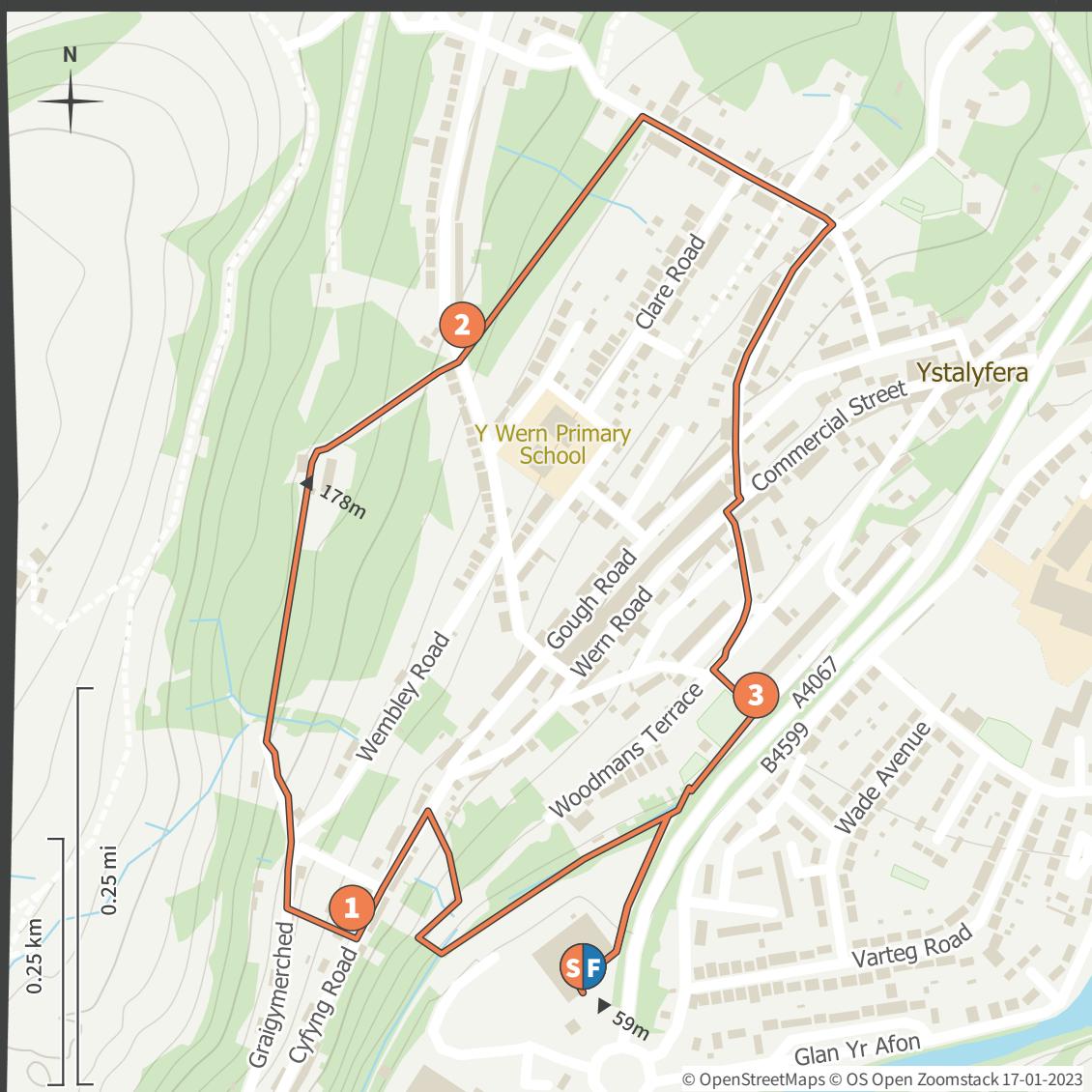




Swansea Valley Staircase Walk

Get the heart pumping with this staircase ascending walk.

A mix of paved street walking and woodland paths. There are over 200 steps to negotiate on this route.



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



Moderate



128m



Circular



3.0km | 1.9m



01:05

S

Starting from the information board at ASDA, site of the former Ystalyfera Iron and Tinplate Works, follow the tarmac path past the R of the store. After a short distance turn L onto the muddy/stony canal path. Turn R at the fencing heading up the steps. Continue following the path round to the R before heading up a large flight of stairs with a handrail. Known locally as the '100 steps' there are closer to 200 steps here so take your time. Turn L by the bus stop onto Cyfng Road passing The Flying Pig on the R.

1

Turn R up signposted lane and turn R onto Graigymerged. Continue to follow road uphill keeping L at the fork. Enjoy the valley views before going through a kissing gate and following the path to a waymarking post. Turn R here heading through another gate. Follow the woodland path along fence line to farm buildings. Continue past the rear of the buildings emerging into the yard. Follow the stony track L as it heads downhill passing a kissing gate on the R. Turn L onto Penywern Road crossing to signposted staircase on R.

2

Descend steps and follow path through small woodland. Keep an ear out for Woodpeckers drumming as you wander along. At the path junction, with houses/gardens ahead, turn L. Emerging onto Altygrug Road after a short distance. Continue downhill following the street as it bends round to the R. Stay on Altygrug Road then cross the street (Commercial Street) taking the first L onto Darren Road. Follow the road round and down turning L onto Canal Terrace, passing a stone tennis court, Bowling club and green on the R.

3

Turn R through the barrier onto the tarmac path, a filled in section of the Swansea Canal. The Canal was built between 1794 and 1798 running for 16.5 miles (26.6 km) from Swansea to Hen Neuadd, Abercraf. Just five miles of the canal, from Clydach to Pontardawe, remains in water at the present time. The Swansea Canal Local Nature Reserve offers a lovely canal side walk with plenty of wildlife spotting opportunities along this 'in water' section. Follow the tarmac path and bear L returning back to ASDA.