

Pentyrch, Coed y Bedw Nature Reserve and The Garth

Distance: 5 miles (8km)

Rating: Moderate/ Difficult

Refreshments: Pub

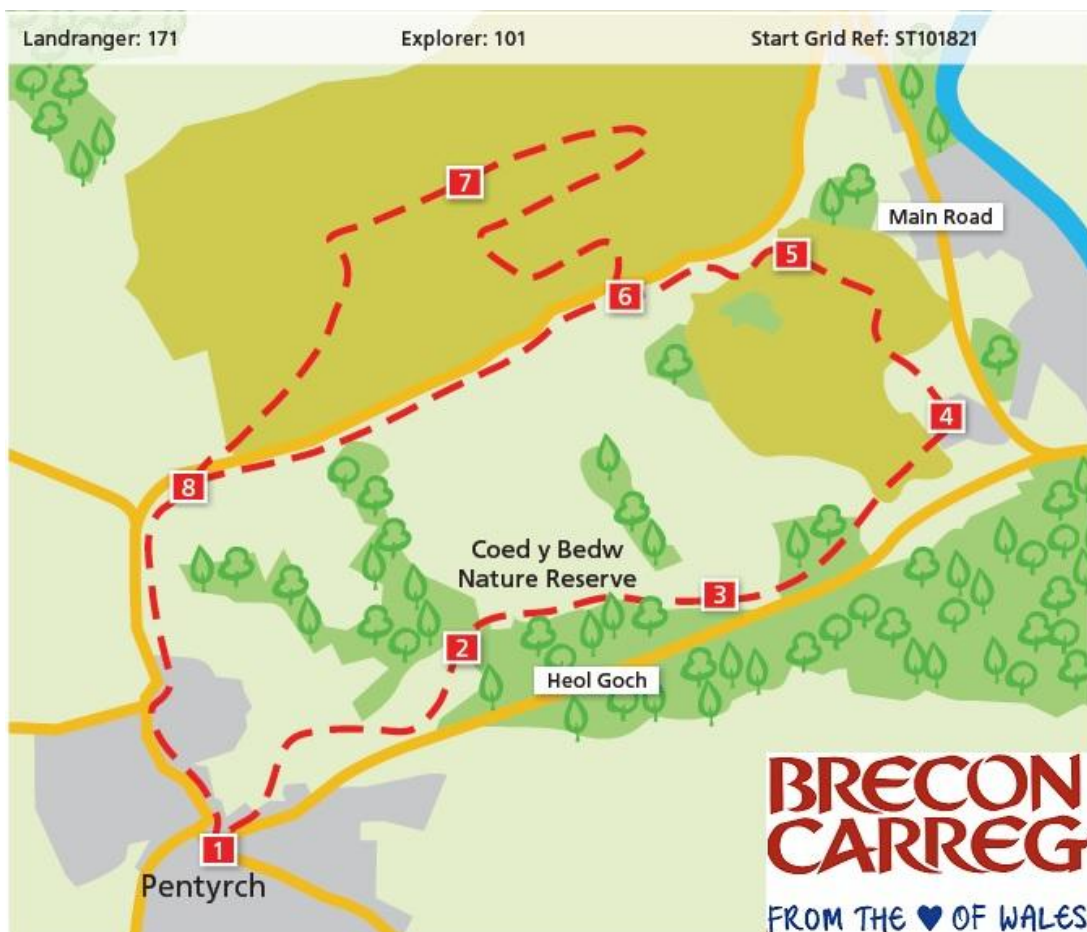
Public Toilets: No

Car parking: Yes (street)

Dogs: Yes (On lead)

Public Transport: Bus: take Stagecoach 136 from Cardiff Bus Station

Start from: War Memorial, Pentyrch (close to The Lewis Arms).



1 Facing the War Memorial, turn left and take the second turning on the right into the cul-de-sac Cefn Bychan. Approx

15 metres after passing the last house ('Greenwells') on your left, turn left down the signed footpath. At the end of the path, carefully cross the road to a gravelled opening diagonally to your left.

2 Do not cross the stile ahead which is beside a gate, but look for, then cross, the stile to your right. Turn left and follow the track as it curves to the right, over a stream and through a gate. Continue through a second gate and turn immediately right to a stile which provides access to the Coed y Bedw Nature Reserve.

3 Cross the stile and carry on the main path which generally follows the stream in an easterly direction.

4 The path leads to another entrance/exit stile with an information board. Cross the stile to exit the Nature Reserve and carry on along a wide path keeping the stream on your right, through two kissing gates before reaching a row of cottages. At the T-junction, turn left, taking the track to Maes Gwyn Cattery. On reaching the cattery, ignore the stile on your right, but cross the stile directly ahead and follow the path into the woods. At the T-junction with another path, turn right and then at the path-crossroads turn left. Continue up this path to reach a kissing gate on your right. Go through the kissing gate and cross the field to another kissing gate directly opposite.

5 Go through this kissing gate and turn left, down the lane. Continue until you reach a wide footpath coming down from your right and signposted from the lane.

6 After taking in the views you have a choice: Either: continue along the lane to reach a cattle grid and rejoin walk instructions at Point 8; Or: turn Right and follow the wide path to the top of the Garth. [Note: sections of the path are steep and can be subject to erosion, proceed with great care.] Go forward and up along the path, going left and up at forks in the path. Where the path levels out, turn left on to a wide path for a short steep ascent. After the short steep ascent to the top, follow the path going left (westerly direction) towards the trig point just visible on a mound in the distance.

7 After taking in the views at the trig point, drop down to the information board at the base of the burial mound (the Bristol Channel side) and follow the path going right and down, passing a picnic area to join a tarmac road. At T-junction go right and down to reach a cattle grid.

8 Go through a cattle-grid gate then carry on to the T-junction. Turn left here onto the Mountain Road which goes to Pentyrch, ignoring any side roads. Where Mountain Road curves sharply right, continue straight on into the Old Bakery Court with a bus stop and village shops on your right. Carefully cross the road to reach the Presbyterian Church of Wales and turn left into Heol Goch heading towards the Lewis Arms pub sign. Pass the Lewis Arms pub on your left arriving shortly back at the War Memorial.