

Hosteli Unigeddau'r Elenydd : Elenydd Wilderness Hostels

Walks from Dolgoch Hostel

No.5 - Moel Prysgau Bothy - 11miles (18km)

Summary

A circular walk largely within Tywi Forest. Felling in recent years has increased diversity and opened up the views. Goes up Tywi valley to bothy and then cuts west to return on a forest road to the Tregaron Road about 1.5 miles from hostel.

Safety

You are strongly recommended to read the safety and navigational advice in the Guest Information file 'Walking' in the hostel, especially about fording rivers. For this walk this can be summarised as:

River Crossings - three potentially dangerous fords but alternative route described at 3 and 4 below.

Underfoot - On good tracks.

Exposure - Not significant.

Navigation - Straightforward on obvious tracks but pay attention in forest. OS map and compass both recommended.

Traffic - Short sections on very quiet roads but be alert and walk on right.

Forestry - Steer clear of harvesting and other operations; follow directions; do not climb on wood stacks.

Directions

NB. ref.nos. are shown on map overleaf.

- 1 Right (R) at end of hostel access road. Over bridge and first Left (L).
- 2 Straight on/fork L onto track up valley as main unsealed forestry road forks R.
- 3 On emerging from forest, track fords river. Most of the time it is safe to ford, as in Jan. after wet weather. But it can be lethal and in severe floods of Sept 08 a 4x4 was swept away and someone drowned. I will describe my route and then alternatives:
My Route - Cross river on line taken by track. Continue on west bank past where track re-crosses and returns. If you wish to visit bothy then at next crossing (the 4th) follow track diagonally across river, taking right side of track (shallower).
Alternative Route - I did not walk this, only discovering further on, that if you force a way on the east bank through to the bothy then you can pick up a forest road behind it which crosses the river on a bridge further upstream. It looks hard going to the bothy but at least you can complete the walk without any fording.
Another alternative is not to go to the bothy and stay on W bank after first crossing.
- 4 To reach the bothy, use the not-very-prominent footbridge over the Tywi in front of the it.
To follow my route - stay on the bothy side, go round the S end of the bothy, put your back to it and follow trod path over wall and back to main river (Nant Gwinau). Follow track, recrossing river for last time. A short way into forest turn sharp L onto forest road.
To follow the alternative - again go round S end of bothy and follow straight ahead on line of end wall to where trod path goes into forest. Although I did not go this way, it seems pretty certain that you only have to go about 100m to pick up the road. Turn L onto it and follow it over the river in about 600m. Stay on the forest road as it crosses the riverside track and heads, initially S then W then generally SW into forest.
If the alternative does not work out, do NOT risk dangerous fordings - go back!
- 5 L at junctions with another forest road. NB. White posts now mark the way to public road.
- 6 L immediately after passing between two ponds.
- 7 Bear R on main forest road after about 0.5 mile.
- 8 Fork R on forest road after about a further 1.5 miles.
- 9 Straight on at cross roads of main forest roads.
- 10 L at public road and then R down hostel access road after about 0.75 mile.

Points of Interest

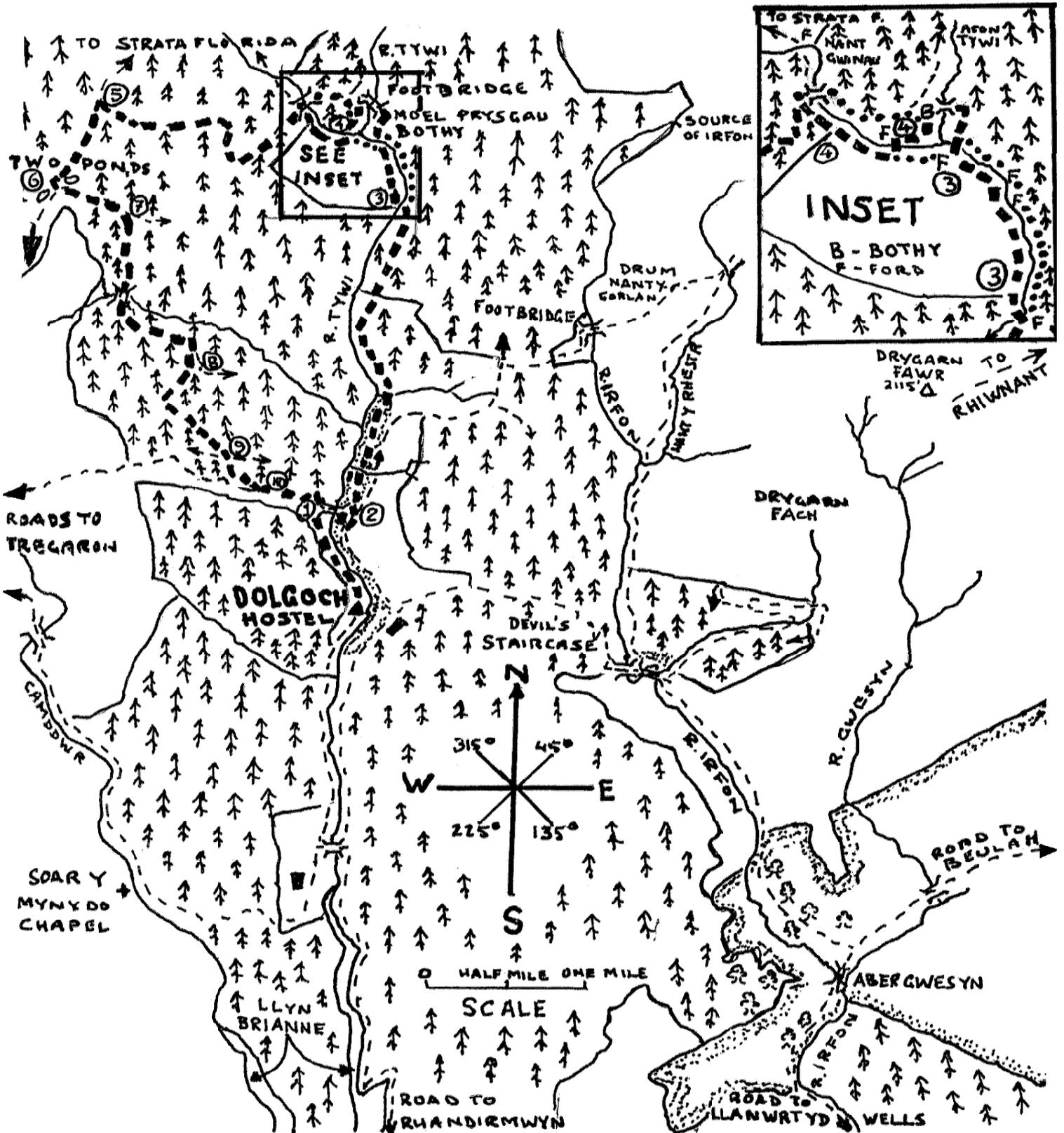
NB. for more information see Guest Information Files at hostel.

- 1 Bothy offers very basic shelter but good for a break in bad weather. Run by MBO.
- 2 More info in hostel Guest Information Files.

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|------------------------------|---------------------------|--------------------------------------|
| WALK | OTHER PATH, TRACK OR ROAD | BUILDING |
| DIRECTION OF WALK | BRIDGE OVER RIVER | CONIFEROUS FOREST (INCLUDING FELLED) |
| DIRECTION REF. POINT (P.T.O) | TRIG POINT | DECIDUOUS WOODLAND |
| ALTERNATIVE ROUTE | NOT ACCESS LAND | |