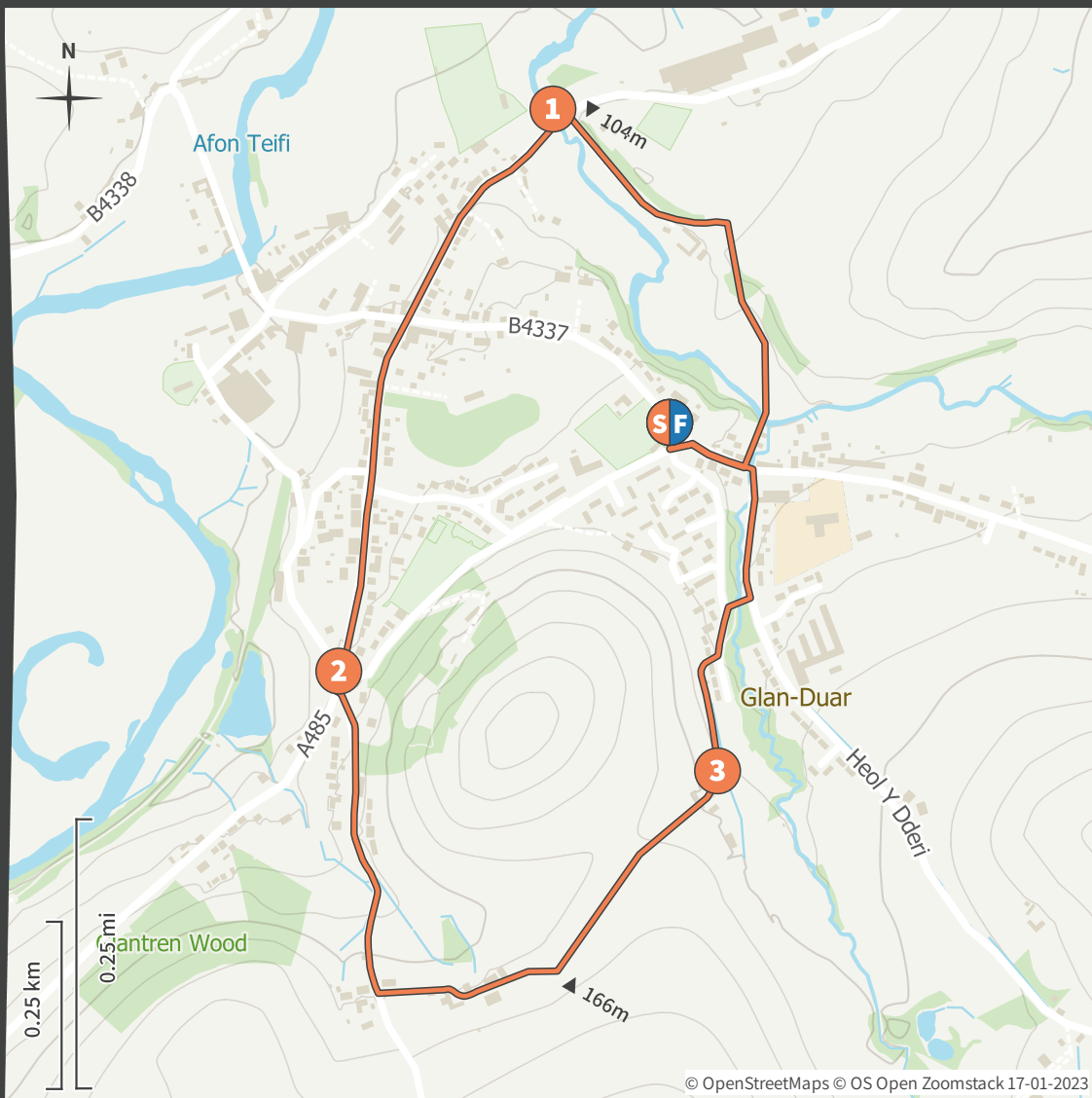




## Kettle Hole Loop

Loop the local 'Kettle Hole' through village and country.

A mixture of paved streets, minor road and fields. Livestock presence likely, sections of this route can be muddy.



Leisurely 83m Circular 3.5km | 2.2m 01:05

- 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 following the path alongside a garage. Cross the footbridge over the Duar (a tributary of the River Teifi) ahead. Go through the gate and follow the route as you ascend the grassy banking into a field. Cross field bearing L towards a kissing gate. Turn L through the gate and follow the stony track downhill passing farm buildings on L. Turn L at the road heading into Llanybydder.
- 1** Take care to keep to the grassy verge on a short unpaved section here. Continue along the pavement until reaching the cross roads. The soldier statue at the cenotaph was created in memory of a local war hero by local welder Alan Davies. Continue ahead at the cross roads passing the grade II listed Cross Hands Hotel and Mayes Tyres on the L. You are now passing a geological sight of interest known as a 'Kettle Hole' which is a depression / hole formed by retreating glaciers or draining floodwaters. Continue following the road.
- 2** As the road forks bear L onto Heol Glantren and continue along the road as it gradually ascends. The hedge patterned peak to the L is that of 'Pen y Gaer', a scheduled monument, comprising the remains of a defended enclosure (partially bivallate hillfort) which probably dates to the Iron Age. Turn L at Glantrenfach farm and follow the track through the farm yard, entering the field ahead. Continue along fence line taking the gate/stile ahead into the next field. Cross field towards buildings, exit field via gate onto track and head L.
- 3** Follow the track down and around turning L at the T-junction onto Bro Einon. After a short distance take the track through the woodland on the R, turning L as you emerge onto Heol y Dderi. Continue to follow the road to the T-junction turning L here. Take the next L onto Bro Einon returning to the Chapel and Memorial garden where you started.



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