

WALK 14

BRYN MAWR AND CWM GWERNOG

DESCRIPTION One of the shorter walks of about 3.5 miles, but very rewarding with views opening over Cwm Gwernog and the Trannon valley and with the last half mile or so alongside Nant Cwm Gwernog, a small but busy brook that crosses your route 3 times within the last 250 yards of your walk. There is a fairly steep climb along the single-track, tarmac road to begin with but, if you take your time, the rewarding scenery is well worth the effort.

START Llawr y Glyn village. (GR 932913)

DIRECTIONS From Llanidloes take the B4569 north for about 4 miles to the village of Trefeglwys and, after passing the garage on a sharp left-hand bent, turn **LEFT** at the post office and continue for about 2.5 miles to the small village of Llawr y Glyn. In the village, turn **RIGHT** and after about 150 yards there is limited parking on a small grassed area by the brook.

1 Take the **LEFT** hand, single track road, signed as a cul-de-sac, which climbs up the hill and continue for just over half a mile until you reach a point where the road rises steeply then drops away as it curves round to Gwernau Farm. You will note a telegraph pole on your right opposite a broad lane entrance way-marked as a bridleway. Turn **LEFT** along the lane and follow it as it then bears right up the hillside. Go through 2 gates then turn sharp **LEFT** to continue following the track as it approaches the gate to a small holding, then swings **RIGHT** once more up the hill. (*The views to your right and behind you along this stretch are particularly impressive and, after your earlier climb, this section is certainly worth a more leisurely ramble*) After passing through 2 more gates, the track curves left then right before meeting a third gate adjacent to a corner of Gors Goch wood, where your track is joined by another approaching from your right.

You will note that this new track is signed by green and white way-marks as a permissive footpath.

2 Turn **RIGHT** along this track and, after passing through a gate, follow it as it turns **RIGHT** down the valley, passing a small pool on your right and a bridge on your left. The track continues down alongside the embryonic Nant Cwmgwernog brook until it reaches the shearing barn at Cwm-llymwynt. Keeping the barn to your left, go through 2 gates and then follow the track **RIGHT** for about 150 yards until you reach a shallow ford and gateway. Do not go through the gate but turn **LEFT** along the track to continue down the valley for about 400 yards, over another shallow ford and through a field gate. After a further 200 yards or so look out for the

stile next to a gateway on your LEFT where the permissive path leaves the track. Cross the stile and go AHEAD down the field to the wicket gate and, passing through it, continue AHEAD, keeping the fence line to your right until you descend to a farm track. Follow this track down the hill until you reach the gate to Cwm-gwernog Farm. Go AHEAD through the gate and down through the farm buildings, exiting through the gate next to the farmhouse. Walk out along the farm driveway with the Nant Cwmgwernog brook on your right. This is a picturesque valley walk which comes to a particularly satisfying conclusion as you ford the brook three times before returning to your start point.