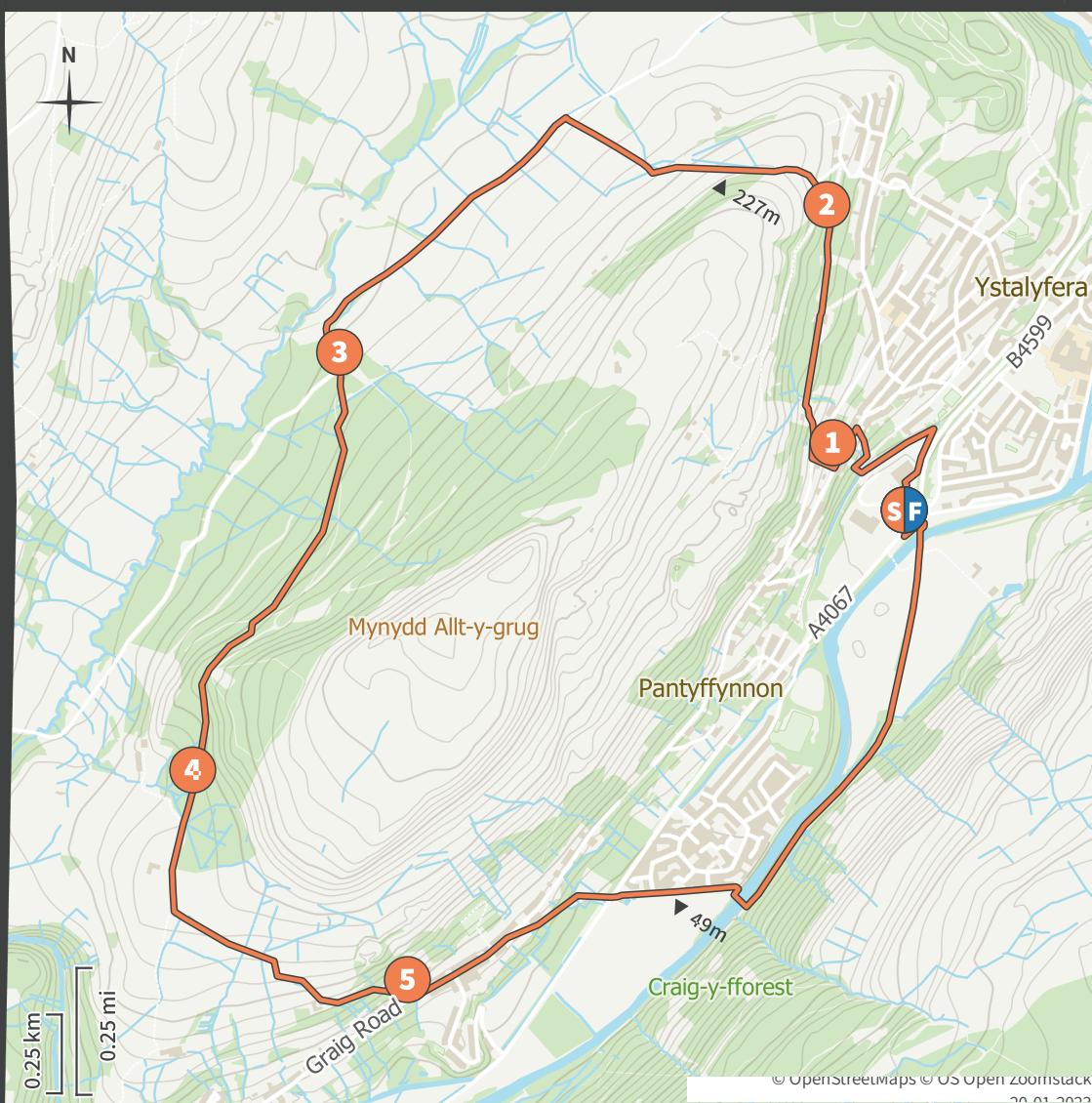




# Mynydd Allt y grug Circular

A long loop walk around Mynydd Allt y Grug.

The terrain ranges from tarmac cycle path, farm tracks, to wet woodland floor. Steep ascents, stiles and steps feature.



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



Moderate



282m



Circular



9.5km | 5.9m



03:05

- S** Starting from the Junction Café car park head across the road to ASDA, the site of the former Ystalyfera Iron and Tinplate Works. Follow the tarmac path with Asda on the L, turning L onto the muddy/stony canal path. Turn R at the fencing heading up the steps. Continue following the path round to the R before heading up a large flight of stairs with a handrail. Known locally as the '100 steps' there are closer to 200 steps here so take your time. Turn L by the bus stop onto Cyfning Road passing The Flying Pig on the R.
- 1** Turn R up signposted lane and turn R onto Graigymerged. Continue to follow road uphill keeping L at the fork. Enjoy the valley views before going through kissing gate and following path to waymarking post. Turn R here heading through another gate. Follow the woodland path along fence line until farm buildings. Continue past the rear of the buildings until emerging to yard. With buildings on R take grassy path ahead. Follow the path, passing the next building on L. Emerge onto gravel track traveling ahead for a short distance.
- 2** Turn L into trees towards small staircase. Climb steps and turn R onto tarmac path. Bear L at fork towards Gilfach-Yr-Haidd Farm. Continue along stony track through waymarked gate. Follow path to R of next gate crossing over stile into field. Travel downhill through gate ahead into next field. Continue through two kissing gates close together, following waymarked route. Emerge through final kissing gate onto wide stony track and turn L. Follow track for approx. 0.62 miles / 1km until reaching NRW woodland gates on L.
- 3** Go through the gate following the forestry track as it ascends through the woodland. This large area of woodland (Mynydd Allt y Grug) is open access land and you may wish to explore it further. The track emerges from woodland and begins to level out in an open area. Bear L at the fork then continue straight ahead following the waymarking. Continue ahead as the track loops around the mountain. Follow the path as it re-enters another stretch of woodland. This section can be extremely wet / muddy underfoot.
- 4** Cross a series of boardwalks and exit the woodland via a kissing gate onto a tarmac road. Turn L and walk along the road (Maen Gwyn) for a short distance. Turn L entering field via signposted kissing gate. Cross the field and continue following the route through five kissing gates as it gradually descends through fields to a farm. Take stile entering farmyard with house on R. Turn L and exit farmyard via gate. Follow track downhill onto Graig Road. Godrergraig Park, opened in July 1924, is located across the street.
- 5** Turn L along Graig Rd then follow footpath sign down grassy path on R. Go through gate into working yard, exit yard to busy A4067 road via signposted kissing gate. Cross road with caution and head L, take signposted kissing gate on the R. Follow tarmac path with paddocks on R and houses L to a footbridge over the river. Cross bridge turning L onto the cycle track. Follow the tarmac path for 0.8 mile / 1.3km until reaching a second footbridge. Cross the river and turn L arriving back at the Junction Café car park.