

Follow this track down with fine views below Gwar Cwm Uchaf and eventually enter the woods at a steel gate. Take care here as you zigzag down steeply, the track has been hewn out of the bedrock.

Leave the oak woods and enter the conifer plantation through a wooden gate. Just before the next gate turn left along the footpath that follows the lower boundary fence of the plantation. The path joins the forestry road for a short distance, look out for some steps with a handrail on the right and go down keeping to the boundary fence.

Eventually the path reaches the track that drops down to the village of Taliesin. Do not go down the steps but continue along the boundary fence passing some large beech trees as the path begins to climb.

Cross directly over the forestry road and continue the rising traverse with views to the west of Borth bog and the distinctive Pwll Du, Borth itself, Ynyslas and Aberdyfi A way marker post shows the way to the stile that takes you out of the forestry. Go up to the next way marker post and follow the lane right, at the foot of the wooded slope.

Go steeply left before the stream, then ford it, go over the stile, then go right up to the farm buildings of Cefn Erglodd. Go through the farmyard (stiles) and Talybont comes into view once more.

Head downhill along the track towards the village until it veers off to the right, continue straight on here (way marker) to a stile.

All around you now are abandoned mine workings and spoil heaps, Erglodd mine was first developed in the 1740's but some believe it to be much older.

Carry on down to another stile, ford the stream and follow the path that contours the hillside overlooking the village. At the end of the fence, make for the solitary oak tree, then descend to your left and traverse the slope to a stile at the roadside. From here it only remains to double back right along the road to retrace your steps to the start point.

Published by the Ceredigion County Council Tourism Service,  
Terrace Road, Aberystwyth SY23 2AG 01970 633063

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# Spirit of the Miners Walks

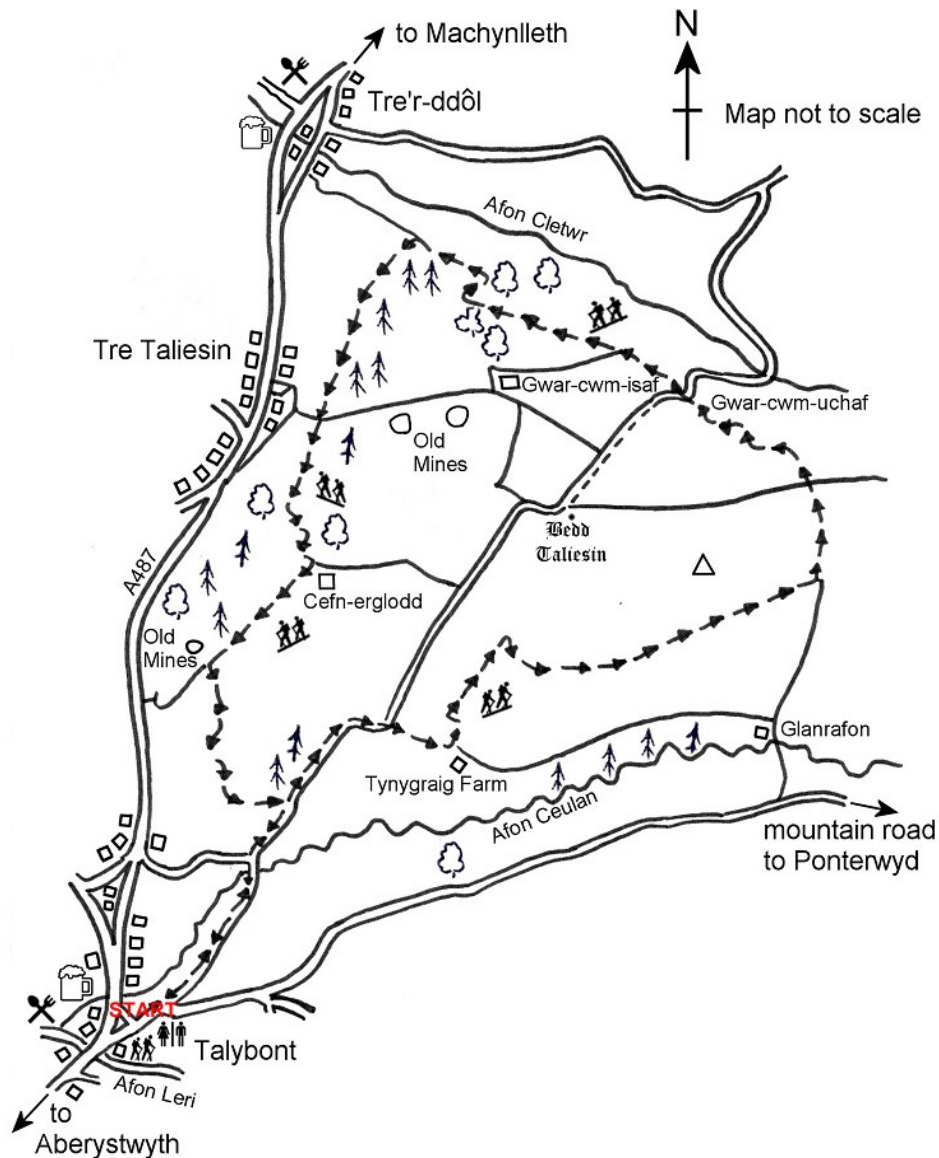


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## CIRCULAR WALK: TALYBONT

<b>Distance &amp; time:</b>	9.5K / 6 miles. 2 hours
<b>Terrain:</b>	A mixture of open field, tracks and woodland paths. Magnificent views over the Dyfi valley and Cadair Idris
<b>Suitable for:</b>	Moderately fit walkers.
<b>Grade:</b>	<b>This is a grade B walk</b> graded according to the following criteria: <b>A Strenuous:</b> Ability to walk on rough terrain for up to 6 hours with a light rucksack <b>B Moderate:</b> Ability to walk on rough terrain for up to 4 hours with a light rucksack <b>C Easy:</b> Ability to walk on rough terrain for up to 2 hours with a light rucksack
<b>Start &amp; finish:</b>	Talybont (SN 654 892)
<b>Refreshments:</b>	Talybont
<b>Public Toilets:</b>	Talybont
<b>Public transport:</b>	Consult Aberystwyth Tourist Information Centre 01970 612125 or ring Traveline Cymru on 0870 608 2608.
<b>Maps:</b>	OS Explorer 213, Aberystwyth & Cwm Rheidol. OS Explorer OL23, Cadair Idris & Llyn Tegid

# CEREDIGION



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Park adjacent the triangular grassed area in front of the two pubs at Talybont, or in the lane beside the Black Lion, opposite the public toilets.

Follow the road which signposted 'Bontgoch (Elerch) & Nant y Moch' for about 200m then fork left by the post box. After a while, just after the lane crosses the river, turn right at the T junction and climb away from the village with conifers on your left and a small stream in the field on your right.

After a sharp right hand bend the road climbs more steeply. Leave the road at the left hand bend and follow the bridleway that leads straight on to Tŷn y Graig farm. Just before the farmhouse, leave the tarmac driveway and turn left up a track to a gate, go through this and turn immediately left over a culvert.

Do not enter the field ahead through the wooden gate, instead turn right (northeast) just before it and clamber up the steep bank to gain the ridge and follow it with the fence to your left.

Fine views unfold as you rise steadily, Borth lies out to the west as you are now following in the footsteps of roman legionnaires. This is the Sam Helen roman road.

On reaching the crest, skirt the field and go over the stile on your left. Now leave the Sam Helen and take the track that climbs the hill on your right (east). As you pass through the first gateway you encounter on this track the field boundary on your right becomes a dry stone wall for a short while. As you continue your walk the network of stone field boundaries in this area, distinctive on the map by their irregular pattern, is astounding, and unusual in Ceredigion.

Continue upwards as Talybont disappears from view. Slight evidence of the original track can be seen at its highest point where some windblown dwarf clumps of gorse cling to the ground and find shelter between the remains of the ancient banks.

Shortly after another gateway the path starts to descend, go over the wooden ladder stile and continue down to another stile by some lonely hawthorn trees. Continue for 100m or so until a track crosses at right angles, turn left (north) along this route. There is a stand of conifers on the immediate skyline to the right.

The hill above these trees in the distance, Foel Goch, is rich in monuments of a bygone age. At the prominent point on the lower summit two stone cairns have been built, a wild and romantic setting to watch the sun set on a warm summers' evening. Not on our walk though, as we continue northwards to head downhill.

A fine reward for your efforts now appears, stunning views of the Dyfi estuary, Cadair Idris, the Tarren hills, Borth bog, Ynyslas and Aberdyfi, a feast for your eyes. On especially clear days the elusive sharp peak of Aran Fawddwy can be picked out to the north east.

Go through the gate, taking time to admire the skill of the dry stone wall builders who leave their stamp on the landscape for hundreds of years into the future.

A short diversion to the left here along the lane is possible to visit the grave of Bedd Taliesin. If this option is taken turn right at the junction by the monument to rejoin the circular route at Gwar Cwm Isaf. Otherwise continue straight on and follow the track down with the stream on your right. At Gwar Cwm Isaf cross over and pick up the track again behind the barn and through a gate.