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Mid Wales



# National Nature Reserves and Woodlands

// Walking / running / mountain biking  
and much more in Mid Wales



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**Cymru  
Wales**



NATUI31 03/22

## TRAIL CLOSURES AND DIVERSIONS

Information about visiting our woodlands and reserves was correct when we published this leaflet. If you are planning a visit to do a particular trail please check our website for the latest information.

### 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 on site and make sure you follow any temporary diversion signs in place.
- Overnight parking is not permitted in our car parks.

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[enquiries@naturalresourceswales.gov.uk](mailto:enquiries@naturalresourceswales.gov.uk)  
 0300 065 3000 (Monday-Friday 9am-5pm)

If you would like this information in an alternative format, please contact us.

Front cover: Bwlch Nant yr Arian Visitor Centre



## WELCOME

This leaflet will help you to plan a visit to many of the woodlands and National Nature Reserves that we look after in Mid Wales.

National Nature Reserves have the finest examples of wildlife habitats and geographical features. Two of the best to visit in Mid Wales are Cors Caron, where there is a boardwalk over the vast bog near Tregaron, and Dyfi with its stunning estuary and huge sand dunes near Aberystwyth.

Our waymarked walking trails range from relaxing riverside strolls and accessible trails to more strenuous treks. You can walk to the source of the River Severn from Hafren Forest or enjoy spectacular views in Radnor Forest's border country woodlands.

Mid Wales is also home to mountain bike trails for riders of all levels from the family friendly trail through oak woodland in Brechfa Forest to challenging routes for experienced mountain bikers at Bwlch Nant yr Arian Visitor Centre.

Some of our woodlands form part of the National Forest for Wales. The National Forest will create areas of new woodland, enhance existing woodlands and restore Wales' irreplaceable ancient woodlands. In time it will form a connected ecological network running throughout Wales, bringing social, economic and environmental benefits.

## PLAN YOUR VISIT

The **listing pages** about the woodlands and National Nature Reserves are colour coded to indicate where each one is located.

- Llanidloes area
- Aberystwyth area
- Presteigne area
- Llandovery area

The **fold-out section** has a key to the symbols used on the listing pages and a guide to how we grade our trails to help you pick one that's right for you.

The **centrefold map** shows the location of each woodland and reserve in this leaflet and has a list of them all with a summary of the facilities at each one.

See the **accessibility information** on the listing pages for trails suitable for people with wheelchairs and pushchairs, and other accessible facilities.





### 1 Hafren Forest Waterfall walks for all to enjoy



**Planted by the Forestry Commission in the 1930s, Hafren Forest is named after Afon Hafren (the Welsh name for the River Severn).**

The River Severn begins quietly in a squelchy peat bog on the slopes of Pumlumon, Mid Wales' highest mountain. In no time at all it becomes a torrent with falls and cascades plunging headlong through the forest.

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 just outside the forest's boundary. The shorter trails go to waterfalls within the forest, including the famous Severn-Break-its-Neck.



Hafren Forest is also home to many public footpaths and bridleways and it is the starting point for two long distance walks. There are pleasant picnic areas near the car park and a riverside accessible trail to a viewing platform over the cascades.

### Accessibility information

The Cascades Walk is accessible and was designed in partnership with local disabled associations. The viewing platform over the falls has an accessible picnic bench. The car park has parking for Blue Badge holders and accessible toilets.

### Walking trails

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

#### **Cascades Walk** (½ mile/0.9 km, accessible)

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

#### **Severn-Break-its-Neck Trail** (1¼ miles/2.8 km, moderate)

The Severn-Break-its-Neck Trail sets off alongside the river and then goes through a wildflower meadow with a boardwalk. It crosses a footbridge where the River Severn thunders into the famous Severn-Break-its-Neck waterfall. The trail returns on a forest road.

#### **Blaen Hafren Falls Trail** (3¼ miles/6 km, moderate)

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

#### **Source of the Severn Trail** (8 miles/13 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

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 **Sustrans National Cycle Network route 8** (Lôn Las Cymru) follows the minor road through Hafren Forest.



### How to get here

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

Follow Short Bridge Street out of Llanidloes - there is a brown and white sign for Hafren Forest on the side of the town hall. Cross the river and bear left. Follow this narrow road for 6½ miles, passing through Old Hall, and the Rhyd-y-benwch car park is on the left.

**OS grid reference SN 857 869 / OS map number 214**  
See centrefold map for key to symbols



## 2 Dyfi National Nature Reserve and Ynyslas Visitor Centre

Stunning estuary landscape and shifting sand dunes



Ynyslas Visitor Centre is the main access point to Dyfi National Nature Reserve. The visitor centre sits on the edge of Ynyslas dunes, the largest sand dunes in Ceredigion.

The visitor centre has an exhibition about what to see at the reserve, and a shop selling drinks, snacks, books and local produce. You can explore the dunes and seashore on the walking trails from the beach car park.

### Enjoy your visit safely

The car park is on the beach and it is flooded in high tides. Please note tide times on the sign at the car park entrance. The beach has a red flag for bathing due to dangerous currents. Swimming and inflatables are not allowed.

### Dog restrictions

Please keep dogs under control and do not let them chase birds. Dogs are not allowed in the areas where sheep graze or there are ground-nesting birds.

### Opening times

The reserve is open at all times. Ynyslas Visitor Centre and toilets are open all year – see our website or Facebook page for current opening hours and events.



### Accessibility information

The visitor centre car park for Blue Badge holders is beside the access track to the main car park. The visitor centre and toilets are accessible. A 300m section of the Dune Walk from the visitor centre to the main dune slack is accessible. The rest of the trails are not accessible due to soft sand and mud.

## Dyfi National Nature Reserve

Dyfi 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

### Dune Walk (1¼ miles/2.1 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 (2¾ miles/4.3 km, easy)

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

## Other routes

The **Cors Fochno Walk** is a circular boardwalk over the bog from the Cors Fochno parking area (OS grid reference SN 633 921). 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 872901

ynyslas@naturalresourceswales.gov.uk



## How to get here

Ynyslas is 14 miles north of Aberystwyth.

Take the A487 from Aberystwyth towards Machynlleth. In Tre'r-ddol turn left onto the B4353. After 3½ miles, turn right and follow the minor road alongside the dunes and golf course to the car park. The car park is on the beach and it is flooded in high tides. Please note tide times on car park entrance sign.

**OS grid reference SN 609 941 / OS map number OL 23**

See centrefold map for key to symbols



### 3 Bwlch Nant yr Arian Visitor Centre

Trails for walking, running and mountain biking and daily feeding of red kites



Perched on a dramatic hilltop with views towards Cardigan Bay, Bwlch Nant yr Arian Visitor Centre is famous for its long-established daily tradition of feeding red kites. The visitor centre is the starting point for a range of waymarked trails for walking, running and mountain biking. There is also a skills park to practice mountain bike techniques, orienteering courses and a horse riding trail. The visitor centre has a shop and café with an outside seating area overlooking the lake, and there are children's play areas.

#### Walking trails

##### Barcud Trail and Discovery Trails (¾ mile/1.3 km, accessible)

Suitable for wheelchairs and pushchairs, this level route goes around the lake and past the red kite feeding viewing area. Our three Discovery Trails follow the same route – see the information boards or pick up a leaflet, then try to spot the animals or enjoy the sculptures which bring local folklore to life.

##### Miners' Trail (1½ miles/2.3 km, moderate)

The Miners' Trail follows a leat which once carried water to power lead mines. It goes onto the ridgetop where the Giant's Chair is a great place to take in the view before the descent to the lake.



##### Ridgetop Trail (2½ miles/4.1 km, moderate)

Follow the trail up onto the heather clad ridge and enjoy views of Cardigan Bay and the Cambrian Mountains. Head past the stone viewpoint before dropping down through the trees and onto the narrow leat path.

#### Running trails

Named after a local pair of standing stones, Buwch a'r Llo (Cow and Calf), these waymarked trails offer an introduction to trail running. They follow forest roads and singletrack paths with occasional roots, mud and rocks, and have steep ascents and descents.

##### Y Llo (3 miles/4.9 km, moderate)

Y Llo starts with a 2 km flat section before climbing up onto the ridge and returning to the start.

##### Y Fuwch (6½ miles/10.5 km, strenuous)

This challenging run follows Y Llo before crossing the road and passing a ruined farmstead. A forest road takes you past Llyn Syfydrin lake before the trail climbs back along the ridge to the start.

#### Horse riding trail

Horse boxes can be parked at the start of the trail, along the forest road beyond the main car park. There is a corral here, too.

##### Mynydd March Trail (6½ miles/10.7 km)

This circular waymarked trail has stunning views over Cardigan Bay and Pumlumon Fawr, Mid Wales' highest mountain. It follows forest roads, public roads and trails with some short steep sections.

#### Play areas

There are two play areas, one for toddlers and one for older children. The play equipment is of robust timber construction which blends in with the forest surroundings.



#### Orienteering

There are four permanent orienteering courses including an easier course for beginners and a harder course for experienced orienteers. Get the map from the visitor centre, then try to find the controls (marker posts) in the right order.

#### Red kite feeding

Bwlch Nant yr Arian has been a red kite feeding station since the 1990s, and over 100 of these distinctive birds of prey come in to feed every day. The feeding takes place by the lake at 2pm in winter (GMT) and at 3pm in summer (BST). Follow the accessible Barcud Trail to the viewing area and large bird hide or watch through your binoculars from the outside seating area at the café.



#### Accessibility information

The Barcud Trail and Discovery Trails are suitable for wheelchair users and a wheelchair may be hired from the visitor centre. There is wheelchair access to the visitor centre, café and toilets, and parking for Blue Badge holders. The café has facilities for the hearing impaired.

## Mountain bike trails

The mountain bike trails start from the visitor centre car park. They are waymarked and have been graded for difficulty. See page 32 for grading information and read the information panel at the start of the trails.

### Arian Trail (7.9 km, grade forest road and similar)

The Arian Trail goes to Llyn Blaenmelindwr lake and is suitable for all the family. It follows low-level forest roads and a section of public road around the lake.

### Melindwr Trail (loop 1: 1.85 km, loop 1 & 2: 5 km, grade blue)

The Melindwr Trail is designed in two loops to allow competent riders of blue grade trails to improve their skills before progressing to the next grade.

### Pendam Trail (10.2 km, grade red)

The Pendam Trail has some of the best flowing sections in Bwlch Nant yr Arian with relatively short climbs.

### Summit Trail (18.5 km, grade red)

This challenging trail weaves its way through the forest and takes you out onto the exposed moorland.

### Syfydrin Trail (36 km, grade black)

This long and challenging ride takes in all of the Summit Trail with its swooping, flowing singletrack, and adds to it by leading you out onto the high open hills with stunning views.



## Skills park

The skills park is a purpose-built track for mountain bikers to practice their technique or warm up. Features include rollers, step ups, berms, tabletops, hips and bowls.

## Opening times

The car park and trails are open all year round.

The visitor centre and café are open seven days a week (except Christmas Day, Boxing Day and New Year's Day). Check our website or Facebook page for current opening hours.

The red kites are fed daily at 2pm in winter (GMT) and 3pm in summer (BST).

## Contact us

01970 890453  
bnya@naturalresourceswales.gov.uk



## Aberystwyth area



### 4 Gogerddan Wood Woodland walk with carpets of bluebells in spring

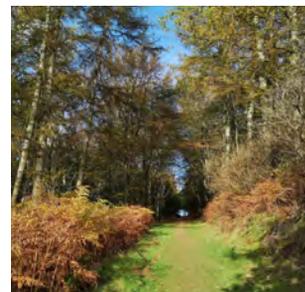


**Gogerddan Wood is a short drive from Aberystwyth and is easy to find.** There is a stunning display of bluebells and other wildflowers in spring, and an array of seasonal colours in autumn. The woodland has some beautiful old trees including oak, sweet chestnut and lime. It gets its name from the nearby Plas Gogerddan, an old mansion owned by the Pryse family who were famous silver and lead mine owners. The small picnic site is in a sheltered location by Nant Clarach stream.

## Walking trail

### Gogerddan Trail (1½ miles/2.4 km, moderate)

Waymarked from the car park, the Gogerddan Trail climbs its way up through the woodland. The route passes some beautiful veteran trees. There are many climbs and steep descents along the way as well as glimpses of Cardigan Bay.



## How to get here

**Bwlch Nant yr Arian Visitor Centre is 9 miles east of Aberystwyth.** Take the A44 from Aberystwyth towards Llangurig. After 9 miles, the visitor centre car park is signposted on the left.

**Postcode for sat nav SY23 3AB**

**OS grid reference SN 717 813 / OS map number 213**

See centrefold map for key to symbols

## How to get here

**Gogerddan Wood is 3 miles north east of Aberystwyth.** Follow the A487 from Aberystwyth towards Machynlleth. After 2½ miles, turn right for Penrhyncoch and continue straight over the crossroads. In ½ mile, the car park is on the left, after passing the large greenhouses.

**OS grid reference SN 633 836 / OS map number 213**

See centrefold map for key to symbols



**5 Hafod Estate**  
Historic landscape with walking trails, waterfalls and views



The Hafod Estate was designed in the late eighteenth century by Thomas Johnes who built a mansion in this remote location. He laid out the extensive grounds in the Picturesque style which was fashionable then and Hafod soon became an essential destination for visitors touring Wales. The mansion has gone but you can explore the grounds and enjoy the dramatic waterfalls and historic features.

**Visiting the Hafod Estate**

The walking trails go through a landscape that varies from parkland to woodland and riverbank to narrow rocky gorges. They include Johnes's two classic circular routes, the Gentleman's Walk and the Lady's Walk, designed for visitors to experience an ever-changing sequence of views.

There are some steep drops close to the path and some sections are near fast flowing water. The paths can be slippery and strong footwear is recommended.

**Find out more**

The Hafod Landscape: an illustrated history and guide is available from the Hafod Trust ([www.hafod.org](http://www.hafod.org)).



**How to get here**

The Hafod Estate is 15 miles south east of Aberystwyth. Take the A4120 from Aberystwyth towards Devil's Bridge. Follow the brown and white signs from Devil's Bridge via the B4574 to the car park.

**OS grid reference SN 768 736 / OS map number 213**

See centrefold map for key to symbols



**6 The Arch**  
Walks through huge beech trees with views over hills



The Arch car park and picnic area is named after a spectacular old masonry arch which sits by the side of the road from Devil's Bridge. It was built in 1810 to mark the Golden Jubilee of King George III and the road used to run through it. The arch was once the gateway to the nearby Hafod Estate. The three short walking trails all lead through huge beech trees planted over 200 years ago by Thomas Johnes who designed the Hafod mansion and grounds. There are picnic tables on the grassy slope by the car park, overlooking the arch.

**Walking trails**

**Ancient Beech Trail**  
(½ mile/0.7 km moderate)

A short trail past 200 year-old trees planted by Hafod Estate designer, Thomas Johnes.

**Arch Woodland Trail**  
(1 mile/1.5 km, moderate)

This trail winds its way uphill through broadleaved trees. It has views to the surrounding hills, especially in the areas where trees have been felled recently.

**Panorama Trail**  
(1¼ miles/2.1 km, moderate)

After a short but steep climb through heather and bilberry, you'll reach the viewpoint with a bench and panoramic views as far as Snowdonia National Park. The trail continues down steps and returns to the car park through areas of huge beech trees.

**How to get here**

The Arch is 13 miles south east of Aberystwyth.

Take the A4120 from Aberystwyth to Devil's Bridge, then follow the B4574 for Cwmystwyth. After 2 miles, pass a stone arch and the car park is on the left.

**OS grid reference SN 765 756 / OS map number 213**

See centrefold map for key to symbols



**7 Ty'n y Bedw Wood**  
Woodland walks and small picnic area



**Ty'n y Bedw Wood sits on a steep hillside near the River Ystwyth.** The two walking trails through the woodland start over the road from the car park. Next to the car park there is a boardwalk into Grogwynion Nature Reserve where there is a short path along the river. Black Covert, a car park with a riverside walk and small picnic site, is a few miles from here towards Aberystwyth (OS grid reference SN 667 729).

**Walking trails**

**Craig yr Ogorf Walk**  
(1 mile/1.8 km, easy)

This trail has some lovely views across the steep wooded hillsides and a bench about halfway along the route.

**Ty'n y Bedw Walk**  
(3 miles/5 km, moderate)

This longer trail climbs up through some huge Douglas fir trees and meanders around the hillside on forest roads and narrow paths.



**How to get here**

**Ty'n y Bedw Wood is 10 miles south east of Aberystwyth.**

Take the B4340 from Aberystwyth and continue through Trawsgoed. After 1½ miles, turn left immediately after the bridge. The car park is after ½ mile on the left.

**OS grid reference SN 694 716 / OS map number 213**

See centrefold map for key to symbols



**8 Coed y Bont**  
Community woodland with visitor facilities for everyone to enjoy



**Coed y Bont is made up of a broadleaf woodland and an ancient oak woodland on the adjacent hillside, carpeted with bluebells in spring.** This area was once owned by Strata Florida Abbey and the abbey ruins are nearby. Many different birds have been recorded here and butterflies, moths and dragonflies can be spotted around the ponds. The two walking trails go through the lower woodland - look out for the wildlife identification posts. The picnic area is near the car park and there are benches along the trails. The Coed y Bont Community Woodland Association helps look after the woodland and organises events.

**Walking trails**

**Aspen Trail**  
(¼ mile/0.4 km, easy)

A short walk through the young woodland and past a pond. The pond often dries out in summer but the benches around it are a peaceful place to relax.

**Birchwood Trail**  
(½ mile/0.9 km, easy)

Meander through the birch trees and follow the path between two small ponds - there's a picnic bench here. The trail returns along the forest road from where there are views of Pen-y-Bannau hill.

**Accessibility information**

Both walking trails around the lower woodland follow level, gravel paths suitable for more robust wheelchairs and pushchairs. There are several benches along the trails.

**How to get here**

**Coed y Bont is 15 miles south east of Aberystwyth.**

Take the B4340 from Aberystwyth to Pontrhydfendigaid. After entering Pontrhydfendigaid, turn left following the brown and white sign for Strata Florida Abbey. After ½ mile the Coed y Bont car park is on the right.

**OS grid reference SN 737 659 / OS map number 187**

See centrefold map for key to symbols



### 9 Cors Caron National Nature Reserve

Accessible boardwalk over vast raised bog and riverside walk



**Cors Caron National Nature Reserve is a vast wetland in the broad valley of the River Teifi near Tregaron.** The three raised peat bogs are surrounded by reedbeds, fen, wet grassland, woodland, waterways and ponds, and these varied habitats support a wealth of wildlife. The boardwalk over the bog is a great way to experience this special landscape.

#### Walking trails

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

Follow the circular boardwalk over the bog to the observation building, an ideal spot for birdwatching. Dogs must be kept on a lead.

##### **Riverside Walk (4¾ miles/7.4 km, moderate)**

This circular route follows the riverbank. It is closed if flooded, and in summer for grazing. No dogs allowed.

#### Accessibility information

The circular boardwalk is 1 mile (1.5 km) long and has seating and passing places. It starts 400 metres from the car park along an accessible path. The observation building is accessible.

#### How to get here

**Cors Caron National Nature Reserve is 19 miles south east of Aberystwyth.** Take the A485 from Aberystwyth to Tregaron. Follow the brown and white sign onto the B4343 towards Ponthrydfendigaid and, after 2 miles, the car park is on the left.

**OS grid reference SN 692 625 / OS map numbers 187 and 199**

See centrefold map for key to symbols



### 10 Radnor Forest - Fishpools

Woodland walk with views over the valley



**Fishpools is in the area known as Radnor Forest which was used as a royal hunting ground for centuries.** In medieval times, rather than being covered with trees, it was an unenclosed area for hunting deer. Nowadays it is a landscape of hill farming, moorlands, steep narrow valleys and hills. The waymarked walking trail from Fishpools car park leads to a viewpoint over the village of Bleddfa and the surrounding countryside. 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 Walk (2½ miles/3.8 km, moderate)**

The trail first passes an old water sighting tower used to survey the line for a pipeline from the Elan Valley to a reservoir in the Midlands. Further along, there are beautiful views across the valley and the surrounding hills. The optional loop goes around an open area

of heathland where local people once cut peat for fuel (an ancient right known as "turbary").



#### How to get here

**Fishpools car park is 10 miles west of Presteigne.**

Follow the B4356 from Presteigne towards Llanbister. After 6 miles, turn left onto the A488 towards Pen-y-bont. After 3½ miles the car park entrance is on the left.

**OS grid reference SO 188 681 / OS map number 200**

See centrefold map for key to symbols

## Presteigne area



### 11 Nash Wood

Border country woodland between Wales and England



Just outside the historic town of Presteigne, this ancient woodland is part of Radnor Forest and lies half in Wales and half in England. The circular walking trail goes to a viewpoint overlooking one of the many hillforts along this part of the border. The woodland habitat here is ideal for buzzards and goshawk while siskins and crossbills thrive on the cones produced by the noble and Douglas fir trees. You may also see one of the many roe deer that live here.

### Walking trail

#### Nash Trail (2 miles/3.5 km, moderate)

After a steep climb through the woodland, the trail reaches a forest road and then continues to climb to the viewpoint with a bench. The viewpoint overlooks the Iron Age hillfort of Burfa Bank, and there are views over the Radnor valley and to Herefordshire.



### How to get here

#### Nash Wood is 1 mile south of Presteigne.

In Presteigne, turn off the B4356 opposite the leisure centre and follow the narrow minor road. Bear right at the Natural Resources Wales parking sign and follow the track to the car park.

**OS grid reference SO 314 635 / OS map number 201**

See centrefold map for key to symbols

## Presteigne area



### 12 Warren Wood

Famous waterfall and three walking trails



Warren Wood has been popular with tourists for over 200 years because of the waterfall known as Water-Break-its-Neck. This is a spectacular sight after rain but can become a trickle after a long dry spell. This part of Radnor Forest has seen huge changes over the centuries. The Victorian landowners created a forest in the popular Picturesque style by planting trees on the moorland. You can see many of these trees, which are now huge, on our walking trails.

### Walking trails

#### Waterfall Walk (½ mile/0.9 km there and back, easy)

This short walk goes along a steep-sided gorge to the waterfall, a popular destination for Victorian tourists. It returns via the same route.

#### Water-Break-its-Neck Trail (½ mile/1 km there and back, moderate)

This woodland walk goes above the famous waterfall and has views down into the gorge.



#### Warren Trail (1½ miles/2.3 km, strenuous)

This is an energetic ramble with some steep climbs. This route has great views of some of the largest trees in Radnorshire, many of which were planted in Victorian times. Look out for the monkey puzzle trees!

### How to get here

#### Warren Wood is 11 miles south west of Presteigne.

Follow the B4362 from Presteigne to Walton and turn onto the A44 towards Rhayader. After 4½ miles, turn right at the tourist information sign. Go past the small parking area and follow the forest road to the car park.

**OS grid reference SO 186 597 / OS map number 200**

See centrefold map for key to symbols



13 **Cors y Llyn National Nature Reserve**

Wildflower meadow, swampy woodland and a dwarf forest



The peaceful reserve of Cors y Llyn has one of the best wildflower meadows in Mid Wales and some of the trees here are only a few feet tall even though they are over 100 years old. Cors y Llyn means “bog of the lake” and the bog and fenland was once a lake. Over thousands of years, the lake gradually became choked with vegetation, stones and earth which, in turn, created rich, mixed habitats. The meadow comes to life in spring and summer when a wealth of wildflowers, including orchids and Dyer’s greenweed, attract colourful butterflies.

**Walking trail**

**Cors y Llyn Walk**  
(¾ mile/1.3 km, accessible)

The path goes alongside the wildflower meadow and pond where there is a bench. The boardwalk then winds through the swampy woodland and past the stunted trees, before a gentle incline back to the car park. Waterproof footwear is recommended from autumn to spring as water can seep up through the boardwalk.

**Accessibility information**

The paths are level and mesh-covered and the boardwalk is accessible. There are seats and passing places for wheelchair users.

**How to get here**

**Cors y Llyn is 27 miles north east of Llandovery.** Take the A483 from Llandovery to Builth Wells and from there, the A470 towards Rhayader. After 3¼ miles, turn left onto the minor road, signposted Cwm-bach Llechrhyd. Take the second left and follow this narrow lane through a privately-owned yard and into the car park.

**OS grid reference SO 016 556 / OS map number 200**  
See centrefold map for key to symbols



14 **Irfon Forest - White Bridge**

Two short riverside walks and a grassy picnic area



Situated in a remote part of Mid Wales but easy to find, White Bridge car park and riverside picnic area is the starting point for two short walking trails in Irfon Forest. Both trails are waymarked and follow the River Irfon on part of its journey down from the Cambrian Mountains to the River Wye at Builth Wells. Don’t miss the wash pool back down the road towards Llanwrtyd Wells, where farmers once washed their sheep before shearing them. The cascades above the pool can be dramatic after a lot of rain.

**Walking trails**

**Afon Irfon Walk**  
(1¼ miles/1.9 km there and back, easy)

This level route follows a riverside path along the River Irfon. It winds between spruce trees and returns along the same path. There are several boulders along the walk where you can sit and enjoy the sounds of the river.

**Cwm Irfon Trail**  
(1½ miles/2.2 km, moderate)

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

**How to get here**

**White Bridge car park is 14 miles north west of Llandovery.** Take the A483 from Llandovery to Llanwrtyd Wells. From there, follow signs for Abergwesyn. After 3½ miles, White Bridge car park is on the right.

**OS grid reference SN 856 507 / OS map number 187**  
See centrefold map for key to symbols



### 15 Crychan Forest

Choice of walking trails through peaceful forest



Set in beautiful countryside between the Brecon Beacons and the Cambrian Mountains, Crychan Forest is criss-crossed with many old tracks that linked the farms that were once here.

In the 1930s the Forestry Commission bought the farms and land, and planted trees here as part of the efforts to replenish timber stocks after the First World War. The forest is made up of oak, ash, beech, hazel and conifers and the colours vary from the bluebells in spring to the golden hues of autumn. There are walking trails and picnic tables at our four car parks.



### Horse riding

There is open access for horse riding throughout Crychan Forest, apart from the military training area on the Epynt and around Sennybridge where visitors must observe local danger signs.

Facilities for horse riders at our car parks include corrals and tethering rails. For more information about horse riding in Crychan Forest, see the Crychan Forest Association website.

### Walking trails

**Nant y Dreglen Trail**  
(1¼ miles/2.1 km, easy, from Halfway car park)

Enjoy a gentle trail, never far from the Nant y Dreglen stream.

**Melin y Glyn Trail**  
(2¼ miles/3.6 km, moderate, from Halfway car park)

Follow an old county road along the valley before reaching the bridge at Melin y Glyn where a mill once stood.

**Cefn Farm Trail**  
(2½ miles/4.3 km, moderate, from Cefn Farm car park)

Pass the ruins of a 19th century farmhouse before dropping down to the stream in Cwm Dulas.

**Brynffo Trail**  
(3½ miles/5.4 km, moderate, from Brynffo car park)

Enjoy views of the Cambrian Mountains, before dropping into the sheltered valley of Cwm Crychan to follow the stream.



**Esgair Fwyog Trail**  
(4 miles/6.4 km, moderate, from Esgair Fwyog car park)

Take in long views down the Tywi valley before reaching the secluded stream in the Cwm Crychan valley.



### How to get here

**Halfway car park is 5 miles east of Llandoverly.** Take the A40 from Llandoverly towards Brecon. After 5 miles, turn left following the brown and white sign for Crychan Forest Trails. Follow the short unclassified stone track to the car park.

**Cefn Farm car park is 6 miles north east of Llandoverly.** Take the A483 from Llandoverly towards Builth Wells. After 4½ miles turn right at the brown and white sign for Crychan Forest Trails. After 50 yards, fork right uphill and follow the narrow single track road. After 1¼ miles the car park is on the left.

**Esgair Fwyog car park is 6½ miles north east of Llandoverly.** Take the A483 from Llandoverly towards Builth Wells. After 4½ miles turn right at the brown and white sign for Crychan Forest Trails. Follow the minor road towards Tirabad and after 2 miles the car park is on the right.

**Brynffo car park is 7½ miles north east of Llandoverly.** Follow the directions to the Esgair Fwyog car park, then continue for 1 mile and the Brynffo car park is on the right.

**OS grid references SN 835 330 (Halfway), SN 813 386 (Cefn Farm), SN 837 412 (Esgair Fwyog), SN 848 409 (Brynffo)**

**OS map number 187 (all sites) and OL 12 (Halfway only)**

See centrefold map for key to symbols



### 16 Cwm Rhaeadr Accessible walking trail and short mountain bike trail



Cwm Rhaeadr, which means “valley of the waterfall” in Welsh, is a woodland and picnic area in the peaceful Tywi valley. The highlight of the woodland is the sight of the waterfall, the highest in Carmarthenshire, as it pours off the mountain. You can catch a glimpse of it on the Waterfall Walk.

#### Walking trails

##### Cwm Rhaeadr Accessible Trail (1 mile/1.6 km, accessible)

This woodland trail is suitable for wheelchairs and pushchairs. It passes by two ponds and along a boardwalk.

##### Waterfall Walk (2½ miles/4.2 km, moderate)

There are glimpses of the waterfall through the trees on this trail through the valley. It crosses over a wooden bridge and follows the stream back.

#### Mountain bike trail

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

This is a short trail for experienced riders. It offers singletrack riding, a descent over a rocky ridge and stunning views over the valley and waterfall.

See page 32 for grading information and read the information panel at the start of the trail.

### Accessibility information

The steepest gradient on the Cwm Rhaeadr Accessible Trail is 1 in 20.

### How to get here

#### Cwm Rhaeadr is 6 miles north of Llandoverly.

From Llandoverly follow signs to Cilycwm. Then follow the sign towards Llyn Brianne Reservoir for 2 miles and the car park is on the left.

#### OS grid reference SN 765 422 / OS map number 187

See centrefold map for key to symbols



### 17 Caio Forest Easy walking trails in area full of history



Caio Forest is made up of several conifer woodlands which spread out over the uplands high above the historic village of Caio. There are several waymarked circular walking trails from the car park and many miles of forest roads and tracks. The small picnic area is in a clearing, just over the river from the car park. Nearby is the National Trust’s Dolaucothi estate where there are walking trails and a Roman gold mine which is open to visitors.

#### Walking trails

##### Rhodfa Pont Annell (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 Glyn Annell (2¼ miles/3.7 km, easy)

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

##### Rhodfa Rhiw Goch (1¼ miles/2.1 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.

#### Other routes

There is a network of trails of different lengths around the nearby Dolaucothi estate. The trails go through woodland and the grounds of the former mansion. See the National Trust website for details.

### How to get here

#### Caio Forest is 10 miles north west of Llandoverly.

Take the A40 from Llandoverly towards Llandeilo. At Llanwrda, take the A482 towards Lampeter. After 8 miles, turn right onto a minor road to Caio. Go through Caio, pass the church and continue onto a no through road. Bear left onto a forest track to Caio Forest car park.

#### OS grid reference SN 679 405 / OS map number 187

See centrefold map for key to symbols

## Llandoverly area



### 18 Cilgwyn Wood Small woodland on edge of Brecon Beacons National Park



Tucked away in a rural corner of Carmarthenshire, **Cilgwyn Wood** is very easy to find from Llandoverly. This peaceful woodland has a lovely mix of different trees, including large Douglas fir, old beech and spruce. In spring, the banks beside the walking trail are carpeted with bluebells. On a hot summer's day there are patches of dappled shade and in autumn the beech trees are a riot of seasonal colour.

### Walking trail

#### Cilgwyn Walk (2 miles/3.4 km, moderate)

The Cilgwyn Walk is a circular waymarked trail which, although fairly short, has some steep sections. It sets off on a gentle climb up the forest road with views over farmland before turning onto a narrow grassy track through the woodland. The track winds past beech trees and majestic conifers as it climbs up to a pond and bench in a shady glade. The trail then crosses the forest road and goes alongside a bank of old beech trees, full of bluebells in spring.

### How to get here

#### Cilgwyn Wood is 3 miles south of Llandoverly.

Take the A4069 from Llandoverly towards Llangadog. After 1 mile turn left along an unclassified road signposted to Myddfai and continue for another mile. At the junction continue straight ahead and, after 1¼ miles, the entrance to Cilgwyn Wood and the small parking area is on the left just after Cilgwyn Manor Farm.

**OS grid reference SN 744 297 / OS map number OL 12**

See centrefold map for key to symbols

## Llandoverly area



### 19 Talley Woodlands Steep climb up wooded hillside with views of a ruined abbey



**Talley Woodlands** overlook an historic Carmarthenshire village which grew up around an abbey. There are views of the abbey ruins from the walking trails which all go to the same viewpoint with a picnic bench. The views are well worth the steep climb but wear suitable footwear! The abbey is looked after by Cadw and is open to visitors.

### Walking trails

#### Big Trees Walk (1¾ miles/2.7 km, strenuous)

Climb up steeply through a former arboretum which is home to huge oak, ash, pine and spruce trees.

#### Talley Views Walk (2 miles/2.9 km, strenuous)

Climb up a gorse-covered hill on a zig-zag path with views over Talley village.

#### Cwm yr Efail Walk (2½ miles/4.2 km, strenuous)

Climb steeply up forest roads and enjoy the views before the trail enters the woodland.



### How to get here

#### Talley Woodlands are 12 miles west of Llandoverly.

Follow the A40 from Llandoverly to Llanwrda. Turn right onto the A482 to Lampeter and after 6½ miles take the B4302 to Talley. In Talley village, follow the brown and white sign to the abbey. Go past the abbey and the parking area is on the left.

**OS grid reference SN 631 328 / OS map number 186**

See centrefold map for key to symbols



### 20 Brechfa Forest

Huge Carmarthenshire forest with trails for walking and mountain biking



**Brechfa Forest is the modern name for part of the ancient Glyn Cothi Forest which provided local people with building materials, wood-fuel and grazing for livestock.** It was replanted with conifers by the Forestry Commission in the 1920s to boost Britain's timber reserve after the First World War. Several derelict smallholdings are a reminder of the past and the forest garden is home to trees from all over the world.

From our two main car parks (Byrgwm and Abergorlech) there are waymarked walking trails and mountain bike trails for beginners to expert riders. Waymarked walking trails also start from the Keepers and Gwarallt car parks, and horse riders are welcome on forest roads. Two new walking trails are due to open in 2022 (see our website for more information).

There are picnic tables and portaloos in Abergorlech and Byrgwm car parks, and a children's play area in Abergorlech car park.



### Accessibility information

The Gwarallt Trail has no steps. It was designed for wheelchairs but involves a gradual climb.

### Walking trails

**Gwarallt Trail**  
(½ mile/1 km, easy,  
from Gwarallt car park)

Climb through beech woodlands to enjoy views over valleys and the western part of Brechfa Forest.

**Riverside Walk**  
(1 mile/1.8 km, easy,  
from Abergorlech car park)

This mainly level woodland walk goes alongside the River Gorlech.

**Keepers Walk**  
(1¼ miles/2.9 km, moderate,  
from Keepers car park)

This attractive woodland trail is never far from water.

**Gorlech Walk**  
(3½ miles/5.7 km, moderate,  
from Abergorlech car park)

Follow the River Gorlech then climb uphill through a variety of woodlands.

**Byrgwm Walk**  
(4½ miles/7 km, moderate,  
from Byrgwm car park)

Take in views of the Cothi Valley, huge Douglas fir trees and a derelict smallholding.

**Forest Garden Walk**  
(5½ miles/9.1 km, strenuous,  
from Abergorlech car park)

Follow this trail to the forest garden, where Forestry Commission staff planted a variety of trees in the late 1950s to see how well they grew.

### Mountain bike trails

The mountain bike trails have been graded for difficulty. See page 32 for grading information and read the information panel at the start of the trails.

**Derwen Trail**  
(9.7 km, grade green;  
3.9 km grade blue extension,  
from Byrgwm car park)

Flowing through oak woodland this is a great introduction to mountain biking. The optional extension climbs a bank and has a longer, faster descent.

**Gorlech Trail**  
(20.1 km, grade red,  
from Abergorlech car park)

This trail has a hard, fast, all weather surface with perfectly sculpted berms, huge switchbacks, jumps and tabletops.

**Raven Trail**  
(19.1 km, grade black,  
from Byrgwm car park)

A tough trail which mixes up traditional narrow woodland singletracks with brash descents to create a fast, undulating ride with berms and jumps.

### How to get here

**Brechfa Forest is 16 miles west of Llandovery.** The forest can be accessed from the A40, A482 or A485.

**Abergorlech car park** is on the edge of Abergorlech village on the B4310 towards Llansawel.

For **Byrgwm car park** take the B4310 from Abergorlech village towards Brechfa village and after 3 miles the car park is on the right.

For **Keepers and Gwarallt car parks**, follow directions for Byrgwm car park. Continue on the B4310 for 1½ miles and turn right signposted to New Inn. Both car parks are located about 1½ miles along this minor road.

**OS grid references SN 586 337 (Abergorlech), SN 544 315 (Byrgwm), SN 522 319 (Keepers), SN 520 322 (Gwarallt)**  
**OS map number 186**

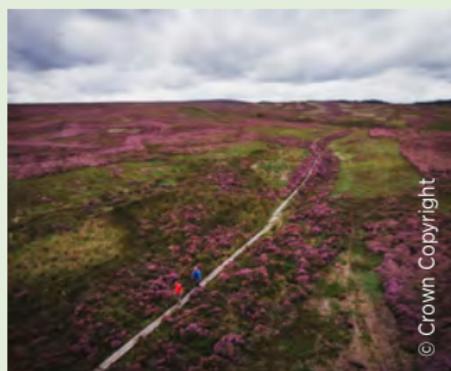
See centrefold map for key to symbols



## Long distance routes in Mid Wales

**Three long distance routes go through Mid Wales and each one can be enjoyed in bitesize chunks. They are all open to walkers and some sections are open to cyclists and horse riders.**

At 870 miles long, the **Wales Coast Path** is one of just a few footpaths in the world to follow a nation's entire coastline. It has finish or start points in Flintshire in the north and in Chepstow in the south. The route along the clifftops of Mid Wales from Machynlleth to Cardigan is one of most dramatic and popular sections. There are stunning views and beautiful beaches along the varied coastline of Cardigan Bay, home to the UK's biggest pod of dolphins.



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**Glyndŵr's Way** is the 135 mile long National Trail from Knighton to Welshpool. It goes through open moorland, rolling farmland and woodland. 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 8th century. The central section promises some of the most varied walking as it weaves through the tranquil border region known as the Marches.



## RESPECT. PROTECT. ENJOY.

### Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

### Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep your dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

### Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

The **Countryside Code** family includes activity codes for when you are walking dogs, using trails, at the waterside, wild swimming, angling or canoeing.

[www.naturalresources.wales/countrysidecode](http://www.naturalresources.wales/countrysidecode)



**Don't**  
give pests  
and diseases  
an easy ride



**You're the best defence against disease our trees have.**  
Mud, plants, wood and leaves could be carrying disease.  
Please leave all natural materials on site and clean your shoes, bike, any toys or equipment and your dog after your forest visit.

## 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.

