

Knucklas railway station to Llanbister Road railway station

18km

Cut off to Llangynllo station

14km

1. Leave Knucklas Railway Station to descend along a street named Glyndwr. Turn left at the bottom and then keep right at the fork before the Castle Hotel. Continue to join the trail at a junction by a bridge. Once over the bridge, as the road swings right, continue ahead on a lane by the old style red telephone kiosk. Rise up the hillside and as the lane bends right there's a gate up on the right on a path leading up to Knucklas Castle. The path reaches a junction in woodland and cuts left and left again as waymarked to the castle ramparts.

2. The path follows waymark posts to the top of the ramparts to admire the view and sculpture. It then drops down to a field gate on the western edge. Once through, proceed on a path ahead, but after approximately 100 metres turn left, through another field gate, and walk down a green track to a small hut on the right. Go right through a field gate and head up through a pasture to another gate. You are now heading along a ridge between the Teme and Heyop valleys. Continue uphill along a grassy track, through another gate and down a track to reach farm buildings. Turn right here to follow the tarmac lane for a kilometre as it winds down towards the village of Lloyney, passing a barn at a sharp corner and a road coming in from the left further down.

3. As the lane begins to bend right, turn sharply left onto a holloway at a finger post. This leads up the edge of woodland, climbing steadily to a field gate. Continue ahead, climbing again, through a second gate then really start climbing, following the fence line on the left. Pass a pocket of trees and gorse. The path climbs steeply again, passing through gateposts in a remnant hedge, and then easing up to the ridge. Continue ahead along a pasture on Goytre Hill.

4. Proceed through a field gate onto Wernygeufron; walk along the common for nearly 4.8 km (3 miles) following a green track and keeping the fence on your left. You climb slowly to a high point and then descend to a crossroads by a forestry plantation to join Glyndŵr's Way.

Station Link: *The most attractive way to walk to Llangynllo station is on Glyndŵr's Way, approximately 5km (3 miles). Turn second left (not immediately left) at the junction, through a field gate to follow Glyndŵr's Way on tracks and paths to a lane, just before it bends under the Heart of Wales railway. It is necessary to follow the Glyndŵr's Way waymarks thus far. Once on the lane, however, turn left to walk for about 600 metres to a small group of houses. Access is between the houses, through a double gate, to the platform; it is not immediately obvious. For those wishing to stay overnight in Llangynllo continue on Glyndŵr's Way for about 2 km (just over a mile).*

5. The main route follows Glyndŵr's Way ahead onto the common with a coniferous forestry plantation on your left. After a while the track eases slightly right away from the fence and the woodland area to your left, climbing gently for a while. It then descends to two waymark posts; look for a bridleway branching off to the left.

6. Go left along the bridleway, which is best described as an indistinct path across heather moorland. Proceed for about 2 km (just over a mile) following the waymark posts across the moorland, principally heather and bilberry or crowberry, as you head south and then south east to skirt a tributary of the Lugg surrounded by peaty wet ground. Drop down bracken slopes to cross the infant Lugg. You'll need to be more careful after heavy rain during winter months when the river is in full flow.

7. Climb up an old track which curves slightly left through the bracken, braiding in places, to a small gate in a fence beneath an ash tree. Once through, continue ahead along a line of trees at first then a grubbed hedge to a field gate. Go through into a large field. Walk ahead alongside the hedge on the right until you are parallel with a gate field then head for the bottom left hand corner to proceed through another field gate. The trail continues ahead down a sunken track, rich in rush, and before reaching the hedge climb out to go right along it to another gate. Proceed through a gate and follow the track through another gate, passing by the ruin of Fronfelen farm on the right, then curving left down to the B4356. This last permissive section is thanks to Radnorshire Wildlife Trust as part of

developing a nature reserve at Pentywn farm (see www.rwtwales.org for more information about this exciting project).

8. Cross the road and go left to walk down to Gravel chapel, seen on the left. Just before, go right through a field gate into a pasture and keep ahead. In the top left corner, go across a concrete footbridge into a wet meadow. Now head slightly left at first to avoid the really squelchy bit. Then continue ahead with a hedge to the left to a small gate. Go through it, turn right and proceed through a field gate. Once through, keep left to walk up to and through a field gate. Pass by Troedrhiwfedwen farmhouse, to another field gate ahead.

9. Now proceed up the hill; the path heads towards the trees at first then curves right to climb up the hillside and through a gateway and uphill. Head very slightly right across a meadow to another field gate, and ahead again, this time through a traditional wild flower meadow to the next gate. Proceed in a similar direction in the next field to a gate which exits onto a lane.

10. Go left and the lane soon bends right where you go left through the second field gate. Head diagonally across the field; a communications tower below is a good marker. Pass through the field gate located between two woodlands and drop down the bank to a gate in the hedge on the right. Once through, head slightly left to walk over a concrete bridge and then slightly right to a kissing gate leading to Llanbister Road Station.

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