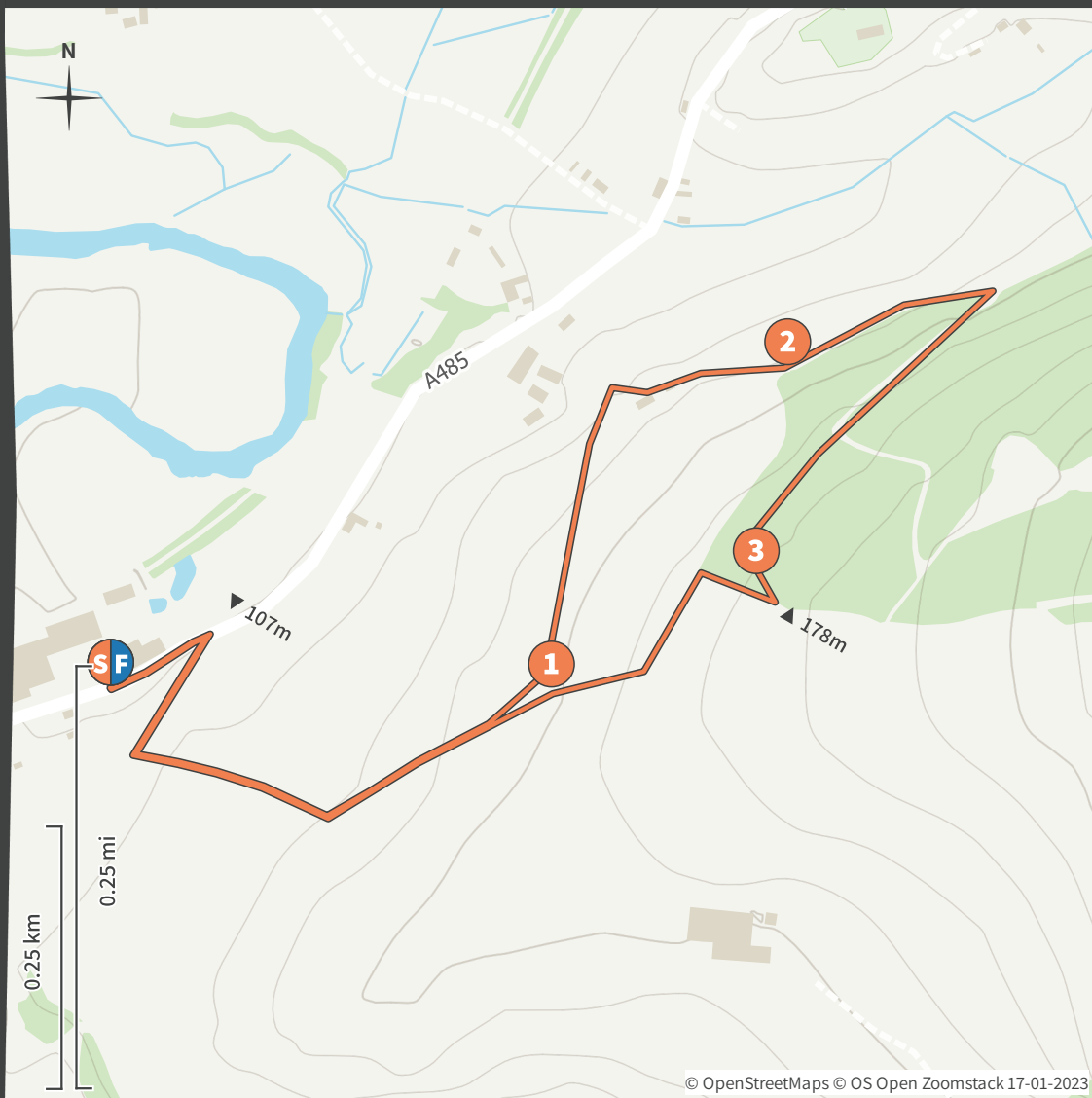




Dunbia Lunchtime Loop

Shake off the cobwebs with a lunchtime woodland walk.

After crossing the busy A485 road this route takes in fields and woodland. The route can be muddy and features stiles.



Leisurely



95m



Circular



2.7km | 1.7m



00:55

- S** Starting from Dunbia, bear L and cross the busy main (A485) road with caution. Climb the stone steps entering field through a signposted kissing gate. Head R across the field and through another kissing gate. Turn L and head up along a wide hedge lined grassy track. Continue through a series of gates then diagonally L across field, ascending towards treeline with Dunbia behind you. Pass through another gate before arriving at a Spring. A pretty spot with lovely views it can be very wet here in Winter months.
- 1** Turn L along the wide tree lined track passing through two gates whilst enjoying views over the River Teifi. Both a Special Area of Conservation (SAC) and Site of Special Scientific Interest (SSSI) the Teifi is famous for its Sewin (Sea Trout) and Salmon fishing. Continue along the stony/muddy track through the gate and turn R passing farm buildings. Head through the farmyard, passing buildings and sheds on your R, and continue uphill along the track towards the woodland.
- 2** As you pass through the gate you are entering Allt Llwyn-crwn woodland, follow the track upwards and round to the R. Ahead in the distance you will see the grade II listed medieval Church of St Patrick, whose font is early 13th Century. In the distance beyond the Church lies another SSSI, Llyn Pencarreg, an unusual example of a lowland 'oligotrophic' (very nutrient poor) lake of glacial origin. Continue along the woodland track and enjoy crunching through leaves on the woodland floor as the route levels out.
- 3** Head over the stile on the R and follow the route down along the woodland edge. Leave woodland entering a field over another stile. Continue along the fence line taking a third stile and cross field. Climbing a final fourth stile you have returned to the Spring. Retrace your earlier steps heading down through fields and a series of gates turning R through a kissing gate as the track turns to the L. Cross the field to the kissing gate. Descend the steps and cross the road with caution arriving back at Dunbia.



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