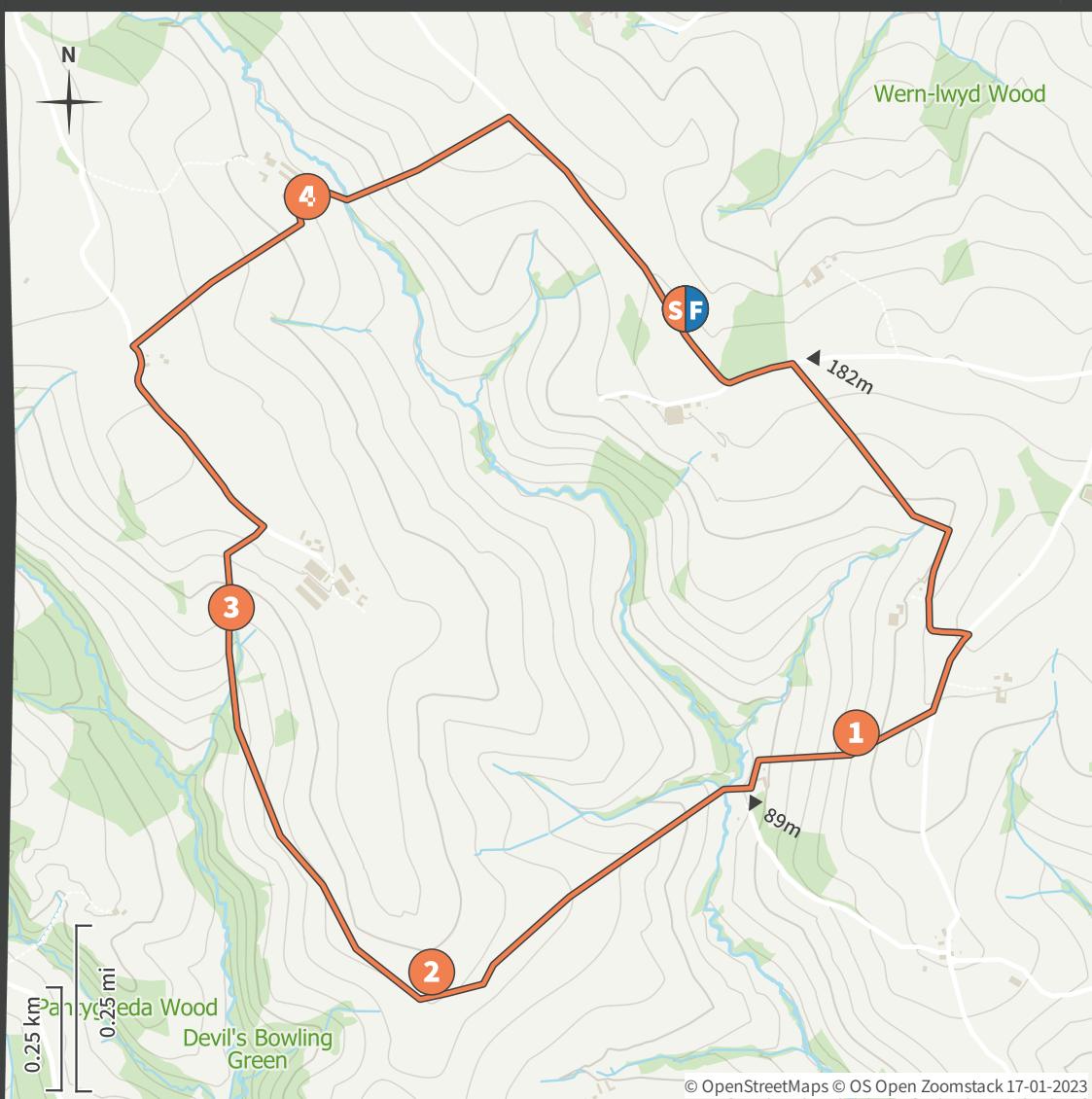




Travellers Rest Wood

a pleasant walk through the fields and valleys of Cross Ash.

Field tracks and some road.



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



Moderate



208m



Circular



6.7km | 4.2m



02:05

S

Starting from the layby, head south down the road as it curves left past Travellers Seat, continue on until you see a stile on your L, cross into the field and continue diagonally L across the field until you reach another stile, cross over and continue on to another stile going R, follow the hedgerow around the field crossing the next stile onto the road. Turn L and then immediately R and follow the road until you see another stile on the R. Take this into the field and continue with the hedgerow on your R into the next field.

1

Halfway along the hedge a gate leads into another field, with the hedgerow now on your L, cross another stile into the next field where the path drops down the hill and into the next field. Ahead you will see another gate, cross this and turn L, walking around the small farm before turning R at the field boundary and dropping down towards another gate. Cross this into the next field and walk up the hill, keeping the fence line on your L until you reach the next stile and continue straight into the next field.

2

Cross into the next field and turn R following the hedge until another stile takes you into another field turn L and keep the hedge on your L now as you follow it to another stile that leads into another field, keep the hedgerow on your R as you follow this until it curves R. Here, cross the field to the opposite hedgerow and keep this on your L until a path leads through the small woods and out into another field.

3

Cross this field with the hedge on your L into another field where you will head diagonally R towards a gate and stile that lead out onto the road. Turn L and head along the road until you reach the houses. After the last house there will be a track to the R leading into the field. Keep the hedgerow on your L and walk through the gate on the far side into the next field, keep the hedgerow on your R and continue until you reach a grassy track leading to a farm.

4

Pass through into the next field and walk to the L hand corner where a gate leads into the next field. From here continue with the hedge on your L and cross the fence line into the next field. Continue straight on towards a gate by the tree. Pass through and head straight on again until a gate leads out onto the road. Turn R and walk along the road until you reach the layby.