sinatra set you off so let T.S.Elliott see you back thus: "The end of all our explorings shall be to return to the place whence we started and to know it for the first time".

1. Leave CP by turning Rt(East) onto enclosed alley going AH across road and in 60m go thru Gt into field then in 5m at end of derelict wall on Rt turn ½ Rt(**B130**) and pass Powerline pole to reach St and AH across small field to St onto farm Trk. (**0.4Km; SO 021 581**).

2. Turn Lt passing thru gated farm yard (**Woodcastle**) and AH for 150m down to WM post and turn Lt up Trk to Gt into field and keep along hedge on Lt going over further Sts to reach wood on Rt then cross St on Lt and over Trk to 2nd St then AH along fence on Rt to St into Wood soon descending steps to river bank and follow clear beaten path over field to metal Gt onto Rd. and turn Rt over bridge(**R.Dyserth**) and immediately Lt up to St and ascend with fence on Lt to gate and AH over St then down bank to Gt and turn ½ Lt for 50m to St into marshy field and cross(**B054**) to far corner

on Rt to reach metal bridge over stream (**2.7Km; SO 042 588**).

3. Cross bridge immediately turning ½ Rt for 10m to cross St into field then AH for 20m by fence on Rt to St and cross now keeping fence on Rt reach Trk and AH to bend to Lt where cross St onto waymarked path and AH over Sts and Rd to pass in front of house (**Llan-a'r-ithon**). (**3.8Km;SO 056 600**)

4. After house cross St on Lt then immediately Rt along fence on Rt to go along enclosed path into field now keeping AH by fence on Lt to wood and go thru to cross St and take path(**B065**) across fields to pass barn on Rt and at Trk turn Rt over railway bridge to main Rd and pavement (**4.7Km;SO 056 600**). ▶▶▶

5. Turn Lt. on pavement (now to enter Llandrindod) soon passing garage with convenience store(the one you have been needing since the start) and in 1Km reach a 5 way Jct and turn Lt up first exit(**Spa Road**) to pass **Arlais Road** on Lt and at next Rd turn Lt(by **Holy Trinity Church**) and in 150m come to the Pavilion and:

The Finish! ● ● ??? ☺ ☺ ☺ !!!

Congratulations.

You have done the Cant Canolbarth.

Eat drink and be merry but you must sleep before driving home. We have a quiet room reserved for you at the Centre