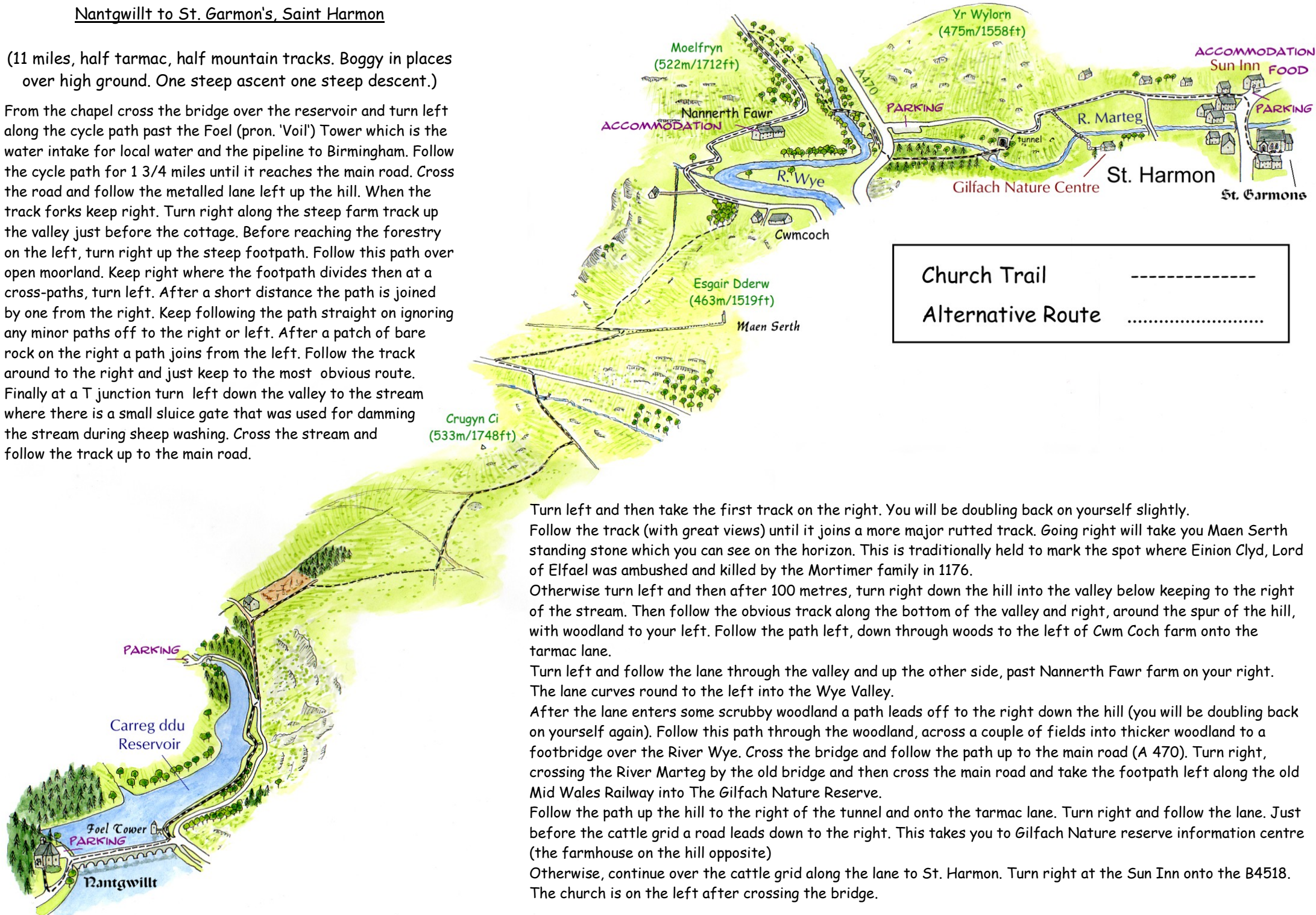


Nantgwillt to St. Garmon's, Saint Harmon

(11 miles, half tarmac, half mountain tracks. Buggy in places over high ground. One steep ascent one steep descent.)

From the chapel cross the bridge over the reservoir and turn left along the cycle path past the Foel (pron. 'Voil') Tower which is the water intake for local water and the pipeline to Birmingham. Follow the cycle path for 1 3/4 miles until it reaches the main road. Cross the road and follow the metalled lane left up the hill. When the track forks keep right. Turn right along the steep farm track up the valley just before the cottage. Before reaching the forestry on the left, turn right up the steep footpath. Follow this path over open moorland. Keep right where the footpath divides then at a cross-paths, turn left. After a short distance the path is joined by one from the right. Keep following the path straight on ignoring any minor paths off to the right or left. After a patch of bare rock on the right a path joins from the left. Follow the track around to the right and just keep to the most obvious route. Finally at a T junction turn left down the valley to the stream where there is a small sluice gate that was used for damming the stream during sheep washing. Cross the stream and follow the track up to the main road.



Church Trail	-----
Alternative Route

Turn left and then take the first track on the right. You will be doubling back on yourself slightly. Follow the track (with great views) until it joins a more major rutted track. Going right will take you Maen Serth standing stone which you can see on the horizon. This is traditionally held to mark the spot where Einion Clyd, Lord of Elfael was ambushed and killed by the Mortimer family in 1176. Otherwise turn left and then after 100 metres, turn right down the hill into the valley below keeping to the right of the stream. Then follow the obvious track along the bottom of the valley and right, around the spur of the hill, with woodland to your left. Follow the path left, down through woods to the left of Cwm Coch farm onto the tarmac lane. Turn left and follow the lane through the valley and up the other side, past Nannerth Fawr farm on your right. The lane curves round to the left into the Wye Valley. After the lane enters some scrubby woodland a path leads off to the right down the hill (you will be doubling back on yourself again). Follow this path through the woodland, across a couple of fields into thicker woodland to a footbridge over the River Wye. Cross the bridge and follow the path up to the main road (A 470). Turn right, crossing the River Marteg by the old bridge and then cross the main road and take the footpath left along the old Mid Wales Railway into The Gilfach Nature Reserve. Follow the path up the hill to the right of the tunnel and onto the tarmac lane. Turn right and follow the lane. Just before the cattle grid a road leads down to the right. This takes you to Gilfach Nature reserve information centre (the farmhouse on the hill opposite) Otherwise, continue over the cattle grid along the lane to St. Harmon. Turn right at the Sun Inn onto the B4518. The church is on the left after crossing the bridge.