

Treuddyn Circular Walks - No 3

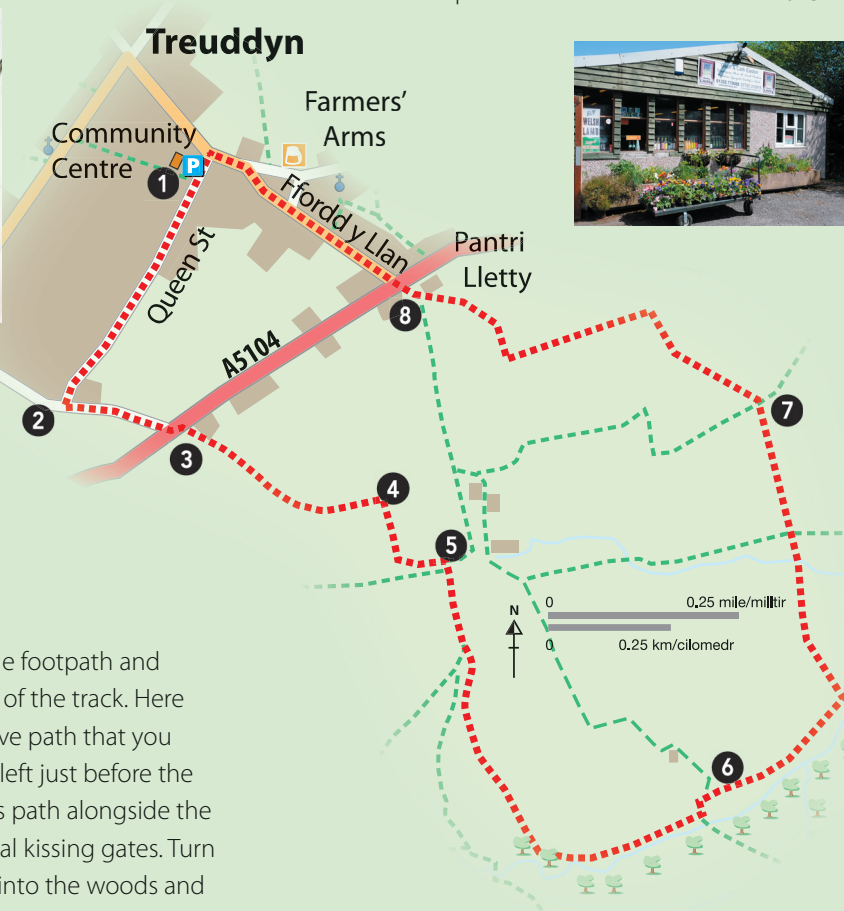
Distance 3 miles
Allow 1 - 2 hours

This walk takes you around Ffrith Farm and down to the pretty, wooded Cegidog valley. In springtime the woodland is carpeted with wildflowers including pungent wild garlic while later in the year the ferns on the fallen trees are fabulous. The meadows just by the woodland are full of traditional hay meadow flowers too such as yellow hay rattle and common spotted orchids.

Look out for the friendly pigs in the fields by the farm shop.

The walk starts in Village Community Centre car park on Queen Street

- 1 Turn right out of the car park and walk along Queen Street.
- 2 Turn left and walk down the road.
- 3 Cross over A5104 and go through the gate opposite onto the bridle path. Continue up the hill to the top of the old lane.
- 4 Turn right here and follow the path alongside the hedge to the bridle gate on the left hand side. Go through this, over the stile and then look out for a kissing gate on the right hands side.



- Parking
- Pub
- Church/chapel
- Public right of way
- Route

Pantri Lletty
01352 770088
www.pantrilletty.com
Farmer's Arms
01352 770975

- 5 Turn right onto the footpath and follow this to the top of the track. Here you join the permissive path that you follow around to the left just before the stile. Continue on this path alongside the hedge through several kissing gates. Turn right down the path into the woods and continue down to the river. Turn left here and follow the path alongside the river until you come to the bridge.



- 6 Turn left up the steep flight of steps and then turn right at the top. The path follows the edge of the woodland. Ignore the stile into the woodland and bear left up the hill. Turn right along the hedge and follow the path to the stream. Once you've crossed the stream bear left across the field to the kissing gate opposite.



- 7 Go through the gate and follow the waymarked path back to the farm shop car park.