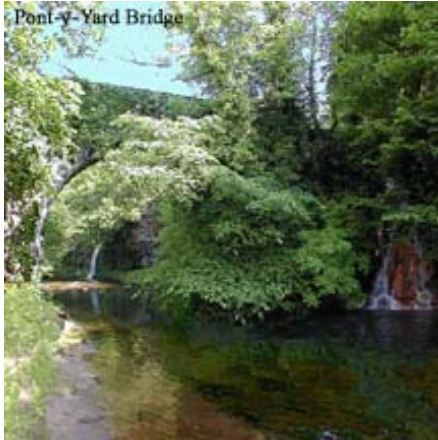


## YSTRADGYNLAIS FROM ABERCRAVE

**Distance:** 13.3km (8.3 miles)

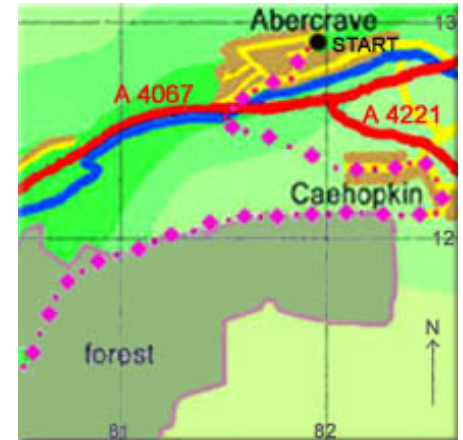
**Classification:** MODERATE, with a sharp ascent to begin.

**Time:** Around 3 hours 45minutes



**(START)** Turn left from the car park of Maes-y-Gwernen Hotel and at the bottom of School Rd turn right and cross Heol Tawe, the main village road. 100 metres past the Post Office turn left down a way-marked grassy asphalt path to a metal kissing gate.

Follow the path and cross the A 4067 to a cottage and Pont-y-Yard Bridge over the river Tawe.

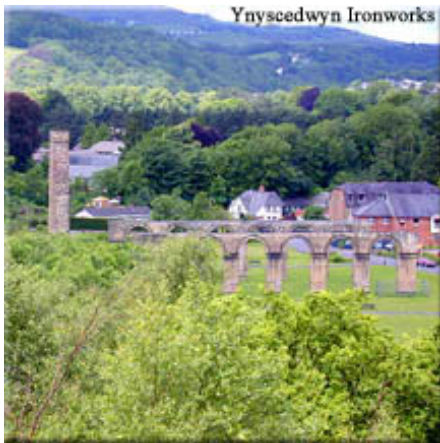


See the iron laden stream coming from the entrance of the old Level Fawr Mine as you pass the cottage and veer left up an asphalt path. When this bears left go straight on along up a wide grassy track which becomes a stony dirt road as it passes Maes-y-Deri House, one of the former homes of the local mine owning families, the Morgans.



At the metalled road turn right up a steep hill and right again after 50 metres continuing along an asphalt road which lies on the bed of the old Neath and Brecon Railway track. Keep straight on following the way-marked permissive path Westerly, then Southwesterly. After around 3Kms the road swings left but go straight on, over a wooden stile and onto a narrow path.

Continue past Blaen Nant Teg farm on the left. After the path widens and houses appear on the right take the centre track to a metalled road and a small roundabout. This is Neath road. Cross over and walk left for 100 metres to a way marked kissing gate. Go along the wooded path for 600 metres, ignoring the first path to cross the track and continuing past a metal picnic table on the right.

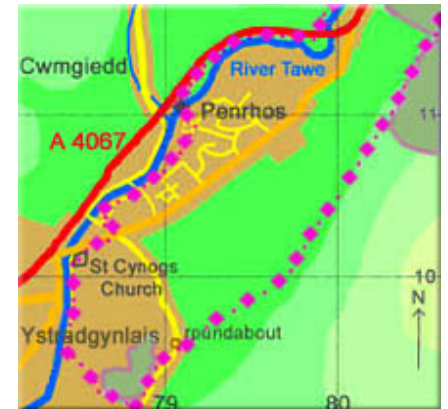


At the bottom of a dip, where another track crosses diagonally, turn right and follow the path Northeast, descending through a kissing gate, after which there are good views of the old Ynyscedwyn Ironworks on the left.

Cross a footbridge and ascend a wooden stairway heading straight across scrub-land to a more obvious path leading to another footbridge. Turn left after the bridge, through two metal kissing gates and past houses and the Gough Arms on the right.



Just before the main road turn right through the park, past the 1954 Eisteddfod Gorsedd Stone Circle and bear left, out onto the B4599, Heol Eglwys. Turn right and pass St Cynogs Church, proceeding to the "cross" (crossroads) in the village of Ystradgynlais.



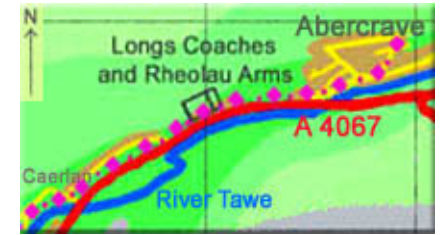
For the toilets turn right in front of Barclay's Bank, otherwise turn left and cross Commercial St, taking the first road on the right, past the library, and then first left ( Maes-y-Cwm). After 50 metres bear right and continue to the junction with Derwen Rd, where an asphalt footpath begins between some corrugated iron garages. Follow this up a steep hill, between houses to a metalled road ( Pen-y-Bryn) in Penrhos housing estate. After proceeding North for 200 metres, pass a children's play area and veer right for 50 metres, before turning left between two rows of garages. Continue between houses to another metalled road.

Go straight ahead 100 metres to the Northern edge of the estate and turn left down an asphalt path leading to concrete steps. Cross the bridge over the River Tawe to the A4067 Ystradgynlais by-pass. Turn right here and follow the main road for 1 Km, along what was the route of the Swansea Valley Canal.



Look for the White Lion and Lock Cottages on the right. Cross the main road 20 metres before the river bridge and take the footpath heading North along the fence, ignoring the path and stile to the left.

This was the tow-path of the Swansea Valley Canal (now filled in) and it passes a former coaching inn, with its ornate cast iron porch.



Go straight across the small metalled road, descending past the cottage onto a narrower section of the old tow-path.

After crossing the next metalled road (at Caerlan) the original width of the canal is evident, and keeping this to the left, eventually emerge from a section of woodland onto the A 4067 road. Turn left and follow the road Northeast for 1 Km passing Long's Coaches, the former site of the Swansea Canal Northern Terminal Basin (Henneuadd Dock) and Abercrave Ironworks. Pass the concrete bus shelter, where there are traffic humps in the road, and 50 metres ahead join the main village road (Heol Tawe). Go up the hill and take the second road on the left (School Rd) to return to Maes-y-Gwernen Hotel.