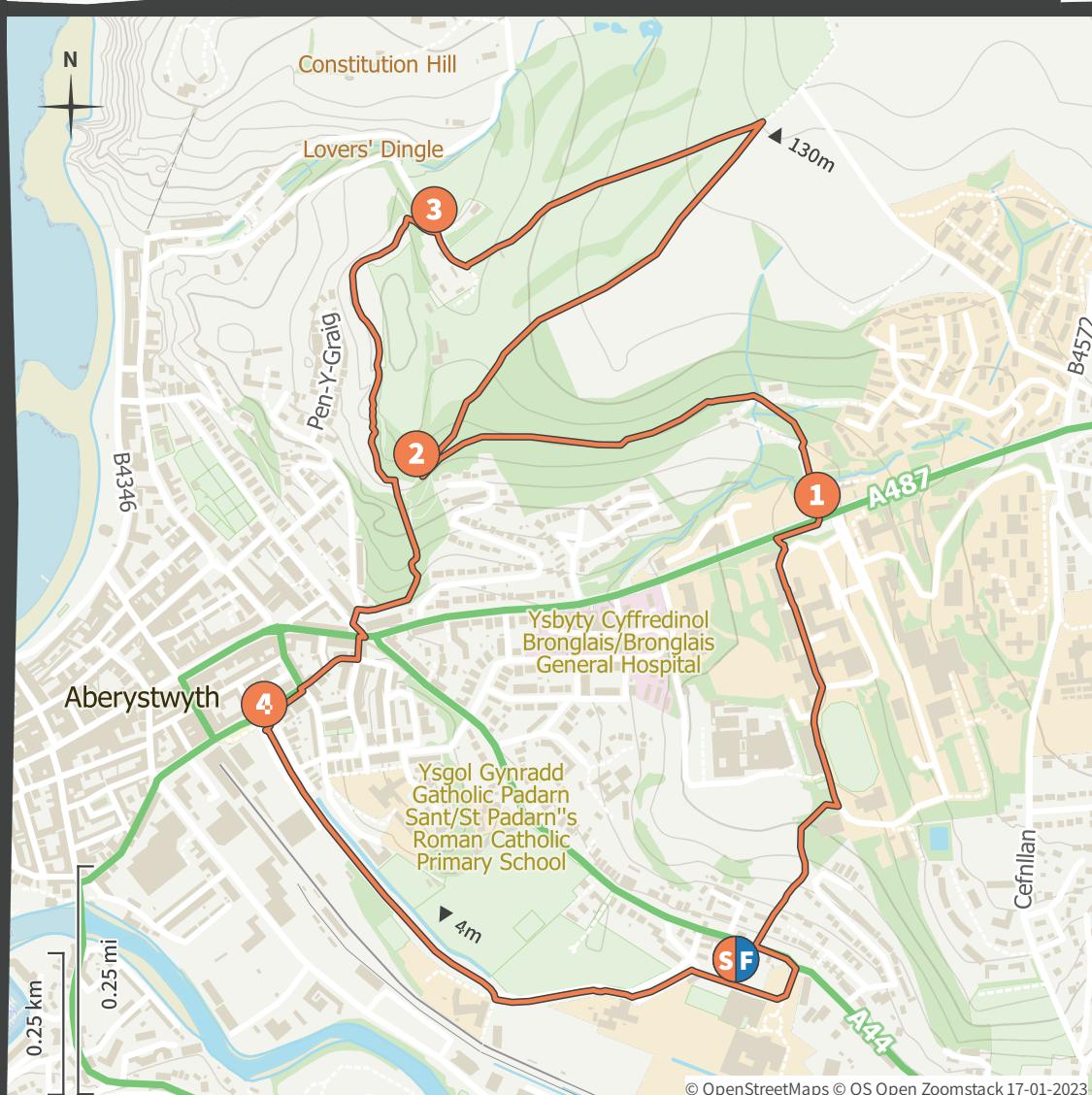




Penglais Loop

Circular Loop through town, University and Penglais Wood.

A mixture of road, footpaths, track and woodland.



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



Leisurely



213m



Circular



5.9km | 3.7m



01:55

S Starting from Plascrug Leisure Centre, face the building and turn L on the well signposted cycle track/footpath. Continue to the A44 in Llanbadarn. Turn L to use the crossing, turn L on the other side, follow the pavement turning back to the R towards the Llanbadarn Church. Cross into Penyfron bearing L to join footpath. Go over the crossing before the campus then turn R up the steps. Turn L into the campus keeping forward until the last building on the L where you pick up a footpath on to the crossing over Penglais Rd.

1 Turn R on Penglais Rd, walk up the hill for a short distance and turn L onto a tarmac drive towards Penglais Lodge/Plas Penglais. Follow tarmac road as it bends to L. At the gate take the footpath on the R. Follow the footpath into Penglais Woods. Keep on path ignoring side tracks until you reach an open beech grove. After it bend around to the path which is now on top of a retaining wall, go up the steps on the R. You will see the viewpoint and information board looking over Aberystwyth Town, there is a bench to sit and enjoy the view.

2 Once you have enjoyed the views, head back into the woods the way you came. Walk along the path for a short distance and then take the footpath to the L, heading uphill. Go through the woods - the golf course will be on your L. Continue along the footpath until you come to a T junction, turn L, it will feel as though you are going back on yourself. Continue along path through the golf course. This path is rough and can be muddy. When you come to Brynmor Road turn R, head along the road and there is a footpath on your L.

3 Head along the footpath through the woodland, taking the path to the L at the gate signposted Penglais to follow the edge of the golf course. Continue along the well-trodden path and you will reach the viewpoint again. Continue and take the footpath to the R, then R again downhill and you will come out onto Infirmary Road. Go L down the road and turn L onto North Road. Go straight over Penglais Road into Pound Place and take the first R, head straight on Poplar Row and then Alexandra Road.

4 At the roundabout, turn L after Elm Tree Avenue to go through the metal green gates labelled PLAS CRUG and signposted cycle track to the Leisure Centre. Walk down the Avenue. When you come to the roundabout, bear L and keep on the R side of the road where you will find the cycle track signs. Follow them to arrive back at Plascrug Leisure Centre.