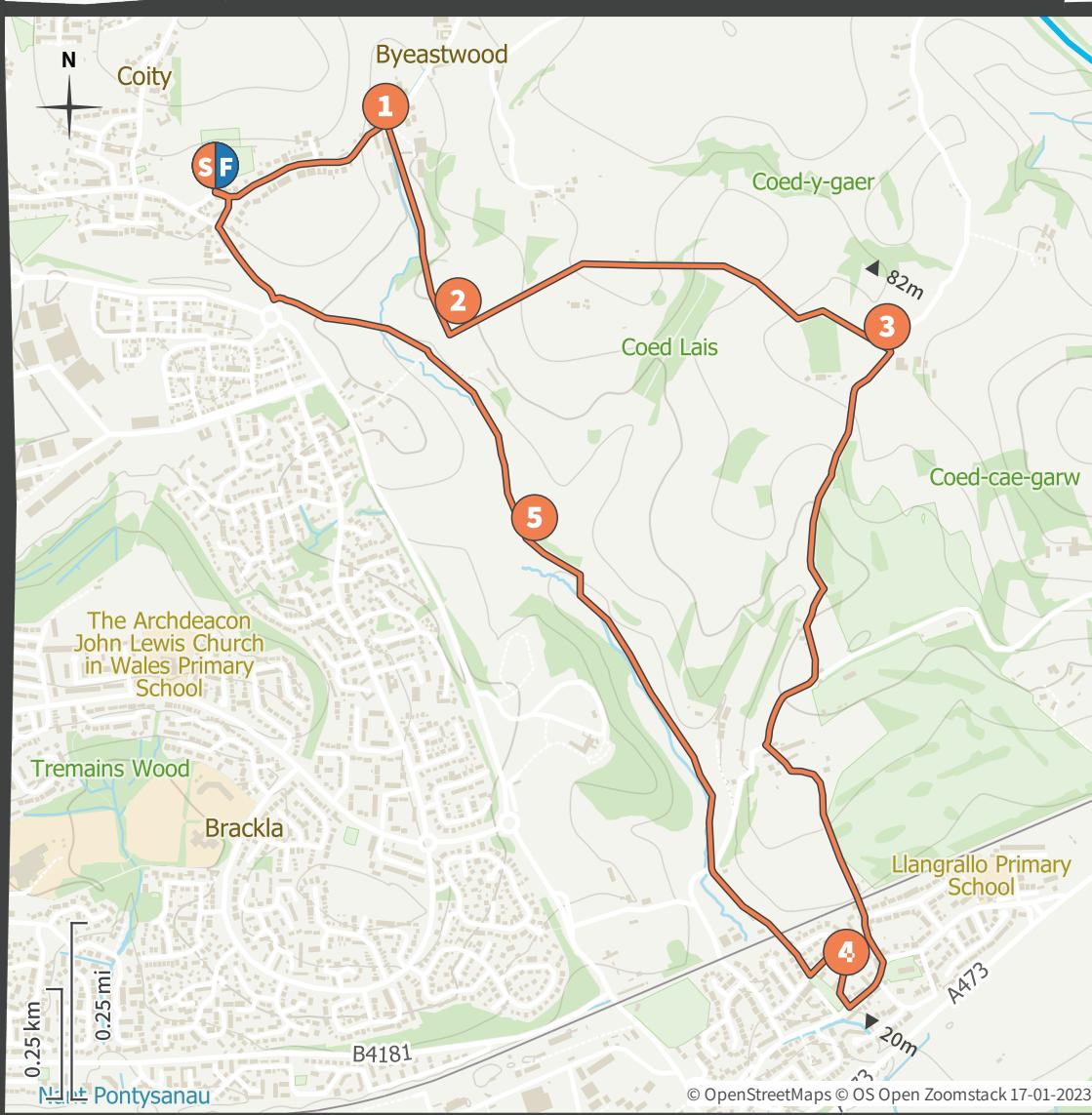




# Nant Bryn Glas

A circular route from Coity to Coychurch and back.

Countryside paths across grass fields which can become muddy. Some road walking required. Stiles and gates throughout.



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



Leisurely



123m



Circular



6.5km | 4.0m



02:00

- S** Starting from Coity Castle, where there is plenty of on-street parking, follow the road past the Church grounds and war memorial. Continue on to the road when the pavement ends (remember to walk against the traffic where possible) until you see a Public Footpath sign on your R. Head down the alley.
- 1** Proceed through 2 kissing gates alongside the equestrian centre and enter the field on the R, follow the L hand side until you see a footbridge and stile in the hedge on your L. Once over, head R and walk the most prominent path around the base of the hill until you begin to ascend to a kissing gate.
- 2** Follow this path through the trees, around the field close to the hedgerow and through a metal kissing gate. Head up toward 2 gates that cross a track and straight across to a third gate. Continue forward and descend the field via a kissing gate, walk to the bottom left of the field. Take the gap in the hedge on the left then turn R, keep the hedge on your R as you head uphill toward the wooded area. Pass through a farm gate, walk toward the barns in front of you and to the kissing gate that meets the road.
- 3** Head R on this road and continue for some distance. As you see the signs for Coed-Y-Mwstwr Hotel & Golf Club, bear right on the road. As you get to Bryn Glamping, come off the main road bearing L leading to a train crossing. Once over, head straight down to the White Horse pub and turn R. Cross the road (where safe to do so) until the lay-by, then cross back over to the Public Footpath sign and through a short lane.
- 4** Walk out of the cul-de-sac, turn L then take the R opposite the playground; on this street, keep an eye-out for the public footpath sign between houses. Go through the lane, up and over another train crossing, down into a grassed area. Keeping the hedgerow on your R, follow the posts leading you to a small kissing gate and road. Cross the road and continue through the next kissing gate. Walk through the fields passing 2 kissing gates to arrive at the third gate.
- 5** Through this gate, continue on the flat and head to the trees and another kissing gate. Keep on the path, cross over a dirt track driveway toward 2 kissing gates on the R of the cattlegrid. Head slightly L on the flat ground to a stone slab on the ground over a stream. Take a sharp R, head over a stone stile and keeping the hedgerow on your R, cross another stone stile onto the road. Bear right, walking along the road, taking the first R to return to the Castle and end of route.