



**15km / 9<sup>1</sup>/<sub>2</sub> miles**

**Strenuous** 

**Navigation** 

**Technicality** 

**Pushchair Friendly version**

**Up to 9km / 5<sup>1</sup>/<sub>2</sub> miles**

**Strenuous** 

**Navigation** 

**Technicality** 

The Rheidol Reservoir

# Rheidol Valley

A pushchair friendly walk which can be extended in to a more adventurous circular route ...

The visitor centre at Cwm Rheidol Reservoir has a lovely butterfly house which is well worth a visit, especially with children. There is also a visitor centre for the hydro electric plant where they offer a guided tour, which is more of a talk, but you do get to look in the motor room and at the young trout which they breed and release into the reservoir. From the visitor centre a lovely walk can be had up the Rheidol Valley, which can be as long or as short as you like, with several picnic spots along the way. The walk is on a country lane, which receives very little traffic and so you can take a pushchair.

## 1 START / FINISH

**SN 6975 7959** Turn left out of the visitor centre car park and head up the valley along the country lane. The walk is very easy to navigate and simply follows a road alongside the river, up the valley, or as far as you like. After a short distance you pass the Rheidol Power Station on your left where they give the guided talk. A little further up on the right hand side is the 'fish ladder', which enables the fish to swim up past a dam. The footpath to see the 'fish ladder' is not pushchair friendly as it is very narrow, but there is a nice picnic spot the other side of the river, which may be worth carrying little people to!

## 2 SN 7096 7905

From the 'fish ladder' the road gets narrower, making it harder for cars to pass if you do have a pushchair – although cars are infrequent and there are passing places. Continuing up the valley there are plenty opportunities to enjoy great scenery and wildlife. Also look out for the steam train running from Devil's Bridge to Aberystwyth, which clings to the cliff face on the opposite side of the valley! After about 3km the road begins to run out and you come to an idyllic picnic spot (a piece of private land but for public use) where there is a beautiful waterfall and pebbly beach. Be warned, the water looks inviting but is fast flowing and freezing cold, even in summer. There is parking here so it is possible to drive up, or if you have two cars leaving one here in advance will save the walk back to the visitor centre car park.



INFO:



**Distance:** 9.5 miles

**Total Ascent:** 510m

**Time:** 5hrs

**Start / Finish:**

Rheidol Visitor Centre  
(SN 6975 7959)

**Nearest Town:**

Devil's Bridge

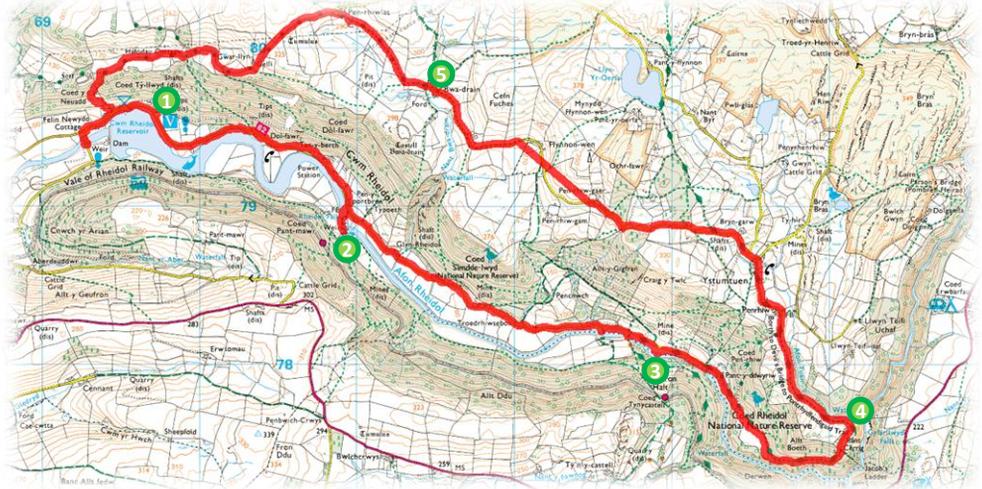
**Terrain:** Road to start then alternating footpath and road

**Maps:** OS Explorer  
(1:25000) no. 213

**Nearest Outdoor Store:** Aberystwyth

**3 SN 7288 7813** From this point (RV01), the more adventurous circular route begins and is *not* pushchair friendly. The road ends and a track begins, taking you uphill following the 'Borth to Devil's Bridge to Pontrhydfendigaid Trail'. At the top of the track, continue straight on where the track changes to a forestry trail. This trail takes you along the top of a field and past a quaint and very isolated cottage. After this, continue through the forest for about 500 metres and then take a sharp left (RV03) up a *very* steep hill, continuing on the 'Borth to Devil's Bridge to Pontrhydfendigaid Trail'. From the top (RV04), on a clear day, you should be able to catch a glimpse of the Mynach Falls across the valley. Cross the stile into the 'Coed Rheidol National Nature Reserve' and continue on the footpath with spectacular views to the right, across the Rheidol Valley. Cross the next stile (RV06) (and take a few steps back along the fence line to grab a last view of the Mynach falls) and continue on the footpath.

**4 SN 7415 7761** Follow the trail, which opens out into a field and follow the fence on your right hand side. Go through a metal gate and continue on the trail, passing some small stone pillars and old ruined slate walls on your left (RV08) – don't forget to look back for a magnificent view. Continue on through the next metal gate to join a gravel track, head straight still following the 'Borth to Devil's Bridge to Pontrhydfendigaid Trail' (avoid the left hand turn which would take you back into the Rheidol Valley). Follow the trail through a farm using the footpath arrows and head along the road which bears to the right. Continue into Ystumtuen Village until you come to a junction (RV10), take a left and carry on along the road, where shortly the 'Borth to Devil's Bridge to Pontrhydfendigaid Trail' leaves you (RV11). Continue on the country lane for about 2.5 km, with beautiful views all around.



**5 SN 7153 7972** At the end of the road enter a farm (RV13), keeping the farm buildings on your left pass through and rejoin the road continuing straight (RV14) – don't turn right. Pass a stile on your left, then go through two metal gates, until you come to a footpath junction (RV17). Take the path to your left and keep the fence on your left and continue through two more metal gates. Follow the path down, noting the old ruined building on your left and the stream which joins the path shortly after (RV21). You may need to walk in the adjacent field to avoid wet feet! The stream breaks away to the left, but continue on straight staying on the track to Hafodau Cottage, and keep going down hill – don't take the track to the right. Pass through two metal gates (RV24 and RV25), then take the steep footpath down to the left (RV26), through a wooded area. Descend with caution as the ground can be loose with scree and slippery slate. Cross the wide, forestry track (RV28) and continue down on the footpath. Follow the path out of the forest, taking you to a tarmac track. Turn right heading down hill until you reach the main road. Either turn left and head back to the visitor centre car park or go right to reward yourself with a view of the beautiful Weir (RV30).

Gradient Profile

