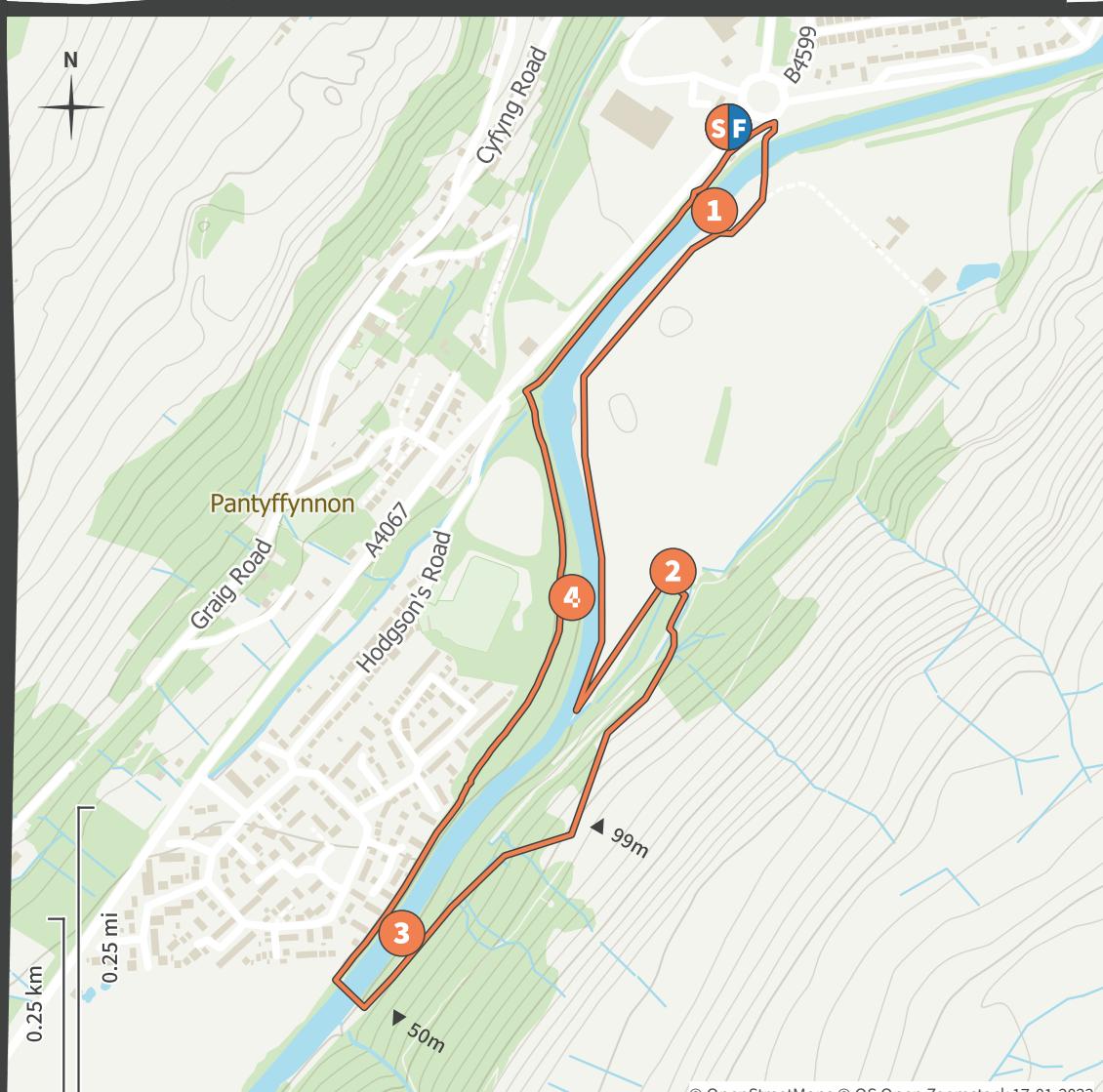




Junction Cafe St Illtyds Loop

Riverside stroll linking St Illtyd's walk and valley views.

There is a mixture of good tarmac paths alongside muddy/wet ones, good footwear is needed. Stiles feature on this route.



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



Leisurely



82m



Circular



3.4km | 2.1m



01:05

S

Starting from the Junction Café car park, head over the river via the footbridge (Cwmtawe Cycleway) at the roundabout end of the car park. At the end of the bridge bear R away from the cycle track into an open stony area. Go through the gate ahead, adjacent to another bridge (private access road) over the river. The Tawe is a 30-mile-long river, flowing from its source in the Black Mountains down through the Tawe Valley (commonly known as the Swansea Valley) joining the sea at Swansea Bay.

1

Follow the path ahead with the river on your R. This area of colliery coal spoil is home to an array of wildlife, will you spot a basking adder in the Summer sunshine? After a short time you'll pass under electricity lines and the path leaves the river and opens up. Head to the L following the waymarking signage to reach another gate that leads onto the cycle track. Route 43 is a 31.6-mile route on the National Cycle Network (NCN), linking Swansea and Coelbren along riverbanks, the Swansea Canal towpath and an old railway line.

2

Turn R and head along the tarmac cycle track. Cross a sleeper footbridge on your L joining a path that leads up into the treeline. Take the stile and continue along the path as it ascends through the trees. Follow this until it reaches a fork and go R heading back downhill - you have now joined the St Illtyd's long distance trail. A 64 mile walk from Pembrey Country Park (Carmarthenshire) to Margam Country Park (Neath). Follow this trail back down onto the cycle track, crossing another stile and sleeper footbridge, then head L.

3

Continue ahead for a short distance until you reach a footbridge over the river on your R. Cross this bridge and head R on the other side. Follow this path with houses on your L and the river on your R, keeping an eye out for local bird life such as Kingfishers, Grey Heron, Grey wagtail and Dippers travelling up and down the River Tawe. The river supports both wild and migratory trout (Sewin) and Salmon and is known for its fishing.

4

Having passed under the electricity cables again, continue ahead to a weir where there is a seating area to take in the impressive valley views. Having spent time taking in the viewpoint continue R where the path drops down through a gate. Follow the path along the river passing a fishing platform, rising again through another gate to arrive back at the Junction Cafe car park.



Consider the environment
Please think before you print



The Ramblers' Association is a registered charity.
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