

## 2. Coed y Foel Woodland and Countryside Walk

**Distance and Estimated Time:** 9km (5.6miles) 3 hours excluding rest stops. Many of the walks in the Llandysul area can be interlinked to increase or shorten the distance walked.

**Terrain:** Within a short space of time walkers are transported from the bustling town of Llandysul into open farmland and the peace and tranquillity of Coed y Foel woodland. The views from the hilltops are stunning and the walk finishes alongside the beautiful Teifi river. The tracks are sometimes rough and there are a few uphill sections. Walking boots and gaiters are recommended after heavy rain. There are stiles, but look for updates as gates are replacing them. Dogs should be kept on a lead on the farmland sections.

**Suitable for:** Moderately fit walkers.

**Grade:** B in accord with the criteria on page 1.

**Start:** Car park (P1) in Llandysul OS SN418406 or Coed y Foel Woodland Trust car park OS SN428425 (P2).

**Refreshments:** Llandysul offers a choice of cafés, restaurants and traditional pubs ([www.llandysul-ponttyweli.co.uk](http://www.llandysul-ponttyweli.co.uk)) and picnic benches are located in the park adjacent to the car park and bus stop.

**Public Toilets:** Llandysul – Car park (P1) (accessible by disabled persons; offers baby changing facilities) OS ref SN 418406.

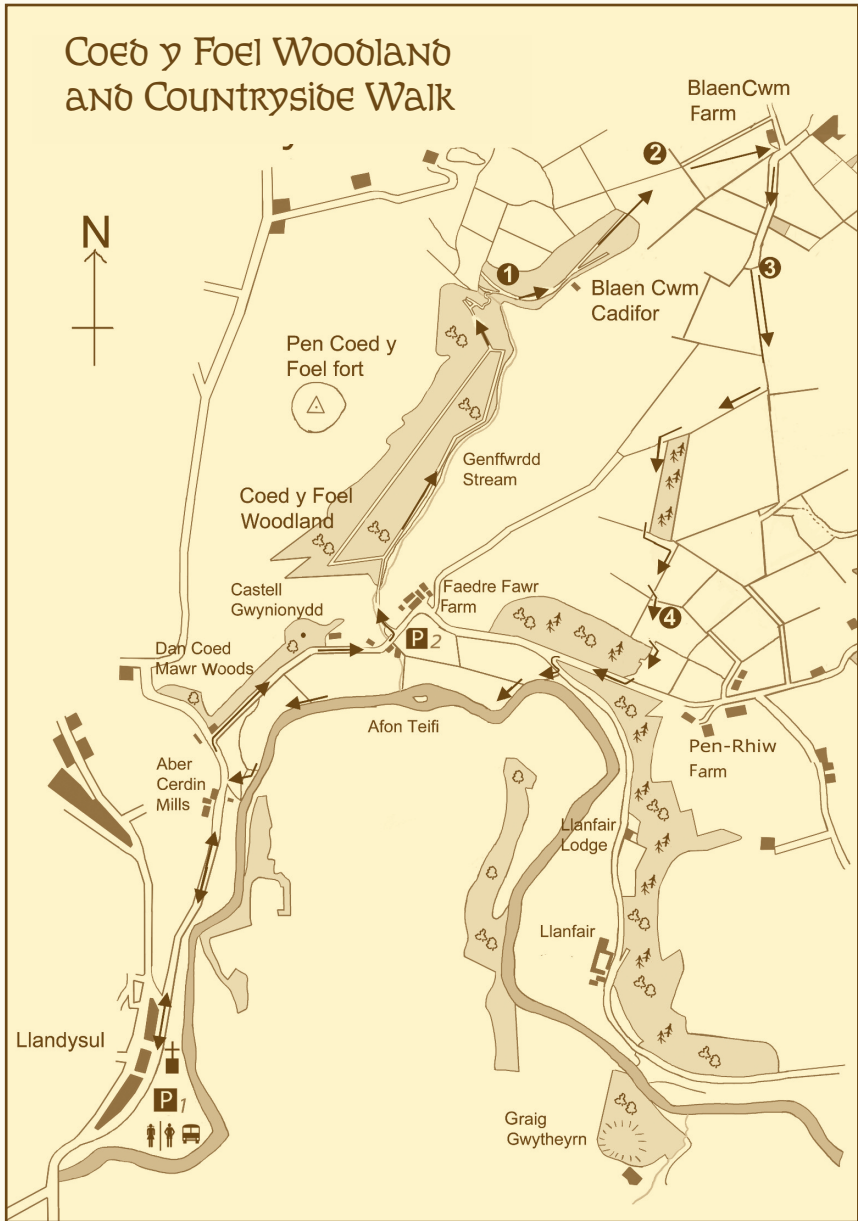
**Maps:** O/S map Explorer 185 1:25000 Newcastle Emlyn/Castell Newydd Emlyn.

### **Route Options:**

**Shorter option** – Start at Coed y Foel Woodland Trust car park (P2), this will however avoid the beautiful final section along the banks of The Afon Teifi (4km, 40 mins shorter).

**Longer option** – Combine this walk with a reverse of walk 3 – The Teifi Loop (3.5km 1¼ hour extra).

# Coed y Foel Woodland and Countryside Walk



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## Detailed route description

### Llandysul to Coed y Foel Woodland Trust car park (P2)

**Twenty minutes:** Turn right out of Llandysul town centre car park onto Church Street and shortly after passing the Porth Hotel turn/bear right to walk past a row of terraced houses into a country lane (narrow at times). After 500m pass a large farm/mill building on the left (Abercerdin Mill) and over a small road bridge crossing the river Cerdin. After 160m, turn right (signposted Capel Dewi) and follow the road past Dan-Coed Mawr woods and Bryn Teifi house until it bends leftwards and starts to go uphill steeply. Coed y Foel Woodland Trust car park is on the left just after a small stream (Gwenffwrdd).

### Coed y Foel Woodland Trust car park to Blaencwm farm

**1 hour:** From the back of the car park (gate and information board) follow a track, crossing Gwenffwrdd stream to enter the woods, then follow the lower track. After 700m the track bends sharply to the left and runs uphill for a few metres before swinging back right (bench). 100m further, the track turns abruptly rightwards (way marked) and runs down a series of steps. At the bottom of the descent turn right and follow a way-marked track back leftwards to a stream (small torrent after heavy rain). Cross the stream and zig-zag uphill to a gate and a forest track ①, turn right and continue straight on (the left turn after 30m is walk 6 Coed Foel to Capel Dewi).

Follow the track past Blaen Cwm Cadifor house (ignore the path to the right shortly after the house) to a gate, then turn left to reach a stile up and left of the main track. Cross the stile and follow a vague path slightly leftwards across the field to reach another stile ②, cross it and head for the right-hand corner of the field and another stile (Blaencwm farm is to its left).

**Alternative route from ③:** Cross the stile into the field and immediately turn left over another stile into the farm lane. Cross the stile on the opposite side of the farm lane and turn right follow the field boundary over fences to the lane. Turn right and walk past the farmhouse to rejoin the route as below.

## **Blaencwm farm to the main road**

**40 minutes:** After crossing the stile, turn right and follow a farm track back southwards, towards the river Teifi, at its end go through the left hand of two gates ④ (waymarked bridleway). Follow the right hand field boundary and just before a gate turn right through another gate (Tir Gofal permitted footpath sign). Follow the left hand field boundary to a gate turn left through the gate and immediately in front go through another gate. Follow the edge of the narrow plantation to a gate. Turn left and follow the left hand field boundary to a farm track and a gate in the left hand corner of the field. Go through the gate and then after a few metres turn right and follow the right hand field boundary to a gate. Shortly after the gate (panoramic viewing-point), descend the field leftwards to reach the left edge of the woods. Go through a gate, turn right and descend, steeply, following the edge of the mixed woods. At the bottom turn right to cross a stile onto the road.

*At this point in the walk it is possible to turn left and follow walk 3 – The Teifi loop, in reverse.*

## **Main road to Llandysul via the Afon Teifi**

**1 hour:** On the road turn right. Walk easily downhill for 350m and turn left (signposted Llanfair).

*(It is possible at this point to return to Coed y Foel woodland car park – do not turn left, continue straight on past Faedre Fawr farm to reach the car park).*

After 100m turn right, cross a stile and follow the riverbank. Immediately after the 6th stile turn right and look for a stile concealed in the hedging. Follow a faint track back to the road and the bridge over the river Cerdin. Retrace your track to Llandysul.