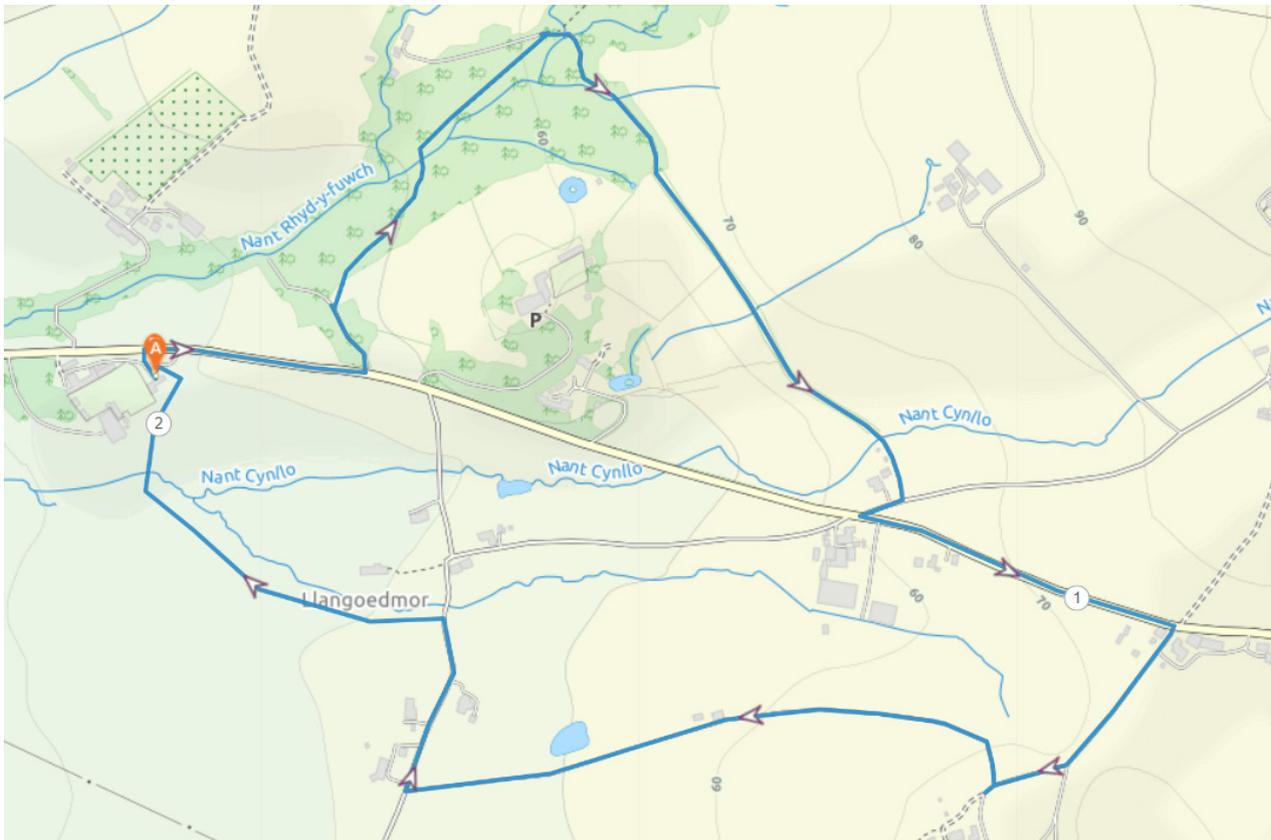


Gardener's Cottage Walks

Three Mansion Walk (Plas Llangoedmor / Treforgan / Cilbronnen) 2 miles (45mins) Easy

From the Gardener's Cottage walk up the B-road towards the village and approximately 200m near a pull-in area, cross the road. Hidden in ivy and undergrowth is an old postcottage with a working postbox still embedded in the walls. The footpath here takes you into the woods, as you follow this path on the righthand side is Treforgan mansion. Carry on and you will cross a bridge with a stream and waterfall on the left and a choice of pathways. If you go straight ahead up the steps you will find a series of tree sculptures lining the path (there is a mill cottage on the left), it become a small track/access road. Follow the access road for about ¼ of a mile until you join a proper single track road, which on the right joins the B road back to Cardigan. At the junction if you take a left and walk away from Cardigan along the B road for about 5mins until you see two coach houses on the right hand-side – cross the road and follow the drive down to Cilbronnen Mansion. As you near the house the drive veers off to a formal entrance to the left and on the right there is a footpath which leads back to Llangoedmor Village, before you get to the Church, opposite the Rectory there is a gate into the field overlooking the Church (which belongs to Plas), you can cross the fields back to the Cottage or if there are cows in the field then we recommend that you walk through the village and back along the B road. Note: if you check the ordinance survey maps there are other walks from the woodland.



St Cynllos Church, LLangoedmor – The Church of the Great Wood

The Gardener's Cottage overlooks the beautiful and historic St Cynllos Church. Records of this location suggest that it is an ancient pre-medieval, religious site perhaps even with druid origins. A holy spring called St Cynllo's Well, runs through the Church to Plas and it is said to have extraordinary healing properties. Saint Cynllo was a saint, who lived in the late 5th and early 6th centuries, generally described as a brother of Saint Teilo. Cynllo was known for "...the sanctity of his life and the austerity of his manners." Cynllo's knee imprints, made as he said his devotions, are said to exist in a rock, which lies just outside Llangoedmor in Ceredigion. The current church rebuilt in c1830 with the ornate steeple a miniture copy of St Bride's Church in Fleet Street London and has an ancient Yew

tree dated over 500 years in the churchyard. The Church has always had a strong connection with Plas Llangoedmor, as the seat of the local squire the resident families of the mansion were also important patrons of the church. Previous owners of the mansion such as the Vaughan family and Berrington Davies (who also owned Cardigan castle) have memorial plaques in prime positions within the church and there is a connecting pathway through the wood down to the main house.



Gorge Walk: 10 mile - 4hrs : Difficult

This is a fabulous walk and while the mileage is not huge it is strenuous with 5 miles of the route consisting of extreme ups and downs in the remote Teifi Gorge – beautiful but tough on the knees! While you can complete the circuit in 3-4hrs we advise planning the walk for a full day so that when you reach Cilgerran village you can visit the Castle and perhaps enjoy a pub or café stop and then plan another refreshment break or perhaps a well- earned lunch when you reach the Wildlife Centre, leaving plenty of time to look around the visitor centre, shop and meet the 12ft high Badger! If you are feeling energetic also spending time on the marked wildlife trails and viewing Huts where you can watch rare marshland birds and even come across a water buffalo or two!

Llangoedmor to Llechryd: 1hr

Leave the Gardeners Cottage up the B road towards the village and take the first right towards Llangoedmor Church. If you have time pop into the Church it is beautiful and worth reading about the previous family owners of Plas Llangoedmor, many of whom are commemorated inside. Carry on past the Church towards the A Road – cross carefully (busy road) and carry on through Croes-Y-Llan. The land rises up and there is a nice view on the left towards the Estuary and Cardigan, the road twists but just keep on following the single track road. You will pass through woods for about 45mins to Llechryd. As you reach Llechryd cross the ancient bridge and on the otherside of the bridge on the righthand side you will see the entrance gates to Hammet House and a footpath sign for the route to Cilgerran which hugs the river the whole way along to the foot of Cilgerran Castle.

Llechryd to Cilgerran Village: 1hr – 2hrs

Follow the river footpath and enjoy a beautiful hour long walk next to the Teifi estuary – if you are lucky you can see Otters and Kingfishers, it is peaceful and beautiful with an ancient and magical feel with areas of old slate mines now covered in moss and absorbed by woodland. Follow the path until you get near to the Castle and there is a signpost for Cilgerran Village which is a steep climb. In the village there is a shop, pub and of course the National Trust castle which is worth a quick visit to read about the local history.

Cilgerran Village to Cilgerran Wildlife Centre: 1hr

As you come out of the castle facing the village, take the road to the right which heads towards the Church and before you reach the Church you will see a footpath sign leading off from the right which takes you down a steep path to cross the stream at the base of the valley – after crossing you then wind between the cottages back up to the other-side with a house immediately to your left. Take a left (walking again towards the Church you are just on the opposite side of the valley now) and after passing the house, you will see an old iron wishing gate on your right-hand side into a farmers field, there is a sign asking for dogs to be kept on leads due to lambing and roaming sheep. Follow the path straight on across the field and you will come to another wishing gate into a private wood. Follow the yellow footpath markers through the wood and you will come to a sign for Coedmore Estate/Woodland. Just keep following the path and the Gorge will grow steeper on your right hand side. On your left you should come across the camping domes of Fforest and a farmhouse and you will eventually come to a gate, (farmyard on your left). Take a right keeping the Gorge on your right and carry on walking until you pass a couple of gates and a sign telling you that you are now starting the remote part of the Teifi Gorge walk. From here it is a very steep and strenuous path going up and down the Gorge through ancient woods – absolutely beautiful and usually empty apart from wildlife. Keep following the path signs and eventually you will come out of the Gorge onto a flat path with the Estuary on your right-hand side. You are near the wild-life centre now but don't miss looking at the amazing remains of large slate mines on your left and read about their history on an excellent signage. When you reach the Wildlife centre you will need a well-deserved coffee and cake or lunch!

Cilgerran Wildlife Centre to Cardigan Town: 30mins

If you have the time and energy there are lots of paths from the centre all around the Gorge, woods and marshland – it is worth a visit in its own right. If you are into bird watching this is definitely the place for you as there are lots of hides in the woods, marshes and next to the estuary with hugely rich ecosystems. The hazel woods host rare inhabitants such as dormice, you can often see a large herd of deer in the neighbouring fields. After enjoying the centre the path to Cardigan town is clearly marked and a tarmacked path so easy to follow. After you go under the road bridge keep to your right and follow the estuary to the old Cardigan Town footbridge. Once you get into Cardigan of course lots of places to eat, drink and visit.

Cardigan Town to Llangoedmor Gardeners Cottage: 15mins

From Crwst, past St Mary's Church towards the roundabout – the quickest and most direct route home is to cross the road system and take the A road signed Newcastle Emlyn (a sign for Pen-Parc is on your left) be careful here as for about 200m there is no pavement. After c150m there is a turning to the B road – again there is no pavement but the road is much quieter than the A road. If you are going this route then make sure you can be seen by drivers and have firm control over any dogs/kids. Follow the road uphill and the turning to the Gardeners Cottage is on your right-hand side.

Cardigan Town to Llangoedmor Gardeners Cottage: 25mins route

Alternatively - From Crwst, past St Mary's Church when you reach the roundabout, take a left onto the pavement next to the dual carriage way walking towards Tesco (on left) and about 5mins walk before you reach Tesco on the opposite site of the road is a gate and footpath. Cross the road and then you are in a quiet backroad that joins the B-Road up to the cottage (this option misses the short section of A road with no pavement).

***PTO For Map**

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