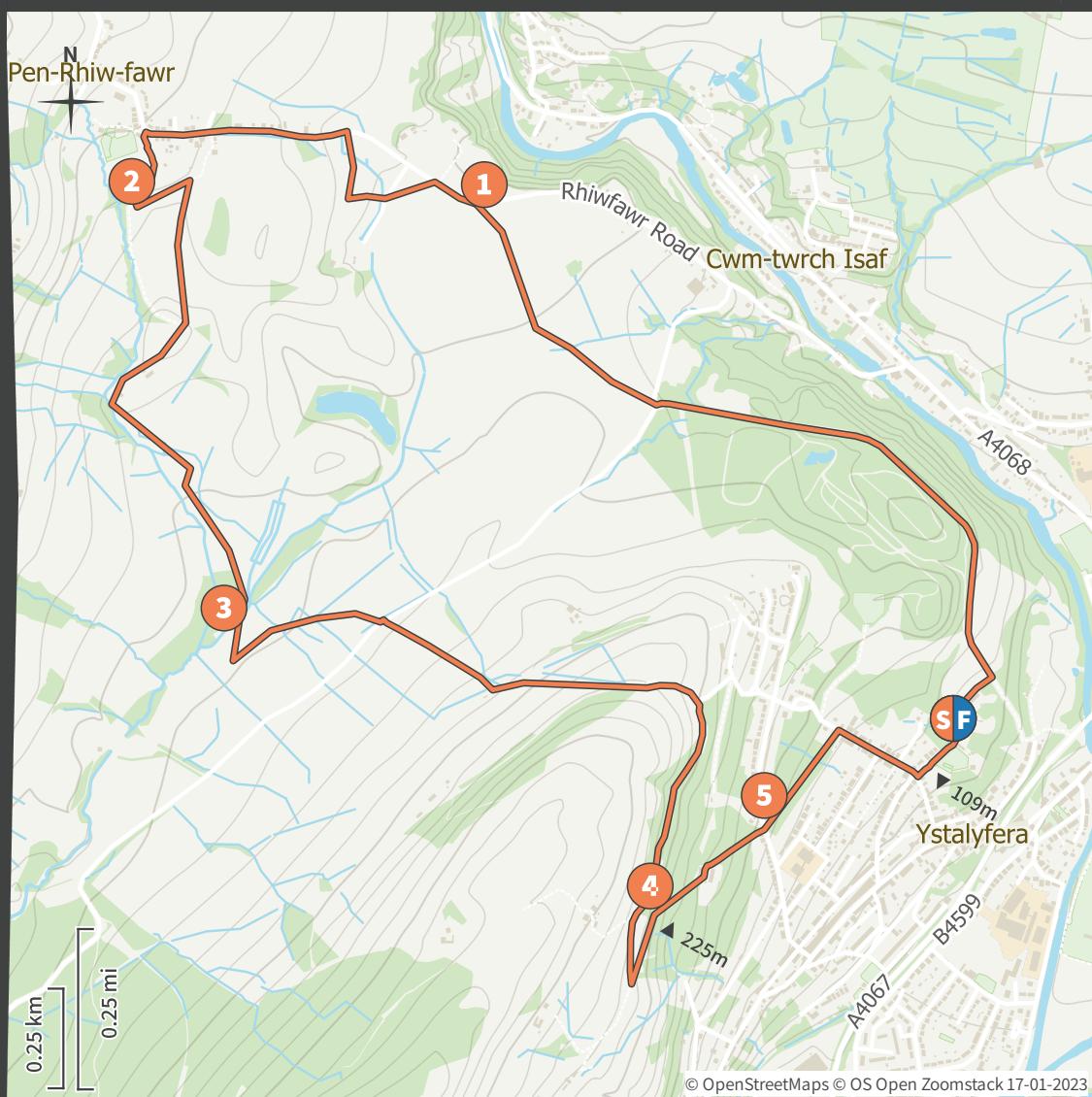




# Ystalyfera Cwmtwrch Isaf Loop

A wild and isolated wander through woods and marshland.

The more remote sections can be boggy so good footwear is an essential on this walk. Includes both stiles and gates.



Enjoy this ramble? There are 145 Paths to Wellbeing routes to explore across Wales!



Moderate



202m



Circular



8.3km | 5.1m



02:35

- S** Starting from Altygrug Park head out onto Clyngwyn Road bearing R at the finger post. Pass houses on R, go through barrier and turn L onto road/track heading uphill. Continue along this track for approx. three quarters of a mile (1.2 km) until you reach a T-junction. You are travelling through an area known locally as 'The Patches' along the 'White Road'. Go straight ahead at the junction crossing a stile to enter a field. Head across the field and two more (passing through multiple kissing gates) to reach Rhiwfawr Road.
- 1** Bear L here taking care to walk along the grass verge before re-entering a field on the L. Head R to reach a track, cross this and then up a small rise. Bear R heading back towards the road. Turn L taking care to cross the road and use the pavement. Continue along road turning L at footpath sign by the bus stop/phone box. Ahead and R you will notice a lovely boardwalk, looping around Rhiwfawr Community Hall, you may wish to explore this peaceful area. Turn L across footbridge entering field through gate. Head R and down towards gate.
- 2** Turn L along gravel track then R over a stile into field. Alternatively continue straight down the track avoiding two stiles and fields. Head straight across the fields, over another stile onto the track. Bear L and continue along track as it bends R. Go straight past one property and at the next take the signed path wrapping around the R of property. Having gone through a gate you are now heading out into more rugged land. Follow the path ahead crossing some small footbridges, the path then sweeps around to the R between fences.
- 3** After the next footbridge bear L towards the tree line and continue in this direction eventually arriving at a stony track. Cross track and take waymarked kissing gate, continue following the path gradually heading uphill through a further three gates and marshy fields. Cross stile onto muddy/stony track of Gilfach-Yr-Haidd Farm. Follow track ahead for 0.46 miles / 740m keeping L at the fork. At the tree eating public footpath sign cross the stile to the L and follow the path downhill.
- 4** Continue as the path winds its way down to the fence line, proceeding with caution as there is a particularly steep section here. Bear L so the fence line is on your R and head through kissing gate on R. Pass through a second kissing gate with farm buildings coming into view. Continue past the rear of the buildings on the R emerging into the yard. Follow the stony track L as it heads downhill passing a kissing gate on the R. Turn L onto Penywern Road and cross over to signposted staircase on the R.
- 5** Descend steps and follow path through small woodland. Keep an ear out for Woodpeckers drumming as you wander along. At the path junction, with houses/gardens ahead, turn L, emerging onto Altygrug Road after a short distance. Following the road downhill turning L at the bottom arriving back onto Clyngwyn Road and your starting point.