

6. Coed y Foel Woods to Capel Dewi Circular Walk

Distance and Estimated Time: 13.1 km (8 miles) 4½ hours excluding rest stops. Many of the walks in the Llandysul area can be interlinked to lengthen or shorten the distance walked.

Terrain: This circular walk takes you through the peace and tranquillity of Coed y Foel woods, onto open farmland, past the Afon Clettwr, through the small sleepy village of Capel Dewi and along country lanes. The walk is in a beautiful tranquil setting with a pleasant variety of scenery and wonderful views from its highest points. Dogs should be kept on a lead on farmland sections.

Suitable for: Moderately fit walkers.

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

Start: Car park in Llandysul town – OS SN418406. It is also possible to start from Coed y Foel woodland car park OS SN428425 or Capel Dewi church hall OS SN 452425.

Refreshments: Llandysul offers a choice of cafés, restaurants and traditional pubs (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 (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 options –

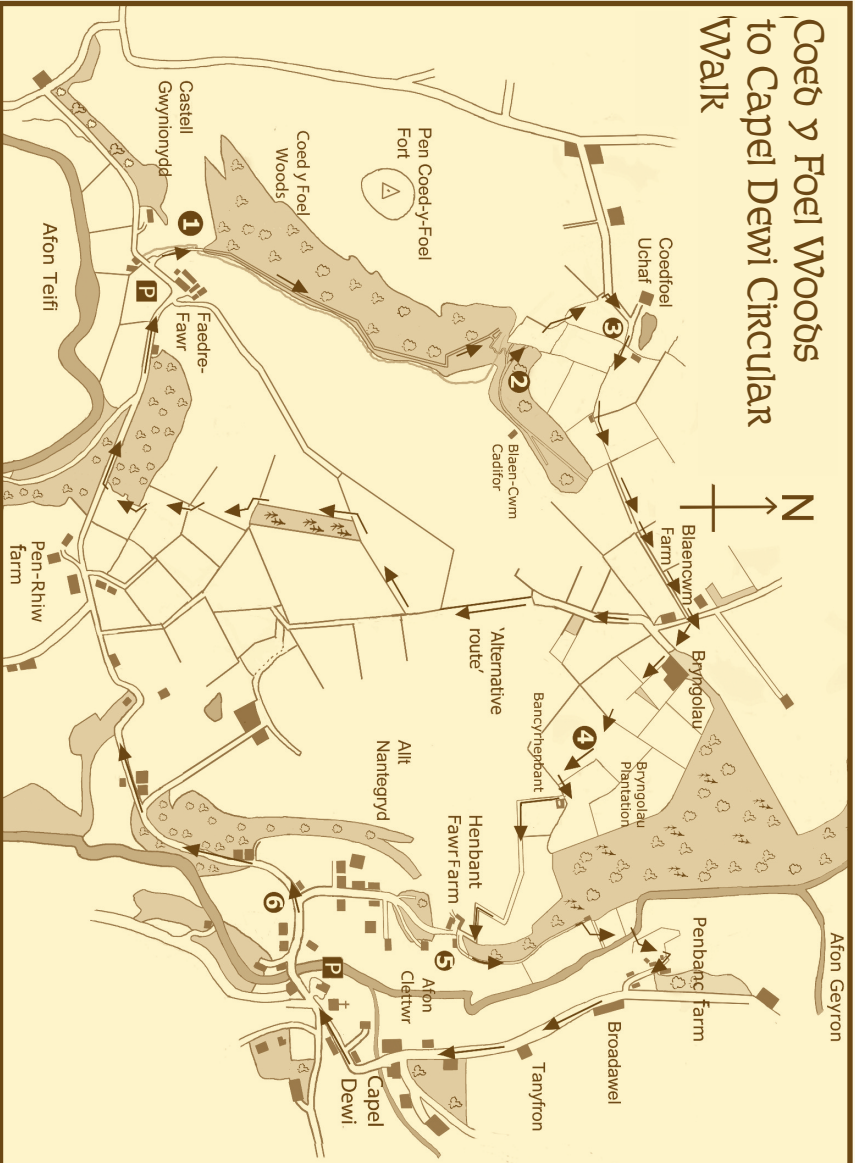
- Start at Coed y Foel Woodland Trust car park (4km, 1 hr shorter, excluding rest stops).
- Follow walk 2 Coed y Foel Woodland and Countryside walk after Blaencwm farm (4km, 1 hr shorter, excluding rest stops).

Longer options –

Combine it with either of the following walks:

- Follow part of walk 5 – Clettwr Valley South Walk (4.5km, 1½ hour extra excluding rest stops).
- Follow part of walk 3 – The Teifi Loop. (3.0km, 1 hr longer, excluding rest stops).

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Detailed route description

Llandysul to Coed y Foel Woodland Trust car park

20 minutes: (P2) (*this section is not shown on the map – see walk 2 for the map*) – 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 Afon 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.

Coed y Foel Woodland Trust car park to Coedfoel Uchaf

45 minutes: From the back of the car park ① (gate and information) follow the track, (crossing the stream), enter the woods and follow the track through the bottom of the woods. After 700m the track bends sharply to the left and runs uphill for a few metres before swinging back right (bench). After 100m it turns abruptly rightwards (way marked) and runs down a series of steps. At the bottom turn right and follow a way-marked track that eventually leads back leftwards to a stream (small torrent after rain). Cross the stream and zig zag uphill to a gate and a forest track, turn right onto the track and after 30m take the track cutting back sharply left ② and follow it to a stile and a gate. Cross the field slightly uphill, to go through a kissing gate and follow the right hand field boundary to a large farm gate. Go through the gate and cross the bottom of the next field (possible small stream after heavy rain) to reach a gate in the bottom left hand corner. Go through the gate, turn right and follow the road uphill.

Coed foel Uchaf to Blaencwm farm

30 minutes: When the road bends sharply leftwards ③, continue straight on through a gate and after 100m through another gate. Follow the right hand field boundary to a small gate and a stile. Follow the right-hand field boundary crossing a double stile and three more stiles to reach a farm road (caravan) at Blaencwm farm.

Shorter alternative route: Follow walk 2 Coed y Foel Woodland and Countryside walk after Blaencwm farm (4km 1hr shorter, excluding rest stops).

Blaencwm farm to Henbant Fawr farm

20 minutes: Go through a gate on the opposite side of the farm road and cross the field, diagonally rightwards, to a small gate in the right hand field boundary. Go through the gate, cross the lane and go through a large gate. Follow the left-hand field boundary (passing a stile) to a stile hidden in the left-hand corner of the field. Cross the stile and follow the left hand field boundary to its end then cross the field directly, to a stile. Cross the next field to follow the left hand field boundary ④ to a corner and a gate. Follow the right hand field boundary to a gate and a derelict farm (Bancyrhenbant). Walk past the farm and follow the right hand field boundary to reach the bottom right-hand corner (gate) of the field. Go through the gate and follow the track downhill passing some sharp bends to reach Henbant Fawr farm.

Henbant Fawr farm to Penbanc farm

15 minutes: Just before entering the farmyard, turn left and follow a track past a barn to the right ⑤. Follow the track through a gate and descend into the lower reaches of the woods (Bryngolau Plantation). Follow the track for 450m to a disused house and go through the gate on the right into a field. Cross the fields diagonally leftwards towards the left hand field boundary (two closely aligned fences) with a kissing gate and another gate. Cross the next field diagonally rightwards towards the river and a bridge. Cross the river then go through the gate directly ahead and follow a vague track leftwards to reach a gate and a field. Go through the gate, turn right and go uphill to reach the track leading to a gate and the entrance to Penbanc farm.

Penbanc farm to Capel Dewi

25 minutes: Go through the gate and follow the farm track leftwards past farm buildings to reach the road. Turn right and follow the road for 1km back to Capel Dewi.

Capel Dewi Church to the Afon Teifi

1 hour. From St David's Church descend to the bridge over the Afon Clettwr ⑥ and continue along the minor road past the entrance to Rock Mill and past the turning for Derlwyn (barn). 900m after the bridge pass the turnings for Nantegryd and Cwmtegyrd; the road now turns uphill sharply right and back left. After a further 800m pass Pen-Rhiw farm, descend for 600m and take the turning left (signposted Llanfair).

To return to Llandysul to Coed y Foel Woodland Trust car park – It is possible at this point to return to Coed y Foel Woodland Trust car park – do not turn left to Llanfair continue straight on past Faedre Fawr farm to reach the car park.

Afon Teifi to Llandysul (see map for walk 3)

30 minutes: 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 (Abercerdin Mill can be seen ahead). Follow a faint track back to the road and the bridge over the Afon Cerdin. Retrace your track to Llandysul.