



Crag Rhiwarth circuit

Distance; 19 km (12 miles)
 Grade; Medium
 Duration; 1.5 - 2 hours
 Map; O/S Landranger 125

Getting there

Llanrhaeadr ym Mochnant is a small village on the edge of the Berwyn mountains. The village is on the B4580, 15 miles west of Oswestry and the busy A5 trunk road. That same road provides easy access to the north west, and to the midlands via Shrewsbury, which is 30 miles south west of the village. Pistyll Rhaeadr falls are a four miles from the centre of the village. Llangynog is a six mile drive west from the village.

Food & drink

There are two cafes in town; the Cegin Fach, which is fine, but very quiet. Just opposite is a small tea room, which serves up great barra brith and scones. There is also a nice cafe right at the foot of the falls themselves, with parking just a few metres away. There are also public toilets, parking, and a local shop in the village.

There are three pubs in the village of Llanrhaeadr; The Wynstay Arms, the Three Tuns and the Hand Inn. All of these are of "ye olde" traditional Welsh variety, although at a weekend they can get quite busy with local trade. Llangynog has two pubs; the New Inn, and the Tanat, both serve up decent food and have a lively weekend scene. In Penybontfawr there is a small shop and the Railway Inn, which is fairly quiet and traditional. There is also a small pub in Llanarmon, which is convenient for a half way stop on the Wayfarer route.

Accommodation

There are several B&B's in the Llanrhaeadr area; try Llyf Morgan 01691 780365, Bron Heulog 01691 780521 or Eiranfa 01691 780507. Alternatively there is a B&B and a basic camp site at the Pistyll water falls themselves. Accommodation is also available at £18 per night at the New Inn in Llangynog Tel 01691 860229. A cheaper alternative would be the Youth Hostel in Cynwyd. Tel 01490 412814. For further info call the Mile End Tourist Office 01691 662488.

Other details

For the rides you will need a copy of the OS Landranger sheet 125 Bala. The nearest bike shop is 12 miles away in Oswestry. Call Stuart Barkley Cycles 01691 658705. There is also a small and basic bike shop in nearby Bala (R.H. Roberts).

Easy Route

- Starting from the car park in the centre of the village turn right, then after 100 metres turn immediately right between the caravan park and the cottages and follow the narrow twisty lane to Penybontfawr.
- At the junction in Penybontfawr keep left and climb the road hill. Keep on the road as it dips, then starts to climb again.
- When you reach a white house on the left turn left. Follow this climb until the road forks, take the fork to the left of the bungalow and continue to climb.
- Go through the gate and climb up along the farm track which lies directly ahead, and heads on for the summit. Follow this track over the top, through the gates and sheep pens and right along the valley side until you come to a boggy section and a staggered junction.
- Turn left, cross the stile and follow the narrow moorland track over the top of the valley and start to descend in to the next valley. Keep to the right on the descent and traverse the valley side until you reach a gate. Turn left at the gate and follow the fence line down. Keep on this track until after crossing a couple more gates the field to your right opens up.
- Turn right and drop down to the next gate. Cross the stream and follow the farm track left, until you reach a gate. After crossing the gate bear right and follow the single track through the bracken. Keep right through the trees, then follow the single track across the slate to rejoin the road, then retrace to the car park.

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