

# Cilgerran and the Teifi gorge

## WALK 9 Cilgerran and the Teifi gorge



towards the church, heading downhill to pass to the right of it. In front of a bridge over a small stream, turn left onto an uphill wooded path to a road. Turn left and after about 100 yds (91m) turn right **B**, at a public footpath sign, along a winding, hedge-lined track from which there are pleasant views across fields to hills dotted with woodland.

About 100 yds (91m) before reaching a farm, turn right over a stile and then left to head downhill across a field, passing below and to the right of the farm buildings. Continue through a hedge gap, keep ahead and turn left through a metal gate, immediately

turning right **C** along an enclosed path. Climb a stile, ford a small stream and turn left alongside it. Keep ahead, passing through two hedge gaps, and then walk gently uphill to climb another stile. Continue, passing through another hedge gap, bear slightly right and walk across the middle of a field to a stile. Climb that, bear right along the right-hand edge of a field, by a line of trees on the right, climb another stile and turn left to continue along an enclosed track.

A few yards after this track bends to the right, turn left over a stile, head uphill across a field corner to climb the wire fence and turn left along a winding, uphill track. The track later levels out to reach a junction of several

tracks; here turn left to continue along a pleasant, tree-lined track. After about 100 yds (91m), turn right over a stile and walk along the left-hand edge of a field, by a hedge on the left. Climb a stone stile and continue along the edge of the next field, turning left over another stone stile in the field corner. Now keep along the right-hand edge of a field, by a line of trees on the right, enjoying the fine views ahead of the Teifi valley. After 50 yds (46m), turn right over a stile, walk diagonally across a rough meadow to climb another stile and bear right to a third stile in the corner of the next meadow.

Climb the stile, turn left along an enclosed path that heads downhill into a wooded valley and turn left over a stile at the bottom. Turn right to cross a plank over a stream and head up to climb a stile. Continue along the left-hand edge of a field, by a wire fence on the left, climb a stile and turn right along the right-hand edge of a field, veering slightly left to climb another stile in the field corner. Turn left through a metal gate and walk along a hedge-lined track to a road **D**.

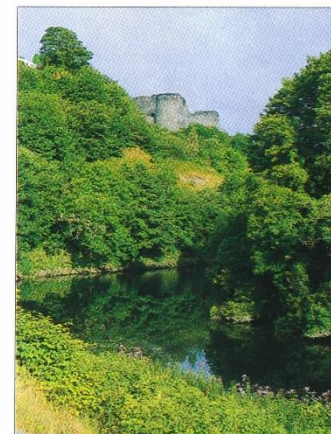
Turn left towards a chapel and almost immediately turn right along a tarmac track signposted to Rhosygilwen. Just after the track curves left, turn right at a public footpath sign and continue along a hedge-lined track, following it gently downhill. At a crossing of tracks climb the stile ahead, continue downhill, turn left at a T-junction and almost immediately turn sharp right onto a woodland path.

For the next 1 3/4 miles (2.8km) follow the path through attractive mixed woodland, taking care to look out for the indispensable yellow waymarks. In particular watch for a sharp right-hand turn downhill, shortly followed by an equally sharp bend to the left. Another deviation from an otherwise fairly

straight route is when you turn left in front of a metal gate and head uphill to turn right over a stile, continuing along the right-hand edge of a sloping meadow and where the wire fence on the right ends, turning right downhill to a track. Turn left along this track and, where it bends right, turn left over a stile, bear right uphill to join a woodland path and turn right along it. Continue through a particularly attractive stretch of lovely broad-leaved woodland, climbing a series of stiles and crossing several small streams, and finally walk along an enclosed path that heads up to go through a gate and continues to a narrow lane **E**.

Turn left along the lane for 1/2 mile (800m) to a T-junction on the edge of Cilgerran. Turn right along the road and at a public footpath sign turn left **F** onto a path at the side of the Masons' Arms. The path soon bends right and heads downhill into the Teifi gorge. Turn left to continue down to the river and follow it back to the start – a superb finale through the thickly wooded gorge.

The towers of Cilgerran Castle above the thickly wooded Teifi gorge



*From the banks of the River Teifi the walk begins by heading up into Cilgerran, passing the castle and church, and it continues across fields and through woodland, with attractive views over quiet countryside. It is a twisting route and some muddy sections can be expected but it is well waymarked throughout; simply keep an eye out for the regular yellow arrows. The highlight comes at the end: a glorious stroll through the Teifi gorge with the romantic scene ahead of the towers of Cilgerran Castle rising above the wooded cliffs.*

Cilgerran occupies the ridge above the western side of the Teifi gorge, making it an ideal defensive site. The castle, which dates mainly from the early 13th century, and the church, which apart from its fine 14th-century tower is mostly a 19th-century rebuilding, are both in picturesque settings. The Teifi is one of the few rivers in Britain where fishing from traditional coracles can still be seen. It is difficult to believe that this tranquil backwater was once a busy commercial waterway, carrying salmon and later slates downstream to Cardigan. The modern Coracle Centre, where the walk begins, traces the varied history of Cilgerran and its river through the ages.

Facing the river, turn left along a track through the gorge and after a few

yards turn left at a footpath sign, following directions to 'Castle and village', along an uphill path, which is stepped in places. This goes through the remains of former slate quarries, now almost hidden by trees and scrub. In the 19th century Cilgerran became an important slate-quarrying centre with about 300 men employed in the slate industry.

Keep following the signs to 'Castle and village', heading up to pass beneath the castle walls, turning left at the top of steps and turning right along a track in front of a house. By the castle entrance, turn left along a tarmac track towards the village; the main part of the village is to the left but the route turns right here along a lane **A**. The lane soon curves to the left and continues

