10A | Llan Ffestiniog to Manod Quarry

Leaving the Pengwern Hotel, turn right down the road and cross over to take the gate at the sign indicating 'Rhaeadr Cynfal Falls'. Walk down the field, through a gate to another gate on your left sign-posted to the Falls. Cross the field, aiming for about 50 metres left of the pole-mounted transformer, making for a footbridge at the bottom of the field. Climb the hill to another gate and continue along the path until you see two gates next to each other. Take the left-hand gate, signed 'Cynfal Falls'. Follow a broad grassy track alongside the wall/fence on your left. Pass through a further field-gate and continue until you enter the Ceunant Cynfal National Nature Reserve via an decorative metal gate.

Through the gate, immediately turn right down the steps to the viewpoint. On leaving the viewpoint, turn right along a narrow path to follow the river, and join the main path where you turn right. Follow this path, down steps, over the river and up steps to a crossing of paths. Take the left path, with the river to your left. This path hugs the edge of the gorge, always with the rushing Afon Cynfal on your left.

Cross a half-stile and turn right to reach a lane, where you turn left. At the road junction, bear left until you meet the main A470 road. Cross this. Beware of traffic. Go into the fields over a stile located just behind the end of the bridge parapet.

Follow the fence and the river on your left until the path bears right, slightly up the slope and under the power lines. Skirt the steep bank, bearing left. The public footpath bears left but this area is quite boggy and you may wish to circumnavigate the bog completely, until you reach a gap in the wall at the lower edge of the slope. Once through the gap, follow a dilapidated wall on your left. Pass through a gap in the wall, turning left across another boggy area by an obvious path which leads to a stile into the woods.
Turn left along the forest track, passing a derelict building on your left before reaching a stream, which the forest track crosses on a well-constructed embankment. Before the stream, turn left along a rough path to reach a wooden footbridge over the river.

Cross the field, climbing up to the kissing gate at the top right corner. Turn right along the lane. When you come to a fork, take the left track signed Cwm Farm. Pass along the unmade track, through a number of field gates until you reach Cwm Farm. Turn left into the field just before the property. Follow the wall and fence on your right, eventually crossing a stile, after which the route turns left up the steep slope. Follow a grassy path upwards through the bracken, broadly following the field boundary and then a stream on your left. Where the stream turns further left near a small waterfall, bear right, continuing with the fence on your left. When you emerge onto relatively level ground, the view in front opens up to the impressive waterfall 'Rhaeadr y Cwm'. Ahead of you, the obvious path contours the steep-sided valley. Continue alongside the fence until you reach a kissing gate to the road at a footpath sign.

Above: The Pengwern community pub
Right: Bryn y Castell Hillfort

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