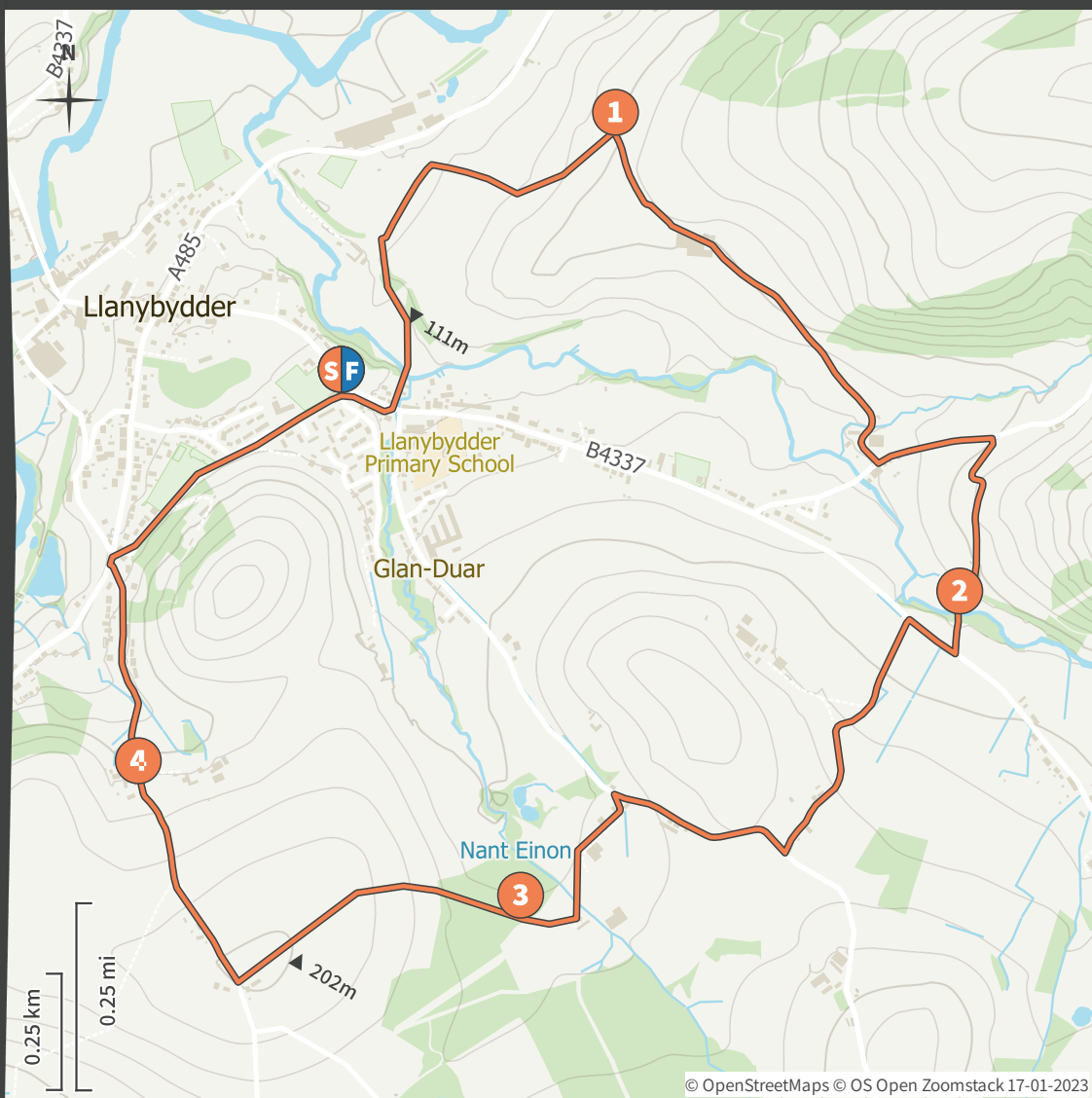




Pen Y Gaer Loop

Enjoy a scenic jaunt round Llanybydder.

A mix of minor roads, tracks, fields and woodland. Gates and stiles feature, good footwear is essential.



Leisurely



174m



Circular



6.8km | 4.2m



02:05

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 River ahead. Go through the gate and follow the route up the grassy banking into a field. Cross the field bearing L towards a kissing gate. Continue ahead along wide hedge lined track and following it round R. Follow the track uphill through a series of gates then diagonally L across the field towards the treeline.

1

At the Spring (a pretty spot that can be very wet here in Winter months) head R along the wide tree lined track. Go through gate and follow the stony track ahead passing through a farm yard. Continue along track passing through another yard and turning L onto the road at the T-junction (Rhydybont House). Turn R onto a stony track, follow this to a farm passing straight through the farmyard. Bear R heading through a gate and cross the footbridge over the Duar. This tributary feeds into the River Teifi further along its course.

2

Follow path along stream heading up through the gate ahead onto the road (B4337). Turn R and head along the road. 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 the white house on L turn L towards house then head R along track. Go through gate ahead following track round. Take waymarked gate on R, crossing field towards another gate entering a small woodland ahead.

3

This picturesque woodland can be wet underfoot and has a couple of small stream crossings. Listen for Woodpeckers as the route winds its way up through the trees. 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. A commemorative plaque to prominent local Mormons can be found on the house here.

4

Continue following the road downhill passing the hedge patterned peak of 'Pen y Gaer' on the R. A scheduled ancient monument comprising the remains of a defended enclosure which probably dates back to the Iron Age. At the T-junction turn R onto the main (A485) road turning R again immediately onto Heol Y Gwrdd. Follow this road around passing a children's playground on the L. After a short distance the road merges with Bro Einon, continue along the road returning to the start point at Aberduar Chapel.



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