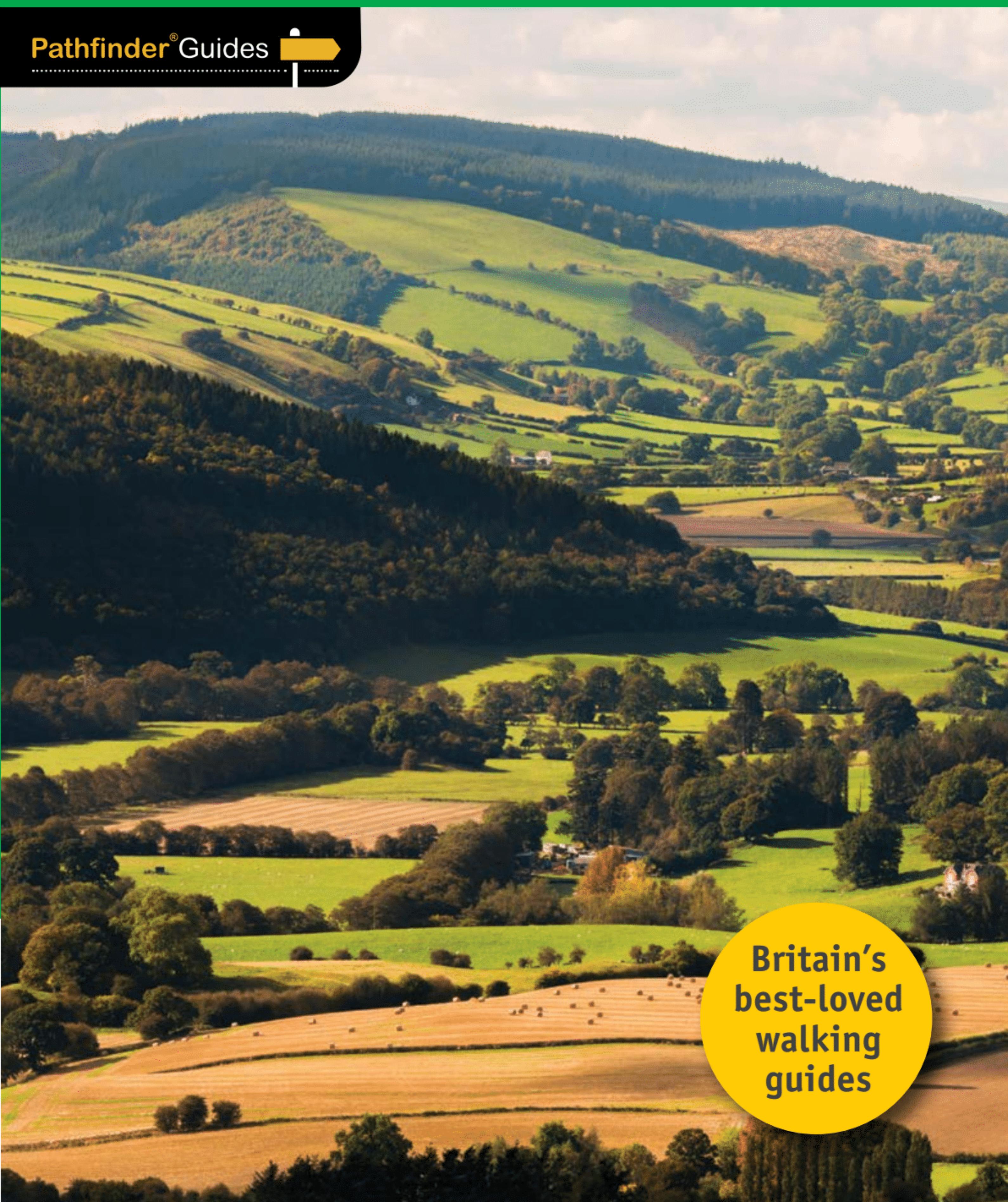


# MID WALES

## Outstanding Circular Walks

Pathfinder® Guides



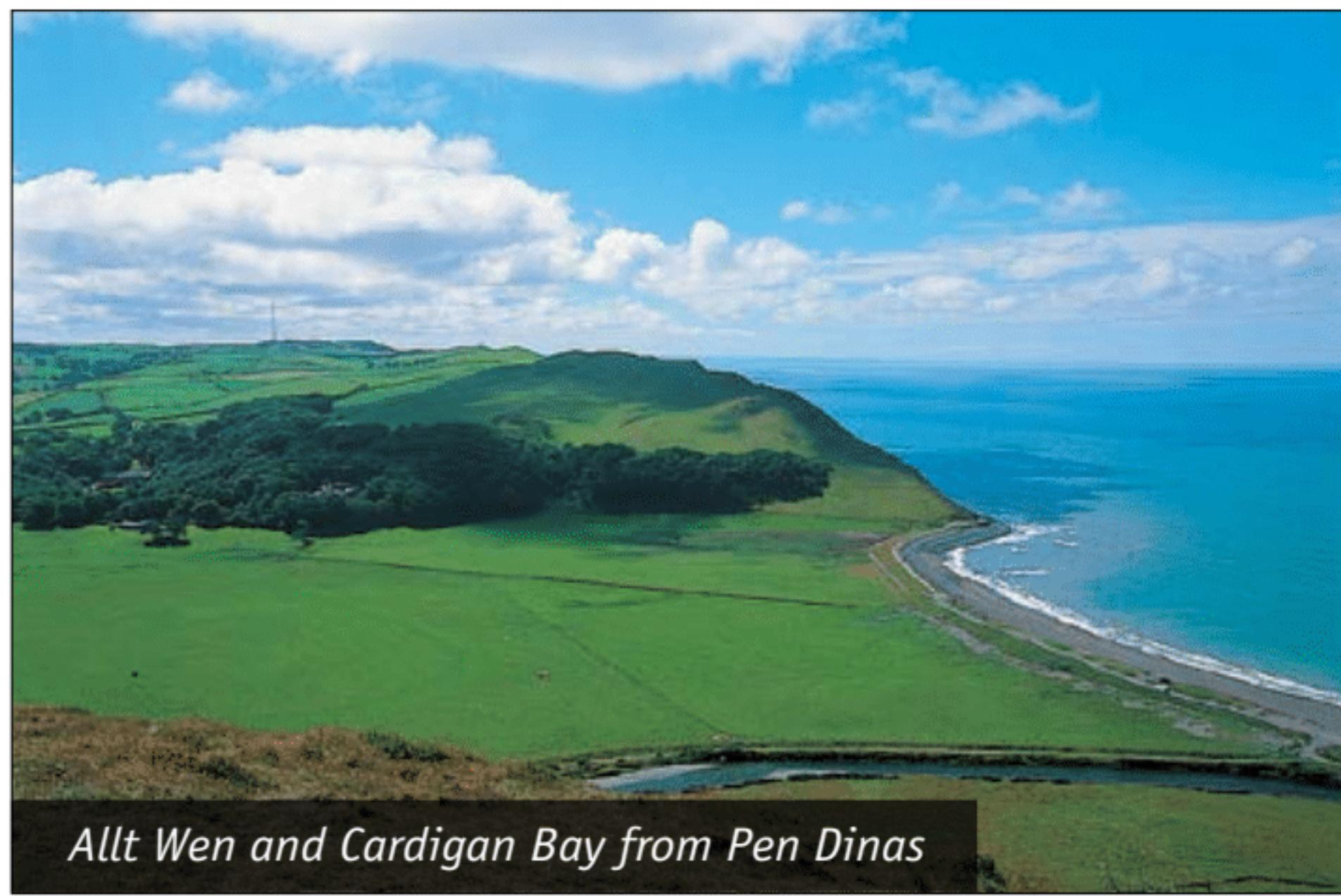
Britain's  
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# walk 3

 Start
Aberystwyth
 Distance
3 miles (4.8km)
 Height gain
410 feet (125m)
 Approximate time
1½ hours
 Parking
Aberystwyth
 OS maps
Landranger 135 (Aberystwyth & Machynlleth), Explorer 213 (Aberystwyth & Cwm Rheidol)
 GPS waypoints
 A SN 581 817
 B SN 585 810
 C SN 588 799
 D SN 581 805

## Pen Dinas

*The modest summit of Pen Dinas, sandwiched between the Afon Ystwyth, on which the town of Aberystwyth is not built, and the Afon Rheidol, on which it is, provides a splendid viewpoint both over the town and inland to the hills and mountains of central Wales. This walk climbs to the site of an Iron Age fort, now crowned by a monument to the Duke of Wellington.*



*Allt Wen and Cardigan Bay from Pen Dinas*

Aberystwyth has long been the undisputed capital of central Wales. What it loses in size, compared with Cardiff, it certainly makes up for in the culture and traditions of Wales. Students and holidaymakers maintain a constant buzz in the town, whatever the time of year.

 From anywhere along the promenade, walk to the pier and turn away from the sea, up Pier Street and into the town. Keep straight ahead into Heol y Bont (Bridge Street) and the road soon crosses the Rheidol on a bridge where in 1963, Cymdeithas yr Iaith Gymraeg (the Welsh Language Society) held its first non-violent protest for equality for the Welsh language.

The road continues through the suburb of Trefechan and soon passes the fire station. Stay along the main road as far as a signposted footpath on the right (just where the road speed limit increases to 40mph)  A. Keep to the right of a metal gate onto a path gently rising to a wooden kissing-gate beyond which it continues into light woodland cover.

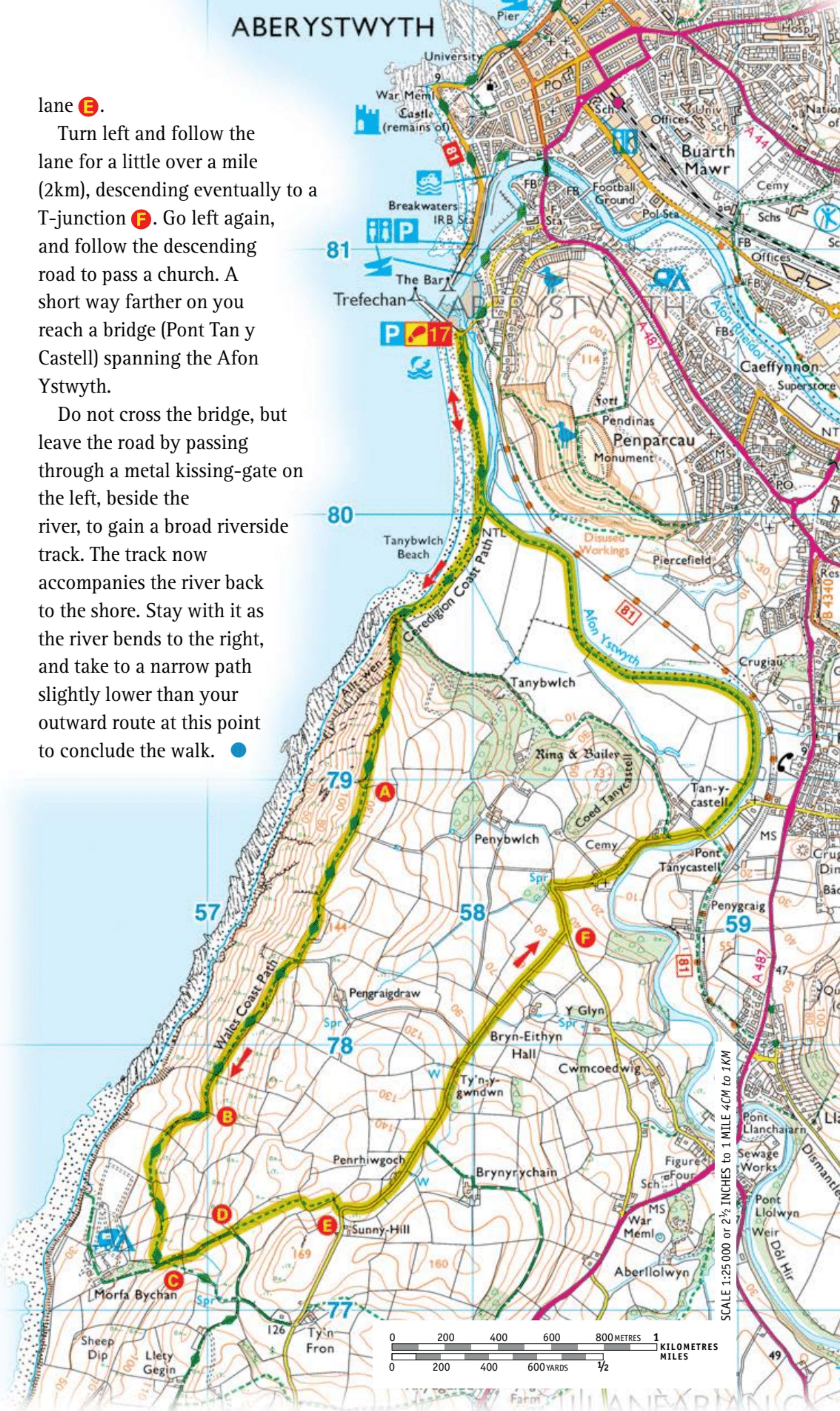
A gate leads onto a fenced track, which you turn right onto, and this leads through another gate and up to the summit, where it curves round to the left, passing through the hill fort defences and onto the summit of Pen Dinas and its towering

# ABERYSTWYTH

lane **E**.

Turn left and follow the lane for a little over a mile (2km), descending eventually to a T-junction **F**. Go left again, and follow the descending road to pass a church. A short way farther on you reach a bridge (Pont Tan y Castell) spanning the Afon Ystwyth.

Do not cross the bridge, but leave the road by passing through a metal kissing-gate on the left, beside the river, to gain a broad riverside track. The track now accompanies the river back to the shore. Stay with it as the river bends to the right, and take to a narrow path slightly lower than your outward route at this point to conclude the walk. ●

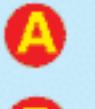




Ascending on the Teifi Pools Walk



# walk 11

	<b>Start</b>
	Eisteddfa Gurig
	<b>Distance</b>
	5 miles (8km)
	<b>Height gain</b>
	1,100 feet (335m)
	<b>Approximate time</b>
	3 hours
	<b>Parking</b>
	Eisteddfa Gurig (charge)
	<b>OS maps</b>
	Landranger 135 (Aberystwyth & Machynlleth), Explorer 213 (Aberystwyth & Cwm Rheidol)
	<b>GPS waypoints</b>
	 SN 798 840
	 SN 795 856
	 SN 786 848

# Pumlumon

*The ascent to the highest summit in Ceredigion is, as mountains go, comparatively straightforward and thoroughly enjoyable, but it is not an outing for anything other than a clear day of settled weather: getting down is easy enough, but finding the top in poor visibility could become a very hit-and-miss affair and some map and compass work may be required. On a good day the view is outstanding and the sense of being far away from anything heightened by the passage of red kites and buzzards that vie for airspace with ravens.*



*Afon Tarrenig near Eisteddfa Gurig*

For centuries the extensive bogs of Pumlumon, sometimes referred to as Plynlimon in English, separated North and South Wales; they also supplied the wherewithal for five rivers, the Dulas and the Clywedog to the north-east, the Rheidol on the north-west, the Wye (which rises only a short distance from the summit of the mountain), and the longest river in Britain, the Severn. At the foot of the mountain, near Ponterwyd, lies one of the main centres of the silver and lead mining industry in Wales: there were more than 90 pits in northern Ceredigion alone. Innocuous the mountain may seem – although getting a clear view of it is not easy: the shores of Nant-y-moch Reservoir being the best place – but it holds a significance far greater than its huge, boggy bulk.

field. Turn into the field and go forward along the left-hand edge to locate a stile in the far corner. Over this, turn right onto a surfaced lane, but follow it only as far as the next footpath signpost on the right. Here **C**, turn onto a gated vehicle track between houses.

Progress now significantly improves, but before reaching Forest Farm, where you'll see various camping pods, keep a lookout for a signposted path on the left

**D**. The path descends steadily and passes a derelict building, shortly after which it meets a gate. Just before the gate turn up to the right to find the continuing path, which now runs along the bottom edge of woodland, with rough pasture on the left.

The woodland path is easier to follow than its counterpart above the Afon Teifi. At a stile it re-enters the Teifi Marshes Nature Reserve. At a fork, keep left to pass a house, and at another, keep left again to drop down to the road. Turn right to return to the car park.



*Canoeing on the Afon Teifi*

SCALE 1:25 000 or 2½ INCHES to 1 MILE 4 CM to 1 KM



*Primroses along the bank of Afon Teifi*



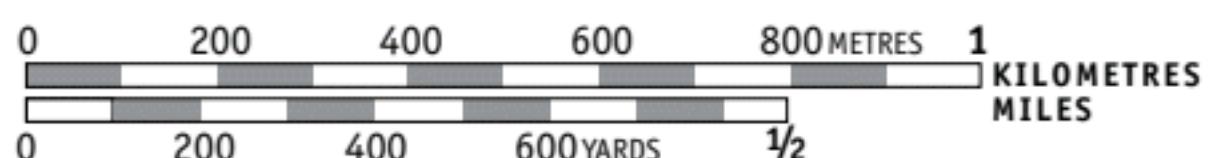
*The beautiful Ceredigion coastline from the Coastal Path near Cwmt Tydu*

Shortly after entering the woodland, the path descends to a footbridge **C**. Ignore this and branch left on a stony path signposted to 'Cwmt Tydu'. The path shortly reaches another footbridge.

(A flight of steps to the left of the bridge leads up to a path that runs out to the 13th-century church of St Tysilio.) Over the bridge, turn right, following the path as it climbs to a gate. Just after the gate, bear left into a sloping pasture and walk to its top right-hand corner. Turn through a gate to a track junction and there turn right to reach Pen-y-graig Farm **D**. Keep to the right of the farm, passing through a gate and walking away on a broad track that soon swings left and passes above the Iron Age site at Castell Bach.

Pass above a small bay, and from a kissing-gate climb onto the headland from where the path runs round to reach Cwmt Tydu. When it forks, branch right, following a steeply descending path to meet a road near the tiny beach.

SCALE 1:25000 or 2½ INCHES to 1 MILE 4CM to 1 KM



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