

WALK 16

LLAWR Y GLYN AND BRYN CRUGOG

DESCRIPTION A walk of about 4 miles around Bryn Crugog hill, with a fairly steep climb out of Neuadd-lwyd farm, rewarded by extensive views over the Trannon valley. The going underfoot is good for almost all the distance and there is an alternative return route offering a less steep descent into Geseilfa farm.

START Llawr y Glyn (GR932913)

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 Cross the bridge over the Nant Cwmgwernog brook and walk **AHEAD**, up the drive to Neuadd-lwydd farm. Turn **LEFT** into the yard then **RIGHT** through the buildings and exit along the track way-marked as a bridleway. Walk along the track as it climbs the hill and go through a gate at the beginning of some woodland to your left, after which the climb becomes quite steep, affording ample opportunity to pause and admire the views back over the Trannon valley as you gain your second wind. After passing through a second gate and keeping the fence to your right, walk **AHEAD** until you pass a gateway on your right and reach the point where the bridleway leaves the fence line. Turn **LEFT** along this somewhat fainter track, crossing the field to the gate into the next field, through which you walk directly **AHEAD**, through yet another gate and along the bottom of a slope and fence line on your right, until you reach the gate into Gors Goch wood. Walk along the hard-core forestry track for about 200 yards, passing a small pool on your right, until you reach a finger post directing you **AHEAD**, off the track and to a wicket gate in the forest fence some 150 yards in front of you.

2 Go through the gate and continue **AHEAD** over some rough ground for about 200 yards after which you will descend to a hard-core track crossing the Waun moor. Turn **RIGHT** along the track and go through the gate onto the tarmac road. Turn **RIGHT** along the road and enjoy the views ahead as you as you walk down the road for 700 yards or so until you reach a tarmac lane joining you from your left. About 120 yards past the lane, turn **RIGHT** through a way-marked field gate * and then through a second gate immediately to your **LEFT**. Walk ahead through the middle of the field, keeping to the right of the area of marsh grass, for about 300

yards when you will come to a field gate across a small bridge. Go through the gate and turn immediately LEFT along the fence and then down the fairly steep slope to the gate into the farm lane. Go through the gate and then turn LEFT then RIGHT down the lane and follow the lane down through a further gate into Geseilfa farm. Keeping the buildings to your left, continue down the track to the tarmac road along which you turn RIGHT and walk the half mile or so back to your start point.

* should you wish to avoid the fairly steep drop down a grassy slope along this section, you may walk about a quarter of a mile further along the road to a sharp left-hand bend and turn RIGHT along the farm lane way-marked as a permissive path that will take you down to Geseilfa farm less steeply.