

# GLYNDŴR'S WAY



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Paddy Dillon is a prolific walker and guidebook writer, with over 90 books to his name and contributions to 40 other titles. He has written extensively for many different outdoor publications and has appeared on radio and television.

Paddy uses a tablet to write his route descriptions while walking. His descriptions are therefore precise, having been written at the very point at which the reader uses them.

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# GLYNDŴR'S WAY

by Paddy Dillon

CICERONE

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*Front cover:* The little village of Abercegir, nestling in a valley at the foot of Rhos y Silio (Day 6)

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A path follows Offa's Dyke closely, away from the hill called Hergan (Day 11)



**Route symbols on OS map extracts**  
 (for OS legend see printed OS maps)

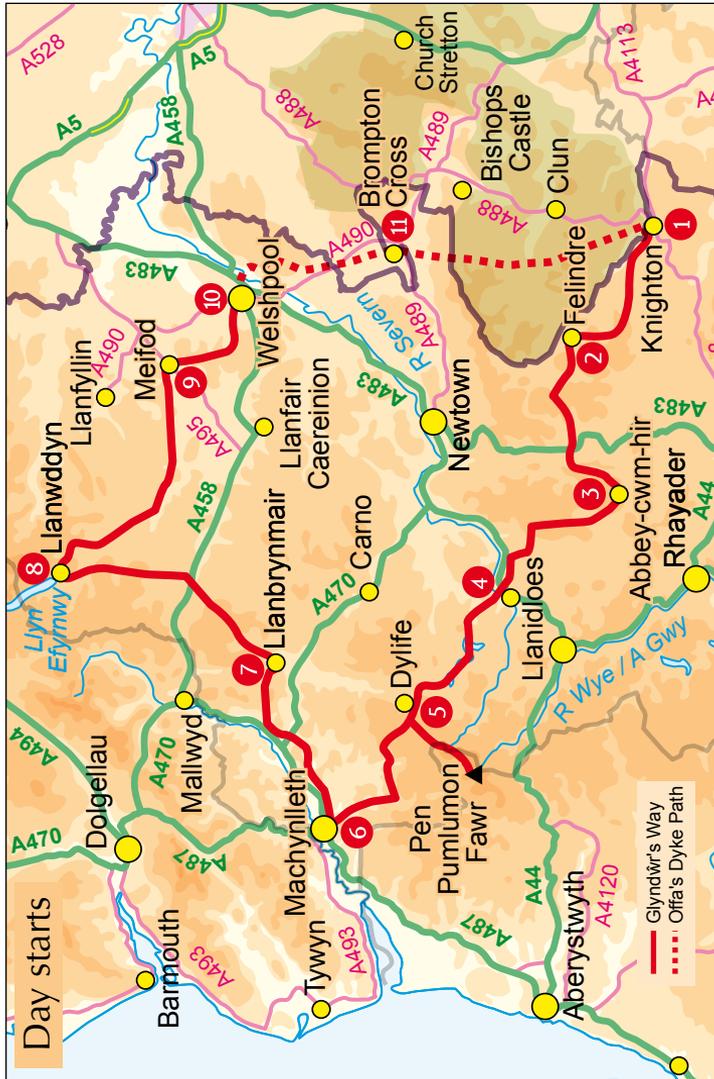
- route
- alternative route
- start, finish and start/finish
- alternative start, finish and start/finish
- route direction

**Features on the overview map**

- County/Unitary boundary
- National boundary
- National Park eg **SNOWDONIA**
- Area of Outstanding Natural Beauty eg *Shropshire Hills*
- 800m
- 600m
- 400m
- 200m
- 75m
- 0m

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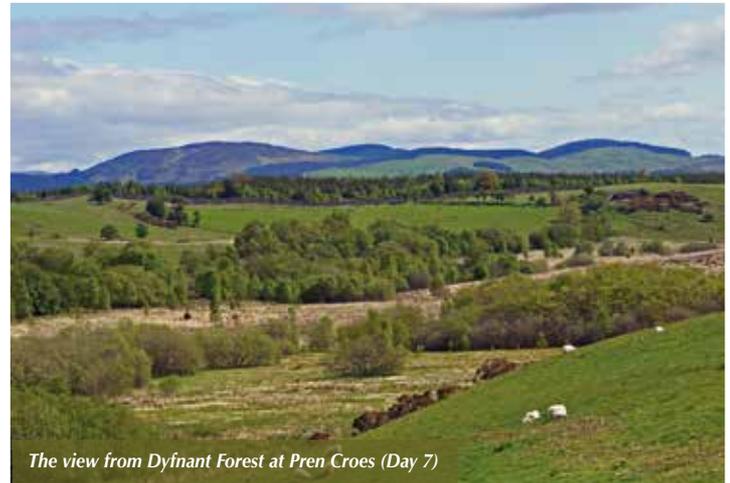
## INTRODUCTION

Glyndŵr's Way is named after the remarkable late-medieval Welsh leader Owain Glyndŵr, and is one of three National Trails in Wales. It links at either end – Knighton and Welshpool – with the Offa's Dyke Path, and this guide, as well as describing Glyndŵr's Way, includes two days along the Offa's Dyke Path to create a circular route. The trail is an exploration of the green heart of Wales, chasing the shadow of an inspirational warrior and statesman.

Glyndŵr's Way is one of the quietest National Trails, exploring sparsely populated countryside, featuring a succession of hills and valleys

largely used for sheep-rearing. The route meanders around, with frequent twists and turns, ascents and descents, so that the scenery changes continually. Some of the higher parts feature open moorlands or forestry plantations. There are a handful of towns along the way, with a scattering of small villages and abundant small farms. It takes some walkers a long time before they point their feet towards mid-Wales, but once they do so, they always return to experience more of its quiet, understated charm.

Glyndŵr's Way (described in Days 1 to 9 in this guide) sits squarely in mid-Wales, extending almost from



The view from Dyfnant Forest at Pren Croes (Day 7)

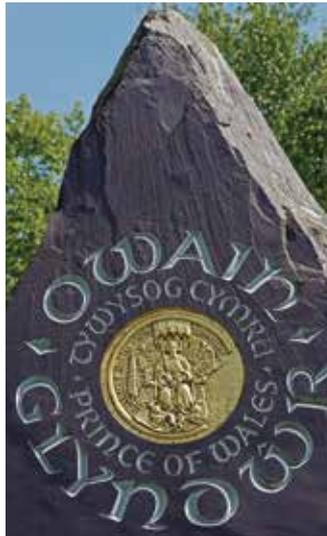


'Welcome to Wales' – a notice outside Knighton, the town where Glyndŵr's Way starts

the Welsh–English border to the coast, a total of 217km (135 miles). It links with the Offa's Dyke Path (Days 10 and 11) to bring walkers back to Knighton, an additional 47km (29 miles), and it links with the Wales Coast Path at its halfway point. The route is entirely confined to the only inland county in Wales – Powys. This county was created in 1974 from three former inland counties – Montgomeryshire, Radnorshire and Brecknockshire. The only towns on Glyndŵr's Way are Knighton, Llanidloes, Machynlleth and Welshpool, but there are also a dozen villages, most of which offer basic services.

### OWAIN GLYNDŴR

Any commentary about Owain Glyndŵr quickly becomes a confusing and contradictory mix of history, myth



A stone monument to Owain Glyndŵr, Prince of Wales, in a park at Machynlleth (Day 5)

and legend. There is no doubt that he existed, and that he waged war against English forces. However, it is unlikely that he was gifted with supernatural powers, as was claimed, and no one can say for certain when he died or where he was buried. Like the proverbial old soldier, he just faded away. Shakespeare put boastful words in the mouth of Glendower in *Henry IV, Part I*, while allowing Hotspur a series of caustic put-downs for each utterance, until Mortimer says: 'Come, come, no

more of this unprofitable chat.' Not that the other two took much notice of him – they'd barely started!

There are some notable dates and events in Owain Glyndŵr's life, charting his progress from an apparently loyal subject of the Crown to his absolute rejection of English rule and the creation of a Welsh nation-state. The turning point clearly came at a time when Richard II was deposed and Henry IV was crowned King of England.

### OWAIN GLYNDŴR – NOTABLE DATES

- **1354** Possible birth-date of Owain Glyndŵr, descendant of the Princes of Powys. It is known that in later life he spent time with the lawyer David Hanmer and the Earl of Arundel. He also lived in London and studied law.
- **1383** Glyndŵr returned from London to Wales and took residence at Sycharth, where he lived with his wife, sons and daughters.
- **1384** Entered into military service under Richard II, joining a garrison on the English–Scots border at Berwick-upon-Tweed.
- **1385** Served Richard II on a campaign in Scotland.
- **1386** Called to give evidence at a trial in Chester between Lord Scrope and Sir Robert Grosvenor.
- **1387** Glyndŵr served in Kent against a fleet from Spain, France and Flanders. He returned to Wales afterwards.
- **1390s** Glyndŵr administered his estates and had complimentary lines composed about him by the bard Iolo Goch. However, Lord Grey appropriated land belonging to Glyndŵr, and despite appeals to the King and Parliament the land was never returned. In fact, Glyndŵr and the Welsh in general were insulted during this dispute.
- **1399** Richard II was deposed, and Henry IV was crowned King of England.
- **1400** Lord Grey informed Glyndŵr too late about a requirement to send troops to serve in Scotland, apparently so that Glyndŵr could be called a traitor. This led to the beginnings of a revolt and skirmishes around

Wales, and later in the year Glyndŵr declared himself Prince of Wales at Glyndyfrdwy.

- **1401** The revolt spread throughout most of northern and central Wales, with the Welsh capturing Conwy Castle. An amnesty was offered by Henry Percy (Hotspur) to restore order, but this was not extended to Glyndŵr or the cousins who aided his campaign. Glyndŵr scored a notable victory over an English force at Hyddgen on Pumlumon.
- **1402** The English enacted anti-Welsh legislation, which encouraged more Welsh support for Glyndŵr. Lord Grey and Sir Edmund Mortimer were captured by the Welsh – the latter at the Battle of Pilleth. Henry IV paid a ransom for Grey, but refused to pay for Mortimer, so Mortimer later entered into an alliance with Glyndŵr. There was also a measure of French military support for Wales.
- **1403** The revolt gathered pace, with Welsh scholars and labourers leaving England and returning to Wales to assist Glyndŵr's campaign. Some Welshmen serving in the English army also abandoned their posts and returned to Wales to fight alongside their countrymen. Hotspur switched allegiance and was slain by the King's men. By the end of the year, Glyndŵr was in control of most of Wales.
- **1404** Glyndŵr assembled his Parliament at Machynlleth, where the bold 'Tripartite Indenture' was drawn up. This proposed a territorial division in which Glyndŵr would control Wales, Mortimer would control the south and west of England, while Percy, Earl of Northumberland, would control the midlands and north of England. Glyndŵr's power remained strong throughout Wales.
- **1405** This was known as 'The Year of the French' in Wales. A treaty had been negotiated between Wales and France. A French force landed at Milford Haven and marched across country to within 8 miles of Worcester, only to retire after an indecisive stand-off with the English army.
- **1406** Glyndŵr wrote to Charles VI of France, in a document known as 'The Pennal Letter', offering to transfer Church control in Wales from Rome to Avignon in return for military support. This was not



*A stone tablet on Owain Glyndŵr's Parliament House in the centre of Machynlleth*



*The monumental Clock Tower in the centre of Knighton, where Glyndŵr's Way begins*

forthcoming. Meanwhile, the English pushed through Anglesey and gradually assumed control of the whole island, as well as strengthening other positions around Wales.

- **1407** The English, rather than engaging in outright conflict, deployed their forces to cut supply lines to Glyndŵr and his followers. Aberystwyth Castle was captured, along with some of Glyndŵr's family members.
- **1408** Glyndŵr once again became a fugitive guerrilla leader, aided by his remaining supporters, who were dwindling in number.
- **1409** Edmund Mortimer died during the siege of Harlech Castle.
- **1410** Harlech Castle was captured by English forces. Glyndŵr mounted a bloody incursion into Shropshire, but some of his leading supporters were captured.
- **1412** Glyndŵr's last definite engagement – an ambush in Brecon. After this, no one knows for certain what became of him.
- **1413** Henry IV died and was succeeded by Henry V. Royal pardons were offered to Welsh rebel leaders, but nothing was heard from Glyndŵr. It has been suggested that he became a monk, or lived out his years with one of his daughters, or simply died on the hills. Some say he never died at all!
- **2003–4** A large online poll resulted in Owain Glyndŵr being ranked in second place on a list of '100 Welsh Heroes'. In first and third place, respectively, were politician Aneurin Bevan and singer Tom Jones!
- **2015** The 600th anniversary of the death of Owain Glyndŵr.

## GEOLOGY

The geology of mid-Wales dates largely from the Ordovician and Silurian periods, some 485–420 million years ago. At that time, 'Wales' and 'England' were a shallow sea off the continent of Avalonia. 'Scotland' and 'Northern Ireland' were far away, across the deep-water Iapetus Ocean, on the continent of Laurentia. As the continents were being worn down by the weather, vast quantities of mud, sand and gravel were washed into the sea by powerful rivers. The sediments

spread through the shallow sea into the deeper ocean, settling to form thick beds that became compressed into hard rocks.

There were volcanic episodes, represented by rocks found around Builth Wells and Welshpool, which pushed into existing rock beds and deformed them. They include dolerite intrusions and basaltic lava flows. During the Devonian period, the rock beds in the oceanic basin were crumpled together, folded into vast arches and troughs. The sea receded

and mountains were pushed up in its place. Some of the mudstones became compressed into slates, later useful for construction, while other rocks simply sheared and crumbled, and these proved quite useless for building.

On many parts of Glyndŵr's Way, the rock is buried out of sight, but farm tracks are occasionally worn to bedrock, and the layers of rock are seen tilted anywhere between 45° and vertical. Watch out for roadside rock cuttings or small quarries, as natural rock outcrops are scarce along the route.

An extensive ore-field was created through hydro-thermal activity in the Permian period, around 300 million years ago. The ore-field was mined chiefly for lead and copper, but also provided zinc and a little silver,

while 'waste' minerals such as barytes were later reclaimed, once uses were discovered for them.

You have to look elsewhere around Wales to find significantly younger rock types. However, other changes have taken place in the landscape. Within the past two million years, the hills of mid-Wales were completely glaciated and scoured to bedrock. Glaciers carved deep valleys, then melt-water ensured that they were filled with ill-assorted rubble and sediments, and occasional lakes. Over the past 10,000 years, vegetation and life crept back into the region, which has since been adapted and shaped by a few thousand years of human settlement, agriculture and industry.



*Some of the rock in mid-Wales is remarkably strong and durable, making good building material*

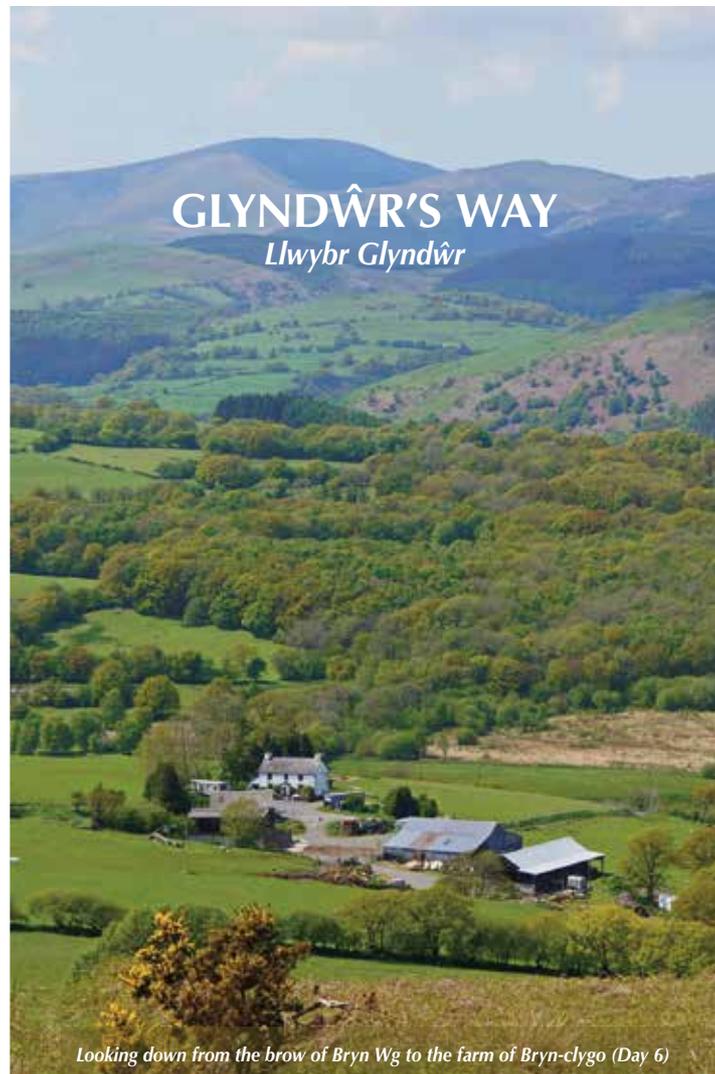


*Approaching Foel Fadian – the highest point reached on Glyndŵr's Way (Day 5)*

Appendix A, one matching the 11-day schedule set out in this guide and one for a 21-day schedule if you want to take it more slowly.

A table of facilities available along the route at the time of going

to press appears in Appendix B. Appendix C is a guide to Welsh pronunciation and topographical terms features and Appendix D provides a list of useful contacts in case you need further information.



# GLYNDŴR'S WAY

*Llwybr Glyndŵr*

*Looking down from the brow of Bryn Wg to the farm of Bryn-clygo (Day 6)*

## DAY 1

### Knighton to Felindre

<b>Start</b>	Clock Tower, Knighton
<b>Finish</b>	Wharf Inn, Felindre
<b>Distance</b>	24km (15 miles)
<b>Ascent</b>	695m (2280ft)
<b>Descent</b>	610m (2000ft)
<b>Time</b>	8hr
<b>Terrain</b>	Valleys, farmland and hill pastures, followed by high, open moorland
<b>Maps</b>	OS Landranger 136, 137
<b>Refreshment</b>	Plenty of choice in Knighton. Greyhound Inn at Llangunllo. Wharf Inn at Felindre.
<b>Transport</b>	Knighton and Llangunllo are served by trains from Shrewsbury and Swansea. There is a limited taxibus service between Knighton and Llangunllo.

Glyndŵr's Way quickly leaves Knighton, crossing Bailey Hill to reach the little village of Llangunllo. Walkers who leave Knighton around midday should consider staying overnight at Llangunllo. Those who start early will have plenty of time to continue over the sprawling moorlands of Pool Hill, Stanky Hill and Black Mountain. Bear in mind that accommodation is very limited in the villages, and if relying on pub grub in the evening, it is wise to check at the planning stage that the pubs will be open.

### KNIGHTON

The small market town of Knighton, with a charter granted in 1230, is also known as Tref-y-Clawdd ('town on the dyke'). The dyke referred to is the eighth-century Offa's Dyke, which passes straight through the centre of the town, and some of its finest stretches run over nearby hills. There are also the remains of two Norman motte and baileys – one of them marked on the map as Bryn-y-Castell, and the other located at the highest point in town, on private land. The higher castle was destroyed by Owain Glyndŵr in 1402. The bulk of Knighton is in Wales, but

a few buildings on the northern side of the River Teme lie in England, making this a true border (or 'Marches') town. Anyone able to spare the time to explore should start at the Offa's Dyke Centre, which provides lots of local information, as well as commentaries about Owain Glyndŵr and Glyndŵr's Way (tel 01547 528753).

Knighton is served by the Heart of Wales line, which runs between Shrewsbury and Swansea, featuring splendid scenery for the most part. The town offers a fine range of services, including hotels, B&Bs and a nearby campsite, as well as plenty of shops, pubs, restaurants, cafés and take-aways. There is a post office, banks with ATMs, local bus services and taxis. The next place with a similar range of services, Llanidloes, is three days ahead along the trail.



*Glyndŵr's Way marker stones on the steep High Street, also appropriately known as The Narrows*

In 1402, south of Knighton, Owain Glyndŵr divided his small force of Welshmen and successfully engaged a larger English force led by Edmund Mortimer. During the **Battle of Pilleth**, or Bryn Glas, it is said that a number of Welsh archers serving under Mortimer suddenly switched sides. The field

was strewn with bodies that lay unburied until they reeked, and some accounts accuse Welsh women of mutilating the corpses. Eventually, the remains were piled into a mass grave, now marked by a stand of tall Wellingtonias, beside St Mary's Church at Pilleth. Mortimer was captured and held in Machynlleth.

Start at the top of Broad Street in the centre of **Knighton**, where the monumental Clock Tower has stood since 1872, around 185m (610ft). There is a signpost for Llangunllo. Climb straight up High Street, appropriately known as The Narrows, which is steep, pedestrianised and narrow, passing an ornamental marker stone for Glyndŵr's Way. ◀ At the top of the street, beside The Golden Lion, turn left along Castle Road, then turn right downhill. The road narrows and is barred to traffic.

Cross another road and continue down a tarmac path. Turn right along a back street at Cross Cottage. This narrows, becoming a tarmac path running alongside a river, and continues along another back street, reaching a narrow road at Mill Lodge. Cross this road and walk up a narrow tarmac path as signposted. Continue up to a road at Green Acre, in the suburb of **Garth**.

Cross the road, slightly to the left, to pick up another signposted path. This is narrow and grassy, flanked by hedgerows, and climbs to a road bend at Rock House. Turn right down the road, then quickly left as signposted, past Ivy Cottage. Follow a grassy track where there are

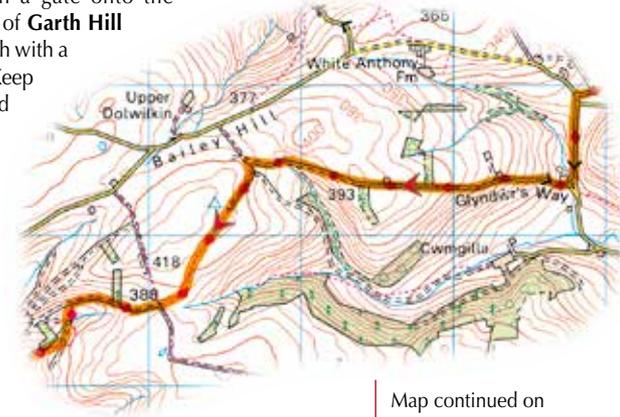
plenty of trees alongside, but not enough to block views of Knighton.

Go through a gate onto the wooded slopes of **Garth Hill** and follow a path with a wooden edge. Keep straight ahead as marked at junctions, and the path later rises without a wooden edge. Later, go through a gate to continue with a fence alongside. When the path leaves the woods, it becomes

a grassy track flanked by hedges, rising to join a minor road. Turn left, in effect straight ahead, to follow the road up to a triangular junction. Turn left as signposted for Knighton, and keep straight ahead downhill at a nearby junction.

Turn right at another triangular road junction and climb past the farm of Little Cwm-gilla. The road climbs steeply and the tarmac ends at Ebrandy Cottage. Continue straight ahead up a track flanked by hedges, sometimes with bare rock exposed underfoot, with views back towards Knighton. Reach a gate beside a small plantation on a hill top at 393m (1290ft). The track swings right and expires, so walk straight ahead instead, through a gate, and follow a hedgerow onwards, which leads down into a dip.

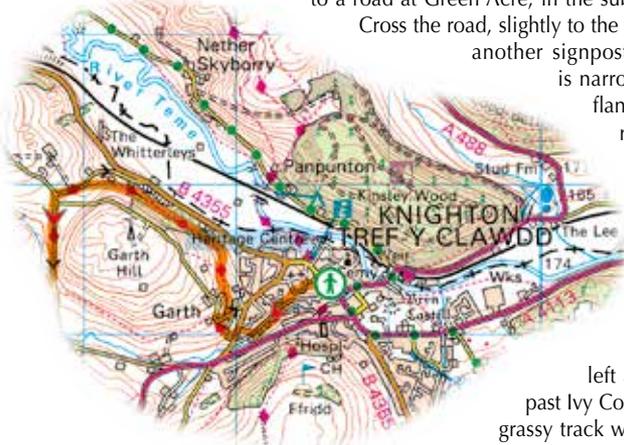
After passing a gate, a track leads up to a junction. Turn left and continue uphill. A hedge to the left is trimmed hawthorn, while to the right are peculiarly shaped hawthorn trees that formed a 'laid' hedge many decades ago, but now grow tall. Go through gates used



Map continued on page 36

Note the acorn and dragon waymarker symbols, repeated hundreds of times throughout the walk.

Map continued on page 35



as a sheepfold, around 410m (1345ft), near the top of **Bailey Hill**. Continue across high fields with hardly any sight of habitation – just rolling hills and valleys. A gentle descent leads through a gate, and a further descent leads to a junction with gates. Simply walk straight ahead as signposted for Llangunllo. Go down a grassy track, down beside a field and through a gate. The path is grassy, flanked by gorse bushes, and runs parallel to a motor-rally track. This is the Phil Price Rally School course ([www.philprice.co.uk](http://www.philprice.co.uk)), and it could be very noisy and dusty when in use.

Turn left through a gate and walk down through a field, crossing a stream as marked. Walk up a broad field path, then turn right as signposted, down through a gate as marked. Continue down through a field, reaching the bottom corner, and go through another gate. Turn right down a track, which immediately bends left. Pass near a fishpond and walk up to a junction. Keep left and walk down through a track intersection, straight past a notice-board explaining about **Cefnsuran Farm**.



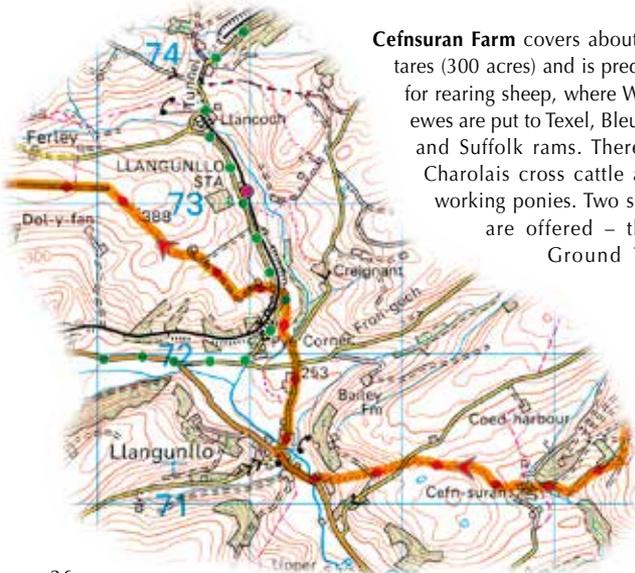
Cloggie Trail. Self-catering accommodation is available, and the Rally School is close to hand.

*The recently reopened Greyhound Inn sits at a crossroads in the village of Llangunllo*

Don't head left towards the farm, but watch for a gap between trees, where there is a marker post. Walk up through the trees a short way and go through a small gate, then turn left up a track into a farmyard. Turn right to leave it, going through a gate and following a track uphill. This runs through two more gates as it climbs through fields, then it expires. Climb straight to the top of a field and go through a small gate beside a tall tree. Veer slightly right through the next field, and go down through a small gate onto a narrow road.

Turn left down the road a short way, watching for another small gate on the right. This leads onto a path dropping from the road, down through woods, and crossing a track. Go through a gate and continue down through fields, following the path between houses at Lugg View, to join the **B4356** road. Turn right along the road, crossing the River Lugg to enter **Llangunllo**, around 230m (755ft).

Map continued on page 40



**Cefnsuran Farm** covers about 120 hectares (300 acres) and is predominantly for rearing sheep, where Welsh Mule ewes are put to Texel, Bleu du Maine and Suffolk rams. There are also Charolais cross cattle and a few working ponies. Two short walks are offered – the Rough Ground Trail and

## LLANGUNLLO

St Cynllo is said to have lived in a monastic cell in this area in the fifth or sixth century, and the church bearing his name is thought to date from the 13th century. The current building is a 19th-century 'restoration', but it incorporates features that may date from the 14th century.

The Greyhound Inn sits on a central crossroads and served as both pub and community shop until 2006. It closed for a while following the death of 92-year-old Bill Matheson, thought to be one of the longest-serving landlords in Wales, with 45 years spent pulling pints. Distraught villagers were reduced to using the bus shelter across the road as an impromptu bar! The inn recently reopened, although there is no longer a shop in the village, despite the old-fashioned shop signs attached to odd buildings. There are a couple of B&Bs nearby – Little Hen Cefn and Rhiwlas.

Llangunllo is connected by rail to Knighton, Shrewsbury and Swansea, although the railway halt is 2km (1¼ miles) distant. Knighton Taxis provide a once-a-day link between Knighton and Llangunllo, except Sundays.

Leave the village by walking down the road signposted for the station. Cross the **River Lugg**, then walk uphill and eventually pass straight through a crossroads. When the road bends right, keep straight ahead through a gate and go down a grassy path. Cross a footbridge and climb, keeping right to follow a hedge alongside the top of a field, to reach a gate and a road bend. Turn right to follow the road, which quickly runs beneath a railway bridge. ◀ Turn left immediately up a farm access track, keeping left of a house called Nayadd Fach. Go up through a gate and pass a stand of conifers, still climbing. The track changes from stony to grassy and goes through another gate. Continue almost to a farm building, but turn left beforehand, through yet another gate as marked.

The railway station is about 600m further along the road.

Turn right to follow a fence and hedge onwards, beside a field. Turn right through a gate and cross a little footbridge, then quickly turn left through another gate as marked. Immediately turn right and follow the hedge and fence up and around to the top of the field, and go through yet another gate. Walk gently downhill, with a fence to the right, through a gate into another field, then over a slight rise to a final gate. Join and follow a grassy track flanked by fences, rising gently above **Ferley**, over 380m (1245ft).

The track later falls to a junction with a gravel track. Turn right to follow it across a dip at 367m (1205ft), then climb. Apart from another dip along the way, the track climbs and briefly enters a forest, leaving it at a gate and junction around 460m (1510ft). Turn left to walk beside the forest, and pause to read a notice about Beacon Hill Common, and also notice where the earthwork known as the **Short Ditch** crosses.

**Beacon Hill Common** is part of the Crown Estate and extends for 1889 hectares (4667 acres). It is designated Access Land, and Glyndŵr's Way crosses it for some 8km (5 miles). The boggy area where the River Lugg rises is a Site of Special Scientific Interest. Radnorshire Wildlife Trust holds a conservation lease on the moorlands, which are notable for bird-watching. The boggy areas suit snipe and curlew, while the heaths are populated by grouse, skylark, ring ouzel, whinchat, wheatear and meadow pipit. Buzzards, peregrines and hen harriers might be spotted hunting. Moorland vegetation includes heather, bilberry and crowberry, with bracken abundant in some places and a few rare plant species present in specific areas. The moors provide grazing for sheep, while grassier areas are favoured by cattle and ponies.

Theories abound as to the origin of **Short Ditch**. It really is short, measuring no more than 300m in length, across a broad gap. Some claim it was



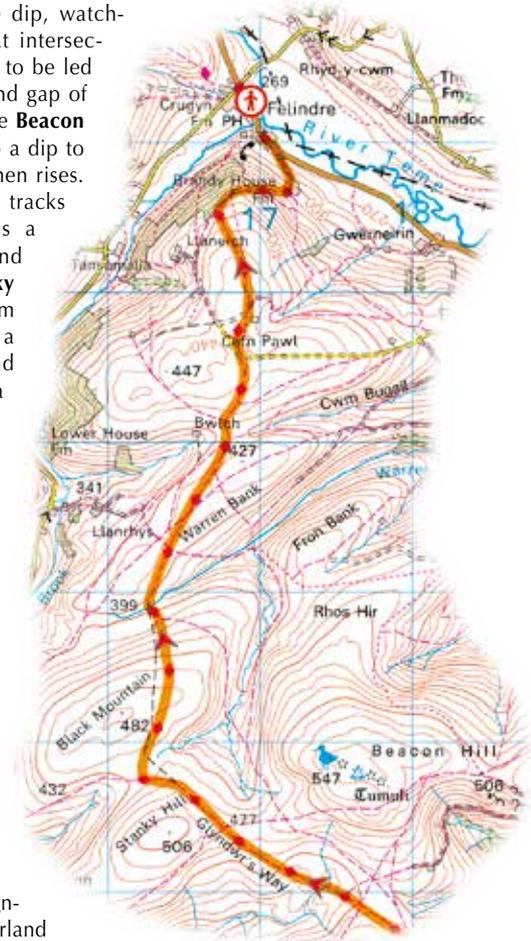
*A clear track rises gently onto the Crown Estate moorlands of Beacon Hill Common*

constructed around the same time as Offa's Dyke, in the late eighth century. Others say that the ditch was cut by Edmund Mortimer, in the hope of preventing Owain Glyndŵr from reaching Knighton. Whether or not that is true, Glyndŵr destroyed the castle in Knighton in 1402.

Follow the track gently uphill beside a fence, with a field to the left and moorland to the right. Pass a corner on the fence and stay on the most obvious track over a moorland crest, around 480m (1575ft), beside **Pool Hill**. Walk gently down

across a broad, gentle dip, watching for marker posts at intersections with lesser paths, to be led across a broad moorland gap of grass and heather beside **Beacon Hill**. The path runs into a dip to cross a small stream, then rises. Eventually, two grassy tracks join and continue as a clear, firm track around the shoulder of **Stanky Hill**, again around 480m (1575ft). There is a descent to a broad and boggy gap, where a marker post indicates a right turn.

Watch for marker posts as the path climbs onto the shoulder of **Black Mountain** to around 470m (1540ft). Drop down to another gap, passing beside what looks like a wood, but is actually the overgrown remains of hedgerows that once surrounded a few small fields. Cross a footbridge and climb gently, still watching for marker posts on **Warren Bank**. Pass a signpost on this grassy moorland crest and rise gently a little further before descending gently to a muddy track on a broad gap. Go through a gate within sight of the isolated farmhouse of **Bwlch**, and follow the track uphill with wide-ranging views.



Map continued on page 41



*Descending from Brandy House Farm to the little village of Felindre*

Reach a junction with a narrow minor road at **Cefn Pawl**. Cross over and head diagonally left as marked. A grassy path follows a fence around a few fields to reach a signpost. Take careful note of the direction indicated for Felindre, as markers are a bit sparse for a while and the path is vague. However, walk across the slope and head downhill to find a gate on the right. Go through and cross a field, picking up a track winding down to **Brandy House Farm**. The farm access road descends quickly to the little village of **Felindre**, where a left turn along the road leads to the Wharf Inn.

#### FELINDRE

Felindre is small and compact, sitting beside the River Teme in a pleasant agricultural valley.

Accommodation is limited to Brandy House Farm and Trevland, which both offer B&B and campsites. The Wharf Inn is open for business, but the post office shop recently closed.

## DAY 2

### *Felindre to Abbey-cwm-hir*

<b>Start</b>	Wharf Inn, Felindre
<b>Finish</b>	Happy Union Inn, Abbey-cwm-hir
<b>Distance</b>	25km (15½ miles)
<b>Ascent</b>	690m (2265ft)
<b>Descent</b>	700m (2295ft)
<b>Time</b>	8hr
<b>Terrain</b>	Valleys, farmland, hill pastures, more rugged hills and woodland
<b>Maps</b>	OS Landranger 136
<b>Refreshment</b>	Wharf Inn at Felindre. New Inn and Community Shop at Llanbadarn Fynydd. Happy Union Inn at Abbey-cwm-hir.
<b>Transport</b>	Felindre has no bus services. Daily Traws Cymru buses link Llanbadarn Fynydd with Newtown, Llandrindod Wells, Builth Wells and Myrthyr Tydfil.

Farm tracks and field paths cross grassy hills, over and over again, between the villages of Felindre and Llanbadarn Fynydd. There is an opportunity to break for food and drink at the New Inn at Llanbadarn Fynydd, or puzzle over why a long-vanished roadside weighing machine should be commemorated by gilt-inlaid stone tablets! The route crosses the shapely hills of Moel Dod, Yr Allt and Ysgŵd-ffordd, before dropping into a wooded valley. The delightful little village of Abbey-cwm-hir is named after a large abbey, of which very little remains.

Leave **Felindre**, around 270m (885ft), by walking up to a nearby crossroads and turning left. Almost immediately, turn right through a farmyard and pass Upper House. ▶ Follow the winding track up through gates and fields. When the track runs out, continue up and along a grassy crest, later crossing the top of a hill at almost 400m (1310ft). A line of hawthorn trees, an old hedge, leads down the grassy crest to a gate, where a clear enclosed track leads further downhill to a farm called **Rhuvid**.

*This is not a right of way, but the landowner allows access on foot.*