



Aberffrwd to Nantyrönen walk.

2.8 km (under 2 miles), about ¾ to 1 hour. Catch the 10.30 am train from Aberystwyth, alight at Aberffrwd station. Return train is 12.55 pm from Nantyrönen Halt, a 'request stop.

A fairly easy and short walk but with lovely views and varied terrain. A clear path leads steeply up through the woods, and then after a rather less easy to follow section, a descent down a long beautiful valley leads to Nantyrönen Halt. There will be plenty of time for a picnic lunch along the way or at Nantyrönen. This could be combined with the walk from Rheidol Falls to Aberffrwd to give a longer linear walk.

1. From Aberffrwd station, go over the level crossing uphill, and walk up the steep lane. Ignore a gate on your right with a wide forest track, but in about 150m and just before you reach a white painted house, notice a signposted path ascending into the forest on your right, at a turning place for vehicles. The path is tricky to follow after an autumn leaf-fall, climbing steeply at first,

bearing right through the deciduous forest, levelling off a little before you arrive at a stile at the forest boundary.

2. Here you cross into a plantation of recently planted deciduous trees and if the growth is not yet too dense, you will see the railway and Aberffrwd station well below you, and a really lovely valley view. The small path levels off here, meandering between old tree stumps for a while until it starts ascending steeply again towards a copse of conifers. Through this and into young birches, the way steepens further, finally zig-zagging left towards the top of the hill. This next part of the route can be overgrown with bracken and brambles in mid-summer, when it requires some concentration to find, but persevere as it is short and you are well rewarded with a great view from the stile at the top.

3. Once over the stile, immediately see another stile on your right at the field corner which leads into a straight length of an ancient track, descending gradually between raised ridges alongside a wire fence to yet another stile. This is an excellent place for a stop to admire the view of the lower Rheidol valley below, and the sea in the far distance.

4. The path ahead skirts round a scrubby area before leading down to a gate and stream in a tiny wooded valley or gully. Then it bears right and becomes a clear track climbing up into open meadowland beyond. Here there is a choice of ill-defined sheep paths, but choose one that simply goes straight over the brow of the grassy ridge to the left, and you will soon see a gate ahead or to the

left of you, with a path crossing our way at a right angle before you get to it.

5. Descend to the right on this crossing path towards the trees lining the bottom of this beautiful small valley then follow it down, descending steadily with a lovely view ahead of you. The right of way runs in the open grassland adjacent to the trees, parallel to the stream; there is also here and there the option to adopt a sheep trail down closer to the stream. On the crest of the ridge over to the right in the forested area (Coed Lluest) there is an ancient iron age settlement, but our right of way leads in a straight westerly direction heading straight towards Nantyrönen station. When you arrive at the top of a grassy shoulder you will see the railway below, and to the left at the bottom, the station with the (current) water tower. There is a gate at the bottom of the hill which would give easy access to the eastern end of the station.

6. However, from this viewpoint about 120 metres from the gate, the public right of way unfortunately turns sharply right across the field, through a gap in the fence and crosses the railway about 300 m northeast of the station. A muddy track takes you through Troed-rhiw-ceir farm, then eventually onto a small surfaced lane where you turn left. This lane eventually bends left again 400 m further on, ending up at the western end of Nantyrönen Halt via a very circuitous route.

