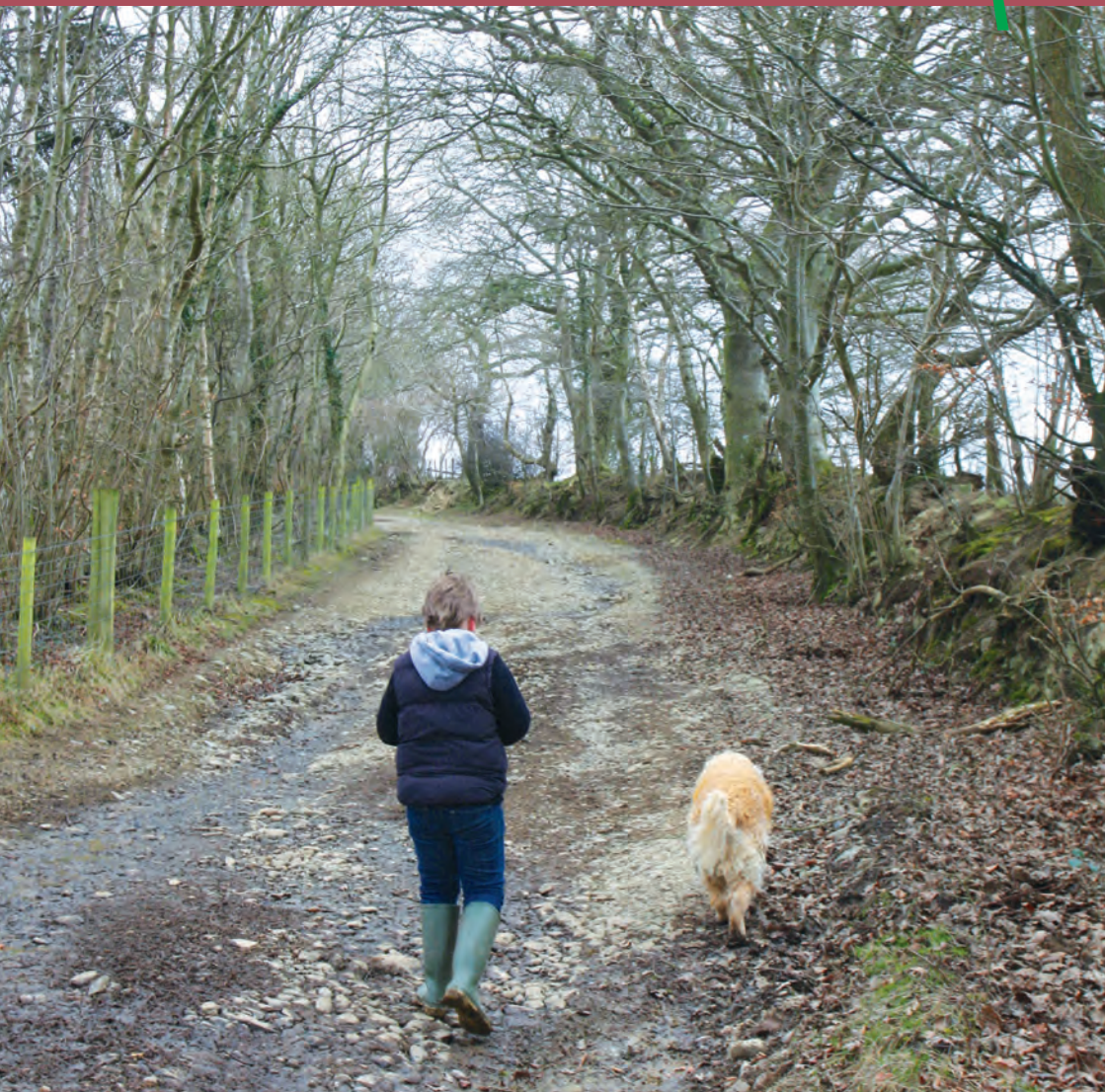


Aeron & Arth walks

4 walks for all the family to enjoy



Please take note that the maps illustrating these 4 walks are intended as a rough guide only. You should use the most recent version of the relevant Ordnance Survey map when walking these routes.

On Walks 1 and 4, where additional footpaths are highlighted, the authors and landowners are not responsible for the condition of the path or the safety of individuals.



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A photograph of a forest path. The foreground is filled with a dense carpet of small purple flowers, likely heather or similar wildflowers. The path leads into a wooded area with several trees, some with green leaves and others with bare branches. The lighting is soft, suggesting a shaded forest environment.

Introduction

This "4 Family Walks" booklet is designed to provide local families and visitors with an opportunity to explore the public footpaths in the beautiful valleys of the rivers Aeron and Arth.

They are intended as the first of a series of such booklets that will highlight the opportunities for similar family friendly walks in the villages of both river valleys.

The detail on the bio-diversity of the natural environment available on the walks, both to the keen naturalist and the amateur enthusiast, is limited, but further information is available on www.cilcennin.net and www.denmarkfarm.org.uk

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WALK 1

Family walk to the secret garden at Tyglyn



1 Proceed up the hill from the village hall, turn right at the Commercial Inn and walk out through the village to way marked Green Lane on the right. Follow this lane across the

road and down the track to the farmhouse 2 at the bottom. Pass in FRONT of the house to cross a wooden bridge 3 across the River Camel, turning immediately left up through the wood to a wooden stile.

Continue through the meadow, taking time to see the small pond on your right to a wooden gate at the bottom. Carry on down the meadow with river 4 now on your left, to a wooden bridge.

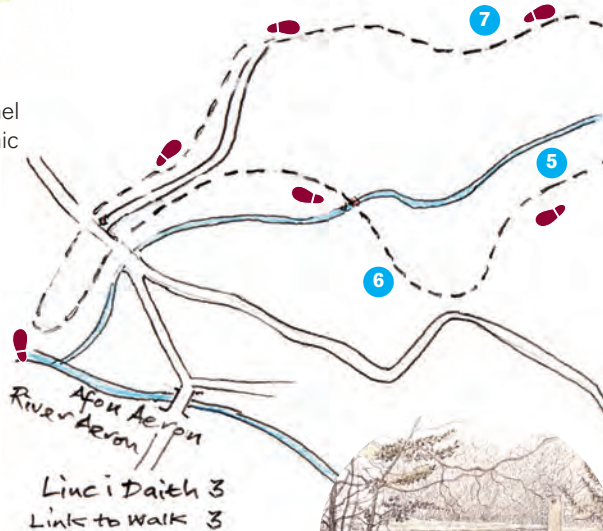
Turn left across the bridge, up the hill to a tarmac drive. Follow this drive to Blaencamel Farm shop where a wonderful array of organic vegetables may be seen (and purchased!).

At point 5 you may wish to pass between the poly tunnels to a delightful circular woodland walk (5-10 minutes) that criss-crosses the river before returning to the farm drive again.

Continue down the drive, leave the farm entrance and turn immediately right down a green lane to a wooden gate 6 at the bottom.

Cross the small meadow to a river crossing on stepping stones to a farm gate on the track on your left. Continue down the track to the main road.

At this point, you may decide to visit the wonderful secret garden at Tyglyn - 300 yards down the road to a well marked entrance. Explore this lovingly restored garden and riverside before returning to Newgate Farm entrance.



Climb up the hill to a well marked green lane on your right. Enjoy the quiet, secluded lane, through two steel farm gates into a wooded section (some boggy areas) to another lane at the far end.

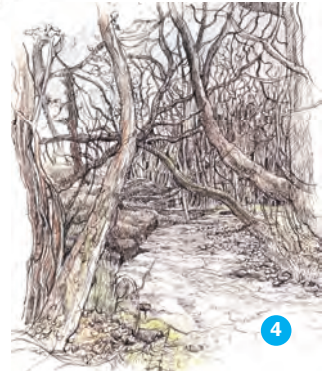
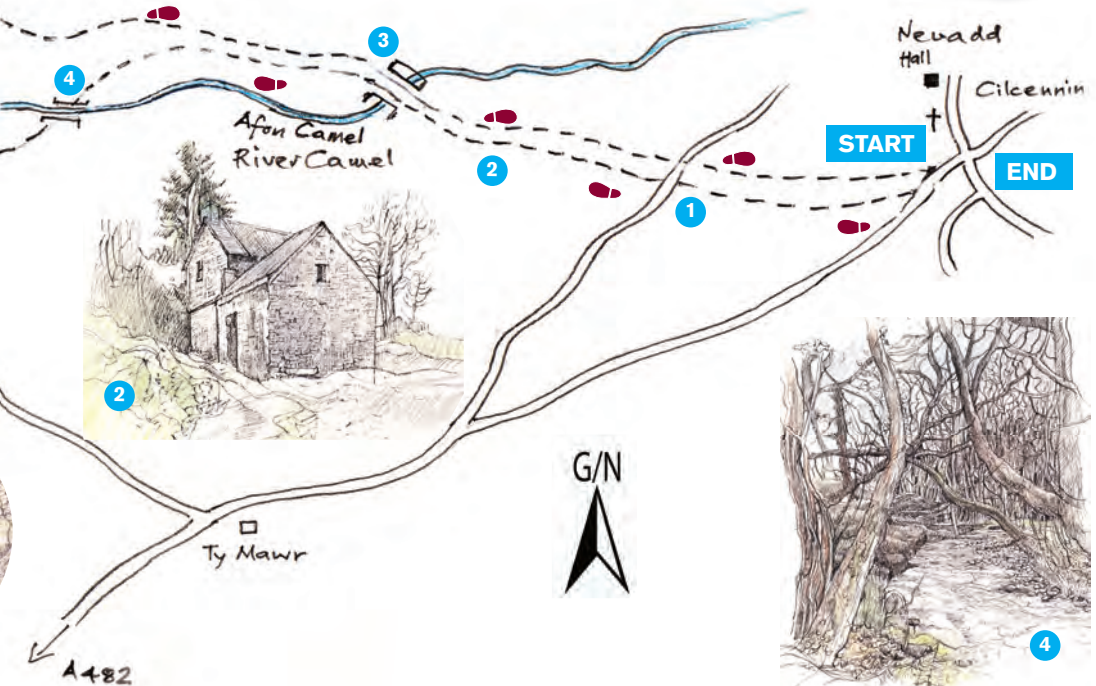
Pass through another metal gate on your right, cross the field and keeping the hedge on your right hand side go through the small wooden gate in the corner. Follow the track behind the old Quarry Cottage, 7 down through the wood to a wooden stile directly ahead.

Turn left up the meadow to rejoin the section through the wood, crossing the wooden river bridge again before climbing up the lane to the road.



NATURE WATCH

Look out for Pig Nut on woodland paths, and a wonderful display of bulbs in the spring.





WALK 2

Cilcennin Circular Family Walk

Leave the village hall and turn left down the hill past the Old Vicarage **1** before climbing up to Bidarren House on your left **2**. At this point you may choose to carry straight on and join

the walk just past Mount Cottage or you may choose to turn right up a quiet road with views back over the valley to join the walk at a bridleway sign on your left hand side.

From Mount Cottage, continue up the quiet lane passing wet meadows on your right with traditional beef cattle **3** (which breed are these cows?), to a small cottage (Lyra Villa) on your left.

Again at this point **4**, you have a choice. Either continue straight on towards Blaenwaun on the rough track or turn right down the wide green lane, passing behind a dwelling on the right to a wooden stile on your left.

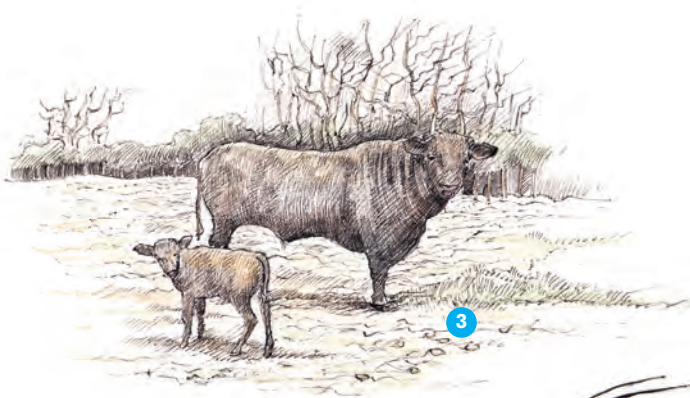
As you can see on the map, you are now able to walk a loop of lanes and tracks that link up both options.

You also have the option of crossing the wetland meadow just beyond Blaenwaun, to a small woodland pond **5**.

6 - ensure to include this quiet bridleway (Lon Pugh), once thought to be used for moving stock from local smallholdings, to hill pastures.

When you return to the Bidarren junction **2**, you can link up with Walk 1 - a family walk to the secret garden at Tyglyn.





3



NATURE WATCH

Look out for the rare Red Poll cattle, insectivorous sundews, cranberry and bog asphodel.

WALK 3

Pennant Lanes Walk



The walk can begin on the road bridge over the river Arth. Take the footpath to right of the chapel **1** up the hill to a footbridge over a small brook, continue to the brow of the field and

follow the hedge line to a gate.

Pass through gateway and turn immediately right through the farmyard to the road and turn left. After 100 yards, turn left through small gate into field and continue down to footbridge over river Arth.

Continue up the hill, bearing left and turn right down the road to large barn at Monachy **2** (approx ½ mile), once a guest house of the great Cistercian Abbey at Strata Florida, and former home of the Gwynne family, responsible for the development of Aberaeron and its harbour. Turn sharp left up way marked lane to a small road and turn left again past an old traditional smallholding **3**.

Follow on to a way marked track on the right and continue down towards the farm turning sharp left before farmyard **4**. Pass through gate and continue along hedge line and down to the river.

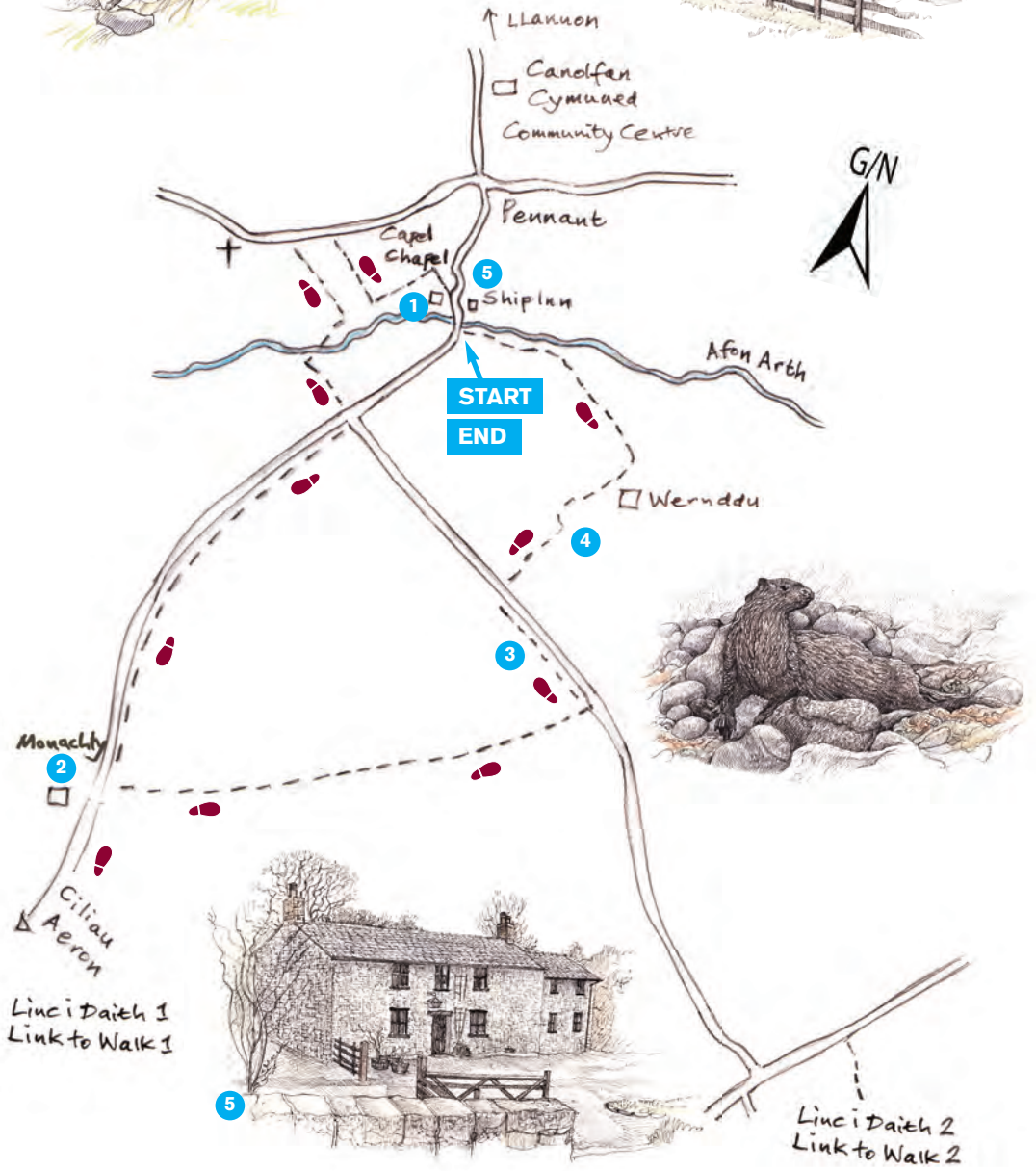
Keeping the river Arth on your right, follow hedge to an old track and pass through wooden gate returning to the river bridge at the old Ship Inn **5** on your right and the Chapel opposite.



NATURE WATCH

Look out for Otter spraints under river bridge, Pig Nut on woodland paths, and the fungus, King Alfred's Cake, on Ash and oak trees.





Linc i Daith 1
Link to Walk 1

Linc i Daith 2
Link to Walk 2



WALK 4 Waterfall Walk

Start the walk at Village Hall car park in Ciliau Aeron. Turn left up the hill to a waymark on the right and pass through a couple of gates behind farm buildings onto a forest track that leads to a lovely waterfall.



Pause and enjoy the solitude before crossing the small bridge **1** and continuing along the woodland path to a stile. Instead of crossing over, turn around and climb diagonally back up the wood to arrive above the brook **2**.

Walk down to cross a wooden footbridge before climbing steeply through two small gates to the road. Turn right and continue up the hill to a waymarked farm entrance (Parc Farm) on your left. At stile **3**, look for an additional footpath through pasture land, rejoining the public footpath further down **5**.



Otherwise follow the concrete road through the farm yard that leads to a gate onto an old cart track. Follow the track down through lovely woodland to a steep path on the left. It may be easier at this point to follow the track, past a quarry **4**, to a field gate at the bottom.

Enter the field noting the lovely bull rushes in a dew pond to your right before passing through another field gate back in to the wood.

Turn sharp right and then diagonally on the path through the wood to return to the Village Hall car park below.



NATURE WATCH

Look out for Parkland oak trees, Woodland bulbs, ferns and wildflowers on old cart tracks.



Please follow The Countryside Code

Respect • Protect • Enjoy

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Be considerate to other people



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