

# **Pererindod Melangell Walk**

**15 or 8.5 mile options**

**A walk to a saint's retreat below the Berwyn mountains.**



## **Pererindod Melangell Walk**

**A challenging 15 mile linear (one way) walk, Pererindod Melangell traces a route between the Vynwy and Tanat Valleys - trodden in centuries past by pilgrims, quarrymen and drovers.**

## **The Llangynog Loop (8.5 miles)**

**This is a circular route which joins up with the the final section of the Pererindod Melangell walk. It's a good alternative if you want a taste of the Melangell trail but don't want to tackle the entire 15- mile journey.**

**Contact Ed & Jenny Matthews on [edjenny.miller@btinternet.com](mailto:edjenny.miller@btinternet.com) Tel: 01691 870 626**

Link to BBC website with details of walk:

[http://www.bbc.co.uk/wales/mid/sites/walks/pages/pererindod\\_melangell.shtml](http://www.bbc.co.uk/wales/mid/sites/walks/pages/pererindod_melangell.shtml)

## Pererindod Melangell

A challenging 15 mile linear (one way) walk, Pererindod Melangell traces a route between the Vynwy and Tanat Valleys - trodden in centuries past by pilgrims, quarrymen and drovers.

**Start: Pont Llogel**

**Finish: Llangynog**

**Distance: 15 miles (24km)**

Notes: The Pererindod Melangell walk has waymarked discs, poles and posts along the way. The going is easy along the first half, mostly on forestry roads, back lanes and tracks. Between Llanwddyn and Pennant Melangell the route is more challenging, including tussocky moorland and upland bog - walking boots are a must. The section between Bwlch-sych and Pwlliago should not be attempted when there is low cloud, mist or snow as the route crosses high, remote countryside only suitable for very experienced walkers.

### Walk Description

Pererindod Melangell is an undulating route, with gentle valley floor and moorland top sections linked by long climbs into and out of the area's valleys. Experienced walkers should find no difficulty in completing the walk in one day. Recreational walkers may find it best to split it in two, breaking the route at Llanwddyn, with its wealth of activities and facilities based around Lake Vyrnwy.

The Pererindod Melangell walk starts at Pont Llogel – already on both the Glyndwr's Way and the popular Ann Griffiths Walk, named after the renowned hymn-writer who lived locally. It climbs into Dyfnant Forest, cresting a ridgetop viewpoint before undulating through forest and along lanes to Lake Vyrnwy. Rising past bronze age remains, the route gains Hirnant Forest, unveiling views to the rugged Aran Mountains, the highest in Britain south of Snowdon itself. Beyond the forest, rough sheep pastures are crossed to reach the highest point on the route - 1,627 feet. Woodlands threaded with streams and waterfalls accompany the walk to its target, remote St. Melangell's Church, hidden in the Tanat Valley. Quiet paths and lanes lead to Llangynog, from where a circular day walk allows exploration of the high ridges and secluded valleys of high Tanat.

If you want to tackle the whole walk, Powys County Council publish a booklet with maps describing each section of the route which you can pick up at a local Tourist Information. If you want to do a one day alternative, try the **Llangynog Loop (see bottom of document)**.

### The Legend of Pererindod Melangell

The name of the walk 'Pererindod Melangell' roughly translates from the Welsh for 'Melangell's Pilgrimage'. The legend of Melangell derives from two seventeenth century transcripts of a lost medieval Life of the Saints. One day a prince named Brochwel was hunting at a place called Pennant. His hounds raised a hare that took refuge in a thicket. On pursuit, the prince found a virgin praying, with the hare hiding under the folds of her garment. The hounds were urged on but fled, howling; their huntsman raised his horn to his lips and was unable to remove it. The virgin informed the prince that she dwelt at this place, and that she had fled here for refuge. So impressed

was the prince by Melangell's godliness that he granted the valley to her and here she founded a religious community.



---

# The Pererindod Melangell Walk

---

## INTRODUCTION...

The great arc of mountains and moorland which girdles mid and north-east Wales ends abruptly at its eastern flank in a series of spectacular deep valleys, sinuous threads of green draining the high plateaux and rounded summits to the Severn Valley and the Shropshire Plain. One such catchment has been harnessed to supply water to Liverpool; the result is the imposing Vyrnwy Dam and the austere depths of Lake Vyrnwy.

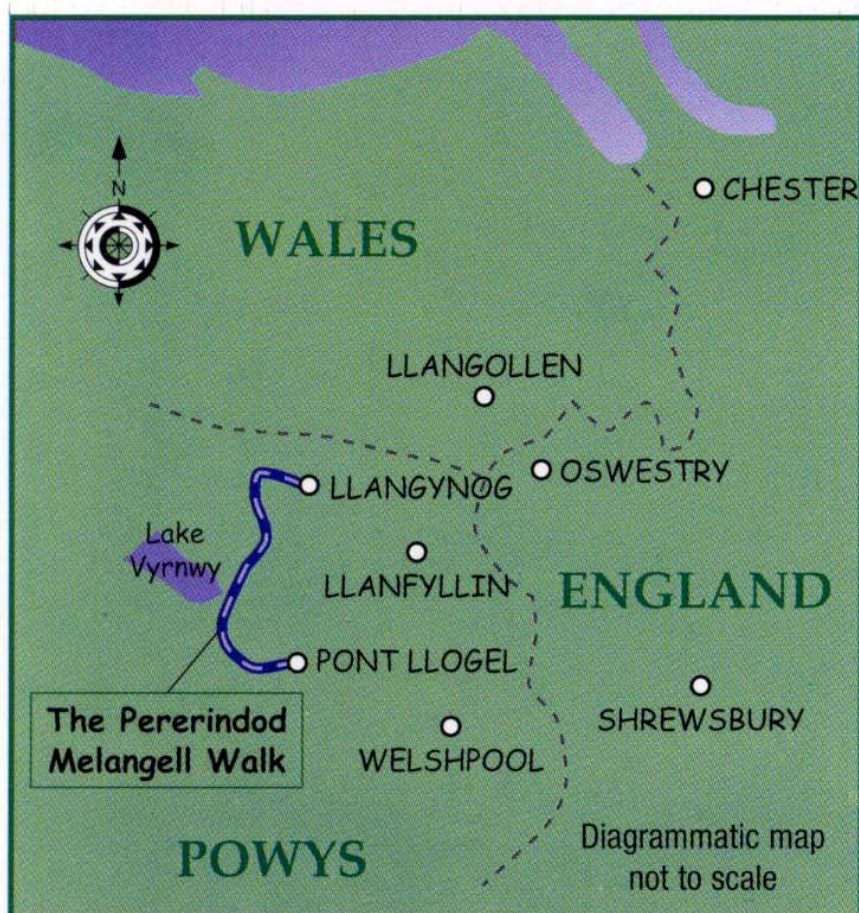
Within these verdant valleys nestle tiny hamlets and villages which grew on the wealth derived from wool and minerals, creating a distinctive pastoral landscape of small fields and hanging oakwoods, brackened hillsides scored by old quarries and windswept uplands grazed by hardy sheep. This century's contribution to the panorama, the forestry plantations cloaking ridges and valleys alike, augments the air of remoteness which pervades this fascinating area of Britain. Such remoteness proved an attraction in ancient times as today. The Pererindod Melangell Walk celebrates the fine countryside in which St. Melangell, a seventh century abbess, established a nunnery.



Follow the walk's waymark disc

## The Legend of Melangell and The Hare

The legend of Melangell derives from two seventeenth-century transcripts of a lost medieval Life of the Saints. One day a prince named Brochwel was hunting at a place called Pennant. His hounds raised a hare that took refuge in a thicket. On pursuit, the prince found a virgin praying, with the hare hiding under the folds of her garment. The hounds were urged on but fled, howling; their huntsman raised his horn to his lips and was unable to remove it. The virgin informed the prince that she dwelt at this place, and that she had fled here for refuge. So impressed was the prince by Melangell's godliness that he granted the valley to her and here she founded a religious community.



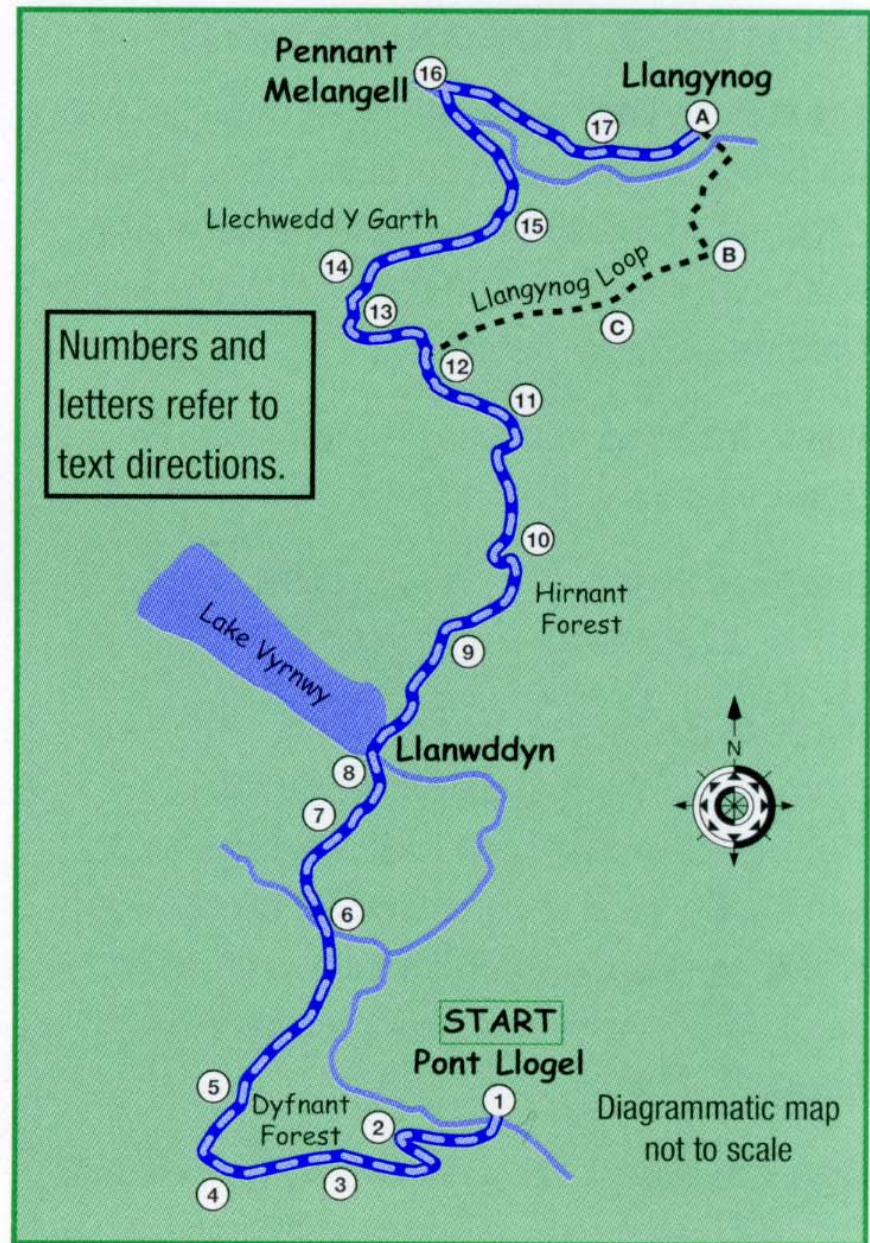
## The Walk

This challenging 15 mile linear (one way) walk traces a route between the Vyrnwy and Tanat Valleys, trodden in centuries past by pilgrims, quarrymen and drovers. It's an undulating route, with gentle valley floor and moorland top sections linked by long climbs into and out of the area's valleys. Experienced walkers should find no difficulty in completing the walk in one day. Recreational walkers may find it best to split it in two, breaking the route at Llanwddyn, with its wealth of activities and facilities based around Lake Vyrnwy.

The walk starts at Pont Llogel, already on both the Glyndŵr's Way and the popular Ann Griffiths Walk, named after the renowned hymn-writer who lived locally. It climbs into Dyfnant Forest, cresting a ridgetop viewpoint before undulating through forest and along lanes to Lake Vyrnwy. Rising past bronze-age remains, the route gains Hirnant Forest, unveiling views to the rugged Aran Mountains, the highest in Britain south of Snowdon itself. Beyond the forest, rough sheep pastures are crossed to reach the highest point on the route, 1,627 feet. Woodlands threaded with streams and waterfalls accompany the walk to its target, remote St. Melangell's Church, hidden in the Tanat Valley. Quiet paths and lanes lead to Llangynog, from where a circular day walk allows exploration of the high ridges and secluded valleys of high Tanat.

The name of the walk, "Pererindod Melangell", roughly translates from the Welsh for "Melangell's Pilgrimage".

**Note:** The directions given in this guidebook are correct at the time of publication. Path maintenance and improvement may mean that gates replace stiles (or vica versa) or that other minor changes occur. Local waymarking will make these changes obvious.



## Safety & Clothing

Following the Pererindod Melangell walk is easy. Combining the route description in this booklet with the frequent waymark discs, poles and posts along the way will leave you free to enjoy the fine views, varied heritage and superb natural history along the way. The going is easy along the first half, mostly on forestry roads, back lanes and tracks. Between Llanwddyn and Pennant Melangell the route is more challenging, including tussocky moorland and upland bog; for this you should definitely wear walking boots. **The section between Bwlch-sych and Pwlliago (walk directions 10 to 14) should not be attempted when there is low cloud, mist or snow as the route crosses high, remote countryside only suitable for very experienced walkers.** Otherwise, simply pack a small rucksack with waterproof, spare jumper and your favourite packed lunch and prepare to discover one of mid-Wales' most delightful hidden corners.

## GENERAL INFORMATION

**The starting point** of the Pererindod Melangell Walk is the Forest Enterprise car park at the bridge in Pont Llogel, on the B4395 (off the B4393) about 8 miles south-west of Llanfyllin. GR 032155. There is another small car park near the garage.

**Public Transport** to the area is very limited. For details telephone 01597 826678.

**Ordnance Survey** - Explorer Series Sheet 239, Lake Vyrnwy & Llanfyllin.

**Accommodation** includes hotels, inns, village and farmhouse B&B in and around Llanfyllin and Llangynog. Along the route itself is the high quality Lake Vyrnwy Hotel at Llanwddyn. For full information contact the Tourist Information Centres at Llanwddyn (tel: 01691 870346) or at Welshpool (tel: 01938 552828).

**Dogs and Gates** - The walk passes through one of Britain's principal bird reserves and through long stretches of upland sheep-pasture. Please keep dogs on a leash, particularly in the bird reserve, open country and in the Lake Vyrnwy Hotel area. Close any gates you open, but don't close any gates you actually find open as they may be open to allow for movement of stock.

**Pont Llogel** has a small garage and shop. Phone box. Toilets. Car park.

**Llanwddyn** has both a tea-rooms and a cafe, craft shops and a major RSPB Visitor Centre. Phone box. Toilets. Tourist Information Centre. Boat, canoe and cycle hire. Car park.

**Abertridwr**, 1 mile east of Llanwddyn, has a small village stores. Phone box. Toilets.

**Llangynog** has two inns and a seasonal (April to September) snack and chip-shop. It also has a bus link to Oswestry on Mondays to Saturdays. Phone box. Toilets. Car park. The village is also the starting point for a walk to Pistyll Rhaeadr waterfall. Leaflets are available locally.

## RSPB Lake Vyrnwy

### Reserve

One of Britain's premier bird reserves, the Royal Society for the Protection of Birds (RSPB) manage over 16,000 acres of forest, lakeside and moorland with the agreement of the Forestry Commission and Severn Trent Water. The fir plantations are tempered by stands of native oak and birch, ensuring a wide range of birds is encouraged to reside year-round, nest and seasonally visit. Specialities of the area include pied flycatchers, ring ousel and the tiny goldcrest (Britain's smallest bird); birds of prey include red kites, harriers and the elusive goshawk. There's an excellent RSPB Visitor Centre housed in the old Methodist Chapel at Llanwddyn, with audio-visual shows, up-to-the-minute information about species in residence and nearby hides.













### FORESTRY MANAGEMENT

Felling, harvesting and replanting operations mean that short stretches of the route of the Pererindod Melangell walk will necessarily be diverted from time to time. In such cases a temporary alternative route will be clearly indicated on site.



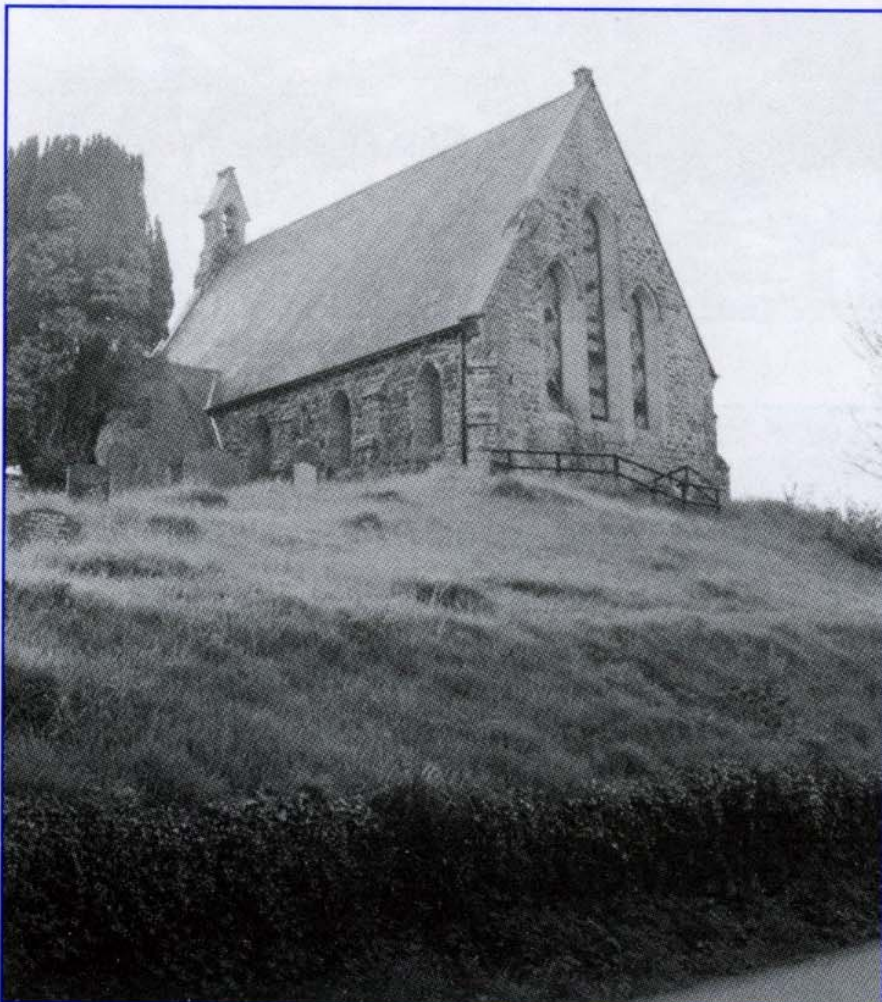
Lake Vyrnwy

### Key to maps:

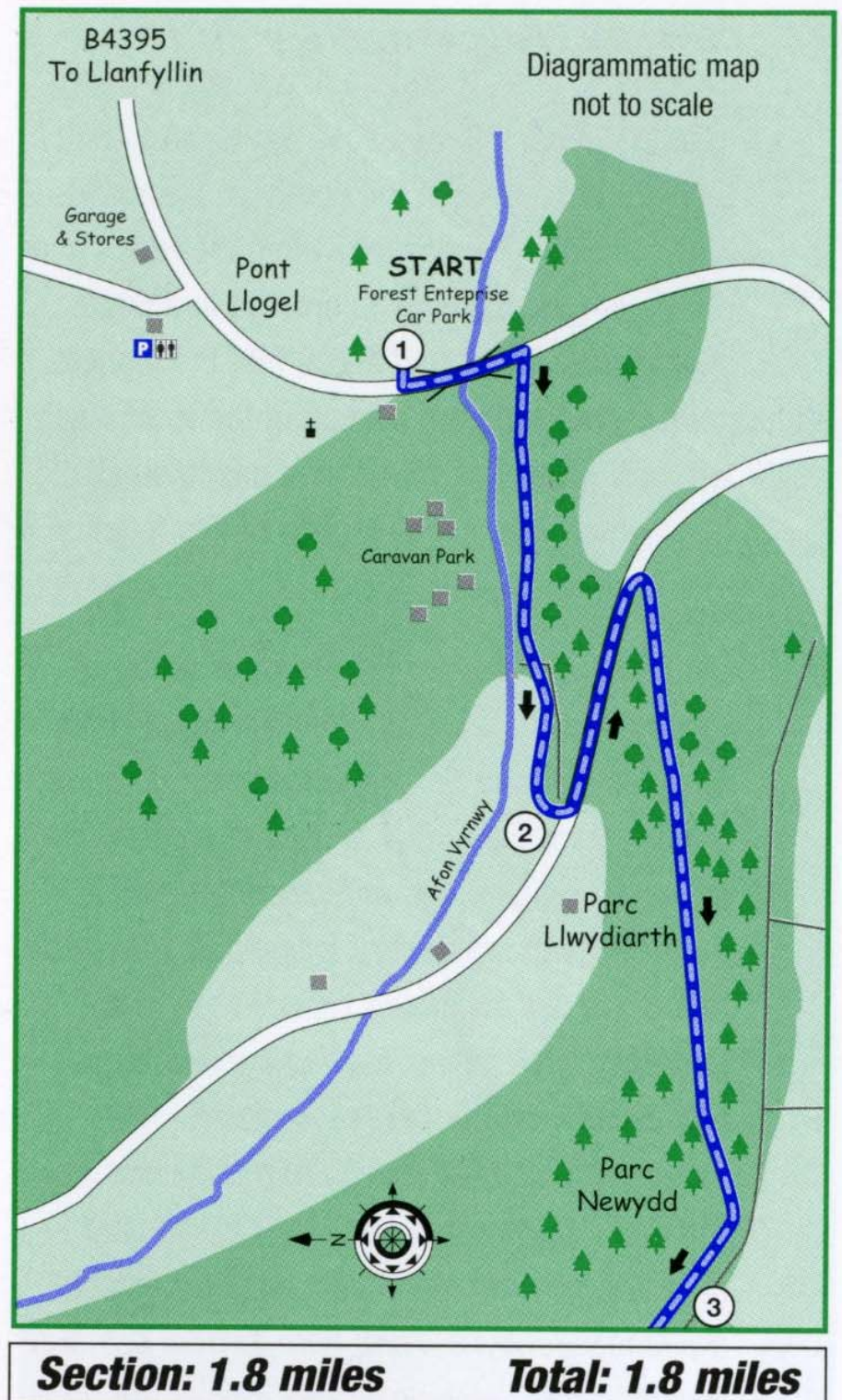
	Woodland		Moorland		Pastures
	Main Route		Text Direction		
	Rivers/Streams		Crag		
	Wall/Fence		Church/Chapel		
	Road		Direction of walk		
	Other Paths		Car Park		
	Forestry Road		Toilets		
			P.H. Pub		

## The Route

- 1 Turn left from the Forest Enterprise car park entrance at Pont Llogel and cross the bridge. Join the waymarked riverside path (right) to walk upstream through the woods, the way occasionally on duckboard. Climb a stile at the end of the woods and walk ahead along the edge of the pasture, trees on your left, to reach a minor road. Turn left.
- 2 The road rises to reach pastures on your left. Turn right here along the wide forestry road, in 350 yards you'll reach a small quarried area. Remain on the forestry road, rising gently for a further 1,000 yards, felled woodlands allowing sometimes extensive views to the north. On reaching the wider turning area seek out the narrow waymarked path from the upper-left corner. This initially narrow path soon steepens and widens, rising as a rutted roadway to a split just before the woodland edge. Bear right and trace the path along to a woodside gate. The way is right, within the woods, but take time to walk into the pasture near to the shaley mound for fine views.



**Pont Llogel Church**



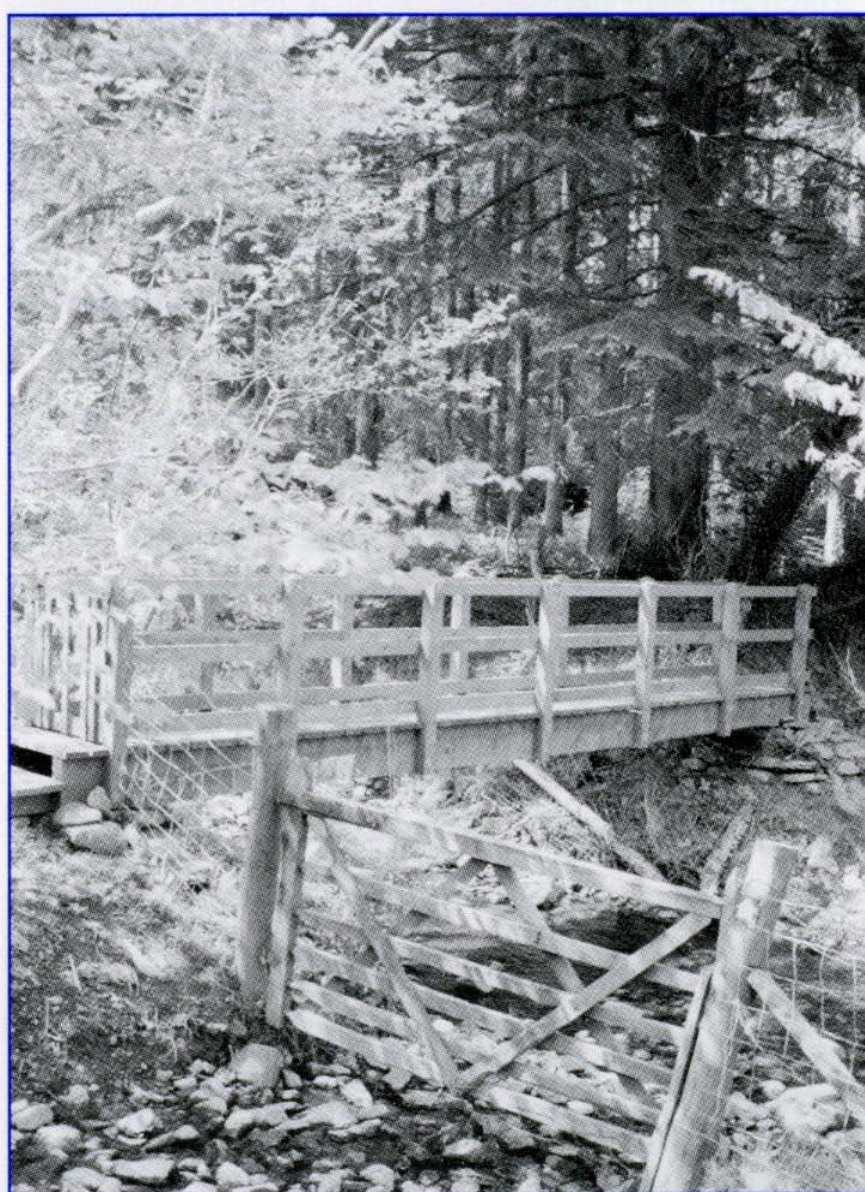
- *The impressive wall marks the edge of Dyfnant Forest, and in particular Parc Newydd, in medieval days a deer park which enclosed 1,000 acres of oak and birch woods and open chase once owned by the powerful Vaughn family. Extensive views open up south to the distant parallel ridges of high hills which mark the course of the Severn Valley striking across the heart of mid-Wales. To the east (left), the distinctive craggy hill of Allt Dolanog draws the eye to the shadowy heights of the Long Mynd, the heart of the Shropshire uplands.*

3 Return to the gate, go through it and bear left, tracing the wide, rutted track within the woods to a fork. Keep left, and soon left again to reach a point near a gate at the corner of the woods. Here bear right, remaining within the forest and climb with the roadway to emerge in a large cleared area, at around 1,200 feet the highest point on the southern section of the walk. Keep left, falling with the forest road past a small old quarry face to reach a junction of five forestry roads - "Five Ways".

● *Dyfnant Forest covers thousands of acres of these folded hills around Lake Vyrnwy. Planted mostly with Sitka Spruce, the harvesting cycle is 30-40 years, the timber is used in building and to make furniture, flooring, newsprint and cardboard boxes. Modern felling practices and replanting will eventually reduce the visual impact of such felling, leaving a more natural, less angular border to the woodlands, with increased broadleaf cover. From this point are the first distant views northwest to the bold range of the Aran Mountains and northeast to the lonely Berwyns. From here to Ddôl Cownwy the Pererindod Melangell walk shares the route of Glyndŵr's Way.*

4 Your way is first right, slightly back on yourself, this forest road (look for the fingerpost) shortly falling to another major junction. Go straight over here, following the signposted Glyndŵr's Way downhill for about 200 yards to the low waymark post on your left. Take this narrower path which falls fairly steeply, then traces a glorious route through birch and oakwoods high above a wooded ravine. At the end cross straight over the wide forestry road and go through the waymarked gate opposite. Keep to the left edge of these pastures along an old raised track, passing through another gate.

5 On reaching a stream and two gates in front of you turn right down the rough, stoney track between high banks. In places it is literally the streambed. At the bottom cross the sturdy wooden footbridge across the lively Dyfnant Brook and go along the grassy track to the surfaced lane. Turn right along this, views gradually opening up down the Vyrnwy Valley. Remain with the quiet lane for about 1.5 miles to reach the cottage and caravan park at Ddôl Cownwy.



Across Dyfnant Brook



Deer park wall, Parc Newydd



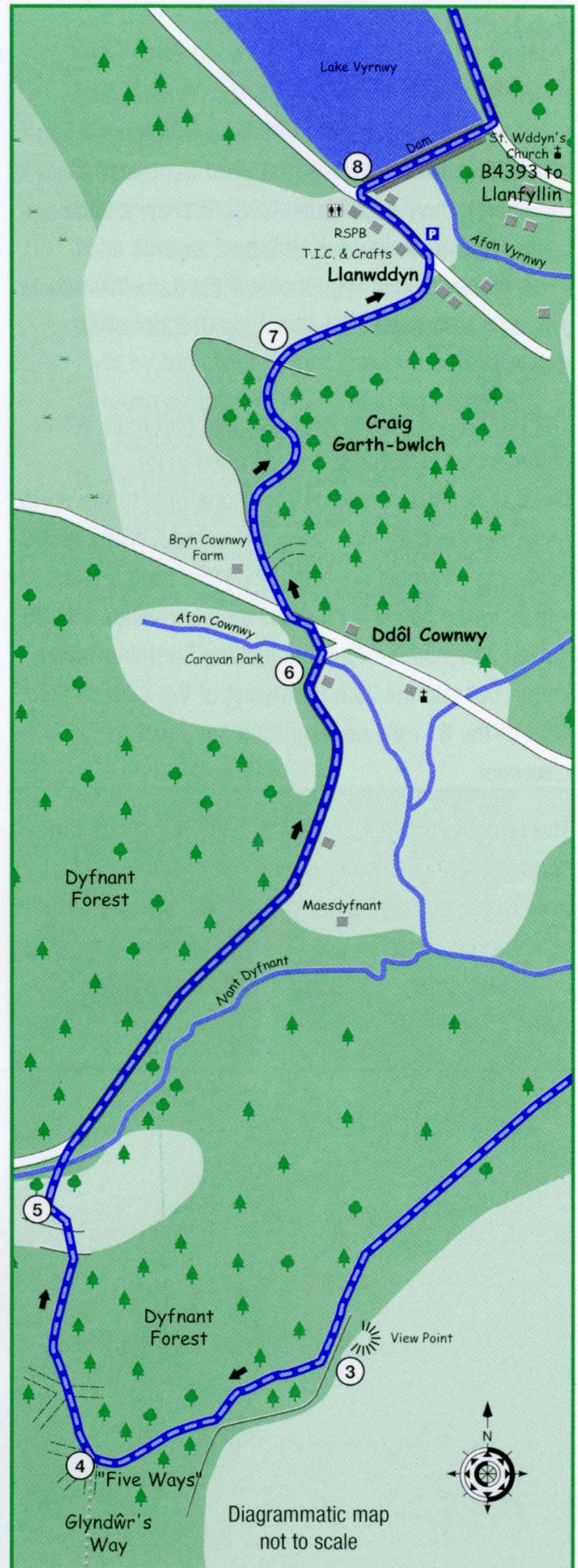
**6** Cross the narrow river bridge, bear left at the junction and left again along the valley road. Within 100 yards fork right up the rough lane towards Bryn Cownwy Farm. Pass by the first junction of tracks and, as the farmhouse comes into view, fork right up the steep, gravelled forestry road, climbing continually through the trees for about 600 yards to gain a crossroads at a welcome level stretch. Here turn left and wind with this undulating roadway to reach the edge of the woodland and your first glimpse of Lake Vyrnwy, stretching away behind the massive stone dam.

- *These Craig Garth-bwlch woodlands are part of the huge RSPB bird reserve at Lake Vyrnwy. Such conservation management benefits mammals as well as birds, you may be very lucky and glimpse a red squirrel or polecat, both of which still survive in these Welsh forests. Roe deer are also in residence. Please keep your dog on a leash whilst in the Reserve.*

**7** Look opposite, to the right of the line of cupressus, to find a stile near a field gate. Climb the stile and turn right, hugging the field-edge path down through several reedy pastures to reach a rough lane. Bear left along this, eventually passing behind houses to reach the village street at Llanwddyn. Go left to reach the village centre.



**Vyrnwy valley at Maesdyfnant**



**Section: 4.2 miles**

**Total: 6 miles**

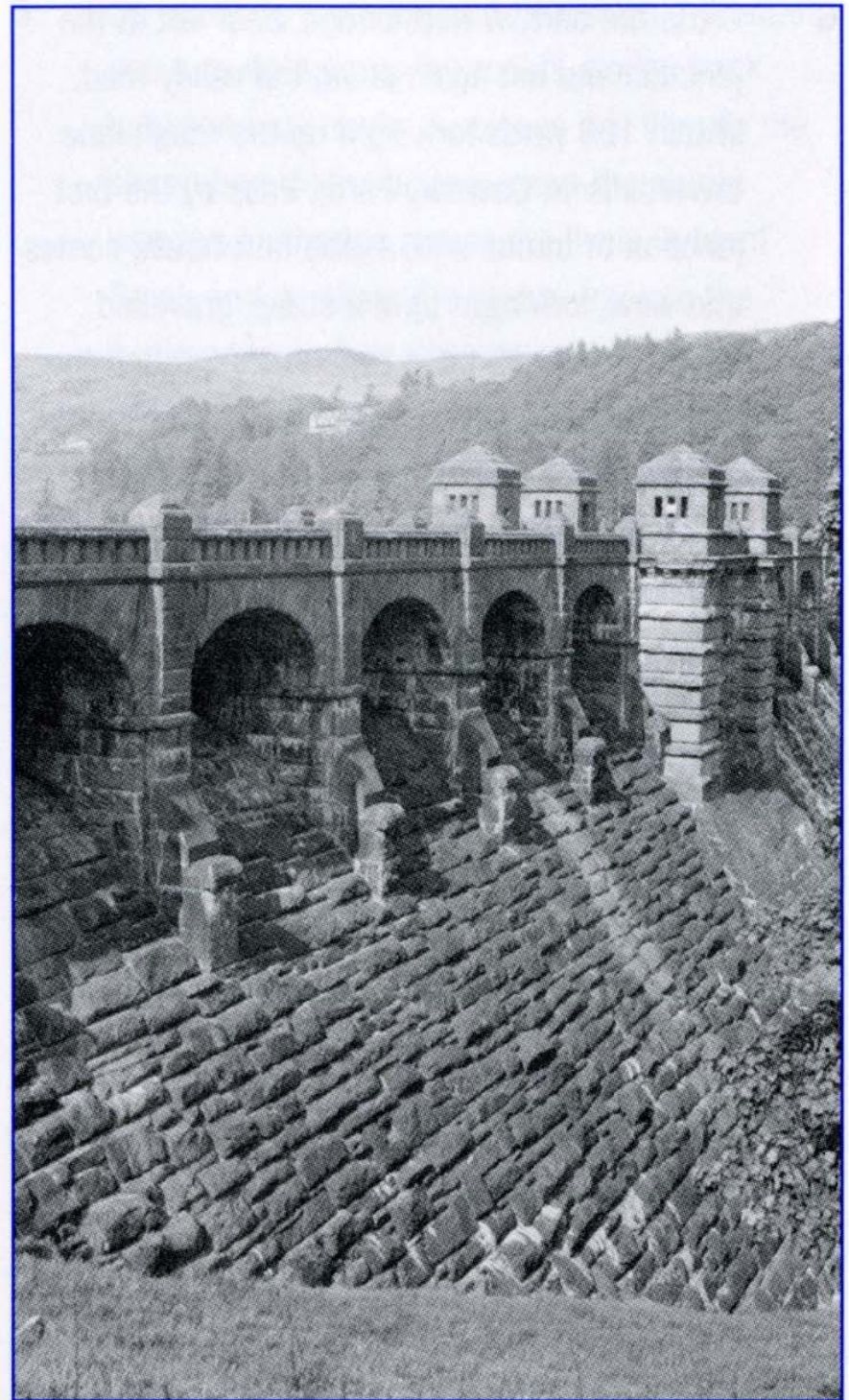
---

## Lake Vyrnwy and Llanwddyn

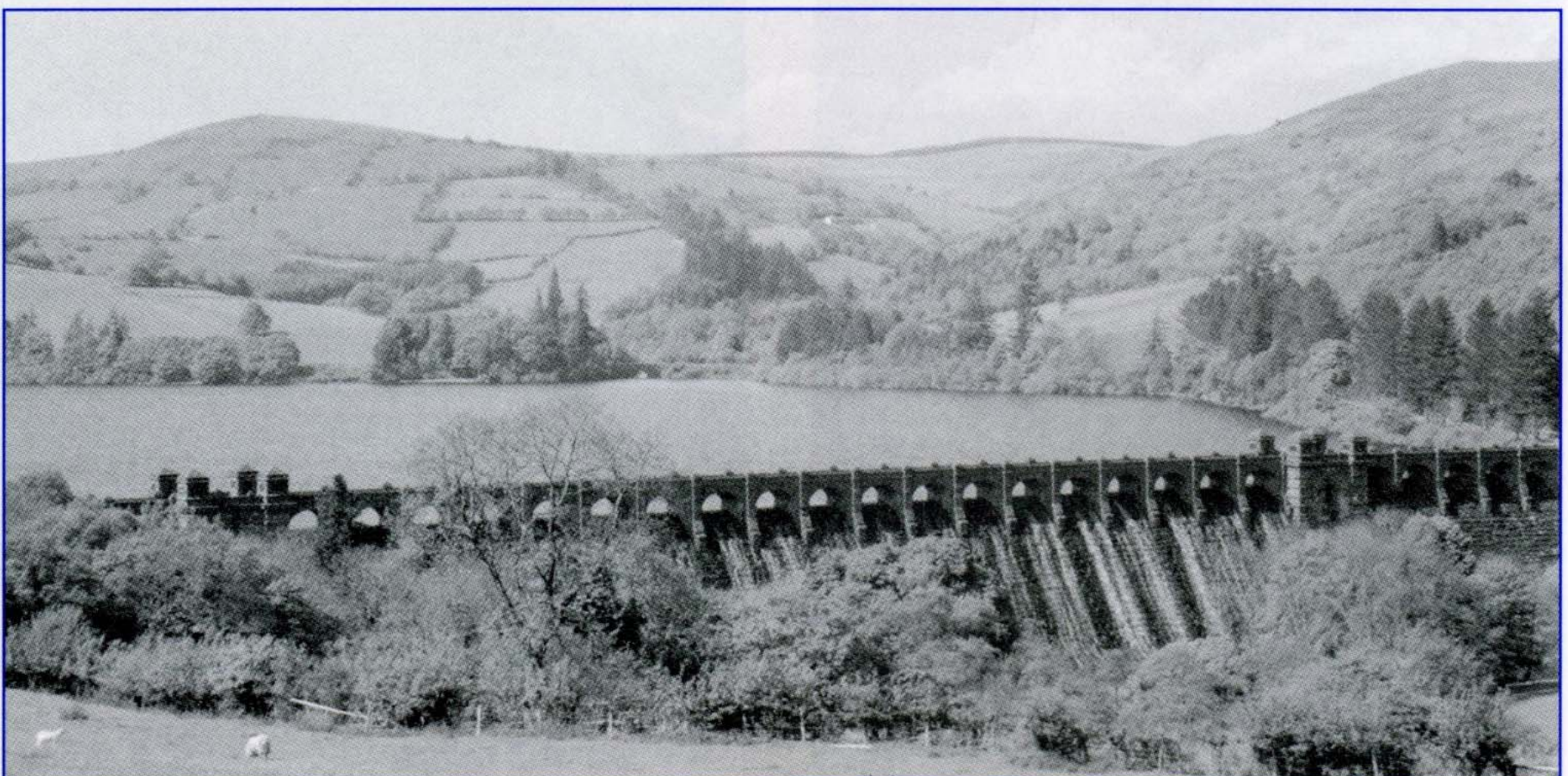
Created to slake the thirst of the growing population of distant Liverpool, the lake first filled the upper valley of the river Vyrnwy in the late 1880s. It drowned the old village of Llanwddyn and its farms, taverns and chapels, which was rebuilt below the dam. The whole project cost around £2 million (about £22 million today).

The dam is 1,172 feet long and 144 feet high. Work commenced in 1882, the stone used in its construction was quarried about one mile to the north, moved to the dam site along a tramroad. Water first flowed to Liverpool on 14th July 1892 from a lake which, when full, is 4.75 miles long and holds 13,125 million gallons. The Teutonic looking Straining Tower, jutting out into the lake northwest of the dam, is the start of the 68 mile underground aqueduct to Liverpool.

The new St Wddyn's Church of 1888 stands on the opposite side of the valley, reached by a driveway from the imposing Lake Vyrnwy Hotel. This was built as a sporting hotel in the 1890s; it remains a top-class hotel, fortunately with a bar available to walkers and lake visitors alike!



Detail at Vyrnwy dam



The folded hills above Vyrnwy

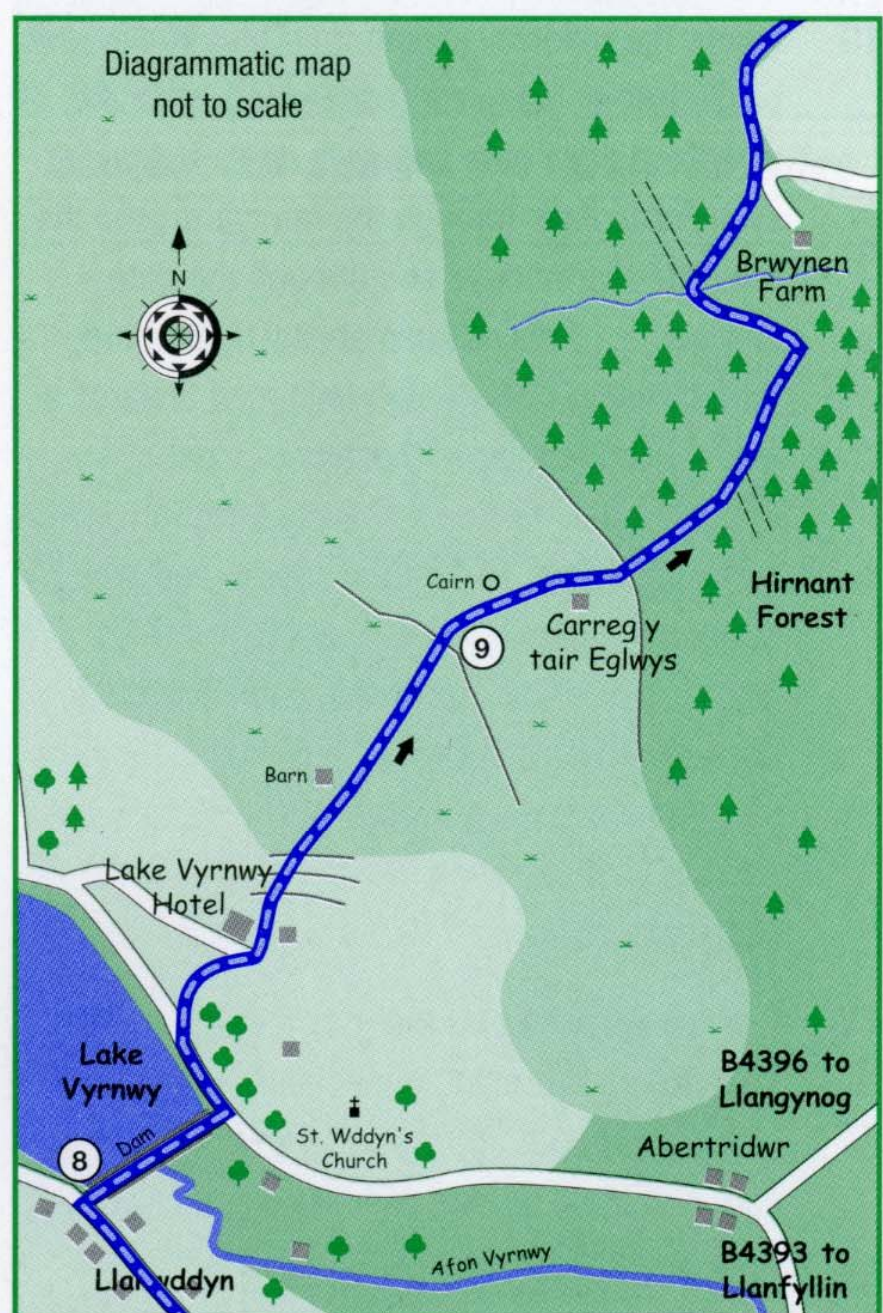
**8** The Pererindod Melangell walk passes the Hotel. To reach it cross the dam and turn left along the shore road. In about 200 yards, just past the end of the first line of old pines, fork right up the steep path through the oakwoods, in late spring carpeted by woodland flowers. The path emerges at the Hotel car park. Pass behind (right of) the Hotel, the Tavern Bar on your left. Beyond the complex the roadway deteriorates to a rough track. Pass through three gates (the last two beside sheep pens) and walk to and past an old corrugated iron barn. The track splits into three, take the middle way, continuing a long gentle climb through sheep-grazed hill pastures, keeping right at the next minor fork to reach a stile between gates. About 100 yards beyond this keep left at the fork. **(n.b. keep a sharp eye and ear out in this section for quad-bikes being used by guests at the hotel).**

- *To the left of the fork here is a well preserved Burial Cairn - it looks rather like a low egg-cup with a stone lip. Dated to the Bronze Age (c. 4,000 years ago), it is one of scores of cairns and tumuli dotted amongst these craggy rough pastures. A little further up the hillside is the Carreg y tair Eglwys (Rock of three Churches), said to be the site of a medieval pilgrim's bothy or shelter, but indistinguishable to the untrained eye. From this section of the walk is your final glimpse of Lake Vyrnwy, backed by the serrated ridge of the Arans and, nearer to hand, the desolate heights of Cynriau Nod.*



The 'egg cup' Cairn above Hirnant Forest

**9** The field road winds up to a stile into the woodlands of Hirnant Forest. Follow the forestry road through a delightful area of birch heath, smothered by bilberry bushes and heather. Ignore any tracks or forest roads to left or right and stick with the main graded roadway. This soon starts a long descent amidst conifer woods, a superb view to the distant, sharp peak of Cadair Berwyn forms the narrow horizon. Pass by the chain barrier across the forest road to reach a junction. Bear right here, following the roadway down to the point where it hairpins to the right, the lonely Brwynen Farm back down to your right. At this hairpin keep ahead-left, tracing the wide roadway along the level with fine views opening out down the Hirnant Valley.



**Section: 2.4 miles**

**Total: 8.4 miles**

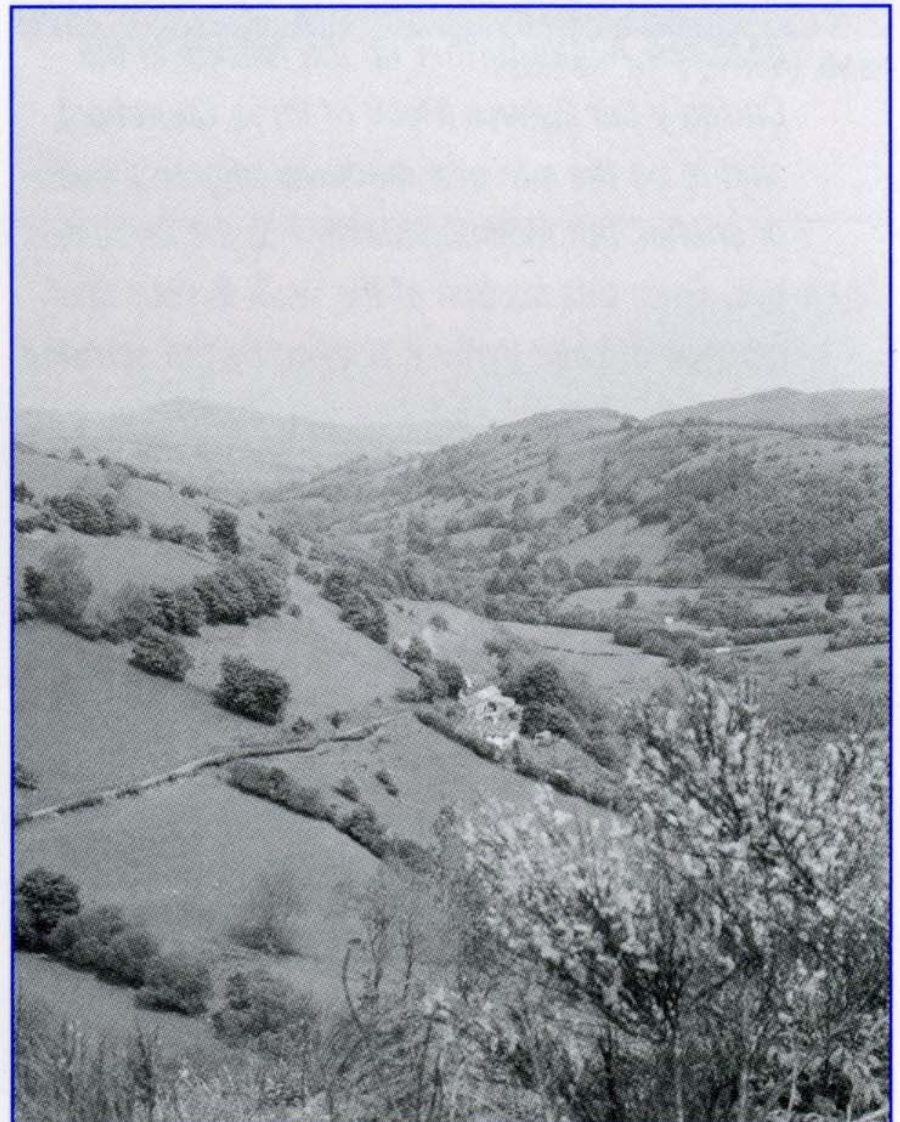


**Cadair Berwyn from Hirnant Forest**

- 10** Ignore the roadway joining from the right, a few paces further along climb the stile beside the woodland edge gate and walk down to Bwlch-sych Farm. Pass through the farmyard, past the renovated farmhouse and through the gate beyond. In 10 paces keep ahead-right at the fork, falling with the rough field road towards a fence. Keep left above this fence to pass through a gate beside a shallow ford. Turn immediately left, re-ford the stream and go through the gate to the left of the wooded dingle. A steep old track climbs alongside a tall, ancient hedge, remain with this across the next stile and along the left-edge of the subsequent pasture to sheep pens. There's a pond in the deep valley below.
- 11** Beyond the pens stay with the rough, rush-riven track to reach a point immediately beneath the lofty crags about 300 yards further on. Bear left here and trace a route with the crags on your right to reach a marshy area rich with cotton grass. Pass above and to the right of this, joining a sheep track winding above an area of low

gorse bushes. Keep looping right, soon walking parallel to the fence in the marshy dip on your left to reach a green track outside the woods at the ridge top, an ancient route called Ffordd Gefn. Turn left to the corner.

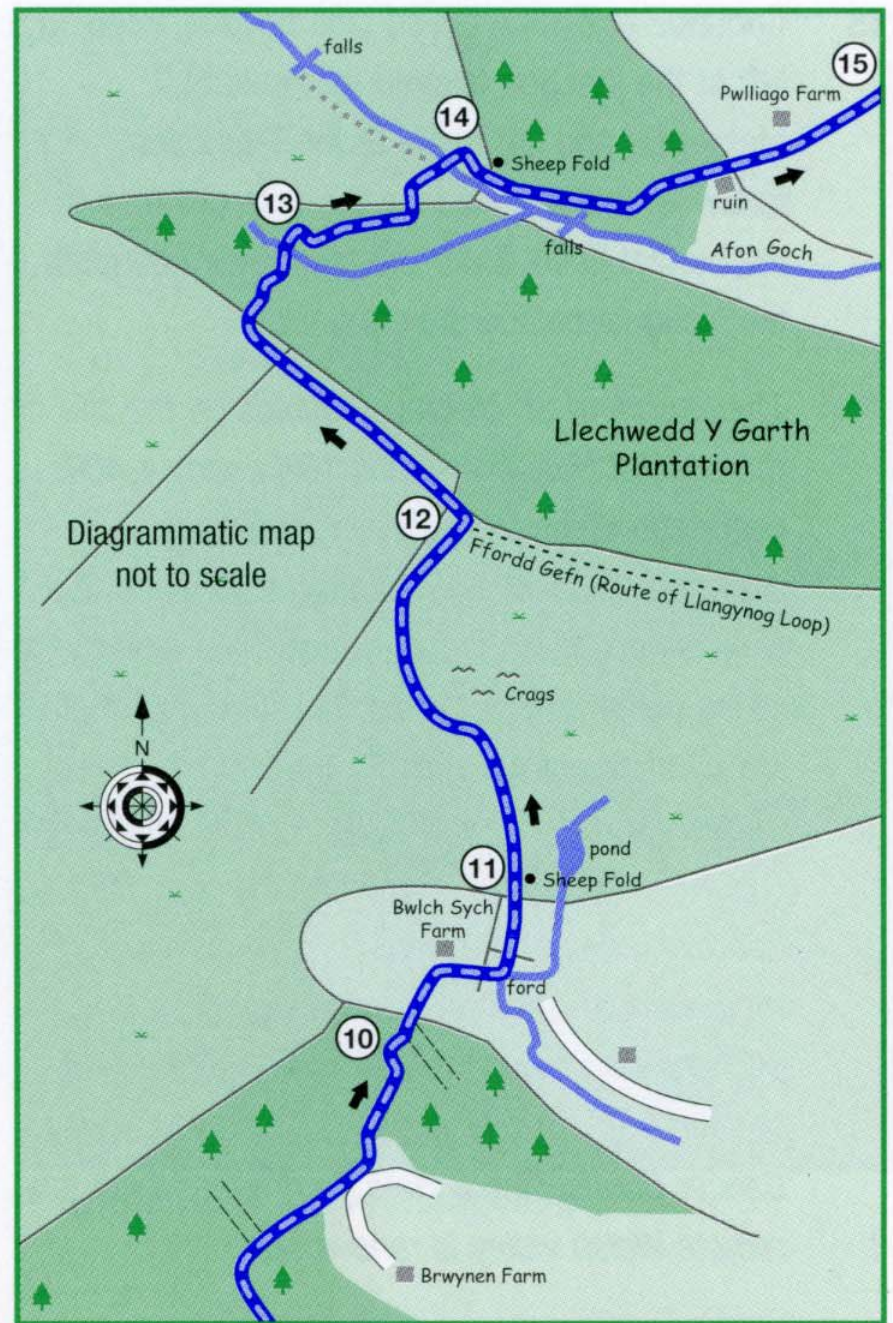
- 12** Cross the fence here and pick a way ahead through this upland bog to join an indistinct path parallel to the forest-edge fence. Pass over a cross-fence, then look out for a firebreak between the trees in about 250 yards. Ignore this, but keep a sharp eye on the fence beside the trees, for in about 150 yards you need to cross a stile into the woodland. This leads directly to an initially low-branched passage through the dense tree growth. Within yards an obvious, wide path has been cleared by hacking off the lower branches. This courses straight as an arrow to meet the end of a deep drainage ditch in about 150 yards. Bear right along the line of this, the way less than generous along either lip. Reaching a small clearing, turn right with the ditch, then look left in about 25 yards to sight and walk to a forestry road.



**Cwm Hirnant**

**13** Turn left and walk round the bend. In just a few yards look right for a grassy path forging a route down through the trees. The initial few yards may be overgrown, but persevere. The boggy surface soon becomes firm underfoot. Remain with this green path, a deepening dingle forming to your right. The path emerges from the woods at a stile, offering a splendid view down into Cwm Llech. Look for the footbridge visible in the valley bottom just above an ash tree, and trace the route through the high bracken down to this. The way is across the bridge and right.

**14** Walk beneath the ash tree and past the ruinous sheep pens to a gate and stile. Beyond this point follow the forest track, soon joining a wider forest road along which bear right. Off to the right here is the crag known as Craig yr Arian, cutting off from view a series of falls called Pistyll yr Gyfyng. **There are precipitous drops here, off-road exploration is not recommended; the views from the road itself down Cwm Llech are reward enough.** Stay with the forestry road, passing out of the plantation and above a ruined cottage. Go through the gate beyond and follow this rough lane to and through the farmyard at Pwlligo Farm.



**Section: 3.6 miles**

**Total: 12 miles**



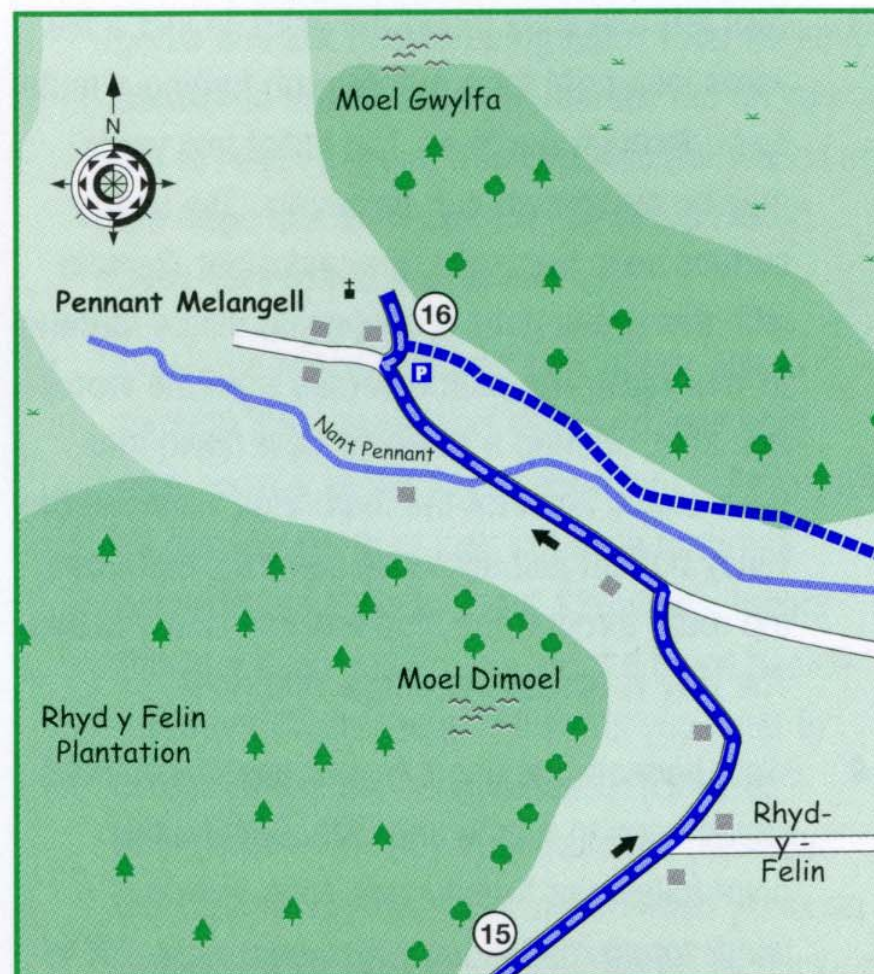
**Tumbled ruins near Pwlligo**



**Lonely footbridge in Cwm Llech**

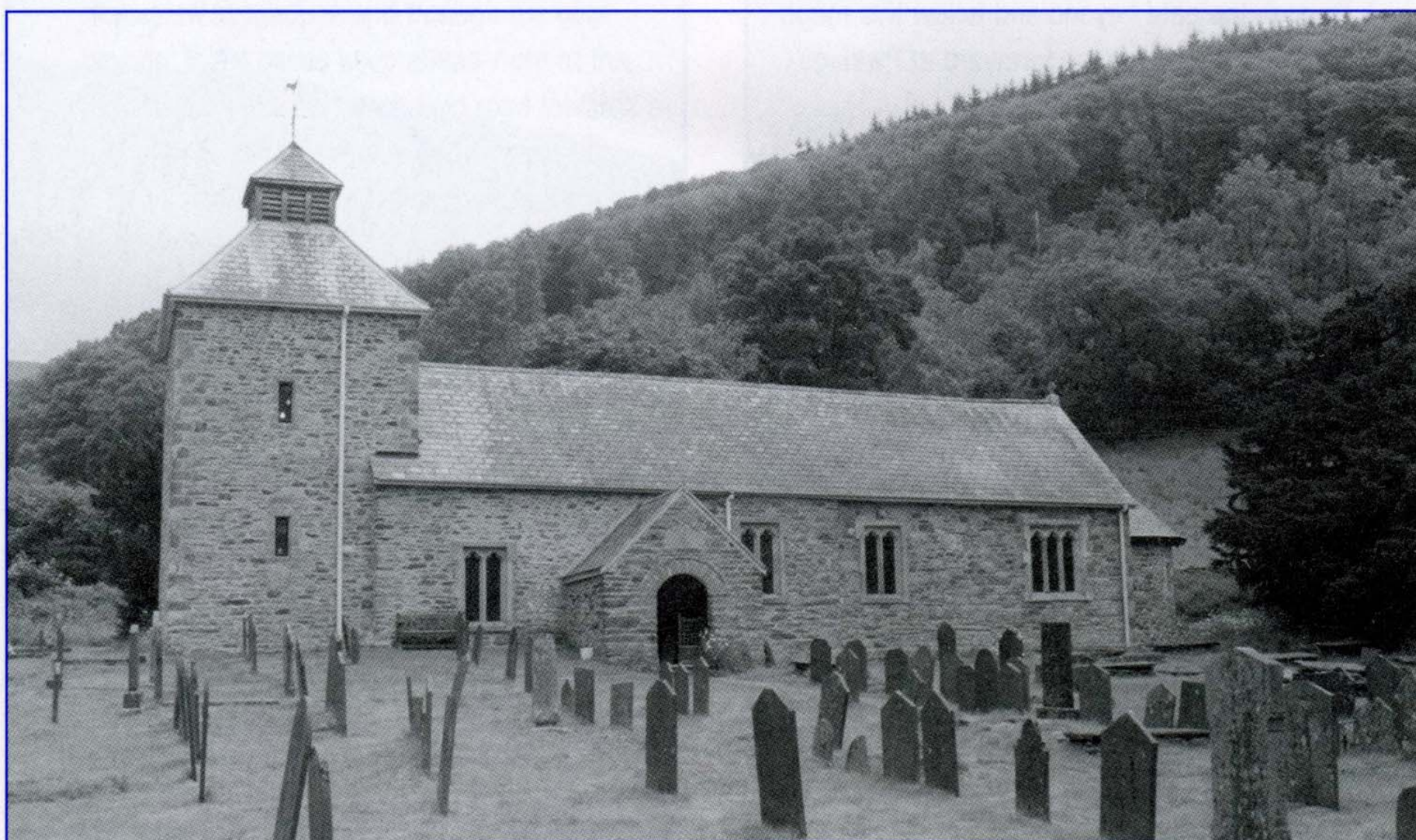
**15** Continue down the tarred lane beyond, keeping left at the junction (signed for Pennant Melangell) and left again at the T-junction, following this narrow lane the mile distance to the hamlet itself. Enter the churchyard beneath the lychgate beside the car park.

● *The church of St. Melangell stands on the site of the original Nunnery established nearly 1,400 years ago. Centred in an almost circular churchyard (itself lying within the confines of a Bronze Age site), the squat tower and wooden belfry are typical of the ancient rural churches of Montgomeryshire. Its idyllic location, sheltered at the foot of the great grassed dome of Moel Gwylfa in the serene, truncated valley of Cwm Pennant, ensured peace for St. Melangell, a meditative atmosphere for the countless pilgrims who have travelled to her shrine over the centuries, and a tranquil situation for today's Cancer Counselling & Help Centre for which this remote Welsh valley is renowned.*



**Section: 1.2 miles      Total: 13.2 miles**

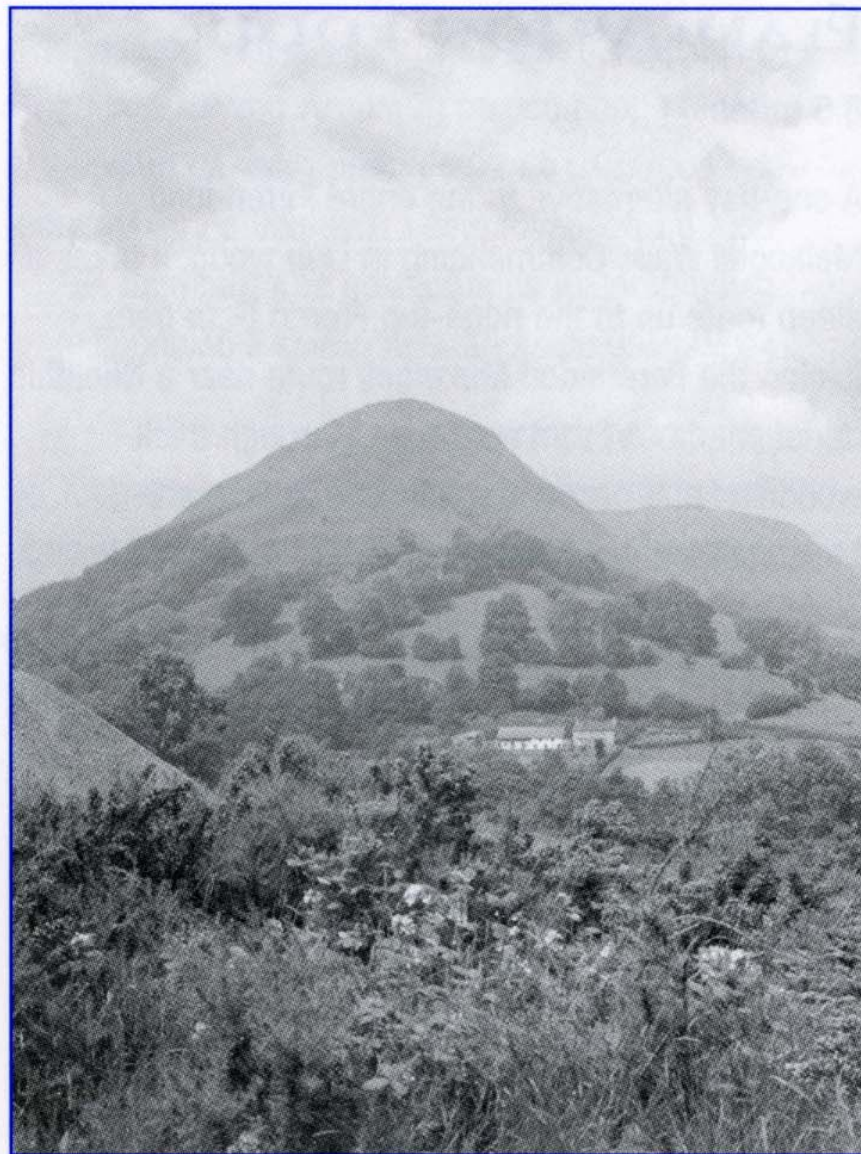
*The Church is open daily between 10am and 6pm (4pm November to April). Within are the shrine to the Saint (the oldest Romanesque shrine in Northern Europe, dating from the 1100s and restored in 1991), St. Melangell's grave, friezes and stone effigies.*



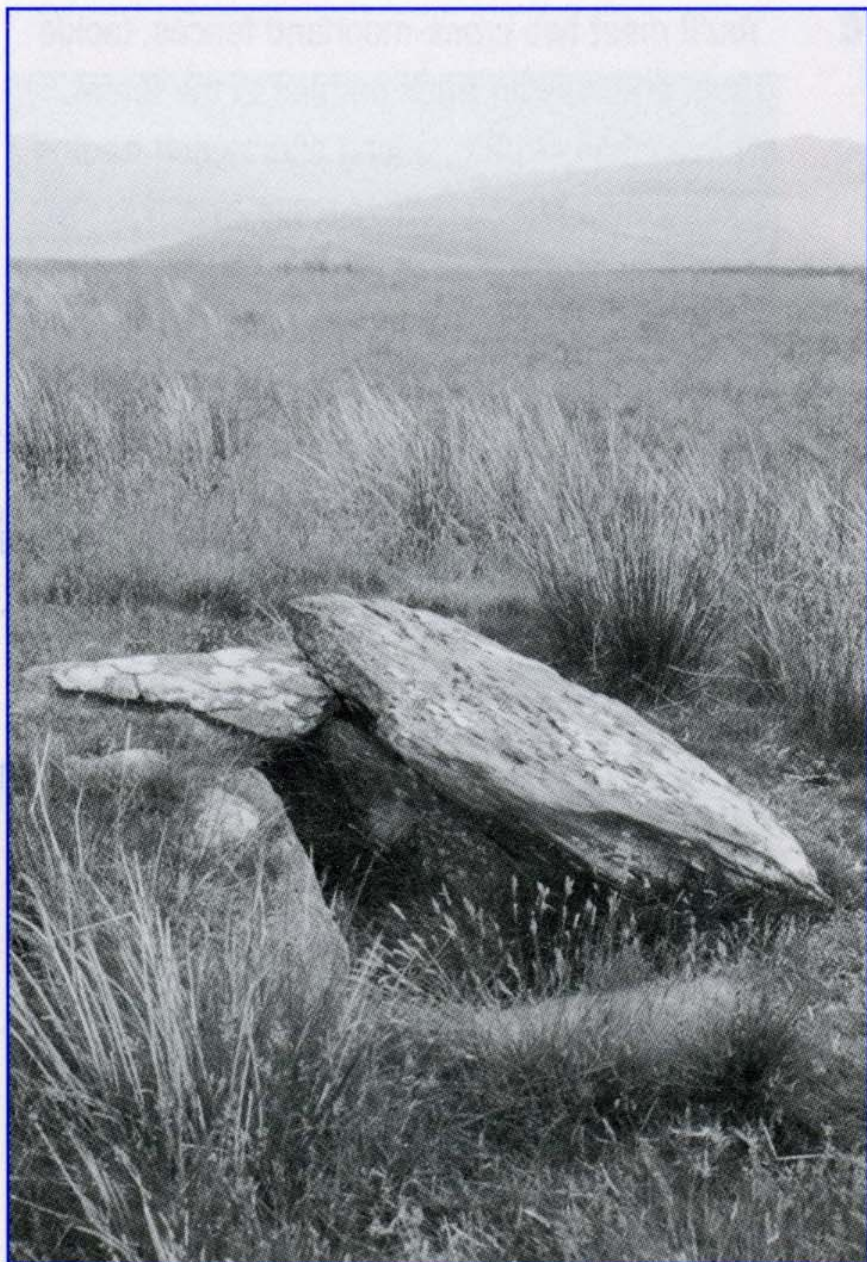
**The Shrine Church of St Melangell**

**16** Leave the car park over the stile at the narrow end, joining the subsequent field road. Keep ahead at the fork and cross a stile, following the high old hazel hedge through meadows, then bear left uphill from the riverbank to a stile and gate into the grounds of Llechwedd-y-Garth House. Pass below the outbuildings (expect the shrieks of the colourful peacocks here) and fork right down the rough track, remaining with this to reach a lane at a sharp corner.

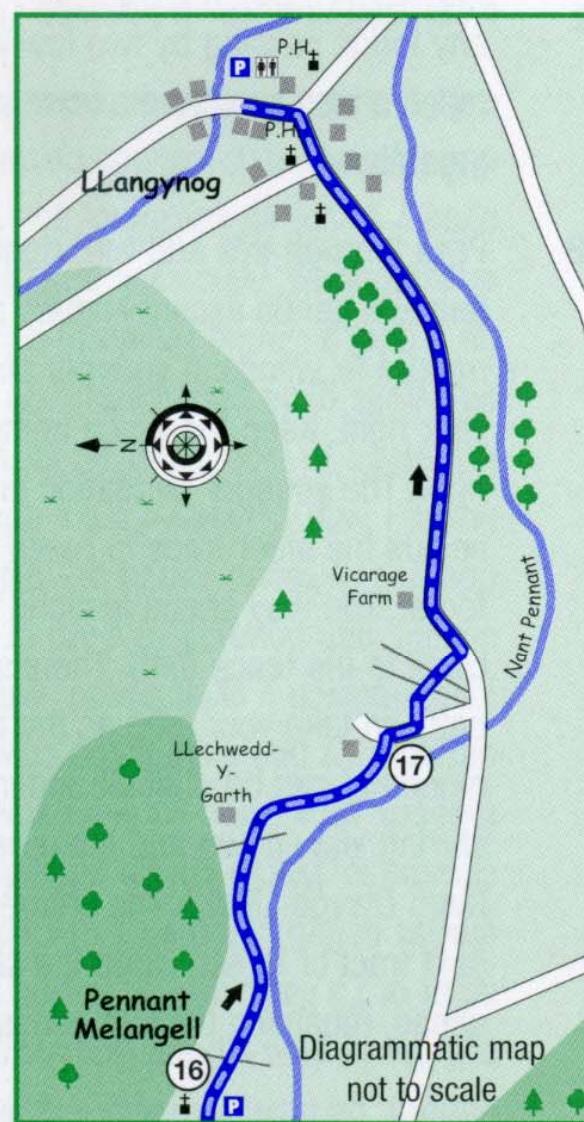
**17** Close to hand across the valley is the immense crag of Moel Dimoel, dwarfing the bright, white cottages at its foot. Walk ahead down the lane to the first bend, here climb the stile on the left and trace the fence to another stile. Turn right past this to another one, climb and bear left along the long narrow pasture above the lane. Leave the field at the stile and turn left along the lane to complete the long mile back to Llangynog.



**Y Gribin rises above Llangynog**



**Chambered Cairn beside Fford Gefn**



**Section: 2 miles**

**Total: 15.2 miles**

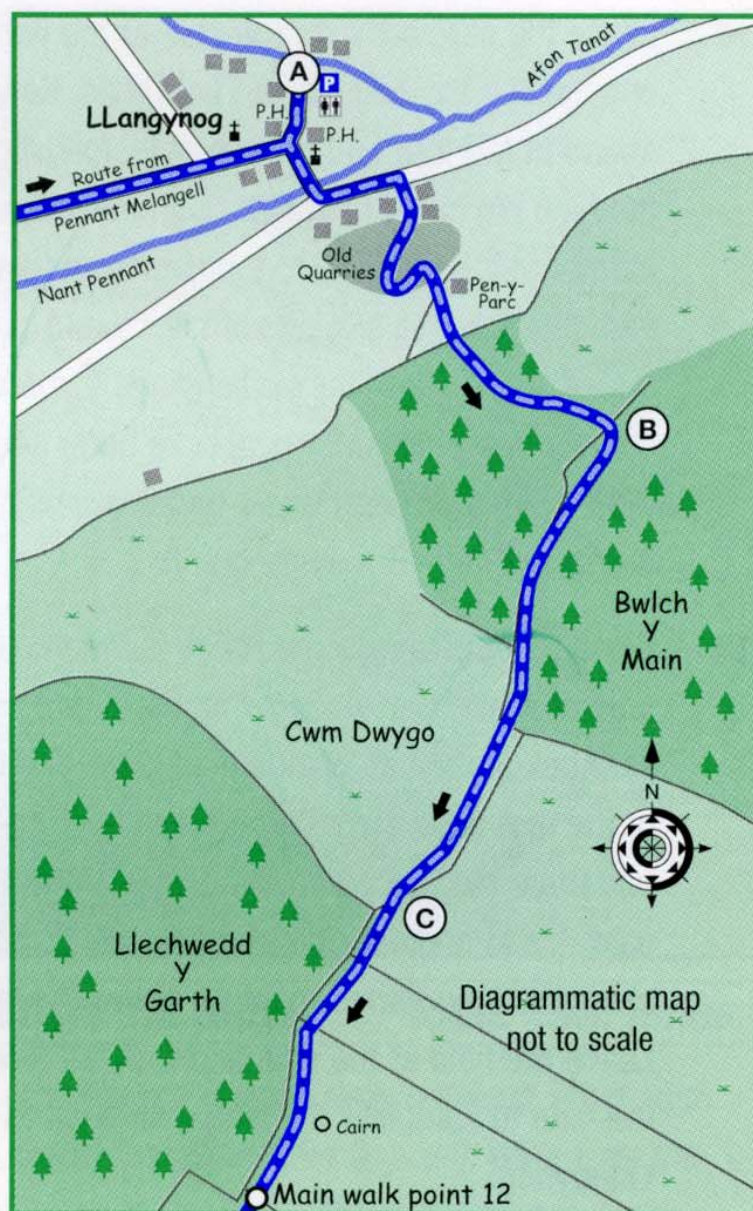
## LLANGYNOG LOOP

8.5 miles

A one-day alternative to the entire Pererindod Melangell Walk. Commencing in Llangynog, it takes a steep route up to the ridge-top Ffordd Gefn path, joining the Pererindod Melangell route near a Neolithic burial chamber. From here paths through thick woodland and past waterfalls lead to Pennant Melangell and back to Llangynog.

**A** Turn left from the village car park, pass between the inns and take the main road to and over the bridge. Bear left, and in 75 yards turn right up along the lane (bridleway) opposite the caravan park entrance. Passing by modern houses, the track roughens and starts a lengthy climb through old quarry workings. Keep left at the waymark post, bend sharply left then right to reach a stile beside a gate, then pass by the renovated cottage of Pen-y-Parc. Continuing uphill, the views improve with each few steps, unveiling splendid panoramas up Cwm Pennant (right) and over to Craig Rhiwarth. Keep left at any forks, passing by two low waymark poles to reach sheep pens and a level stretch leading to a gateway.

**B** Pass through this and turn right along the line of fence. A gentle ascent ensues along the edge of mature fir woods, a younger plantation off to your right. Keep the fence immediately on your right. The younger plantation ends, you remain beside the older trees to reach a stile out of the forest. The way ahead is along the ridge and close to the fence (left). There's no well-worn path, so take your time as the bilberry-rich moorland can be difficult underfoot. There's a stirring view down into the great embayment of Cwm Dwygo. Just yards before reaching the next tract of forest, climb the stile then continue ahead, regaining thick firwoods to your right.



**C** You'll meet two cross-moorland fences, tackle them and stay on track parallel to the forest. This section of path, a long abandoned trading route called Ffordd Gefn, passes over two low rises. On clear days the distant horizon to the south (left) includes The Wrekin (above Telford), the Stiperstones and the length of the Kerry Ridge. At the crest of the second rise divert a few yards left to find the austere remains of a prehistoric chambered burial, the weighty cap stone lying slightly adrift of the hollow beneath. A gap in the hills allows a fleeting view down to Lake Vyrnwy, whilst ahead the craggy skyline of the Arans takes the eye. All in all a remarkable site and sight. Returning to the forest edge, descend to the very boggy corner and a meeting of fences **(3.25 miles to here)**.

**This is where the main route of The Pererindod Melangell Walk is joined. Refer back to direction 12 for your route from here back to Llangynog (5.25 miles).**



BBC - Mid Wales Walks - Llangynog Loop Web Link:

[http://www.bbc.co.uk/wales/mid/sites/walks/pages/llangynog\\_loop.shtml](http://www.bbc.co.uk/wales/mid/sites/walks/pages/llangynog_loop.shtml)

## Llangynog Loop

This is a circular route which joins up with the the final section of the Pererindod Melangell walk. It's a good alternative if you want a taste of the Melangell trail but don't want to tackle the entire 15- mile journey.

**Start: Llangynog**

**Finish: Llangynog**

**Distance: 8.5miles (13.5km)**

Notes: There is a public car park at Llangynog. Parts of the walk cross boggy land and walking boots are advisable.

### The Llangynog Loop Route

Turn left from Llangynog village car park, pass between the inns and take the main road over the bridge. Bear left, and in 75 yards turn right up along the lane (bridleway) opposite the caravan park entrance.

Passing by modern houses, the track roughens and starts a lengthy climb through old quarry workings. Keep left at the waymark post, bend sharply left then right to reach a stile beside a gate, then pass by the renovated cottage of Pen-y-Parc.

Continuing uphill, the views improve with each few step, unveiling splendid panoramas up Cwm Pennant and over to Craig Rhiwarth. Keep left at any forks, passing by two low waymark poles to reach sheep pens and a level stretch leading to a gateway.

Pass through this gateway and turn right along the line of fence. A gentle ascent ensues along the edge of mature fir woods, a younger plantation off to your right.

Keep the fence immediately on your right. The younger plantation ends, you remain beside the older trees to reach a stile out of the forest. The way ahead is along the ridge and close to the fence (left). There's no well-worn path, so take your time as the bilberry-rich moorland can be difficult underfoot.

There's a stirring view down into the great embayment of Cwm Dwygo. Just yards before reaching the next tract of forest, climb the stile then continue ahead, regaining thick firwoods to your right. You'll meet two cross-moorland fences, tackle them and stay on track parallel to the forest.

This section of path, a long abandoned trading route called Ffordd Gefn, passes over two low rises. On clear days, the distant horizon to the south (looking left) includes The Wrekin above Telford, the Stiperstones and the length of the Kerry Ridge.

At the crest of the second rise divert a few yards left to find the austere remains of a prehistoric chambered burial, the weighty cap stone lying slightly adrift of the hollow beneath.

A gap in the hills allows a fleeting view down to Lake Vyrnwy, whilst ahead the craggy skyline of the Arans takes the eye.

Returning to the forest edge, descend to the very boggy corner and a meeting of fences (3.25 miles to here). This is where the main route of the Pererindod Melangell Walk is joined.

Cross the fence here and pick a way ahead through this upland bog to join an indistinct path parallel to the forest edge fence. Pass over a cross-fence and then watch for a clearly marked stile on your right. Cross this and walk down alongside a drainage ditch on your right to a major forest road. Turn left on this and follow it for a few hundred yards.

A little way round a right-hand bend, as the road starts to rise, look for a low marker post on the right pointing down an initially hidden track. Follow this down through the trees and over a boggy section to firmer ground.

Remain with this green path, a deepening dingle forming to your right. The path emerges from the woods at a stile, offering a splendid view down into Cwm Llech. Look for the footbridge visible in the valley bottom just above an ash tree, and trace the route through the high bracken down to this. The way is across the bridge and right.

Walk beneath the ash tree and past the ruinous sheep pens to a gate and stile. Beyond this point follow the forest track, soon joining a wider forest road along which bear right. Off to the right here is the crag known as Craig yr Arian, cutting off from view a series of falls called Pistyll yr Gyfyng. There are precipitous drops here, off-road exploration is not recommended; the views from the road itself down Cwm Llech are reward enough. Stay with the forestry road, passing out of the plantation and above a ruined cottage. Go through the gate beyond and follow this rough lane to and through the farmyard at Pwlliago Farm.

Continue down the tarred lane beyond, keeping left at the junction (signed for Pennant Melangell) and left again at the T-junction, following this narrow lane the mile distance to the hamlet itself. Enter the churchyard of St. Melangell beneath the lychgate beside the car park.

Leave the car park over the stile at the narrow end, joining the subsequent field road. Keep ahead at the fork and cross a stile, following the high old hazel hedge through meadows, then bear left uphill from the riverbank to a stile and gate into the grounds of Llechwedd-y-Garth House.

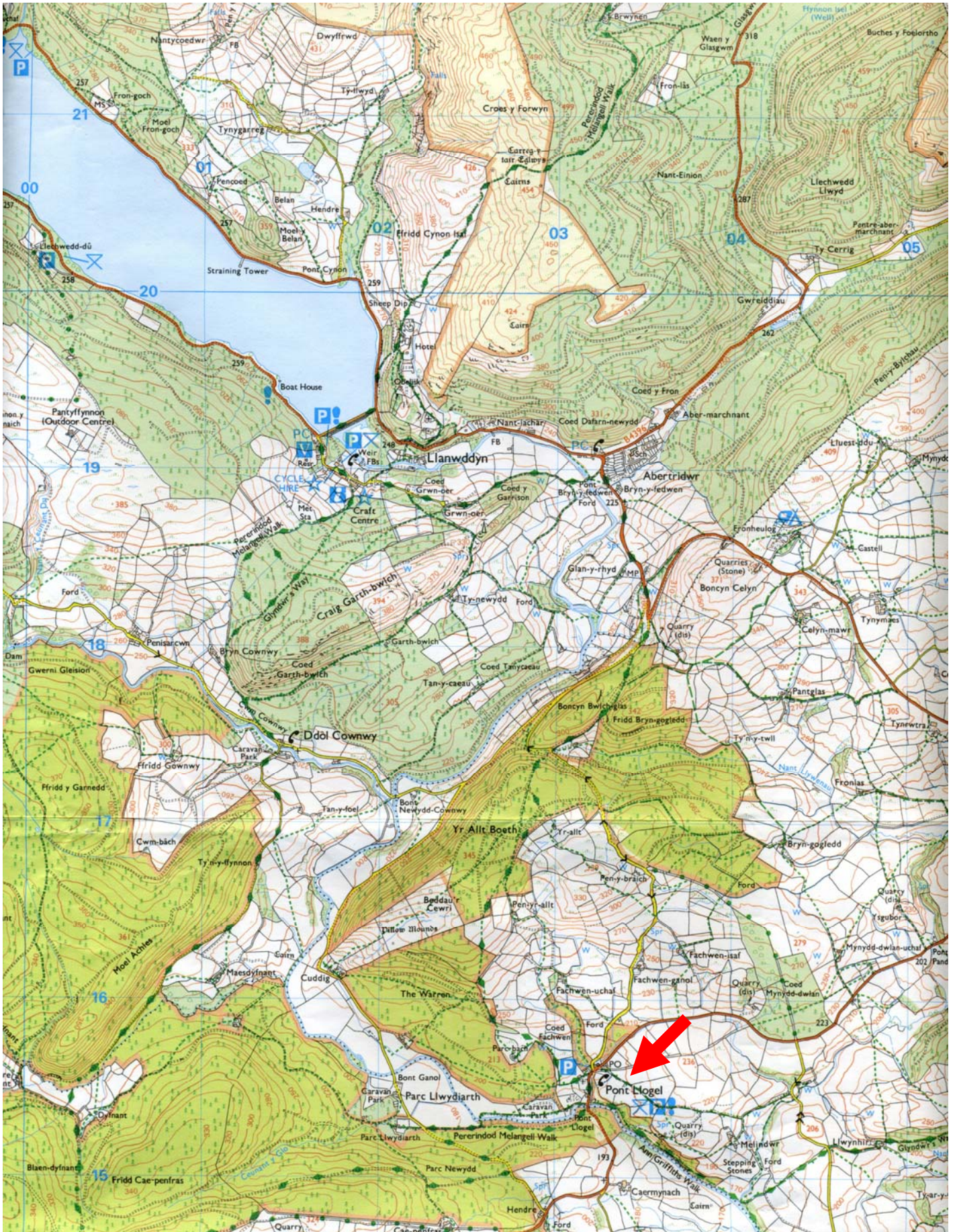
Pass below the outbuildings (expect the shrieks of the colourful peacocks here) and fork right down the rough track, remaining with this to reach a lane at a sharp corner.

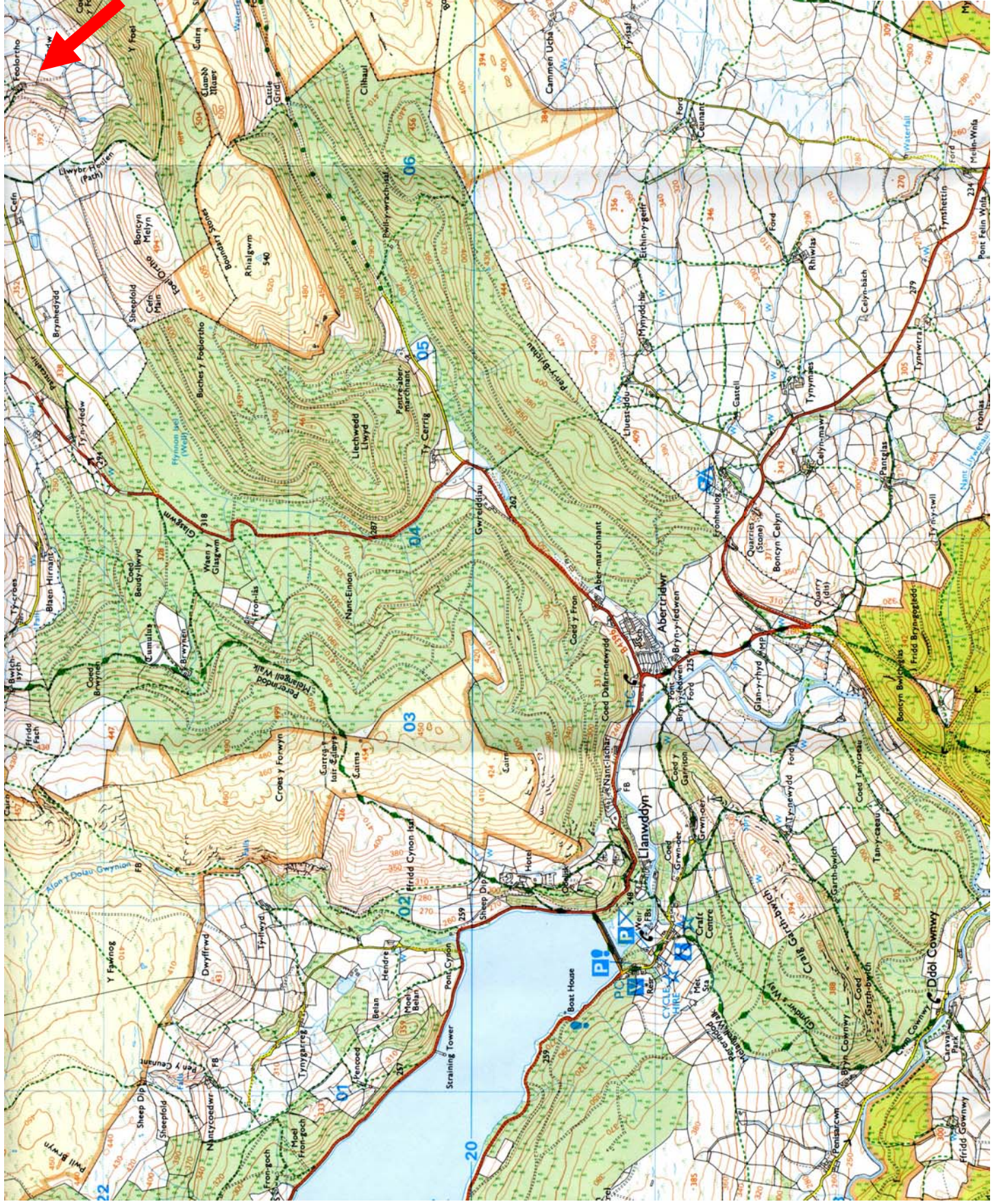
Close to hand across the valley is the immense crag of Moel Dimoel, dwarfing the bright, white cottages at its foot. Walk ahead down the lane to the first bend, here climb the stile on the left and trace the fence to another stile.

Turn right past this to another one, climb and bear left along the long narrow pasture above the lane. Leave the field at the stile and turn left along the lane to complete the long mile back to Llangynog.

# Pererindod Melangell Walk

## Map 1 showing southern end of Lake Vyrnwy & Pont Llogel



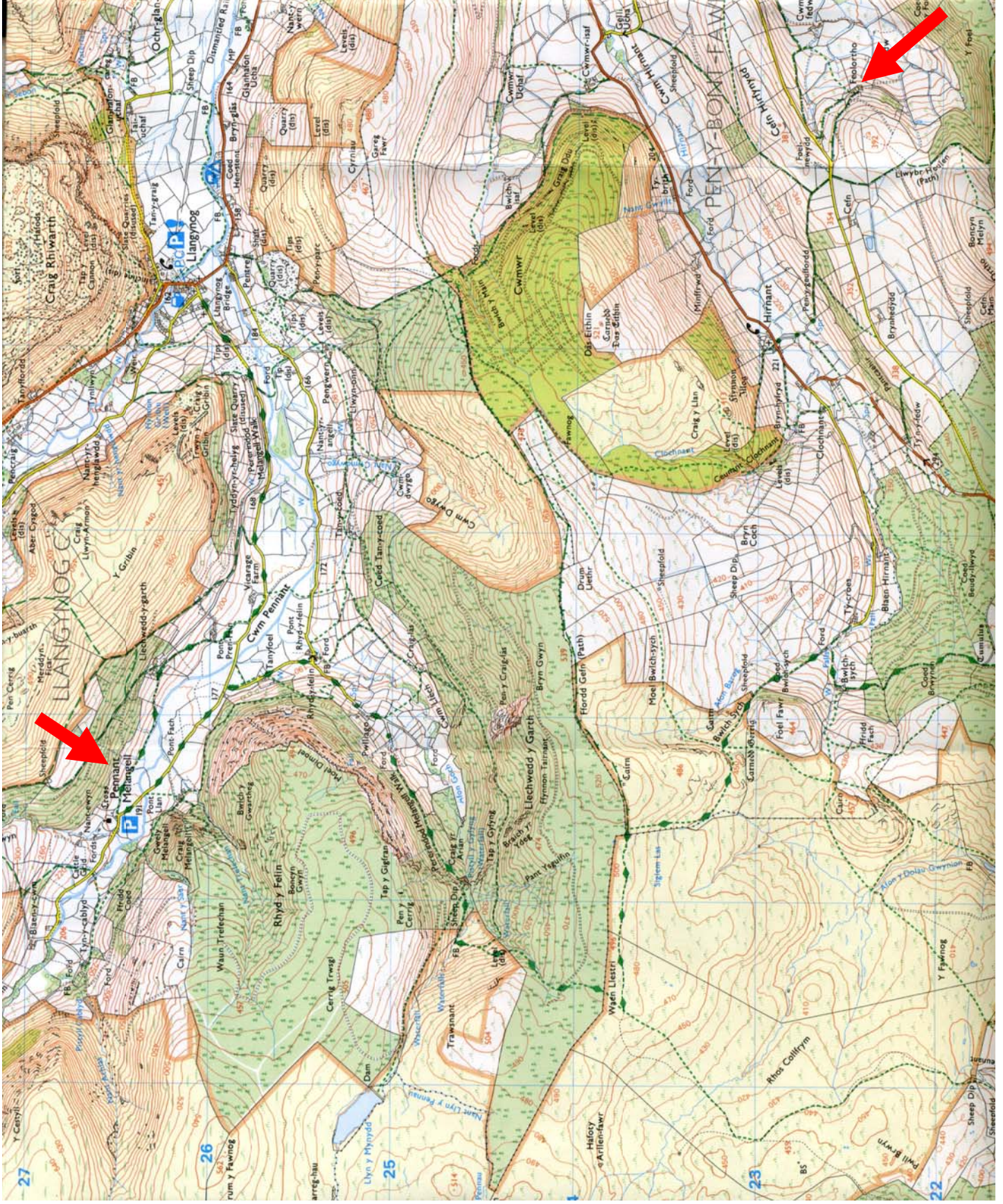


**Pererindod  
Melangell  
Walk**

**Map 2  
showing  
Southern  
End of  
Lake  
Vyrnwy**

**&  
Foel  
Ortho  
Farm &  
Bunkhouse**

**(Spelt  
Wrongly  
on the  
Map!)**



**Pererindod  
Melangell  
Walk**

**Map 3  
showing  
North  
of  
Lake  
Vyrnwy**

**&  
Foel  
Ortho  
Farm &  
Bunkhouse**

**(Spelt  
Wrongly  
on the  
Map!)**