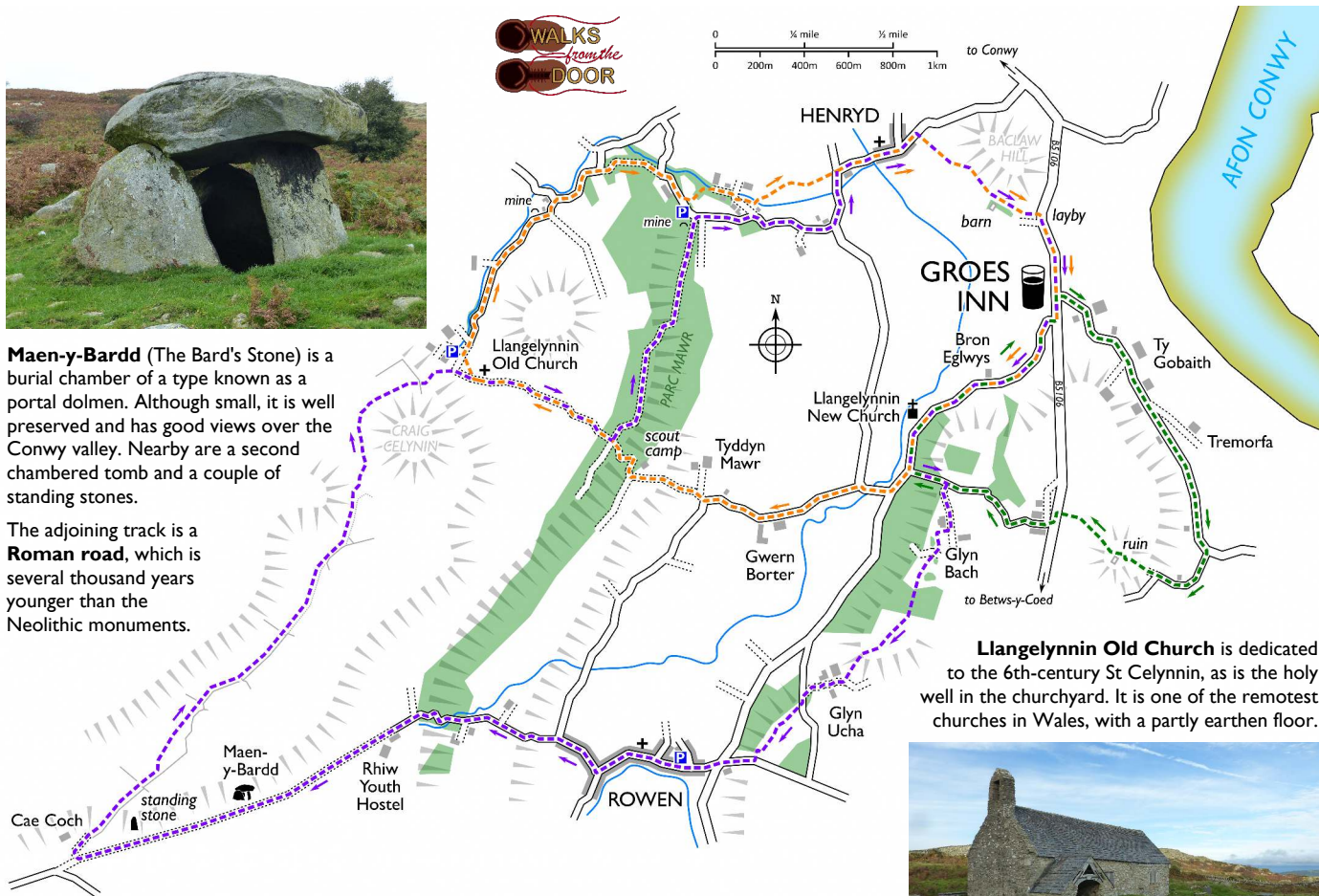




Maen-y-Bardd (The Bard's Stone) is a burial chamber of a type known as a portal dolmen. Although small, it is well preserved and has good views over the Conwy valley. Nearby are a second chambered tomb and a couple of standing stones.

The adjoining track is a **Roman road**, which is several thousand years younger than the Neolithic monuments.



Llangelynnin Old Church is dedicated to the 6th-century St Celynnin, as is the holy well in the churchyard. It is one of the remotest churches in Wales, with a partly earthen floor.



The Tremorfa road offers fine views of the **Afon Conwy**.



Pretty **Rowen** village has a good example of a 19th-century Zion Chapel, which is open to the public.

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THREE WALKS FROM THE



1573 Groes Inn



PUB, DINING AND ROOMS

Conwy Estuary (2½ miles: Fairly easy)

Climb to a ruined building with spectacular views up and down the Conwy valley.

Llangelynnin Old Church

4¾ miles: Moderate

A varied walk to one of the remotest churches in Wales, with a holy well in the graveyard.

Maen-y-Bardd (8¾ miles: Fairly strenuous)

A pretty village, Neolithic monuments, superb views and glorious woodland walking.

Conwy Estuary (2½ miles: Fairly easy)

Allow 1½ hours. Much of the route follows roads, mostly vergeless, though they are generally quiet country lanes. There are a couple of minor ascents, and two ladder stiles to climb. Livestock likely.

1 From the front of the pub, cross the B5106 and take the Tremorfa road, left of the car park. Walk uphill past a farm and a series of houses. **2** Pass Ty Gobaith and stay on the public road at the entrance to Tremorfa Farm. **3** Turn right at a junction onto a narrow lane. **4** Beyond a house, ignore a footpath on the left then follow the road to the right. **5** At a left-hand bend, take the path on the right, through a gate. After a short hedged section, walk up the right-hand side of a field and then bear right to a ladder stile. **6** Continue to the hilltop and pass to the right of the ruined building. **7** Beyond the ruin, descend the right-hand side of the field to a ladder-stile on the B5106. **8** Turn left and take the first right, between Preswylfa and Haulfryn, ignoring a farm road on the right. Descend the narrow lane, passing a white-painted cottage. **9** At the bottom of the valley bear right and left, past another house, and climb the winding lane beyond. **10** Pass the turning to Glyn Bach on your left, and follow the lane down a steep hill through trees. **11** At the junction, turn right for ¾ mile back to the Groes Inn, passing the former 'new' Llangelynnin church after 250m.

Llangelynnin Old Church

4¾ miles: Moderate

Allow 3 hours. Some road walking and one steep, stony climb through Parc Mawr wood. Encounters with sheep and cattle are likely. Several stiles.

1 From the front of the pub, turn right and right again, signposted to Rowen. **2** Follow the road for ¾ mile, passing a house about halfway along. **3** Continue past the former "new" Llangelynnin Church and ignore a turning on the left by some farm buildings. At the next junction, just before a bus stop, turn right. **4** Cross a stream and take the immediate left, by a postbox. Pass Gwern Borter and Tyddyn-Isa. **5** After a house on the right, turn right, signposted to Tyddyn Mawr. Ignore the farm entrance on the right and climb the lane ahead. **6** As the lane bends left beyond the scout camp, turn right through a gate into the woods. **7** Pass the information board and follow the track uphill. Cross the blue route and continue on the yellow trail, a rocky bridleway that zig-zags steeply uphill. **8** Cross another track (the blue trail again) and continue to the top of the wood. **9** Go through the gate and follow the walled track ahead, which fords a stream and continues over pebbly ground to Llangelynnin Old Church. **10** Having visited the church and well, turn right to continue along the churchyard wall. **11** Turn right over a stile and cut the corner to the parking spot at the end of a lane. **12** Turn right and follow the lane downhill for ½ mile, accompanied on the left by a small stream. Bear left at a farm entrance (past a mine entrance on the left). **13** At a junction, turn right, downhill. **14** After 270m, at a left-hand bend, turn right onto an unsurfaced byway, which descends through trees before rejoining the surfaced road. **15** Turn right past a row of cottages and, after 60m or so, turn left through a hand-gate onto a path through

gorse and then birch woodland. **16** Bear right to a gate to the end of a drive by a house. Walk down to another driveway, where you turn briefly right, then left over a ladder stile. **17** Walk along the stream for a short distance, then cross a footbridge and bear right to a stile. **18** Keep to the left of the next field to a metal ladder stile into the next field. In the bottom right-hand corner is a similar ladder stile. Cross the last field, aiming for a white-painted house, where a hand-gate leads down to the road. **19** Turn left, ignoring the turning on the left, and follow the lane into Henryd. **20** Pass the old chapel on the left and keep straight on up the hill past the primary school. **21** Partway up the hill, turn right over a ladder stile in the hedge. **22** Cross the first field to another metal ladder stile then descend to a more traditional wooden one. **23** Follow the edge of the field beyond to a fourth ladder stile and bear right along the field boundary, with the slopes of Baclaw Hill rising to your left. **24** Pass above a ruined barn, keeping left of the field boundary until you reach the end. Here a final ladder stile gives access onto a layby on the B5106. **25** Turn right and walk carefully down the hill back to the Groes Inn.

Maen-y-Bardd (8¾ miles: Fairly strenuous)

Allow 4–5 hours. Some road walking and steep climbs, and the higher parts of the walk cross moorland that may be bleak in winter. Walking boots recommended. Sheep and cattle are likely en route.

1 From the front door of the Groes Inn, turn right and right again, signposted to Rowen. **2** Follow the road for ¾ mile, passing a house about halfway along. **3** Shortly after the "new" Llangelynnin Church (now a private residence and artist's studio), turn left onto a lane that passes a mock-Tudor house and climbs steeply through the trees. **4** At the top of the hill, turn right into the track to Glyn Bach (take either track). **5** Immediately beyond the house, turn right on a signposted footpath through the gate and garden to a kissing gate into a field. **6** Turn left and walk to the left of a tree-covered knoll. **7** Cross a track and continue in a similar direction, this time passing to the right of the next wooded hillock. After a gate, skirt the trees on your left, then bear right across the field to a stile into pine woodland. **8** Follow an indistinct path ahead that leads to a footbridge and stile out of the wood. **9** Bear slightly right across the field beyond to a gate. **10** In the next field, bear right again, below the highest part of the ridge, to pick up a track that descends through gorse to Glyn Ucha. **11** Go through the gate at the bottom and turn right through the farmyard, exiting via the track on the left that passes the farmhouse. Walk down the entrance track to a public road. **12** Cross and go through a kissing gate (not the gate into woods) opposite. Follow the field edge, diverting left round an incursion of the wood into the field (contrary to the OS map). **13** In the far corner, cross a ladder stile on the right and follow the path left out to another stile onto the road. **14** Turn right and walk down the steep hill. **15** Turn left at the junction and keep right into the village. Walk past the car park (right) and continue up the village street past the Gwesty Ty Gwyn and then the Zion Chapel. **16** Beyond a pretty row of white-painted cottages follow the road left to a junction, where you turn right. **17** Wind between more cottages uphill to a road junction. Take the no-through

road straight ahead, with the 25% gradient sign. This lane climbs steeply, with a minor respite between two farms, before an even steeper zig-zag ascent through trees with a stream on the left. **18** At the top of the wood the road bends left to Rhiw Youth Hostel. **19** Here, the lane reduces to a track and continues uphill to a gate onto moorland. Continue to the Maen-y-Bardd burial chamber, just to the right of the track. *For the curious, there is a second, less obvious, burial chamber about 120m northeast of Maen-y-Bardd, and a couple of small standing stones just to the east, one built into a wall.* **20** Continuing along the track, beyond a couple of gates, pass a large standing stone on your right as you approach Cae Coch cottage. **21** After a further gate, at the entrance to the cottage, turn right through another gate and follow the grassy track on the right. Bear right to a gate back onto moorland, with a wall on your right. **22** Continue through another gate and follow the track to the left of a slight rise as it departs from the wall temporarily. **23** After another gate (with ladder stile) you rejoin the wall and continue to a sheepfold with two gates. Follow the broken wall beyond until it joins a more complete wall. **24** Continuing along the wall (past the small round earthwork of Caer Bach on the left) you reach a triangular walled enclosure, where you bear left towards the conspicuous summit of Craig Celynin. When the tumble-down wall curves to the right, carry straight on, passing below and to the left of the craggy hilltop. **25** The path curves right, around the hill, to a triple gate by a sheepfold and a walled and fenced path continues beyond, above and past a house on the left. **26** When you reach a junction of paths, turn right over the rise to Llangelynnin Old Church. **27** Having visited the church, continue along the walled path, which descends for 550m to the top of the Parc Mawr woods, fording a small stream at one point. **28** Go through the gate into the wood and follow the obvious descending path ahead. **29** On meeting a crossing track, turn left (waymarked for horse-riders with yellow arrows). Follow this obvious track as it winds through the woodland, generally descending, for ¾ mile. At one point you can see the Groes Inn in the valley below. **30** Just before you reach the road at the end of the trail, notice a disused mine entrance on the left. Turn right down the road and follow it past the entrance to Tanrallt Farm. Bear right past an old mill building, then follow the road round a left-hand bend. **31** At the turning to Rowen keep left, and then keep right at the next junction, into Henryd village.

Now follow steps **20–25** of the **Llangelynnin Old Church** walk, above, to return to the Groes Inn.

We hope these carefully chosen circular walks will help you appreciate our beautiful surroundings and we look forward to quenching your thirst and satisfying your appetite on your return to the Groes Inn.

J.W.LEES
INNS & HOTELS