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Mid Wales



# Forests and National Nature Reserves

// Discover, explore and enjoy



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If you would like this information in an alternative format, please contact us:  
0300 065 3000 (8am - 5pm Monday to Friday)  
enquiries@naturalresourceswales.gov.uk

**PLEASE NOTE:**

- Sometimes we need to close or divert trails for your safety whilst we undertake maintenance work or other operations.
- Occasionally we may have to close a site in extreme weather, such as high winds or snow and ice due to the risk of injury to visitors or staff.
  - Please always follow any instructions onsite and make sure you follow any temporary diversion signs in place.



**Welcome to the forests and National Nature Reserves managed by Natural Resources Wales in mid Wales. Our natural environment with its fantastic landscapes and wildlife is a key asset for Wales. Natural Resources Wales is working to keeping it that way, for now and for future generations.**

National Nature Reserves are areas of the countryside where special examples of Britain's habitats and wildlife are protected; two of the best ones to visit in mid Wales are featured in this leaflet - Dyfi: Ynyslas, near Aberystwyth and Cors Caron, near Tregaron.

There are lots of waymarked walking trails to choose from in the forests of mid Wales, from relaxing riverside strolls to more strenuous treks.

There are several wheelchair friendly routes and some of the best mountain biking trails in Wales here, too.

NRWPC0031

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## PLAN YOUR VISIT



The fold-out map shows the forests and National Nature Reserves featured in this leaflet. Each site entry has information to help you plan your day in the great outdoors. You can also check out our website or download our apps to find out more.

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## Aberystwyth area



# 1 Dyfi: Ynyslas National Nature Reserve and Visitor Centre

Stunning estuary landscape and shifting sand dunes



## Visiting the reserve

### Ynyslas is the main access point to the National Nature Reserve.

Here there is a beach car park, visitor centre (open seasonally) with small shop and two waymarked circular walking trails around the dunes and seashore.

The reserve's landscape and wildlife changes through the year - find out more from our website or app and the information panels onsite.

Please note that the beach has a red flag for bathing due to dangerous strong tidal currents. This means that swimming is not allowed.

## Opening times

The reserve is open at all times. Ynyslas Visitor Centre and toilets are open seasonally (normally from Easter until the end of September). There is a refreshment van in the car park during the summer.



## Accessibility information

There is a small car park for disabled visitors beside the main access road to Ynyslas, 30 metres south of the beach car park. The access from this car park to the visitor centre is via a hard surfaced track and wooden ramp suitable for wheelchairs. The toilets are accessible.

## The Dyfi: Ynyslas National Nature Reserve has three main parts.

The **Dyfi estuary** includes internationally important mudflats, sandbanks and saltmarsh that provide feeding areas for waterfowl.

**Ynyslas sand dunes** are at the southern side of the estuary mouth and are home to many rare species, some of which are unknown elsewhere in Britain.

**Cors Fochno** lies to the south east of the dunes and is one of the largest examples of a raised peat bog in Britain. The most westerly part of the bog has been eroded by the sea but, at low tide, the stumps of long dead trees can be seen on the beach near Borth.

## Walking trails

Two waymarked circular walks start from the beach car park at Ynyslas.

### Dune Walk (1¼ miles, 2 km, easy)

Stride through the ever-changing dunes and along the seashore, with stunning displays of flowers in spring and summer and colourful fungi in autumn.

### Ynyslas Walk (2½ miles, 4 km, easy)

Experience a rich variety of habitat including sand dunes, seashore, farmland and then saltmarsh, with stunning views of the estuary.

## Other walking routes

The **Cors Fochno Walk** is a circular boardwalk over the bog from the Cors Fochno parking area. Dogs are not allowed on this boardwalk.

The **Wales Coast Path** runs around the edge of Cors Fochno between Borth and Tre Taliesin.

## Contact us

01970 872 901  
(Easter to end September)

0300 065 3000  
(October to Easter)

ynyslas@naturalresourceswales.gov.uk



## How to get here

### Ynyslas is 1 mile north of Borth.

The reserve is on the B4353. The car park is on tidal sands which are covered by seawater in high spring tides.

### OS grid reference SN 640 955

### Cors Fochno is 2 miles from Tre'r-ddol.

The access track is on the south side of the B4353.

### OS grid reference SN 636 926



## Aberystwyth area



## 2 Bwlch Nant yr Arian Visitor Centre

Walking and mountain bike trails from centre with café and play area - don't miss the daily feeding of red kites!



**Bwlch Nant yr Arian Visitor Centre sits at the head of a dramatic valley and has commanding views of Cardigan Bay and the Cambrian Mountains.**

It is well-known for its daily feeding of red kites with up to 150 of these birds coming in to feed at a time.

The visitor centre is the starting point for a range of waymarked trails for walkers, mountain bikers, runners and horse riders. There are two play areas and several permanent orienteering courses.



### Opening times

The visitor centre and café are open from 10am to 5pm seven days a week (except Christmas Day and Boxing Day). Hot food is served between 10am and 3pm daily. The red kites are fed daily at 2pm in winter (GMT) and 3pm in summer (BST).

## Walking trails

### Barcud Trail and Animal Puzzle Trail (¾ mile, 1.2 km, accessible)

These trails follow the same route around the edge of the lake where the daily feeding of the red kites takes place.

### Miners Trail (1½ miles, 2.5 km, moderate)

The Miners Trail winds along the head of the valley following a leat which once carried water to power lead mines.



### Ridgetop Trail (3 miles, 5 km, moderate)

On a clear day, there are stunning views to Cardigan Bay and the Cambrian mountains.

## Mountain bike trails

The three mountain bike trails are waymarked and start from the visitor centre. Please read the information onsite to make sure you pick a trail that is right for you. Information about trail grading is also on our website.

### Pendam Trail (10 km, grade red)

This trail combines sections of the Summit and Syfydrin trails for a taste of fantastic riding with lots of technically challenging singletrack and some hard climbs.

### Summit Trail (18 km, grade red)

The Summit Trail takes in all the centre's singletrack with plenty of flowing and twisty sections and a big climb.

### Syfydrin Trail (35 km, grade black)

This trail includes the entire Summit route and also goes out onto the high open hills for a challenging ride.

## Other trails

The two running trails offer a fantastic introduction to trail running. **Y Llo Trail** is 5 km and **Y Fuwch Trail** is 10 km and both are waymarked from the visitor centre.

### The waymarked Mynydd March horse riding trail (6½ miles, 10.5 km)

follows a circular route on forest tracks, paths and quiet roads.

The permanent **orienteering courses** include an easier course for beginners and families and a harder course for experienced orienteers.

## Contact us

Bwlch Nant yr Arian Visitor Centre, Ponterwyd, Aberystwyth SY23 3AB

01970 890453

bnya@naturalresourceswales.gov.uk

### Accessibility information

The **Barcud Trail** is suitable for wheelchairs and a wheelchair may be hired from the visitor centre. There is wheelchair access to the visitor centre and café. There are facilities for the hearing impaired in the café.

## How to get here

**Bwlch Nant yr Arian Visitor Centre is 9 miles east of Aberystwyth on the A44.** The 525 bus from Aberystwyth - Llanidloes stops on request at the entrance to the car park.

**Postcode for sat nav SY23 3AB**  
**OS grid reference SN 717 813**





## Aberystwyth area



### 3 Gogerddan Woodland walk with coastal views and bluebells in spring



**Just a short drive from Aberystwyth, Gogerddan is an easy to find picnic site with woodland walk.** The car park and picnic area are adjacent to an ancient woodland, once part of the Gogerddan estate which was broken up in the 1940s. The woodland is home to some beautiful old trees including oak, sweet chestnut and lime and, in spring, there is a stunning display of seasonal flowers. The picnic site is in a sheltered streamside location and the circular walking trail starts from the car park. It is a fairly short walk but the steep climbs through the trees are rewarded with some lovely views.

#### Walking trail

##### Gogerddan Walk (1½ miles, 2.4 km, moderate)

Waymarked from the car park, the Gogerddan Walk climbs its way up through the woodland. The route passes some beautiful veteran trees and, in spring, the woodland is carpeted with bluebells. There are many climbs and steep descents along the way as well as several viewpoints with glimpses of Cardigan Bay.

#### How to get here

##### Gogerddan is 5 miles north east of Aberystwyth.

Take the A44 from Aberystwyth to Llangurig. After 3 miles, turn left at the roundabout onto the A4159 for Machynlleth. After going through Capel Dewi, turn right at the crossroads at the bottom of the hill for Penrhynoch. Go past huge greenhouses on the right and a row of houses on the left. The car park is on the left immediately after the last house.

OS grid reference SN 634 837



## Aberystwyth area



### 4 Coed Maenarthur Bridge over gorge, spectacular waterfall and huge hillfort



**Coed Maenarthur is a woodland full of history in an area once home to a busy lead-mining industry.** There is a waymarked walk through the woodland which is reached by a bridge high over the River Ystwyth. This wooden bridge replaced the one used by mineworkers which is thought to have collapsed. The walk leads to Castell Grogwynion, one of the largest hill forts in Wales, and passes near an impressive waterfall. Coed Maenarthur is especially beautiful in autumn when the trees are ablaze with yellow and red.

#### Walking trail

##### Maenarthur Trail (2½ miles, 4 km, moderate)

The Maenarthur Trail starts near the water wheel in the village of Pontrhydygroes - you need to go through the footpath gate to get to the bridge over the gorge. The trail first climbs the wooded hillside of the Iron Age hill fort and then emerges into a clearing with fantastic views over the trees and down into the valley. The route goes past a spectacular waterfall and then follows the fast-flowing river. It returns via a path along the bottom of the gorge. This walk has numerous long climbs and steep descents.

#### How to get here

##### Coed Maenarthur is 14 miles south east of Aberystwyth.

Take the B4340 from Aberystwyth to Trawsgoed. Follow this road through Trawsgoed until it crosses the River Ystwyth and then turn immediately left, following the river towards Pontrhydygroes. At the entrance to Pontrhydygroes, park sensitively on the left hand side of the road by the Miners' Bridge (opposite the water wheel).

OS grid reference SN 738 722



## Aberystwyth area



### 5 Hafod Estate Dramatic woodland walks, waterfalls and views in an historic landscape



The Hafod Estate occupies about 200 hectares of the Ystwyth valley and the surrounding hills east of Aberystwyth. It is recognised as one of the finest examples in Europe of a “Picturesque” landscape and was an essential destination for early tourists to Wales.

The estate was designed in the late eighteenth century by Thomas Johnes who built a house in this remote location. He laid out the grounds to showcase natural beauty in sympathy with the ‘Picturesque principles’ which were fashionable at the time. He developed circuit walks which allowed visitors to enjoy a succession of views and experiences. Hafod soon became a destination for visitors in search of “wild nature”. Johnes also used the land for farming, forestry and gardening, in each case trying out new ideas and experimental methods.

The mansion was demolished in the 1950s and today the estate is managed by Natural Resources Wales in partnership with the Hafod Trust.

**Eglwys Newydd**, also known as Hafod Church, is situated next to the main car park. This beautiful Gothic church was commissioned by Johnes and built in the early 1800s. Its outward appearance has changed little but the roof and the internal Gothic fittings were badly damaged by a fire. Since then it has been restored and is open to the public from Easter to the end of September.



## Walking trails

There are five waymarked walks, of varying length and difficulty, from the car park. Three of the trails are a mile long or less. They go through woodland and have stunning views.

The **Lady’s Walk** follows paths with a gentle gradient through a meadow and past a waterfall while the much longer **Gentleman’s Walk** has many steep climbs and descents on its way to the Cavern Cascade.

### Coed Hafod Walk (¾ mile, 1.2 km, moderate)

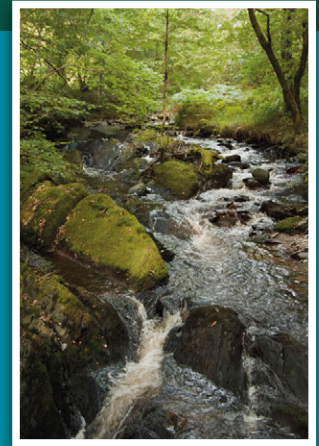
This short walk runs west along the south-facing slope of the Ystwyth valley and offers stunning views across the Hafod Estate. It passes through several different types of woodland and there is the option to join a different trail to complete a circular walk back to the car park.

### Bedford Monument Walk (1 mile, 1.6 km, moderate)

This is a walk with a relatively gentle gradient up to the Bedford monument from where you can enjoy a beautiful view over the estate.

### Ystwyth Gorge Walk (1 mile, 1.5 km, moderate)

This spectacular route takes you across the rocky gorge on a wobbly (but safe!) narrow chain bridge. There are some climbs and descents along the way and steep drops beside the path.



### The Lady’s Walk (2 miles, 3.6 km, moderate)

This walk is one of two classic circular routes created by Johnes in his first years at Hafod. It goes through a lovely meadow and past a stunning waterfall along paths with a gentle gradient.

### The Gentleman’s Walk (6 miles, 3.7 km, strenuous)

This spectacular walk is the second “Picturesque” circuit created by Johnes. It takes in huge old beech trees, the amazing Cavern Cascade and unique bridges. It is a strenuous walk with many steep climbs and descents.

## How to get here

The Hafod Estate is 16 miles south east of Aberystwyth.

Take the B4574 from Devil’s Bridge to Cwmystwyth. After 2½ miles turn right at a triangular junction. Follow this road bearing right for another mile. The car park is on the left, just after Hafod Church.

OS grid reference SN 768 736





## Aberystwyth area



### 6 The Arch

Walking trails with viewing points within the Hafod Estate



This site is named after a spectacular old masonry arch which sits by the side of the B4574 from Devil's Bridge and, until recently, the road ran through the arch itself. The arch was built in 1810 to mark the Golden Jubilee of King George III. It was constructed by Thomas Johnes who designed the mansion and grounds which made up the Hafod Estate. The mansion was demolished in the 1950s and today the estate and its walking trails are managed by Natural Resources Wales in partnership with the Hafod Trust. There are three short waymarked trails here which lead through trees planted by Johnes.

### Walking trails

#### The Ancient Beech Trail (½ mile, 0.8 km moderate)

See 200 year-old beech trees planted by Hafod Estate designer, Thomas Johnes.

#### The Arch Woodland Trail (1 mile, 1.6 km, moderate)

This short circular trail goes through the woodland and has several viewing points along the way.

#### The Panorama Trail (1½ miles, 2.5 km, moderate)

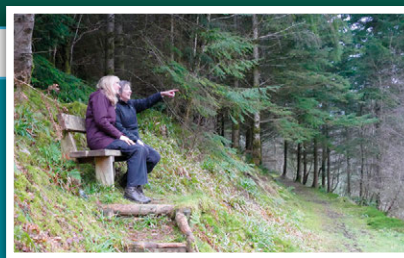
After a short but steep climb you'll be rewarded with one of the most inspiring views in mid Wales. On a clear day you can see Cadair Idris many miles away in Snowdonia National Park.

### How to get here

#### The Arch is 15 miles east of Aberystwyth.

Take the B4574 from Devil's Bridge to Cwmystwyth. Approximately 2 miles after Devil's Bridge, there is a stone arch on the left and the car park and picnic area is just after it.

OS grid reference SN 765 756



## Aberystwyth area



### 7 Grogwynion

Riverside picnic area and peaceful woodland with huge fir trees



**Grogwynion is a small car park and pleasant picnic site by the River Ystwyth just a short drive from Aberystwyth.**

Silver, lead and zinc were mined in this valley for centuries but today it is a peaceful spot for a family day out. The picnic site is in a glade of willow and birch near the river bank and there are two waymarked walking trails within Ty'n y Bedw Woodland - look out for the large wooden sign opposite the car park which marks the starting point.

### Walking trails

#### Craig yr Ogof Walk (½ mile, 1 km, easy)

This short trail leads along the side of the Ystwyth valley and has some lovely views across the steep wooded hillsides. There is a short climb at the start and there is a bench along the way from which to enjoy the views.

#### Ty'n y Bedw Trail (2½ miles, 4 km, moderate)

This longer trail first climbs up through some huge Douglas fir trees before it meanders around the hillside, switching between wide forest roads and little paths along a stream. There are views over the Ystwyth valley and old lead mine workings. There are numerous long climbs and some steep descents along the way.

### How to get here

#### Grogwynion is 14 miles south east of Aberystwyth.

Take the B4340 from Aberystwyth to Trawsgoed. Follow this road through Trawsgoed until it crosses the River Ystwyth and then turn immediately left, following the river. After passing the saw mill, the car park is a few hundred metres further on the left.

OS grid reference SN 694 715



## Aberystwyth area



### 8 Black Covert Sheltered picnic site and walk to ancient hillfort



**Black Covert is a peaceful spot by the River Ystwyth which flows through this steep sided valley on its way to Aberystwyth.**

There is a picnic area within the shelter of large ash, birch and sweet chestnut trees and a lovely wooden bench right by the crystal clear water. The Birchgrove Walk climbs its way up to the ancient hillfort of Allt-Fedw where there is a viewpoint overlooking rolling hills and valleys. The Riverside Walk is an easier route through a beech woodland which is carpeted with bluebells in spring.

#### Walking trails

##### Riverside Walk (1¼ miles, 2 km, easy)

This trail offers a gentle walk from the picnic site alongside the River Ystwyth. It returns through the woodland which is filled with the scent of resin and swathes of bluebells in spring.

##### Birchgrove Walk (2 miles, 3.2 km, moderate)

The Birchgrove Walk passes a tranquil pond as it makes its way up to the 2000 year old hill fort of Allt-Fedw. Here there is a viewpoint with panoramic views over rolling hills and valleys. There are many long climbs and steep descents along this trail.



## Aberystwyth area



### 9 Cors Caron National Nature Reserve Accessible boardwalk over vast raised bog, cycle route and riverside walk



**Cors Caron National Nature Reserve is a vast wetland in the broad valley of the River Teifi.** This peaceful reserve includes three raised bogs made up of deep peat which has built up over the past 12,000 years. The bogs are surrounded by reedbeds, fen, wet grassland, woodland, rivers, streams and ponds. This amazing variety of habitats, which are rust-red in autumn, support a wealth of wildlife. The boardwalk takes you out over the bog, there is a riverside walk and part of the Ystwyth Cycle Trail is within the reserve. The toilets are accessible and are open at all times.

#### Walking and cycling trails

##### Cors Caron Walk (1½ miles, 2.6 km, accessible)

The boardwalk goes over the south-east bog. It passes by several benches and a large observation building with views of the landscape. It is fully accessible and has an all-weather surface.

##### Riverside Walk (4½ miles, 7 km, moderate)

This circular route follows the river bank and goes through the heart of Cors Caron. It can be muddy and wellington boots are recommended! This trail is occasionally closed due to flooding and dogs are not allowed.

##### Old Railway Walk (3½ miles, 6 km there and back, easy)

This part linear route follows an old railway track along the edge of the reserve and is part of the Ystwyth Trail, a Sustrans National Cycle Trail from Tregaron to Aberystwyth. Walkers, cyclists and horse riders may use the trail.

#### How to get here

**Black Covert is 9 miles south east of Aberystwyth**  
Take the B4340 from Aberystwyth to Trawsgoed. Turn right over the bridge (signed Llanilar B4575) then turn immediately left and left again into the car park.

**OS grid reference SN 667 730**

#### How to get here

**Cors Caron National Nature Reserve is 2 miles north of Tregaron.**  
Follow the signpost from the crossroads in Tregaron onto the B4343. After about 2 miles, the car park is on the left.

**OS grid reference SN 692 625**



## Llanidloes area



### 10 Hafren Forest

A forest full of waterfall walks for all to enjoy



**Hafren Forest was planted by the Forestry Commission in the 1930s. It is named after the Afon Hafren which is the Welsh name for the River Severn.**

The source of the River Severn is 800 metres outside the forest's boundary in a deep, blanket-peat bog on the slopes of Plynlimon. As it makes its way through the forest, the river soon becomes a fast-flowing torrent with cascades and waterfalls.

A walk along one of the trails which are waymarked from the car park is a great way to enjoy this beautiful river. The longest route takes you to the source of the Severn. The shorter trails go to waterfalls within the forest, including the famous Severn-Break-its-Neck. The all-ability trail has a riverbank boardwalk and waterfall viewing point.



Hafren Forest is also home to numerous footpaths and bridleways and it is the starting point for two long distance walks. There are pleasant picnic facilities near the car park and the toilets are open from Easter to October.

#### Accessibility information

The half mile long **Cascades Walk** was designed in partnership with local disabled associations. The shady zig-zag path leads to an all-ability boardwalk along the riverbank to the Cascades Falls. Here there is a raised viewing platform with picnic bench. The car park has disabled parking on a tarmac surface for two cars close to the accessible toilets (open Easter to October).

## Walking trails

These waymarked walking trails start from the Rhyd-y-benwch car park.

### Cascades Walk (½ mile, 0.8 km, accessible)

The Cascades Walk goes down to a boardwalk along the riverbank and onto the Cascades Falls. Here there is a raised platform to take in the view before returning through the woodland.

### Severn-Break-its-Neck Trail (1½ miles, 2.5 km, moderate)

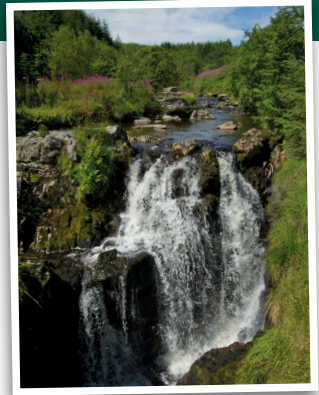
The Severn-Break-its-Neck Trail follows the riverbank before passing through a meadow picnic area and woodlands. It then crosses a footbridge where the River Severn thunders into the famous Severn-Break-its-Neck waterfall.

### Blaenhafren Falls Trail (3 miles, 5 km, moderate)

This is a scenic route through the heart of the forest alongside the River Severn to Blaenhafren Falls.

### Source of the Severn Trail (7 miles, 11 km, strenuous)

The Source of the Severn Trail leads through the forest onto a stone path through boggy moorland to the Severn's source. The return route passes a waterfall and the remains of a Bronze Age copper mine.



## Other routes

Small sections of **Glyndŵr's Way**, a National Trail, pass through the eastern edge of Hafren Forest.

The **Wye Valley Walk** is a 136 mile long distance walk along the River Wye from Hafren Forest to Chepstow.

At 210 miles, the **Severn Way** long distance walk from Hafren Forest to Bristol is the longest riverside walk in Britain.

Part of **Sarn Sabrina**, a 25 mile circular walk, passes through Hafren Forest.

The **Lôn Las Cymru Sustrans National Cycle Trail** between Cardiff and Holyhead passes through Hafren Forest.

The **Prince Llewelyn Ride** is an 80 mile long distance horse riding route. It passes through Hafren Forest on its way from the Powys border to Borth on the coast.

## How to get here

### Hafren Forest is 6 miles west of Llanidloes.

Follow Short Bridge Street out of Llanidloes town centre. Cross the river and turn left. Follow this narrow road for 5½ miles, passing through Old Hall, and the Rhyd-y-benwch car park is on your left. The car park can also be reached via minor roads from the northern end of Llyn Clywedog.

**OS grid reference SN 857 869**



## Presteigne area



- 11 Radnor Forest (Fishpools)**  
Woodland walk with stunning views in former royal hunting ground



**Radnor Forest used to be a forest in the medieval sense of being an unenclosed area for hunting deer.** For centuries, it was used as a royal hunting ground. Nowadays it is a landscape of hill farming, moorlands, steep narrow valleys and hills. Many of the woodlands here are managed by Natural Resources Wales.

The car park at Fishpools offers access to the miles of bridlepaths and green lanes in this ancient forest and to a waymarked walking trail with a viewpoint over Bleddfa village.

Bleddfa means “place of the wolf” and tradition has it that the last wolves in Wales were driven out of Radnor Forest into the valley here and killed.

### Walking trail

#### **Fishpools Trail (2½ miles, 4 km, moderate)**

This circular woodland trail leads to a fantastic viewpoint over Bleddfa village and the surrounding countryside. There is an optional extra loop to the trail around the heathland where local people once had the right to cut peat for fuel.

### How to get here

**Fishpools car park is 7 miles west of Knighton.**

Follow the A488 for 5½ miles from Knighton to Bleddfa. Continue for just over ½ mile and Fishpools car park is on the left.

**OS grid reference SO 188 683**



## Presteigne area



- 12 Nash Wood**  
Border country woodland between Wales and England



**Nash Wood is located within the old county of Radnorshire, now part of Powys, and its boundaries actually sit half in Wales and half in England.** This is one of the quietest corners of mid Wales but this beautiful area has had a turbulent history. Radnor Forest was fought over for centuries by the native Welsh and the Norman-English invaders and there are a number of hillforts dotted around. Nowadays, it is much more tranquil here and it is an ideal place for a woodland stroll.

### Walking trail

#### **Nash Trail (2 miles, 3.3 km, moderate)**

This circular trail from Nash Wood car park goes through a mix of woodlands. It is a great place to spot colourful fungi if you're visiting in autumn. Halfway round, the viewpoint of Burfa Vista overlooks Radnor Forest and Hergest Ridge as well as some of the hillforts which are a common feature of this border country between Wales and England.

### How to get here

**Nash Wood is 500 metres south of Presteigne.**

Follow the B4355 From Knighton to Kington. At the T junction just before Presteigne, turn left onto the by-pass. Turn right opposite the secondary school and the car park is down this road on the right.

**OS grid reference SO 306 625**





## Presteigne area



### 13 Warren Wood Gateway to a spectacular waterfall and three walking trails



Warren Wood got its name because the rabbits which lived in warrens here were once a source of food. Over 200 years ago, it became a popular spot for visitors attracted by the waterfall known as **Water-Break-its-Neck**. The Victorian owners of the estate transformed the landscape from a large moorland area to woodland for the benefit of tourists visiting the waterfall. The trees they planted then have since grown into a mature woodland and there are many huge specimens which can be admired from the three waymarked walking trails.

### Walking trails

#### Waterfall Walk ( $\frac{1}{3}$ mile, $\frac{1}{2}$ km, easy)

This mainly level short walk goes straight to the waterfall, which was a popular destination for Victorian tourists. It returns via the same route to the car park.

#### Water-Break-its-Neck Trail ( $\frac{3}{4}$ mile, 1 km, moderate)

This circular woodland walk leads you above the famous Water-Break-its-Neck waterfall.

#### Warren Trail (1 $\frac{1}{2}$ miles, 2.3 km, strenuous)

The Warren Trail is an energetic ramble with a climb of 560 feet (170 metres). This circular route has great views of some of the largest trees in Radnorshire, many of which were planted in Victorian times.

### How to get here

Warren Wood is 1 mile south west of New Radnor.

Take the A44 from Kington to Llandrindod Wells. 1 mile after New Radnor turn right at the brown tourist sign into a council car park. Once off the road, follow the signs to the Warren Wood car park.

OS grid reference SO 187 598



## Llandovery area



### 14 Irton Forest (Pwll Bo) Two easy riverside walks and a grassy picnic area



Situated in a remote part of mid Wales but easy to find, **Pwll Bo** is part of **Irton Forest**. Pwll Bo means “boggy pool” in Welsh and the car park and riverside picnic area are the starting point for two short walking trails, one of which is accessible for wheelchairs. Both trails are waymarked and follow the River Irton on part of its journey down from the Cambrian Mountains to the River Wye at Builth Wells. Pwll Bo is a few miles from Llanwrtyd Wells which claims to be the smallest town in Britain.

### Walking trails

#### Afon Irton Walk ( $\frac{3}{4}$ mile, 1.2 km, easy)

This accessible route follows a riverside path along the River Irton. It winds between spruce trees and returns along the same path to the car park.

#### Cwm Irton Trail (1 mile, 1.4 km, easy)

This circular trail follows the same riverside path as the Afon Irton Walk but, when the hard surface stops, it goes up a gentle incline and returns along a quiet forest road.

### Accessibility information

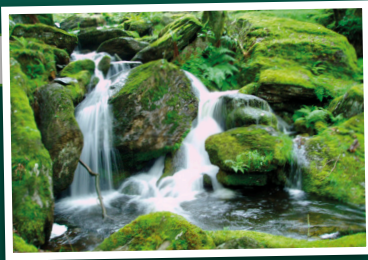
The **Afon Irton Walk** is an easy, level walk with no steps that is suitable for all. There are a number of benches along the way to enjoy the views and the sound of the river.

### How to get here

Pwll Bo is 3 miles north west of Llanwrtyd Wells.

From the A483 at Llanwrtyd Wells, take the unclassified road signposted to Abergwesyn. After 3 miles, the Pwll Bo car park is on the right.

OS grid reference SN 851 509



## Llandovery area



### 15 Cwm Rhaeadr Waymarked trails for walking, mountain biking and horse riding



**Cwm Rhaeadr, which means “valley of the waterfall” in Welsh, is a remote woodland and picnic area situated in the upper Tywi valley.** There are two waymarked walking trails, a mountain bike trail suitable for experienced riders and a horse riding trail that leads to a bridleway with great views.

### Walking, mountain bike and horse riding trails

#### All Ability Trail (¾ mile, 1.25 km, accessible)

This trail through the woodland is suitable for wheelchair users. It passes by two ponds where dragonflies can be spotted in summer.

#### Cwm Rhaeadr Mountain Bike Trail (6.7 km, grade red)

This waymarked trail may be short but it offers singletrack riding, a descent over a rocky ridge and stunning views over the valley and waterfall. Please read the information board onsite to make sure this trail is right for you.

#### Waterfall Walk (2½ miles, 4 km, moderate)

There are glimpses of the waterfall through the trees on this trail through the lower part of the valley. It returns along the river.

#### Horse riding trail (1½ miles, 2.5 km)

The waymarked trail follows the forest road for 1½ miles after which you can either return along the same route or join the bridleway onto Mynydd Mallaen.

#### Accessibility information

The **All Ability Trail** is suitable for wheelchairs.

#### How to get here

**Cwm Rhaeadr is 5 miles north of Llandovery.** Follow signs for Cilycwm from the A482 or A483. Go through Cilycwm and continue northwards towards Llyn Brienne Reservoir. After about 1 mile, the sign for Cwm Rhaeadr car park is on the left.

**OS grid reference SN 765 423**



## Llandovery area



### 16 Caio Forest Three walking trails in a forest named after historic village



**This conifer forest is named after the nearby village of Caio which was the birthplace of Llywelyn ap Gruffydd, the last prince of an independent Wales.** It was planted on moorland in the 20<sup>th</sup> century by the Forestry Commission to produce timber. Caio Forest has many miles of forest roads and tracks and there are several waymarked trails from the car park.

### Walking trails

#### Rhodfa Pont Annell Trail (1 mile, 1.6 km, easy)

This pleasant walk through the forest crosses a bridge over the stream where there is a picnic table in the clearing.

#### Rhodfa Rhiw Goch Trail (1¼ miles, 2 km, moderate)

The trail follows grassy paths and forest roads as it makes its way up through a variety of trees. The climb is rewarded by great views from the seat at the top.

#### Rhodfa Glyn Annell Trail (2½ miles, 4 km, easy)

The longest of the waymarked trails is an easy and reasonably flat walk on forest roads.

### Other route

#### Cothi Trail (8 miles, 13 km, moderate)

This trail uses the roads and tracks that link the Cothi valley and Caio Forest. There are some steep climbs and descents on this trail which is suitable for walkers, cyclists and horse riders.



### How to get here

**Caio Forest is 9 miles north west of Llandovery.** Take the A482 from Llanwrda to Lampeter. After 8 miles, turn right towards Caio village. Go through Caio, following the forest signs, and the car park is 750 metres after the village.

**OS grid reference SN 679 405**



## 17 Brechfa Forest

Woodland walks, mountain bike trails and a forest garden with a difference



**Brechfa Forest is the modern name for part of the ancient Glyn Cothi Forest which provided building materials and grazing to local people. Following the final defeat of Wales by Edward I, Glyn Cothi became a Royal Forest administered under Forest Law for several centuries.** Since then, a very different forest has developed. In the 1900s, the Forestry Commission planted Brechfa Forest with conifers to boost Britain's timber reserve after the First World War. The four car parks within Brechfa Forest are the starting points for several waymarked walking and mountain bike trails.

### Mountain biking in Brechfa Forest

Brechfa Forest is fast gaining a reputation as a great place for mountain biking. Proficient riders love the black graded **Raven Trail** which well-known mountain biker, Rowan Sorrell, helped to design. Beginners and younger riders can get their first taste of off-road riding on the **Derwen Trail**.

Please read the information onsite to make sure you pick a trail that is right for you. Information about trail grading is also on our website.



## How to get here

### 17a Abergorlech:

From the A482 between Lampeter and Llandovery, turn off onto the B4302 for Llansawel. From Llansawel follow signs for Abergorlech. The car park is on the right just before the village.

OS grid reference SN 585 337

## Llandovery area



## Walking and mountain bike trails

### Abergorlech car park

Abergorlech is home to a riverside picnic site with play area. It is also the starting point for a walk to an arboretum with a difference.

### Riverside Walk (1 mile, 1.7 km, easy)

This mainly level woodland trail goes alongside the scenic River Gorlech and over a humpback bridge before returning along the forest road.

### Gorlech Walk (3½ miles, 5.7 km, moderate)

This trail follows the River Gorlech along forestry roads before crossing a small bridge onto a footpath and climbing uphill through the woodland.

### Forest Garden Walk (5 miles, 8.3 km, strenuous)

The forest garden is made up of half of the tree species that can be grown in the British Isles. They were planted by the Forestry Commission to assess their suitability for British forestry.

### Gorlech Mountain Bike Trail (19 km, grade red)

This trail has a hard, fast, all weather surface with perfectly sculpted berms, huge switchbacks, jumps and tabletops. Sifigwm car park (OS grid reference SN 553 395) is an alternative starting point.

## How to get here

### 17b Byrgwm:

From the A40 between Llandeilo and Carmarthen, take the B4310 through Brechfa village. After 1 mile, the car park is on the left.

OS grid reference SN 544 315

### Byrgwm car park

Byrgwm means "short valley" in Welsh. The waymarked walking trail passes one of the ruined houses in Brechfa Forest.

### Byrgym Forest Walk (4 miles, 6.4 km, moderate)

This walk goes through areas of huge Douglas fir trees and moss-strewn Norway spruce. It passes a derelict smallholding, a poignant reminder that more people used to live off the land.

### Derwen Mountain Bike Trail (9.2 km, grade green)

The Derwen Trail effortlessly flows through oak woodland and gives the inexperienced off-road rider a unique introduction to mountain biking. There is also an optional 4.2 km blue graded extension halfway along.

### Raven Mountain Bike Trail (18.5 km, grade black)

Suitable only for proficient riders, this trail ventures further into the forest. It mixes up traditional woodland singletrack with some brash descents and fast, undulating trail with berms and jumps.

### Keepers and Gwarallt car parks

The car parks at Keepers (OS grid reference SN 523 319) and Gwarallt (OS grid reference SN 520 322) are each the starting point for a short waymarked walking trail.







## Llandovery area



### 18 Crychan Forest (Halfway)

Walking, cycling and horse riding on forest roads and old drovers' tracks



**Crychan Forest is set in beautiful countryside between the Brecon Beacons and the Cambrian Mountains.** Years ago, before the trees were planted, drovers passed through here taking cattle and sheep from the mountains of mid Wales to market in London. Nowadays, many miles of horse tracks and cycle routes through the forest link the car parks at Halfway, Brynffo, Esgair Fwyog and Cefn Farm. There is also a waymarked walking trail and cycle trail from Halfway car park.

### Walking, cycling and horse riding trails

#### Nant y Dresglen Trail (2 miles, 3.6 km, moderate)

This circular walking route winds through the trees but never goes far from the river that it's named after.

#### Allt Troedrhiw-fer Cycle Trail (6.3 km)

This waymarked cycle trail follows the gentle gradients of forest roads over the river before returning along the hillside. There is a link to the Epynt Way, a 50 mile long bridleway around the Sennybridge military training area.

#### Horse riding and carriage driving trails

There is open access for horse riding and carriage driving throughout Crychan Forest and many miles of waymarked trails. See our website for details of the trails and facilities for horse riders and carriage drivers at our four car parks in Crychan Forest.

### How to get here

#### Halfway car park is 5 miles east of Llandovery.

Take the A40 from Llandovery to Brecon and, after 5 miles, the car park is signposted on the left up a short unclassified road.

OS grid reference SN 835 330



## Llandovery area



### 19 Cilgwyn Wood Walking trail in peaceful woodland on edge of Brecon Beacons



**Cilgwyn is a small woodland in rural Carmarthenshire, made up of a pleasant mix of trees, including large Douglas fir, beech and spruce.** In spring, the banks beside the forest road are carpeted with bluebells. This peaceful woodland is not far from the A40 through the Brecon Beacons National Park, making it an ideal stop-off to stretch your legs. There is a circular waymarked walking trail which, although fairly short, has a steady 500 metre climb. Cilgwyn Wood is only a few miles from the market town of Llandovery where there are shops, cafés and pubs and there is a picnic site in Pen Arthur Wood nearby.

### Walking trail

#### Cilgwyn Walk (2 miles, 3 km, moderate)

The Cilgwyn Walk starts off on the forest road and climbs steadily up through the woodland. The trail turns off onto an old track, passing beech trees and a pond. It then crosses the forest road and goes up a bank, which is full of bluebells in spring, before dropping back down to the starting point on the forest road.



### How to get here

#### Cilgwyn Wood is 3 miles south west of Llandovery.

Take the A4069 from Llandovery to Llangadog. After 1 mile, turn left along an unclassified road and continue for another mile. At a junction continue straight ahead and, after ½ mile, the entrance to Cilgwyn Wood is on the left. Please park carefully near the entrance leaving the gateways clear for residents and emergency access.

OS grid reference SN 752 297

## Llandovery area



### 20 Pen Arthur Wood

Uphill walk to a spectacular viewpoint over Black Mountain



Pen Arthur Wood is situated in the Brecon Beacons National Park and is easy to find off the scenic A4069 through the mountains. This peaceful woodland is made up of an attractive mix of conifers and native broadleaved trees and there are masses of bluebells in spring. There is a picnic area next to the car park and a waymarked trail up to a viewpoint.

#### Walking trail

##### Banc-Carreg-foel-gam Viewpoint Trail (4 miles, 6.4 km, strenuous)

This walk is uphill all the way to a viewpoint which is 1150 feet (350 metres) above sea level. From here, there are great views on a clear day of Black Mountain and the Tywi Valley. The return route is by the same path.

#### Other route

Part of the Beacons Way, a long distance route from Abergavenny to Llangadog, passes through Pen Arthur Wood. Good map readers can walk a section of this route by picking up the public footpath in the wood at Banc-Carreg-foel-gam and following public rights of way to Garn Goch before returning on a minor road. This walk is 8 miles (13 km) but it is not waymarked and only the paths in the forest are on land managed by Natural Resources Wales.

#### How to get here

Pen Arthur Wood is 7 miles south of Llandovery. Take the A4069 from Llangadog to Brynamman. After 2 miles, the car park entrance is on the right.

OS grid reference SN 717 255

## Llandovery area



### 21 Talley Community Woodland

Steep climb up wooded hillside with views of a ruined abbey



#### Talley Community Woodland overlooks an historic Carmarthenshire village in the River Cothi valley.

The village of Talley grew up around an abbey that was founded in the 12<sup>th</sup> century. The abbey was dissolved by Henry VIII and the stone was used to build much of the present village and chapel. There are views of the abbey ruins, which are maintained by Cadw, from the three walking trails. The trails are waymarked and start from the layby just beyond the abbey car park.

#### Walking trails

These walking trails all include a steep climb and take you to a viewpoint with a bench to enjoy the views.

##### Talley Views Walk (1¼ miles, 2.9 km, strenuous)

This walk climbs steeply up a gorse-covered hill on a zig-zag path.

##### Big Trees Walk (1¼ miles, 2.2 km, strenuous)

This trail passes through a former arboretum which is home to huge oak, ash, pine and spruce trees.

##### Cwm yr Efail Walk (2½ miles, 4 km, strenuous)

Cwm yr Efail means “valley of the forge” in Welsh. The route climbs up steeply through the former arboretum and returns down a gorse-covered hillside.

#### How to get here

Talley Community Woodland is 12 miles west of Llandovery. From the A482 Lampeter to Llandovery road take the B4302 to Talley and Llandeilo. Follow the signs for Talley Abbey and park sensitively in the small layby near the woodland entrance, just beyond the abbey car park.

OS grid reference SN 631 329



## Long distance routes in mid Wales

Mid Wales is home to three long distance routes, each of which can be enjoyed in bitesize chunks. They are all open to walkers and some sections are open to cyclists and horse riders.

**Glyndŵr's Way** is the 135 mile National Trail from Knighton to Welshpool. It passes through open moorland, rolling farmland and woodland. Named after a 15<sup>th</sup> century Welsh prince, the route meanders through mid Wales in a horseshoe shape, passing small market towns and quiet villages. After reaching Machynlleth near the Dyfi estuary, it turns back east to Welshpool via Lake Vyrnwy.



**Offa's Dyke Path** runs for 177 miles from Chepstow to Prestatyn. This National Trail traces the border with England and the spectacular earthwork constructed by King Offa in the 8<sup>th</sup> century to divide his Kingdom of Mercia from rival kingdoms. The central section promises some of the most varied walking as it weaves in and out of mid Wales and through the tranquil border region known as the Marches.

At 870 miles long, the **Wales Coast Path** is the longest continuous path along a nation's coastline. Signposted with unique blue and yellow dragon shell signs, the route goes from Chepstow to Chester. The Ceredigion Coast Path along the clifftops of mid Wales from Machynlleth to Cardigan is a dramatic part of the Path. There are many stunning views and beautiful beaches along the varied coastline of Cardigan Bay, home to the UK's biggest pod of dolphins.



# PICK A TRAIL THAT'S RIGHT FOR YOU

## Walking trail grades






We have included the distance and grade of each walk in this leaflet to help you decide if a walk is right for you. Read on to find out what the grades mean.

GRADE	SUITABLE FOR
<b>Accessible</b>	Walks for everyone, including people with wheelchairs and pushchairs, using accessible paths. Comfortable shoes or trainers can be worn. Assistance may be needed to push wheelchairs on some sections.
<b>Easy</b>	Walks for anyone looking to improve their level of fitness on generally level trails which may have some rough, irregular surfacing. Suitable for pushchairs if they can be lifted over occasional obstructions. Comfortable shoes or trainers can be worn.
<b>Moderate</b>	Walks for people with a reasonably good level of fitness. May include some unsurfaced and possibly steep paths and open country. Stout footwear and warm, water-proof clothing are recommended.
<b>Strenuous</b>	Walks for experienced walkers with a good fitness level. May include very steep hills and rough country. Walking boots and warm, water-proof clothing are essential.

Please also read the panel at the start of the walking trail and then follow the trail's waymarkers.

## Mountain bike trail grades

We have included the distance and grade of each mountain bike trail in this leaflet. Please read the grading information below to make sure you pick a mountain bike trail you can handle. There is more detail about the type of trail surface, gradients and technical features on our website.

GRADE	SUITABLE FOR
 <b>Forest Road &amp; similar</b>	A wide range of cyclists. Most bikes and hybrids. Ability to use maps helpful. Routes may or may not be waymarked.
 <b>Green Easy</b>	Beginner/novice cyclists. Basic bike skills required. Most bikes and hybrids. Some green routes can take trailers.
 <b>Blue Moderate</b>	Intermediate cyclist/mountain bikers with basic off-road riding skills. Mountain bikes or hybrids.
 <b>Red Difficult</b>	Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes
 <b>Black Severe</b>	Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.

Please also read the panel at the start of every mountain bike trail for more details and then follow the trail's waymarkers.



## RESPECT. PROTECT. ENJOY.

The Countryside Code helps you respect, protect and enjoy the countryside, enabling you to get the most out of your visit.

### Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

### Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

### Enjoy the outdoors and stay safe

- Plan ahead and be prepared
- Follow advice and local signs

### The Countryside Code family

The Countryside Code family includes specific codes for some of the exciting activities you may be taking part in, such as wild swimming, angling and canoeing.

There is also a dog walking code for safe and happy walks with your dog, and to avoid causing problems for others.

**DOWNLOAD YOUR COPY of the Countryside Code**  
[www.naturalresources.wales](http://www.naturalresources.wales)

# Coedwigoedd a Gwarchodfeydd Natur Cenedlaethol

## Forests and National Nature Reserves

- |   |  |   |
|---|--|---|
| <p><b>1</b> Gwarchodfa Natur Genedlaethol Dyfi: Ynyslas a Chanolfan Ymwelwyr Dyfi Ynyslas National Nature Reserve and Visitor Centre </p> <p><b>2</b> Canolfan Ymwelwyr Bwlch Nant yr Arian Bwlch Nant yr Arian Visitor Centre </p> <p><b>3</b> Gogerddan </p> <p><b>4</b> Coed Maenarthur </p> <p><b>5</b> Ystad Hafod Hafod Estate </p> <p><b>6</b> Y Bwa The Arch </p> <p><b>7</b> Grogwynion </p> | <p><b>8</b> Coetir Lloches Ddu Black Covert </p> <p><b>9</b> Gwarchodfa Natur Genedlaethol Cors Caron Cors Caron National Nature Reserve </p> <p><b>10</b> Coedwig Hafren Hafren Forest </p> <p><b>11</b> Coedwig Maesyfed (Fishpools) Radnor Forest (Fishpools) </p> <p><b>12</b> Coed Nash Nash Wood </p> <p><b>13</b> Coed Cwningar Warren Wood </p> <p><b>14</b> Coedwig Irfon (Pwll Bo) Irfon Forest (Pwll Bo) </p> <p><b>15</b> Cwm Rhaeadr </p> | <p><b>16</b> Coedwig Cao Caio Forest </p> <p><b>17a</b> Coedwig Brechfa (Abergorlech) Brechfa Forest (Abergorlech) </p> <p><b>17b</b> Coedwig Brechfa (Byrgwm) Brechfa Forest (Byrgwm) </p> <p><b>18</b> Coedwig Crychan (Halfway) Crychan Forest (Halfway) </p> <p><b>19</b> Coed Cilgwyn Cilgwyn Wood </p> <p><b>20</b> Coed Pen Arthur Pen Arthur Wood </p> <p><b>21</b> Coetiroedd Cymunedol Tallyllychau Talley Community Woodlands </p> |
|---|--|---|

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### Allwedd / Key

- |  |                                    |   |
|--|------------------------------------|---|
| Parcïo Parking                             | Caffi Café                         | Seiclo Cycling                          |
| Parcïo (tâl) Parking (charge)              | Siop Shop                          | Llwybr becïo mynydd Mountain bike trail |
| Parcïo (hygyrch) Parking (accessible)      | Llwybr cerdded Walking trail       | Llwybr rhedeg Running trail             |
| Canolfan Ymwelwyr Visitor Centre           | Cyfeiriannu Orienteering           | Llwybr marchogaeth Horse riding trail   |
| Cyfleusterau hygyrch Accessible facilities | Croeso i gŵn Dogs welcome          | Maes chwarae Play area                  |
| Toiletau Toilets                           | Cuddfan bywyd gwyllt Wildlife hide | Maes picnig Picnic area                 |
| Lle newid babanod Baby changing            | Golchi beiciau Bike wash           | Barbeciwr Barbecue                      |

