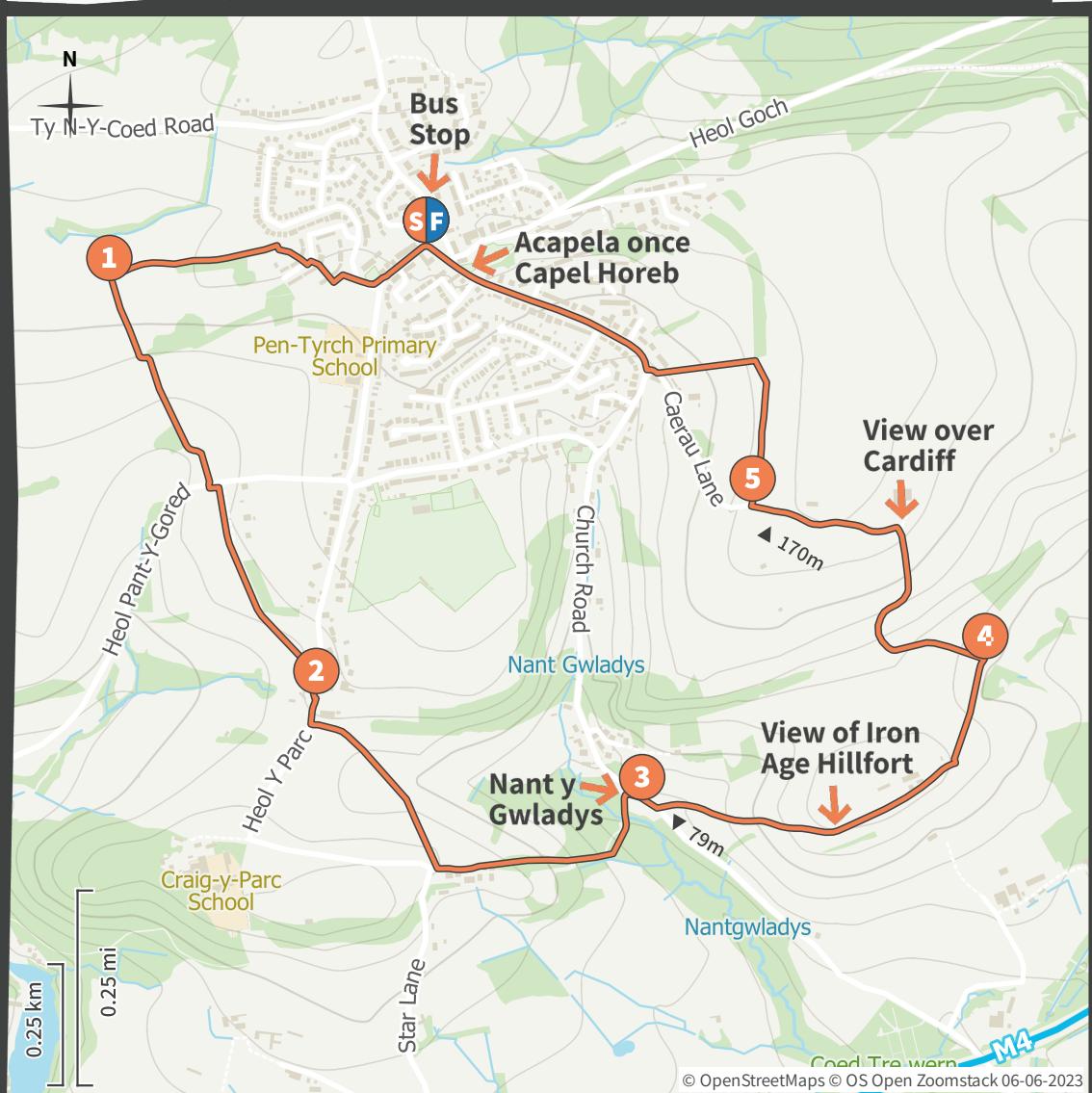




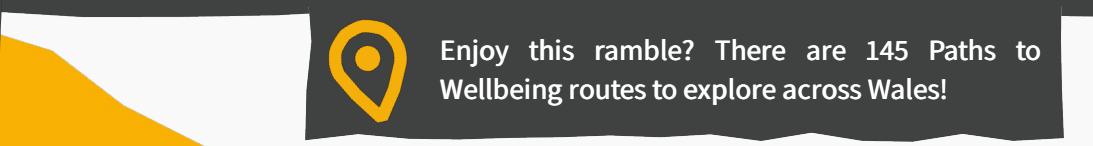
## The Old Mule Tracks

You may hear the ancient travellers with their heavy loads

Tarmac lanes and roads, gravel tracks and grassy fields. Some steps, a stream crossing and a few stiles.



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



## Moderate



174m



Circular



5.5km | 3.4m



01:50

- S** Starting from the bus stop in front of the shops on Heol y Pentre, head L down Temperance Road and turn R into Heol-y-Bryn by the cemetery. Cross the road and walk around the green to the path in front of the houses. Take the cutting between the houses on your R into Heol Gam. Turn L and immediately R into another passage between houses, to a green and go to the metal gate between the garages. Turn L through a gate and follow a track along a hedge on your L. Continue past another gate through a field boundary, keeping straight ahead looking for a gate on your L.

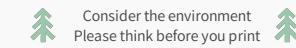
**1** Go down the field keeping the hedge on your R to a gate. Continue straight ahead down the next field into a small copse in the corner. A path leads through to another gate. Keep straight ahead following the hedge on your R to a gate onto the road (Heol Pant y Gored). Carefully cross the road to a gate opposite. Keeping the boundary on your L. Proceed to some steps under trees then through a gate into a field. Cross this to a gate at the top of some muddy steps behind a house on your L. Follow the wall around to the lane.

**2** Turn R on Heol y Parc then L at a footpath sign. At two metal gates, turn R to cross the field to a gate. Ascend the hill to the top L-hand corner of the field to a gate that leads onto a lane, Lon y Goch. Turn L and you will join the first of the sunken old mule tracks. As you descend into the tunnel of trees you will pass two derelict cottages, Cockidganol and Cockidisaf. Drop down to a stream called Nant Gwladys, that emerges from a spring, Ffynnon Catwg, at St Catwg's Church. Follow the track R and emerge onto Church Road.

**3** Cross the road taking the lane opposite going uphill past a Hill Fort in the field on your L, used as a marching camp by Romans. Continue past Llwynda'-Ddu (Black Grove), the house on the L, onto a track (Pant Tawel) used by pilgrims travelling from Llandaff Cathedral to Penrhys in the Rhondda. At a junction of tracks take a stile on your L into a field. Head slightly to your R across the field to a stile in the far boundary. After the stile ahead past the woodland to a gate that drops into the old mule track.

**4** Turn L and enjoy this quiet and atmospheric sunken lane well below the surrounding fields. The shaded and damp microclimate encourages ferns and shade tolerant plants. These tracks were used by caravans of mules transporting charcoal, farm produce and coal from the surrounding areas to the plains of Cardiff. Also, drovers driving cattle, pigs, sheep, and geese on their way to market. Proceed uphill to the top of the track to meet Caerau Lane opposite a barn, turn L, passing Cefn Costyn farm and take the next gate through the hedge on your R.

**5** Closely follow the hedgerow on your L around the field boundary. Just after passing through the next gate notice the fine old barn on your R (no public access). On your L take the gate and walk down the field margin to join Heol y Pentre and turn R. Continue on this road to return to your start. Notice Horeb Chapel now known as Acapela on your R. It was a Calvinistic Methodist Chapel. Horeb, through the Rechabites Society, led the local campaign for abstinence. Now it is a music venue, recording studio and pizza restaurant with a bar!



The Ramblers' Association is a registered charity.  
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