

Borth to Ystwyth Trail Path
PONTRHYDYGROES to PONTRHYDFENDIGAID
Section 5 of 6

The track emerges onto the metalled road, (turn right here to reach the Teifi Arms public house in two minutes). To continue on towards Pontrhydfendigaid, turn left, then right at the first junction. Follow the tarmac road, ignoring a turn off to the left after 200m or so. After a post box the lane crosses a stream and eventually peters out altogether. At that point, pass through a gate and follow the obvious track. At the crest there is a fine view of Strata Florida Abbey ruins. Carry on down past crags on your left and take the right fork before the ruin of 'Gargoed' to pass in front of it.

The bridleway here has been legally diverted so the waymarked route you follow may differ to that shown on the OS map. Shortly after the ruin, at another crest, drop down a short distance and look out for a path leading off to your right along the top of the oak woods. Here, the right of way follows a leat once used to ferry water from the hills near Teifi Pools. Follow this path and cross over a footbridge and climb a stile. Immediately after the stile the path leaves the leat and heads uphill towards another stile. Again the path has been diverted and the new route heads out west over rough ground towards a triangulation pillar. Look out for a way marker post on high ground beyond a curious triangular shaped field boundary. The stile is in the corner at a T junction in the fence line (you will note that a motor race track has been constructed out to your left). From this stile follow the fence line. You may make a detour to the summit cairn for a panoramic bird's eye view of 'Bont' and the surrounding area, the entrance to the hill fort can be easily distinguished.

Return to the fence and carefully follow it steeply down along the edge of the oak woods to gain a stile in the corner. Do not cross the stile leading to the race track, turning right over a stile immediately before the race track, go down across the field and, at the bottom of the hill, there is a sunken lane. Turn right over a stile and follow the lane, keeping to it until you emerge onto open ground after a stile beside a gate under a large ash tree. A few yards ahead, a stile on your left before a cutting takes you towards the village on a path that follows the river. After crossing the river the path enters a housing estate through a gate. Turn right along the tarmac lane to meet the main road. Bear left to emerge in the vicinity of the Pantyfedwen Hall and Pavilion.

Cover image: The Cambrian Mountains near Ffair Rhos (© DJG Owen)

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Distance & time: 13km (8 miles); 4 hours

Terrain: Mostly remote upland footpaths and tracks, some above oak woodland with fine views of Strata Florida Abbey and upland Ceredigion

Suitable for: Moderately fit walkers able to navigate in poor weather

Grade: **This is a grade A walk** graded according to the following criteria:

- A Strenuous: Ability to walk on rough terrain for up to 6 hours with a light rucksack
- B Moderate: Ability to walk on rough terrain for up to 4 hours with a light rucksack
- C Easy: Ability to walk on rough terrain for up to 2 hours with a light rucksack

Start: Pontrhydygroes (SN 739 725)

Finish: Pontrhydfendigaid (SN 731 668)

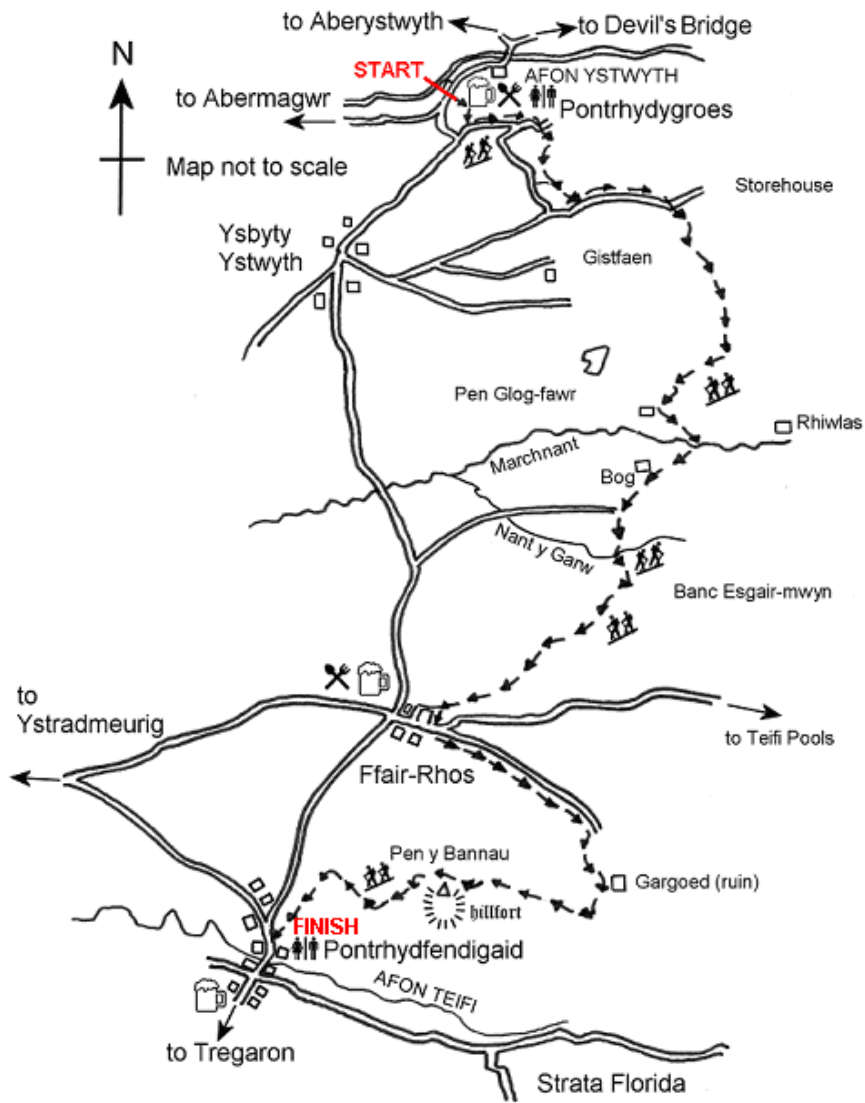
Refreshments: Pontrhydygroes, Ffair Rhos & Pontrhydfendigaid

Public Toilets: Pontrhydygroes & Pontrhydfendigaid

Public transport: fl Tourist Information Centre 01970 612125 or fl Traveline Cymru on 0870 608 2608.

Maps: OS Explorer 213, Aberystwyth & Cwm Rheidol. OS Explorer 187, Llandoverly

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Head up the hill from the Miners' Arms at Pontrhydygroes towards a road junction. Take the tarmac road climbing steeply up to the left (east). After a left hand bend, before a converted chapel, turn right and climb concrete steps known locally as "Jacob's Ladder". At the top, turn left along a road for a short while until reaching a junction on a hairpin bend.

Turn left and proceed down a lane which turns first to the right then sharply left by a derelict cottage. Immediately after this ruin a footpath leaves the road to the right over a stone footbridge, take this path, through a small wooden gate and up the field edge to a stile. Gain the track and turn right, pick up the footpath that mounts the bank above and to the left of the road. Follow this path as it sweeps round to the left, beneath a crag which is a favourite kestrel haunt. Follow the stream for a while, ignoring a stile on your right and carry on uphill to reach the road turning left along it.

Ignore the first wooden bridleway sign on your right, go on downhill slightly to reach another just beyond it. Go through the wooden gate to your right and follow the lane past some large willow trees to a ruin where the track turns right and skirts the field before reaching the open hill through another wooden gate. Keep the fence to your left and head out just east of south.

Crossing the level boggy area to your right the remains of a dam can be seen. The water stored here was used to power machinery for the many mines that peppered the area's hillsides.

Pass by a rocky knoll and join a track which you follow out right (southwest), with the fence on your left and, on your right, fine views of the Ystwyth valley. Before reaching a metal gate across the track a wooden bridleway gate on your left gives access to a footpath that immediately drops down to your right (south). Cross over an old leat and look out for a stile about 20m or so below.

Follow the obvious track down to a small conifer plantation below. The path passes behind a house called 'Derw', where you turn left and join a track leading in front of the house and down past the shed. A line of fine beech trees border the track as it heads out south east.

Pass through a gate and turn right along the track that crosses the river Marchnant and continues in a southerly direction, leading on past the farm named 'Bog' on the OS map. The gravel track shortly meets the road end. Here, the route heads left through a large metal gate heading from a lone sycamore adjacent a ruin at the foot of the slope ahead.

On reaching the ruined cottage, turn left and follow the field boundary that snakes steeply up the hillside reaching an old metal gate. Head straight down into the next valley then veer slightly right when you meet the track below, keeping the spoil heaps to your immediate left. On the valley floor the track follows the stream, you might need to ford it a couple of times before reaching a more definite and well used track. Follow this track, diagonally right up the slope to a gate and continue, with the shelter belt on your right, first south then south west towards Ffair Rhos with fine views unfolding ahead of Tregaron and the massive Cors Caron basin.