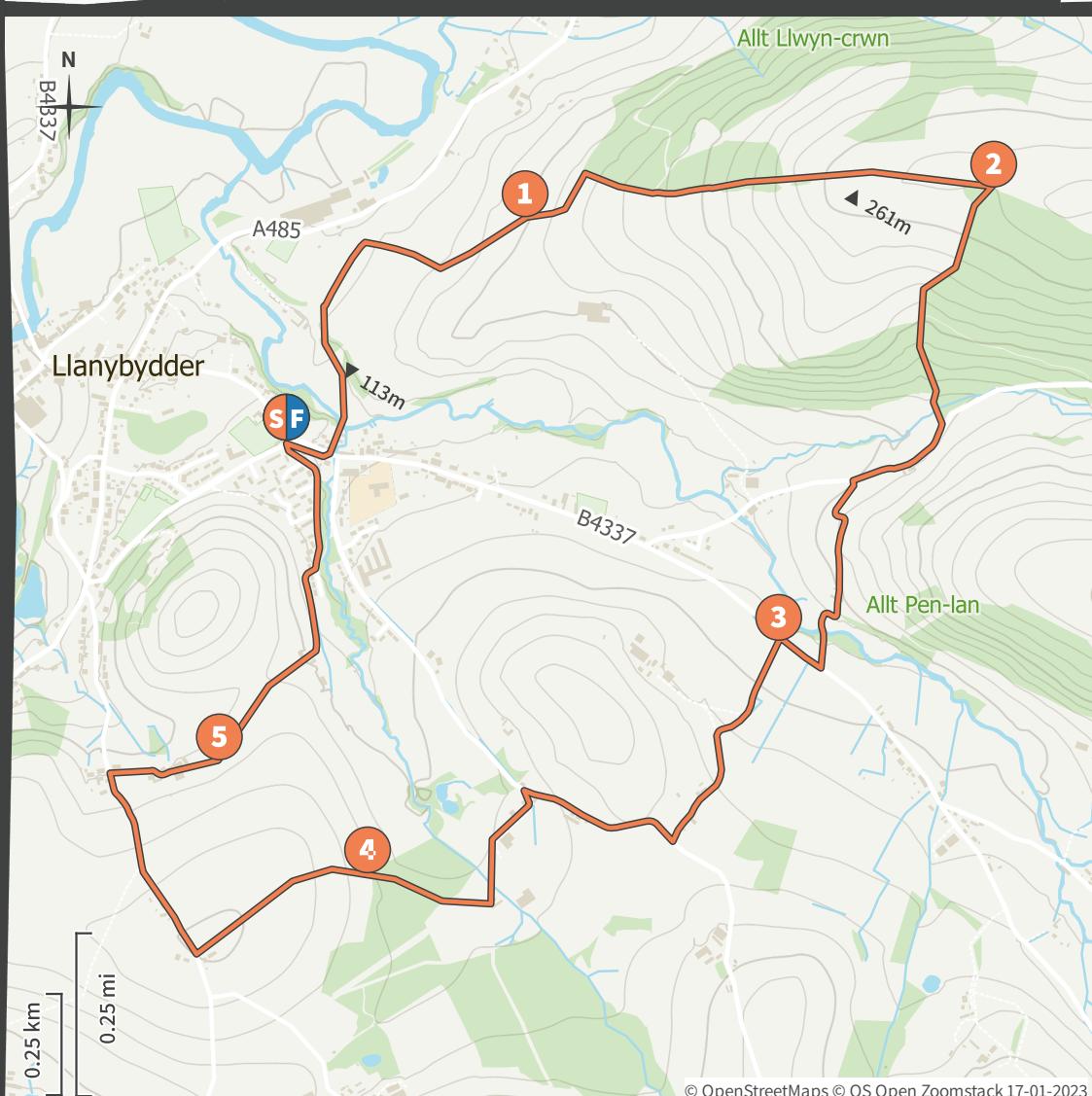




# Llanybydder P2W Loop

A scenic adventure through local woodlands with epic views.

Travel minor roads, through fields and woodlands. This route features gates and stiles, good footwear is essential.



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



- S** Starting from Aberduar Baptist Chapel bear L passing the Memorial Garden and turn R at the T-junction. After a short distance turn L at footpath sign and cross the footbridge over the Duar (a tributary of the River Teifi) ahead. Go through the gate and follow the route up the grassy banking into a field. Cross field bearing L towards a kissing gate. Continue ahead along wide hedge lined track following it round R. Follow the track uphill through a series of gates then diagonally L across field towards the treeline.
- 1** At the Spring (a pretty spot that can be very wet here in Winter months) take the stile ahead. Cross the fields and two further stiles entering Allt Lwyn-crwn woodland. Head R taking another stile as you ascend through the trees. Emerge onto a stony track, following the waymarking uphill (L). As the track bears R head through the gate ahead along a wide tree lined track. Continue uphill crossing a stile and follow the route along the fence line to a gate. Go through gate, immediately turning R through another gate into the woodland.
- 2** Follow the fence line down through the stunning Allt Tan-coed-cochion enjoying the sounds of nature. Go through gate, cross the stream and take a second gate emerging onto the road. Turn L and follow the road, a short distance after the buildings turn L onto a stony track. Follow the track to the farm and pass through the farm yard. Bear R heading through a gate and cross the footbridge over the Duar. Follow path alongside the stream heading through the gate ahead onto the road (B4337). Turn R and head along the road.
- 3** Take the next L at the junction box and continue along the road. After 0.37 miles / 600m, passing buildings either side, turn R at the T-junction continuing along the road. At white house on L turn L towards house then head R along track. Go through gate ahead follow track round. Go through waymarked gate on R, crossing field towards another gate entering the woodland. This picturesque woodland can be wet underfoot and has a couple of small stream crossings. Listen out for Woodpeckers as you follow the route through the trees.
- 4** Cross stile exiting woodland and head uphill across field to gate. Through gate follow the fence line on L taking the stile into another field. (This area can be very wet in Winter). Continue ahead crossing the stile and turning R onto the road. Follow the road downhill past Glantrenfawr. The first village converts to the Church of Jesus Christ of Latter-Day Saints (Mormon) resided here prior to emigrating to the USA and a commemorative plaque is found on the house. Take the next R at Glantrenfach farm heading through the farmyard.
- 5** Enter field and stay along fence line, take gate/stile and head towards the buildings. Exit via gate onto track turning L. Follow the track turning L at the T-junction onto Bro Einon. Continue along Bro Einon, passing a lovely little woodland and Nant Einon on the R, enjoy a rest in nature here on one of our Paths to Wellbeing project benches. Learn about other local routes from our information board before continuing along the road and returning to the Chapel starting point.