

Sarn Sabrina Narrative

Sarn Sabrina shares significant portions of its route with the comprehensively marked Glyndwr's Way and the Severn Way. For the sake of clarity and brevity, these two routes are referred to along the shared sections by their initials, GW and SW. Those portions of your route off GW and SW will be confirmed by the presence of Sarn Sabrina (SS) way-marks.

1. The Sarn Sabrina walk commences from the Severn Porte area by the river. From the registration point at the Church Hall (registration on event day only), go back out of the church gateway, turn right into Severn Porte park and follow the path down to the river. Walk through the park, keeping the river to your left and leave the park by the standing stone, next to the Long Bridge. Turn left over the bridge and then left again along the B4518, signposted to Llyn Clywedog.

After about 200 yards, just past Tan Yr Allt, turn right at the finger post, signposted for both Glyndwr's Way and the Severn Way, and enter Allt Goch wood. Follow the path up through the wood, through a wicket gate and, after about 300 yards, join a broad track. Continue ahead for about another 300 yards, past a willow sculpture on your right and into a clearing. A further 100 yards will take you to the point where GW and SW leave the main track and climb up the hill to your left.

Follow GW and SW up, through the wood to the fence line and turn left along the fence, past the farm buildings, onto the golf club drive. Walk out of the golf club onto the road and then, after about 50 yards, turn left through a farm and then continue ahead through the gate into a lane. After about 200 yards, look out for the point where GW leaves the lane and SW continues ahead. At this point turn left and follow GW through the gate and follow the way-marks, keeping the fence to your left, through 2 fields. At the third field, cross diagonally right, down to a narrow road. Turn right along the road then, after 50 yards or so, turn left over the stile follow the GW way-marks down through a further 3 fields until you reach the road to Y Fan.

Cross the road and walk ahead, along the drive towards Garth Farm until you reach the end of the hedge on your right. Just after this point, follow the GW way -marks up to your right through the trees and then out into a field. After crossing the stile, keep the fence line to your right and follow it up to a small quarry where you pass through a gate onto the open hillside. Follow the faint green track across the hillside (Do not bear left to the top of the hill) towards a GW way -mark post and go through the left hand gate

of the two in the fence ahead of you. Continue along the lane and through the field gate at the end. Turn left to the fence opposite, then turn right along the fence, through a gateway and approach a farm track, crossing your front. Just before reaching the track, turn left over the stile and walk through the field, parallel to the track, to the stile at the end and out onto the road (B4518).

Turn right and continue along the road for about half a mile (Ignore the left turn to Llyn Clywedog) until you reach the entrance to Penclun on your right and Bryntail Farm entrance on your left. Turn left along the drive towards Bryntail Farm. About 100 metres before the farm, bear off to your right at the fingerpost and go through the field gate and across the field to the wicket gate. Walk across to the field gate, pass through and cross the track to the next Field gate diagonally to your left. Walk down the field to the corner of the buildings and turn right along the farm track, exiting over the stile. Follow the track as it crosses the field and turns off right down to the preserved remains of Bryntail Lead Mine below the impressive Clywedog Dam. Continue to follow the *GW* way-marks away from the mine and car park up to the road. Turn right along the road and walk up the steep hill to the Lookout, above the dam, where you will find the Red Kite Kiosk. This is your first check point and there are toilets here.

2. On leaving the Red Kite viewpoint, continue through the car park and follow the *GW* markers up the grassy slope to the road. Turn right and follow the road over the cattle grid and on down to the left hand bend and Ty Coch, where you turn right through the side gate. Continue to follow *GW* down to the shore of Llyn Clywedog and, keeping the lake to your right, follow the shore round to the Sailing Club (there are toilets here, just ask). Leave the sailing club via the access road and, after crossing the cattle grid, turn right and cross the stile to descend to the lake shore once more. Continue to follow *GW* along the shore of the lake and then bear left, away from the shore, up to a further stile. After crossing the stile continue up to a *GW* finger-post and on to an old ruined cottage on your left. Bear right here, below the tree line to the top left corner of the field. On reaching a stile, cross onto open field and, just above the fish-farm, look out for the *GW* way-mark ahead and down to your right. Follow *GW* down to the track and turn left, out onto the road. At this point you will leave *GW*.

Turn right along the road and follow the *SS* way-marks along the road that runs alongside Llyn Clywedog. After about 1.5 miles you will reach a picnic area and toilet block (closed). Continue along the road, passing the Severn Trent boardwalk where the Afon Biga enters the Clywedog. Cross the bridge and cattle grid, and then ignore *GW* which crosses the road at this

point. Continue to follow SS along the road for about 300 yards to the T junction, where you turn left and continue to follow the road for a further half mile or so to Cwm Biga Farm. This is your second check point. Do not go through the farm gate, but go to the third, large, wooden gate clearly marked with the SS way- mark. There will be seats, etc. here where you may stop and take refreshments.

3. At this point you enter the Hafren Forest. Follow the SS way-marks along the forest track for about 2 miles until you reach the 5-way intersection. Treat this as a roundabout and take the 3rd exit, continuing for about three quarters of a mile or so until your route meets the Source of the Severn Walk. Turn right at this point, leaving the forest track, and follow the path out onto Pumlumon (Plynlimon) and the Source of the Severn, (About 15 minutes). This is your third check point.

4. Having reached the Source of the Severn, retrace your steps to the forest track and turn right. After about 100 yards, turn left, off the track and down a narrow path. You are now on the Severn Way (SW). Follow this down hill, over the small bridge, to the Blaen Hafren Falls and the next forest track. Turn right here and, again, after about 100 yards or so, turn left off the track and down, along the SW. Follow it down through the trees, keeping the river to your left. On reaching the Flow Monitoring Station, follow the SW right, away from the river, over a second small bridge, re-joining the river on your left. Continue down the river to a third bridge, where SW meets the Wye Valley Walk. Turn left, across the bridge, then right following the river now on your right, down to the board walk. Continue along the board walk to its end, below the car park at Rhyd y Benwch. Walk up the tarmac path to the car park. This is your fourth check point and there are toilets here.

5. From the car park check point, walk down the field with the car park to your left until you meet the boardwalk along the bottom of the field. Turn left along the boardwalk before entering a conifer plantation. Follow the SW way-marks through the trees, being careful of the steeply sloping ground (It can also be very slippery when wet). On emerging from the trees turn right over the bridge, then turn immediately left and continue ahead for about 200 yards until you see the 'Severn Break Its Neck' falls down on your left. Cross the falls and turn right, after which you will emerge onto a tarmac road. Turn right along the road and follow the SW way- marks, past Guefron Farm on your right, until you come to a bridleway finger post pointing along a track up to your left. At this point leave SW and walk left up the track way-marked SS. Follow the green lane up the hill and through Brithdir, then along the track up to the

tarmac road. This is your fifth check point.

6. Turn right and follow the SS way- marks for some 2 miles along the road until you reach a bridleway finger post (also marked SS) pointing down a farm lane to your left (the entrance to Lower Cefn Penarth Farm) . Turn left into the lane, but then enter the field through the gate immediately on your right. Turn left along the fence, parallel to the lane. Keeping the fence line on your left, follow the way- marks down through 2 fields and out through a field gate onto a stretch of tarmac road.

Go straight ahead along this road for some 250 yards or so (Ignore a bridleway finger-post pointing left part way along) to another field gate in front of you. Go ahead through the gate and follow the way-marks through 3 fields and then through a further gate into a wooded lane. The River Clywedog is now below you on your left. Continue to follow the lane towards a bungalow. Bear off left here and cross the stile, continuing ahead, through a gate and across a footbridge before climbing up to the lane on the far side.

Turn left and follow the lane above the river. This becomes a tarmac drive which will carry you in to Llanidloes at the Short Bridge. Cross the bridge and take the first left (Pen y Craig Street), which will take you back to the church and the finish of your walk.