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TWO PENNAL WALKS

The Romans came to the Dyfi Valley in 43AD, to the fort at Cefn Caer (see Places to Go section). The Romans gave Pennal its name which means main town or fort.

The medieval church of St Peter and Vincula was founded in the 6th Century by Celtic missionaries from Brittany.

Pennal is best known for its association with Owain Glyndwr. A copy of the famous Pennal letter can be seen at the church (open daily). The church also features a large oil painting depicting Glyndwr's visit to Pennal.

Cefn Caer is a pre fifteenth century medieval hall house. The house would have been used by Owain Glyndwr when the Pennal Letter was drawn up, this sought the military assistance of the French King Charles VI.

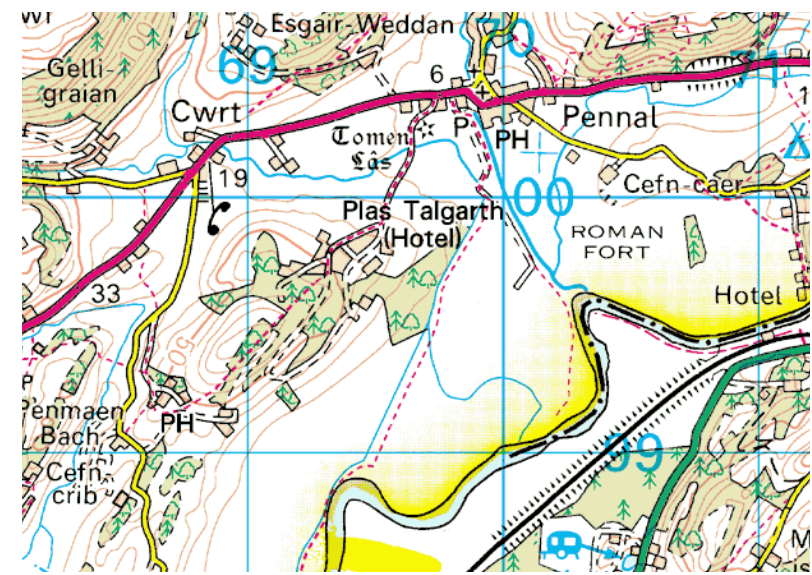


WALK 1

Along the Dyfi River 3 Miles

An relatively easy walk with stunning views of the valley and plenty of bird watching.

1. Turn left from the Riverside car park, over the bridge and through the first gate on the left marked Public Footpath.
2. Continue on the track until you reach the Dyfi River.
3. Continue on the raised flood bank with the river to your left.
4. On reaching the tarmac road, turn right to pass Yn Ynys farmhouse on your left.

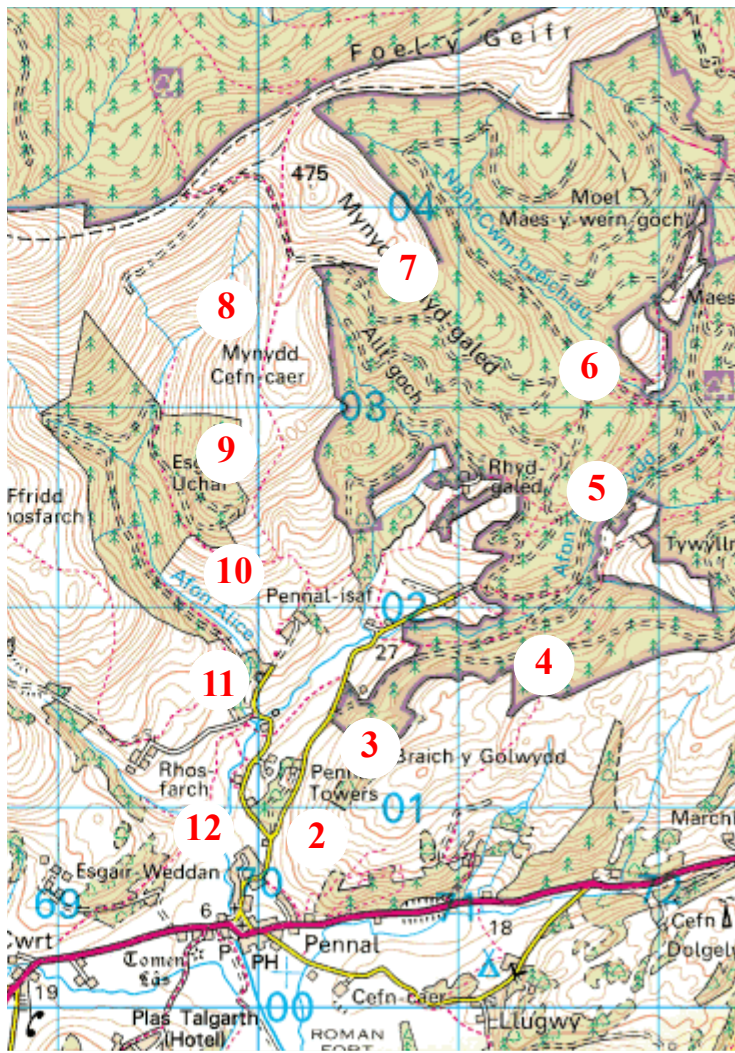


5. Continue uphill until you see Penmaenbach farmhouse. Turn right through gate on right at top of the hill overlooking the house.
6. On reaching a field, cross diagonally to the right until you reach a way-marked gate.
7. Follow the path through the wood and exit into the grounds of Plas Talgarth.
8. Follow the driveway back to Pennal.



WALK 2

Forest Walk 6.5 Miles



1. Start from Pennal Bridge and take the road between the two large chapels
2. Continue until you come to a forked road and take a right turn
3. Turn right onto the forestry road and continue along the road ignoring the right hand turns
4. The road descends to cross a bridge and after 200 yards veers left along the road.
5. Ignore the two left turns then take the third left, then the first right.
6. Follow the winding road upwards and into the wooded area. Take the first right turn which leads you to within 200 yards to the gate out of the forest.
7. After the forestry plantation walk until you reach a gate and stile on your left.
8. Climb the stile and walk across the field to another stile in the far right hand corner.
9. Cross this stile and walk diagonally to reach a further gate and stile in the left corner of the field.

10. Climb this stile and walk down the grassy track to a field.

11. Descend over the field to a track near the fence at the bottom.

12. Follow the track down to a gate, then walk 100 yards through the gate, turn right up the bank to follow a fence on your right hand side, this leads you to Esgair Farmhouse on your left.

13. Cross the tarmac lane and follow this back to Pennal.

