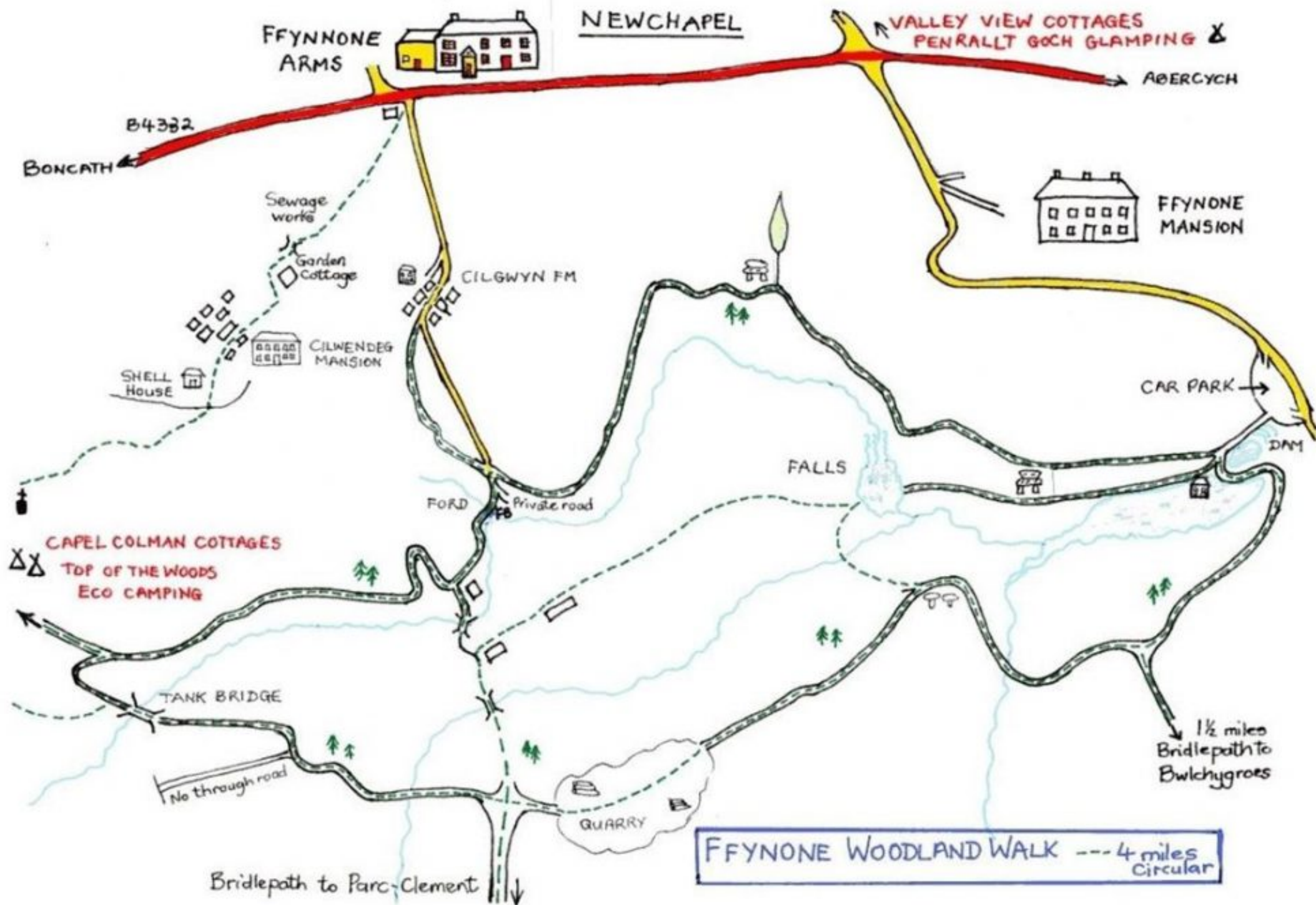




Ffynone is an often-overlooked waterfall in West Wales, but being just a 20-minute drive from Cardigan, it's very easy to access and usually pretty quiet too.

About Ffynone Waterfall. Ffynone Waterfall is a small waterfall formed by Afon Dulas (the Dulas River) as it runs through Ffynone Woods in the Cwm Cych valley of West Wales. Afon Dulas eventually flows into Afon Teifi (the Teifi River) which flows into the sea at Cardigan Bay.

At the base of Ffynone Waterfall is a large pool where you can swim. There are also several small benches which make a good picnic area.

Pwyll and the Legend of Ffynone Waterfall According to the Mabinogi (legendary Welsh stories compiled in the middle ages), Ffynone Waterfall is the gateway to Annwfn, an underworld that lies much deeper than our own. It is said that Pwyll, King of Dyfed, swapped places with Arawn, King of Annwfn (the underworld) for a year and a day using the portal at Ffynone Waterfall. Pwyll later became known as Pwyll Pen Annwn and is an important figure in Welsh mythology as the husband of Rhiannon and whose son became the hero Pryderi.

How To Visit Ffynone Waterfall. To reach the waterfall, simply follow the path straight without turning off. On your way, you'll walk alongside the unnamed lake formed by the river and past the abandoned Pont Newydd cottage. Both of these will be on your left-hand side as you walk towards the waterfall.

Once you reach the waterfall, it's also possible to climb around the edges and get a bird's eye view, however, be warned as the edges here are very steep and sudden so I wouldn't recommend this part for young children.

Ffynone Waterfall Walk From the waterfall, it's possible to continue on a circular walk and loop back around to the car park instead of following the same path back. This will also take you around the other side of the lake, past some edible forest gardens, and along scenic (and very peaceful) back roads.

To follow the loop, you'll need to cross over the river which flows from the base of the waterfall. This can be a challenge depending upon how wet the weather has been and means that the walk isn't suitable for people with mobility issues. Climb across fallen trees to reach the path on the opposite side. On the other side, the path splits into two as shown below. Continue on a slight right for the longer loop options or veer immediately left for the short loop.

Left: Short Loop, Right: Longer Loops

On the short loop, the first 20m or so of the pathway is not well maintained and it may feel like you're going the wrong way, but it does open up to a wide trail after this. Keep left at every junction and you'll return to Pont Newydd cottage which you passed on the way to the waterfall. From here it's right back to the car park.