

## Llandrindod railway station to The Groe Builth Wells (Llanfair ym Muallt)

19km

Cut off point at Newbridge on Wye (Pontnewydd ar Wy)

7km

1. Leave Llandrindod railway station from platform 2, on the opposite side to the ticket office. Go right into High Street and then turn left to walk along it. As this rises towards a junction, keep right at the fork to walk through to a roundabout by a building known as the Gwalia (housing offices and Llandrindod Wells library). Cross the Ithon Road, pass the entrance to the Gwalia, and proceed across Norton Terrace to the entrance to Rock Park.

2. Walk down the path to a road by the Rock Spa building, a former pump room which now houses a café run by the Spa Town Trust. At the road by the Rock Spa building, turn left within a metre or so as to climb up steps on the left to a junction by a lamp post.

3. Go ahead to leave Rock Park along a path between a fence and hedge to exit on a road; turn left to walk up Park Lane. This exits onto the Wellington Road (A483). Turn right and walk along the pavement next to the highway (right hand side) until it gives out before a junction. Turn right here to walk over a road bridge above the railway. Almost immediately after the bridge turn left through a field gate.

4. Follow the track ahead through two field gates, passing just to the left of sheep pens. Continue ahead then slightly left to go through a small gate. Once through, head slightly right towards the coniferous plantation. Proceed through a small gate; the path proceeds ahead through the wood to a fence at Holly Barn. Go through a small gate, just to your right, onto a drive, turn immediately left to walk along the boundary fence and left again through another gate back into the wood. Turn right to exit into a field by a small gate.

5. Keep ahead alongside the hedge. Cross a stile by a field gate and continue ahead with a hedge to the left. Go through a small gate and within 30 metres turn left through another gate and then right; you now walk alongside a hedge to your right and there's a farm beyond. Go over a

stile and turn right on to the road, then left over a stile before a junction. Head very slightly right in this pasture. Exit through a small gate to a track and go left. This curves right and descends to a corner where you go over a stile into a field. Keep ahead and you'll see Red House farm to the right across the pasture. Climb a stile by a field gate and go left down to a stile into wood and a footbridge across a stream.

6. Once across the footbridge, head slightly right through tussocks of grass and over a gully by a waymark post; this is likely to be welly wet in winter. Ease slightly right now, heading towards a gate in the hedge. Once through, turn right across a pasture to go through a small gate by a field gate. Walk up to cross a third gate beneath hazel bushes and continue ahead with a hedge to the right. There are great views across to the Cambrian Mountains from here and, Disserth church soon comes into sight below in the Irfon Valley. Make your way down to a field gate, pass through it and keep ahead to walk alongside the wood's edge down to a small gate leading onto a road; this is opposite Disserth Caravan and Camping Park.

7. Go right over the road bridge spanning the Ithon river and within 20 metres cut left through a small gate and ahead across a riverside meadow. Cross a footbridge into Berth-lwyd wood and keep left at first, but then bear right to climb steeply up steps and onwards along the edge of the wood, before climbing over a stile into a field. Go ahead with a hedge to the left to cross a stile, over a track and through a small gate into a pocket of woodland.

8. Cut right to skirt it, tip-toeing gingerly through wet ground to follow a hedge on your right as it curves around to a small gate. Continue ahead and you soon pass through another small gate in the next field boundary. Within a few metres turn right through another small gate and across the field to a line of trees. Pass through a small gate and continue ahead down a bank, over a stream and across a field to rise up and through a gate. Now continue ahead up the next field to climb over a stile beneath a tall tree. Within a few metres (where the path forks) peel off left across this pasture. Continue through a small gate beneath a large oak tree in the next boundary. Proceed ahead, aiming for a field gate situated to the left of bungalows. Go through it and walk ahead along a green track, across

Meadowlands road and onward between a school on the left and a sawmill to the right. You soon reach the main road; the 19th century church stands opposite. Turn right along the pavement.

9. Continue along the main road to pass by the New Inn on the right and ahead by the village shop and post office. Walk up to an outdoor shop after the Golden Lion pub. Go left here on a narrow road, signposted as the National Cycle Network Route 4. This leads to the B4358; turn left to follow this over the Afon Gwy and out of the village to join the Wye Valley Walk, a path which is highlighted with a distinctive waymark roundel featuring a leaping salmon.

10. The trail follows the B road ahead which is wide, but be wary of oncoming traffic. The road rises steeply through forestry at Estyn Pitch. As it levels off, look for a post on the left.

11. Cross with care to go through a small gate into Estyn wood. The path dips down through mixed woodland where you'll hear, but not see the rippling waters of the Wye. There are several boardwalks to ease access across wet sections, until you exit through a small gate into a field. This heralds a particularly lovely section of the Wye Valley Walk, at first through rich pastures and parkland and then along the banks of the Wye, shaded by mature oaks, ash and alder.

12. Keep ahead as you climb the bank; you will not catch sight of the next gate until you reach the brow. Proceed across the pasture to a small gate by a field gate and walk alongside a row of healthy hazel bushes to another field gate, then down to a gateway beyond a marshy area. Head slightly left across the field to a fingerpost before the edge of a wood. Bear right to descend the bank to the Hirnant, a babbling brook beneath trees. There's a guide rail to help here.

13. Go over the footbridge; continue ahead through spongier ground to a small gate and onward to a stile next to a fingerpost. Proceed through a pasture to pass through another small gate and head slightly left through a field towards the right hand end of a wood and through to a stile. Cross the stile and keep ahead to join a hedge on the right. Follow this to a field gate in the top right corner. Go through and now follow the hedge to the

left to reach a fingerpost. Ease away from the hedge to walk down to a small gate in the bottom corner by a wood. Go through and walk along the fence to a kissing gate leading onto a road.

14. Go left and pass by a lodge and then right at the corner to walk through a small gate and wood to exit by way of another small gate. Aim slightly left across the field towards Porthllwyd farm. Enter the outer yard by a small gate next to a field gate and cut immediately right and then left alongside a barn to a second small gate. Pass through here and walk almost straight across the field to join a fence. Follow the fence to a small gate at the woodland edge. Once through, follow the woodland's edge to a footbridge across a stream and another small gate.

15. The path climbs to the right of a dwelling and across a path to the top of the wooded bank. Follow it ahead over worn tree roots and eventually you cross a footbridge to leave the wood. Proceed through four pastures and gates (and over one footbridge) to come to Goytre Wood. Go through a field gate and follow the main woodland track for about 100 metres where the Wye Valley Walk peels off left at a fingerpost and runs through wonderful woodland. Cross a stile by the belt of conifers and keep ahead over another stile by a field gate beneath Rhosferig Lodge.

16. The path joins a lane just beyond. Climb up the bank to a cattle grid at the corner where you peel off left through two gates into a large field. Dolyrerw farm is across the field to the right. At the end of the field, go through a gate and continue to walk along the riverside fence in another expansive pasture leading to a small gate. Continue through two more pastures and gates plus a footbridge, to enter Dolyrerw Wood and another stretch of mixed woodland on a path which is root riddled so neat footwork is required. Go through a kissing gate and stay near to the river (not the tarmac lane).

17. Pass beneath the railway bridge and then climb up, alongside ugly security fencing to a junction in Wern Wood. Keep ahead near to the river where you'll catch glimpses of the rapids at Penddol rocks. Walk through a kissing gate and proceed through four pastures and small gates and over one sleeper-bridge. The path turns right and makes its way to a small gate onto a road. Go left and left again over a bridge. Turn left for Builth Wells

town centre following the tree lined promenade, known as Abrams Folly initially when planted by Mr Abrams, but look how grand it is now. It leads to the bus stops by the Wye Bridge near to the statue of a Welsh Black bull at The Groe. There are toilets here on the right in the car park and this is the principal bus stop for all buses to and from Builth.

**Station Link:** *Builth Wells to Builth Road railway station 3.5km (2 miles) .*

*From the Welsh Black statue and by the main bus stand in The Groe, go ahead to the bridge over the River Wye. Turn left to follow the A483 road to a roundabout. Turn left to walk along the pavement passing by the Royal Welsh Show Ground. Cross the main road opposite the Royal Welsh Showground with care and proceed along it. At the end of the showground turn right into a road signposted as RWAS. This soon turns right into the ground, but you continue ahead up a lesser track and as it swings left, turn right onto a sunken lane to rise up through a gate and to a junction. Go right here to walk towards Lower Llanelwedd Wood. Choose the gate on the left to enter the wood and climb up, keeping ahead through two successive junctions. Ignore the next junction left and pass through a gate with a dwelling on the left.*

*At the T junction with Club Lane, go left to wander down this ancient thoroughfare, wet in places, but offering great views across Mid Wales. This eventually exits onto a lane at Cwmbach. Turn left to the old main road. The village of Cwmbach has been by-passed by a new stretch of highway and the old road is now very quiet – climb up to a bend. Cross over and walk beneath the new bypass bridge. The path curves around to the left, then right to a gate and onto the road down to Builth Road Station. It is not immediately obvious but you need to access the station platform by way of a gateway to the right of the row of station houses.*

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