



Long Route Map Distance 20.5 Km - Ascent/Descent 607m Start: - Follow track past the pond and up the hill. 1. 0.9km turn left up the steep track on entering the farmyard. Follow the track around and up towards the mast and wind turbine. 2. 2km After passing the wind turbine follow the track and turn left

up a steep track to the highest point and panoramic views. Carry on across the field to meet Glyndwr's Way. 3. 3km Glyndwr's way follows a level track to the west, follow until you see the ruin of Gader Goch ahead. 4. The head of the Gader Goch descent is to the left of Gader Goch just beyond the ridgeline, turn

left at the bottom 5. 7km Take a left at the fork follow the back road. 6. 8.5km Turn right off the tarmac onto the forestry road. 7. 11.5km turn right onto the tarmac road 8. 14km After the church take a right and follow the bridleway. 9. Follow the bridleway/footpath past the long house or ride

the trails down the common 10. 17km rejoin the backroad, turn right 11. As you enter the village take the first right between two houses and rejoin Glyndwr's Way up the track. 12. At a big stone near the gate leave Glyndwr's Way and follow the track back to the start. Gwyliau Beudy Banc - Converted Barn, Rolling Cabin and Campsite www.beudybanc.co.uk 01650511495