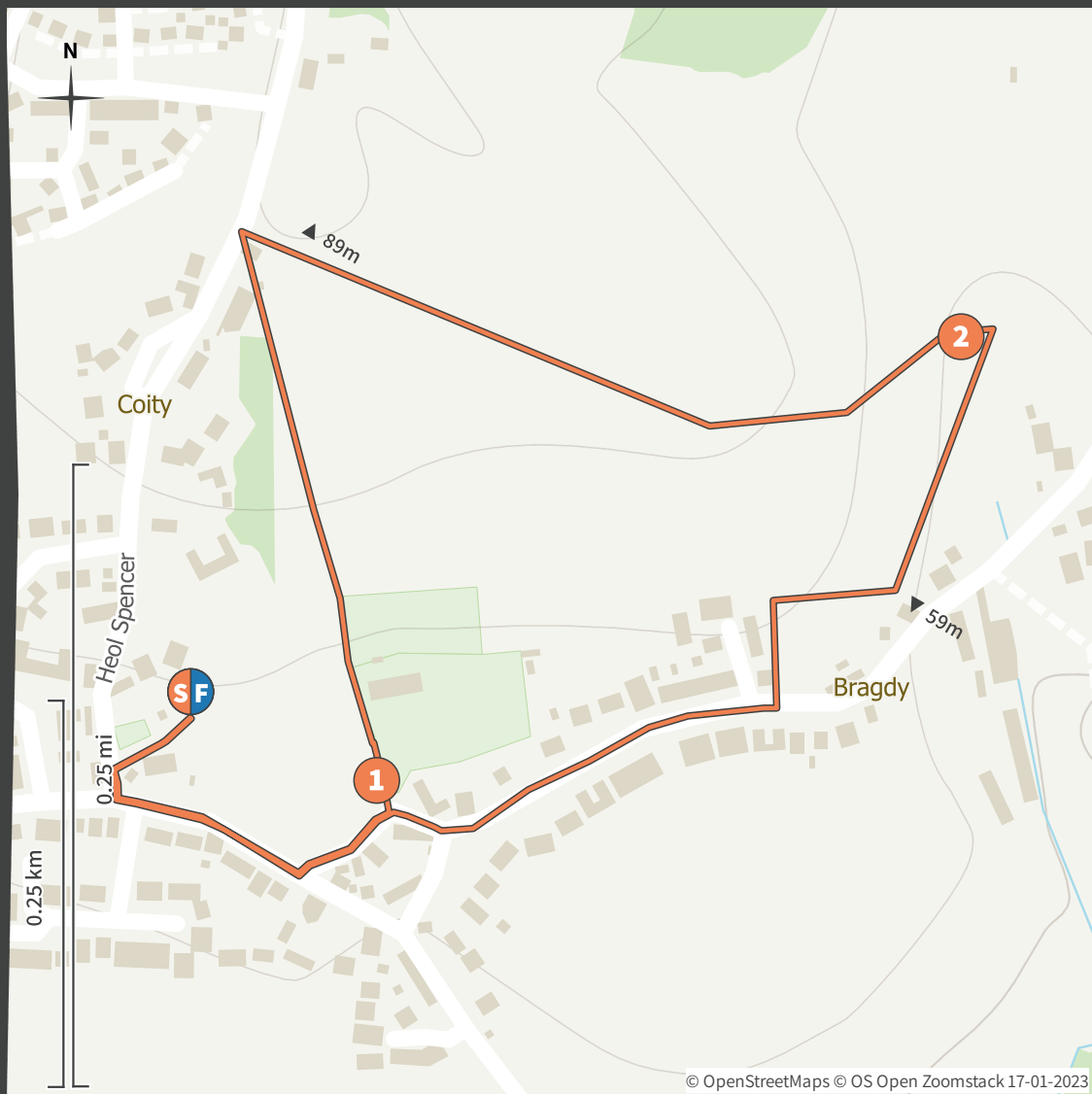




Castle Adventure

Explore the 12th century Castle and stretch your legs.

Grassed field which can be muddy, pavement and two gates.



Easy



54m



Circular



2.1km | 1.3m



00:30

S

Starting from Coity Castle, enter and explore the 12th century ruins which was originally built by Sir Payn de Tuberville, known as "the Demon". See if you can find all of the plaques on the walls, giving further history of the Castle. When you're ready, leave the Castle and turn left on the road, wrapping around to the Church hall and to the bench.

1

From this point, go up the steps at the Public Footpath sign and walk to the gate that opens up into the field. Head straight uphill (on your R you will also find a playing field for more activities) until you are parallel with a large white house on your L, turn away from the house to walk across the large field, keeping to the walked path if visible. This path will lead you downhill to a cluster of large trees, one of which has a treehouse and you will meet the fence line.

2

Follow the fenceline R and begin to head back uphill as you walk toward houses and a gate that meets the road. Turn R through the gate, follow the pavement back toward the Castle and back to your starting point.



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



Consider the environment
Please think before you print

