

# CIRCULAR WALK FROM GWAELOD Y GARTH

## *Out and About in the Countryside*

*This is the second of our circular walks. Thanks once again to Julius Roskowski, Llantrisant Ramblers.*

*Distance 5.5Km (3.5M) 1.5 hours (with option to do extra 0.5Km)  
Route – long upward climb for about 2m with some steep sections*

### Description

Start at the School in Gwaelod Y Garth.

This small settlement still contains many excellently preserved cottages, some originally built for workers in the local iron and brick making industries. The area has been exploited in the past for its natural resources, particularly iron ore. In the late 16th century iron furnaces were established on a site near the river, setting a trend that continued in the larger operations of the Pentyrch Iron Company which operated until the 1890's.

Head up the village (away from Taff's Well). Turn left by the Gwaelod-y-Garth Inn and climb up the road until, a sharp left turn. Go straight ahead along the rough track leading to a stile and gate. Go through the gate and carry along up the path for about 700m to Lan Farm (taking the left fork when you reach it). Walk through the yard and out into the lane beyond.

Continue down this lane until it reaches a metal gate at the road. Turn left and follow this road round. Take the left fork up the lane to Garth Fawr farm. Cross the stile, bear right following the lane and then take the left-hand path upwards towards some ruined farm buildings. Continue along this upward path until you reach the top of the Garth hill.

From here there is a spectacular view. You can see the Rhondda, Cynon and Taff valleys. Opposite is the sweep of the coastline with Flatholm, Steepholm and Somerset clearly visible as well as Cardiff and the Vale.

There are two options for return,

over the top of the Garth or an easier though slightly longer route in the valley.

### ONE

From the trig point face the sea. Just beneath this mound is a sheep track traversing the summit. Take the left-hand route towards Taff's Well then towards the end of the hill take the right-hand path leading to a rocky outcrop with spectacular views. Bear right just before the outcrop, along a narrow path leading along the contour of the hill.

Continue to a stream and small waterfall; bear left and descend to the road. Turn left along the road to a public footpath on the right.

### TWO

From the trig point, head along the obvious path towards Pentyrch (Southerly direction). Join the road and follow straight on past the cattle grid to a T junction. Turn left and take the stile in the hedge on your left after about 10m. Take a

rightward diagonal route through the field to a stile. Cross the stile and go ahead and slightly left till you reach an old track. Follow this track straight ahead to a stile. Cross stile and keep going along the same direction keeping the tree line to your left until you reach the farm. Go through three gates past the old buildings and follow the track to a stile on the road. Cross stile and turn right down the road until you reach the footpath on the right.

### Both Routes

Take the path through the field to a stile into woodland; turn left and follow the path down through the trees. This is Coed Rhiw'r Ceiliog a Site of Special Scientific Interest and a sanctuary for several rare plants.

Follow this path past the "cross roads" and continue down until you reach the road. Turn left and follow the road back to Gwaelod School.

## The Countryside Code

Remember wherever you go follow the Countryside Code:-

- Enjoy the countryside and respect its life and work;
- Guard against all risk of fire;
- Fasten all gates;
- Keep your dog under close control and on a lead when there are animals in the field;
- Keep to the public paths across farmland;
- Use gates and stiles to cross fences, hedges and walls;
- Leave livestock, crops and machinery alone;
- Take your litter home;
- Help to keep all water clean;
- Protect wildlife, plants and trees;
- Take special care on country roads;
- Make no unnecessary noise.

