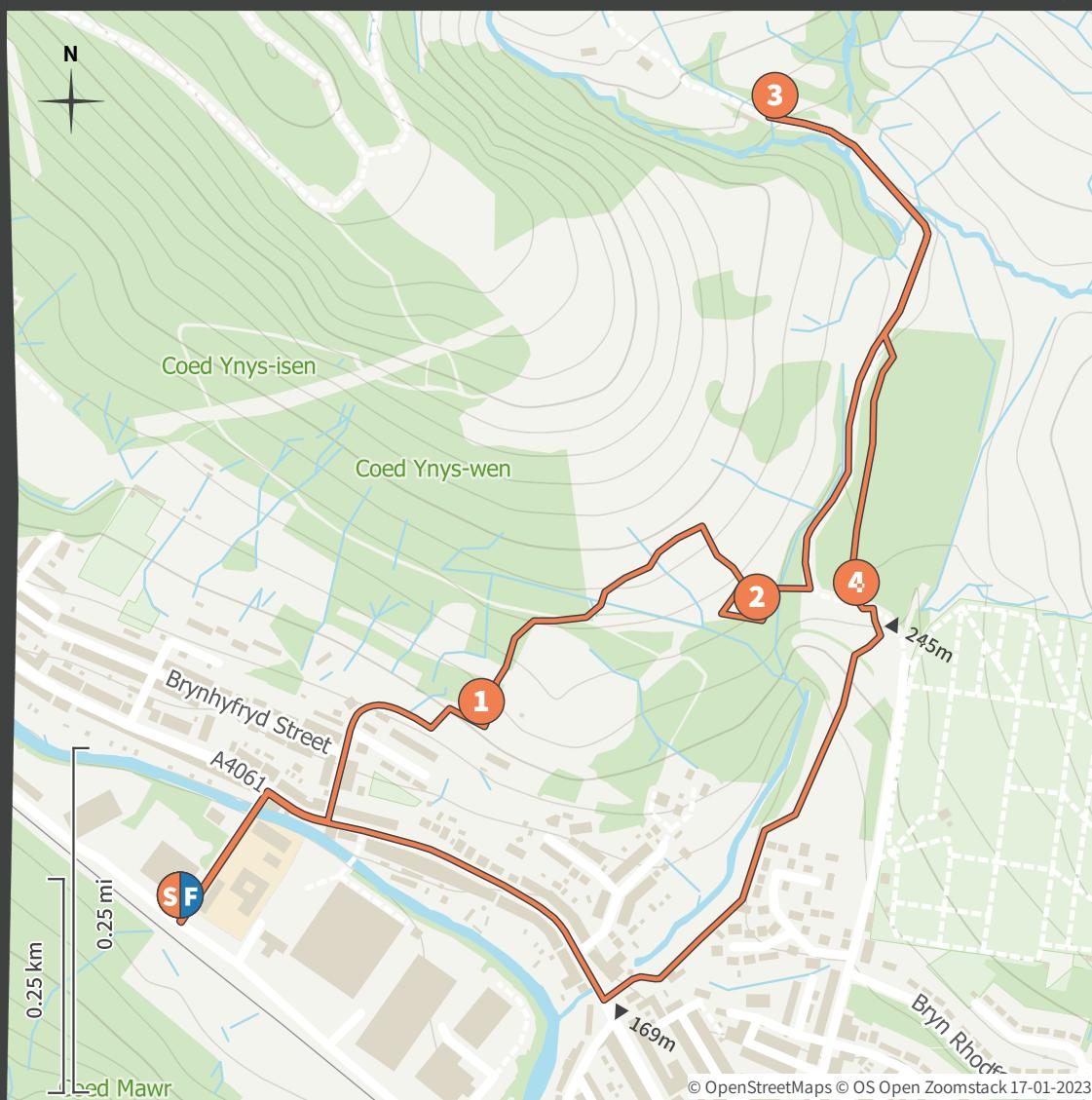




The Letterbox

With an amazing view of Treorchy, see nature take back.

Some road walking, muddy paths expected in parts and a short steep incline.



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



- S** Starting from Ynyswen Train Station, head up the road directly opposite from you, passing a school on your R. At the end of the road, turn R and use the zebra crossing to cross over the road. Walk right again and take the first left up Woodland Terrace. Follow the road to the top, wrapping R. Take a L after the garages, following a track that meets a farm gate. Do not enter the gate.
- 1** At this point take a L up a steep track keeping the fence on your R. Continue up the most prominent path in the grass, passing a signpost and up to the top of the hill where the path plateaus. Turn R at the corner post of the fence and walk on. Head along this track to a kissing gate. Once through the gate, walk up and across this field between the vegetation. When near the middle of the field, look R to see a kissing gate on the bottom R of the field. Follow the most prominent path that meanders down to the gate.
- 2** Pass through the kissing gate and turn L. Walk until you meet a signpost and a tarmac road. walk L along the road as normal. Be careful for passing cars. Pass over a stile on the R hand side of the road and head on, the style is next to a cattle grid. Continue up the road which curves left and inclines. Around half way up the hill, look L and embedded in a tree, you will see the Post Office letterbox that has been taken over by nature and appears half buried in the tree.
- 3** This will give you a chance to look around and back on your surroundings to see what bits of nature are in the valley next to you and to listen to the sounds of running water. Head back down the road from which you came, go back over the style once more and turn immediately L into a gap within the hedge/vegetation. Once through the gap turn R and follow the path through a small patch of wood, which will merge into a tarmac road.
- 4** Head directly over this road and down a track to an opening surrounded by large stone boulders. Enter this gravelled area and keep to the right, aiming for the top R corner. This will merge onto a path that will slowly descend alongside a stream on your R. The path will narrow as you walk past fencing and you will arrive at the fire station. Walk straight ahead to the main road, turn R and walk along the main road until you reach the zebra crossing. Cross back over at this point and retrace your steps back to the train station.