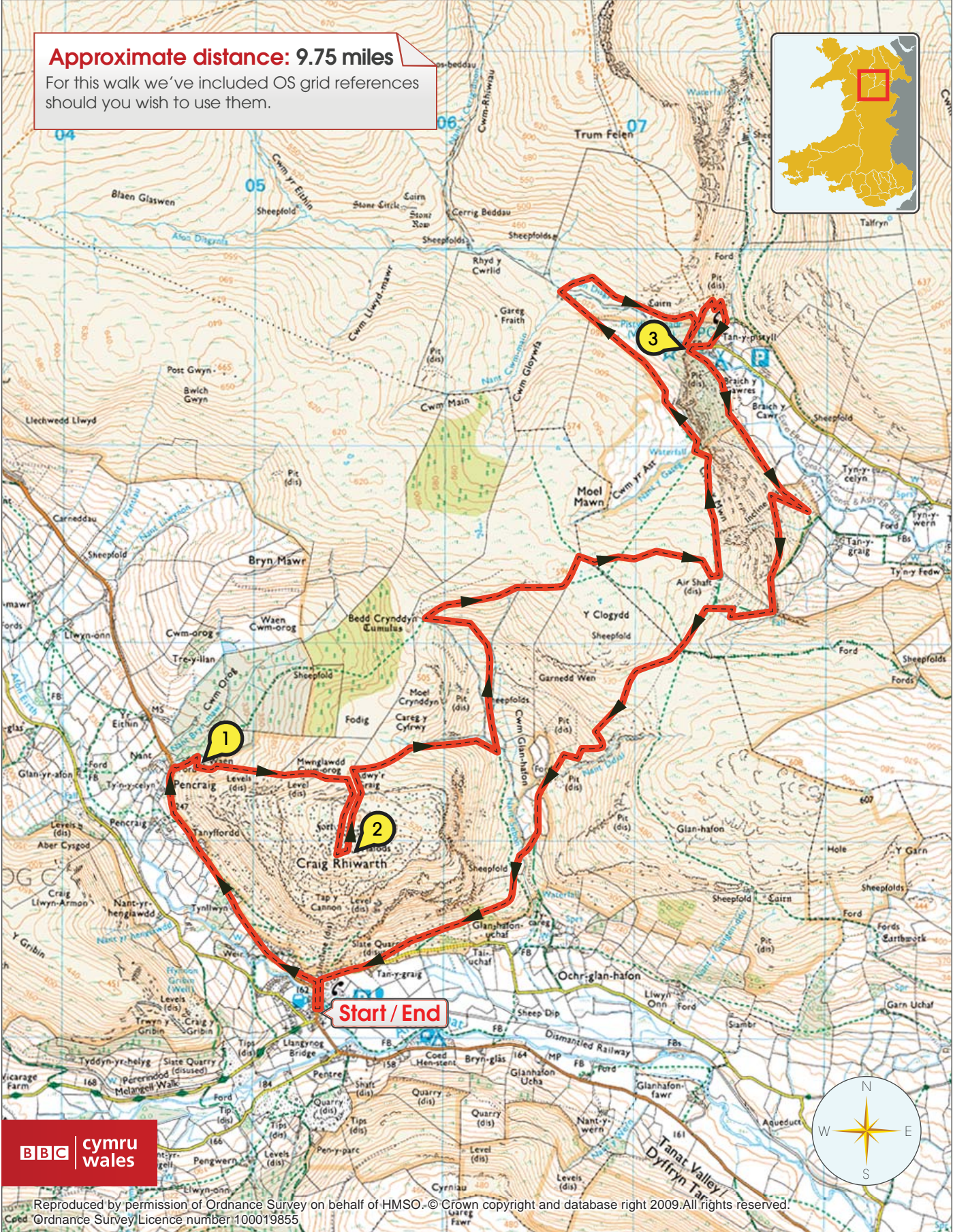
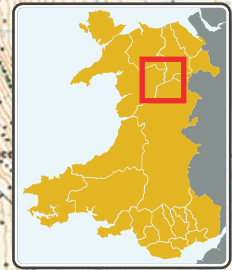


Weatherman Walking

Llangynog Walk

Approximate distance: 9.75 miles
 For this walk we've included OS grid references should you wish to use them.



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The Weatherman Walking maps are intended as a guide to help you walk the route. We recommend using an OS map of the area in conjunction with this guide. Routes and conditions may have changed since this guide was written. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.

Weatherman Walking

Llangynog Walk

Start: Llangynog Car Park, free parking and toilet facilities

Starting ref: SJ 053 262

Distance: 9.75 miles

Grade: Moderate to strenuous

Walk time : Allow 5 hours, longer if you have a break at the waterfall, which is recommended

Llangynog sits in the county of Powys which used to be the old Sir Drefaldwyn - Montgomeryshire, and this beautiful walk takes you through the heart of some of Wales's most magnificent countryside. The walk is also challenging - you will need to be a competent map-reader as the terrain can be difficult and the weather can change very quickly. This walk takes you from the village of Llangynog, up the side of Cwm Rhiwarth, across Nant Sebon then over the hill to Pistyll Rhaeadr before heading back to Llangynog. This is also a route which could be done on two consecutive days with a stay overnight in the area.

Directions

From your starting point in the car park in Llangynog you can admire the imposing Craig Rhiwarth which dominates the landscape above the village. Come out of the car park and turn right along the pavement, across the bridge and carry on up the old Bala road - now the B4391. Walk past the old Miners' cottages on your right, taking care as you go as there is no pavement on this section of road.

Carry on past the houses and past a sign for Bryn Wern. Follow the red markers on the left hand side of the road and when they run out you'll see a track on your right which is the start of the Cwm Orog incline.

Carry on up the track, to the galvanised gate. Turn right at the gate - don't go through it! Keeping the fence on your left you'll get to the corner of the fence. Look straight up the line of the fence and you'll see a steep path.

Climb up past the old ariel ropeway pillar on your left.

Carry straight on up and you'll see a saddle between the main Craig Rhiwarth and the outlying hill to the left. Climb towards the centre of the saddle of Adwy'r Graig taking the right hand sheep path to avoid a rush-covered bog.



Derek, Dewi and Dilwyn on the Bala road



Cwm Orog incline, galvanised gate



Saddle on Craig Rhiwarth



Cwm Orog lead mines (SJ 050272)

The Llangynog area was once one of Wales's main centres for lead mining. Galena, cerussite and anglesite ore were mined here with production records reaching back as far as 1692. At one time even silver was mined here. After falling into disuse, the mines were opened again in the mid-19th century.

Later granite and slate quarrying became more important for Craig Rhiwarth and the remnants of those quarries have certainly left their mark on this landscape.



Remnants of an old aerial ropeway pillar on top of the incline in Cwm Orog

Once you get to the top of the saddle on your right you'll see what looks like a low dry stone wall. As you get closer you can see that it is in fact one of the main entrances to the Iron Age hill fort which once dominated the roof of this mountain.



Rampart/entrance to the hill fort



Iron Age hill fort (SJ 054271)

This was an Iron Age hill-top enclosure defined by tumbled stone walls. There used to be around 170 round houses within this walled enclosure, one of which is said to have been in use, as a hafod (summer dwelling) into the 19th century.



Summit cairn of the Iron Age hill fort

Follow the path up to the summit cairn and enjoy the views of the Tanat Valley. Then retrace your steps to the entrance and from here head towards the nearest fenced corner of a field to the right of Adwy'r Graig. Once you're within 10 metres of the corner of the fence turn to face down towards Cwm Glan-Hafon, take the old sheep path and start your descent. It is of paramount importance that you find the right path here.

Weatherman Walking

Llangynog Walk

Keep the fence on your left hand shoulder and descend. Eventually you'll see a sheepfold in the distance – head for that as you'll be walking past it when you get to the bottom of Cwm Glan-Hafon. The path is indistinct here so be careful. You'll see the start of a spring to your right – keep following the fence to your left.



Sheepfold in the distance

When the tributary comes in to the stream on your left – there is a boulder to your right – walk towards it. When you get close you'll see a vegetated spoil heap from an old mine. This is the start of a distinct pathway – an old service track for the mine. Keep descending the steep slope keeping the series of delightful waterfalls to your left.



Isolated boulder you should see on your right

At the base of a service track you join a tractor track, pass one ford on your left and descend down to the second ford. Cross the ford (Nant Sebon) at this point and go through the waymarked and arrowed gateway. (This is where you can shorten the route – see below *). Then, head up the field past the sheepfold and dipping pool on your left. From the sheepfold, head up the field towards a small copse of fir trees. At the fir trees is a galvanised gate go through it and take the track that bears left and exits at the top of Cwm Glan-Hafon valley

When you get to the top of the track, you will come out onto open moorland. You will need to take a track across the open moorland to your right. Fix your position on the map as to go to the head of Craig y Mwyn.

You will need the help of a compass to arrive at the head of Craig Y Mwyn as you'll be crossing open moorland once the track ends. Take a bearing to the air shaft - a distinct landscape feature of a square of sheep netting in a prominent position. Be careful to avoid larger wetlands and drainage channels.



Air shaft

Be careful when you arrive at the air shaft at Craig y Mwyn - the fence surrounds a huge drop and it's fenced off for a reason. Take some time to enjoy the stunning view – with Cadair Berwyn and Moel Sych dominating the horizon.

Cadair Berwyn and Moel Sych

Cadair Berwyn and Moel Sych are jointly the highest summits in the Berwyn range at 827 metres above sea level. Though less popular than the mountains of the National Parks, these are significant mountains which have the advantage of being less populated during the busy seasons.



Cadair Berwyn and Moel Sych

Now bear left and follow the clearly incised bridleway and marker posts. Skirt the side of the valley head towards the waterfall.

Keep following the farm track as it descends to a culverted stream and keep following it until it ends in a field. Then follow a sheep path which is a direct continuation through a field. As the field narrows, follow the path through the narrow fenced field and bear right. Keep the fence to your right and descend down to a copse of fir trees in the distance. When you reach the copse of firs, cross over a wooden stile and follow the arrow on the waymarker down towards a footbridge crossing the Afon Disgynfa river.

Cross over the footbridge, bear right and follow the path along the fence. Keep the fence to your right and walk towards the trees in the distance. This is a boggy marsh so you need to be very careful when crossing. The path does eventually rise to drier ground.



Footbridge over the Afon Disgynfa



Forest in centre of the valley

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Llangynog Walk

Follow the path keeping the marsh to your right and head towards the forest in the distance in the centre of the valley. The path leads directly to the left hand side of the forest. Follow a dry stone wall until you arrive opposite a kissing gate from where you can walk to the top of the Pistyll Rhaeadr waterfall to enjoy the stunning views.



Kissing gate at the top of the walk to Pistyll Rhaeadr waterfall

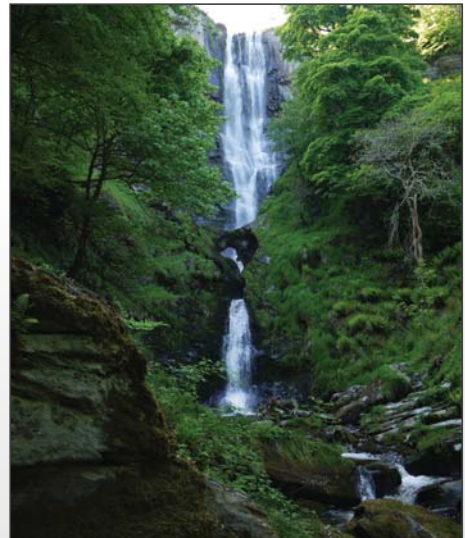


Derek and the crew at the top of Pistyll Rhaeadr waterfall

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Pistyll Rhaeadr waterfall (SJ 072295)

One of the Seven Wonders of Wales, the glorious Pistyll Rhaeadr is formed by the Afon Disgynfa. It has a massive 240 foot drop – falling in three stages. It is also a Site of Special Scientific Interest.



Pistyll Rhaeadr waterfall

Retrace your steps to the kissing gate and follow the farm track down until you see a path marker indicating a steep footpath which takes you down to the bottom of the waterfall. At the bottom go through another kissing gate and follow the signs to the car park of the café. Cross the car park and pass the public toilets. Walk towards the gateway by the café go through it and follow the path to the bridge at the foot of the waterfall.

Weatherman Walking

Llangynog Walk

Cross the bridge, walk through the forest and follow the well-trodden path. Go down to a large rocky outcrop - at its base there's a marker post - follow that arrow up alongside the dry stone wall and carry on walking, keeping the fence on your left. When you get to a wooden stile cross over and follow the fence. You are now following the line of the old mine leat at the base of Craig y Mwyn - the rock of ore. At the end of that path a waymarker will point upwards to follow a steady climb to the farm track above. Follow the farm track as it ascends Craig y Mwyn. There are waymarkers along the track which make it easy to follow

At the second marker post follow the arrow to the galvanised brideway gate which is directly above you. Walk through and follow the very well-trodden brideway as it descends keeping the small escarpment to your right.

Follow the waymarker post along to Cwm Glan-Hafon. Then carefully descend the zigzag path down to a line of mature trees where you reach another galvanised brideway gate.

Follow the marker arrows and keep the fence on your left. You'll come to another galvanised gate and wooden stile - go over the stile, cross the shallow Nant Sebon brook and carry on up to a large farm track and marker post.

Bear left towards the sheepfold, cross another stile and follow the arrow for the footpath heading right across the field in front of you. Follow the waymarker posts until you get to the start of Cwm Glan-Hafon woodland.

Walk on the delightful path through the woodland until you get to a kissing gate. The path crosses under the crags and old slate tips on the former mines and quarries of Craig Rhiwarth. Follow the waymarking posts until you reach the tarmac road.

Once on the road bear right and follow it until you reach the terraced houses in the village where you began your ascent. Make your way back to the car park.

* If the weather is inclement an alternative route is strongly advisable. From the second ford in Cwm Glan-Hafon an early return to the car park can be made, following the track on your right, rejoining our route back. Using OS explorer sheet 255, leave at Cwm Glan-Hafon sheepfold 063275 and rejoin at sheepfold 064268.



Galvanised gate at the beginning of the brideway as it descends down to Cwm Glan-Hafon



Brideway marker post



Stile across to Nant Sebon