

Abbey Cwmhir Heritage Trust  
Ymddiriedolaeth Treftadaeth Abaty Cwmhir

# Abbeycwmhir Community Heritage Walk

## A circular walk with some spectacular views

**Start:** Start at the notice board next to the village green.



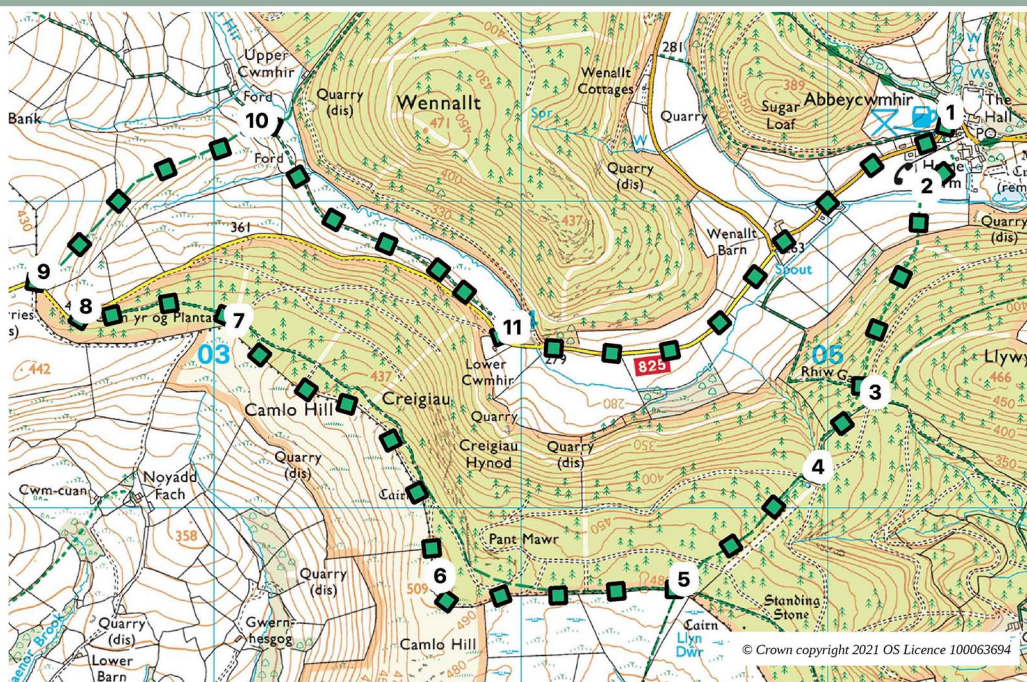
(what3words = satin.foster.directors)

**Difficulty:** Moderate to strenuous. Steep and uneven terrain in places.

**Distance:** 8.2 kilometres 5.1 miles.

**Duration:** 3.5 hours approximately.

**1.** With the notice board in front of you turn left and cross the road. Head to the right and take the footpath marked on the left hand side. Head through the wooden field gate and cross the stoned yard to the pedestrian gate. Pass through this



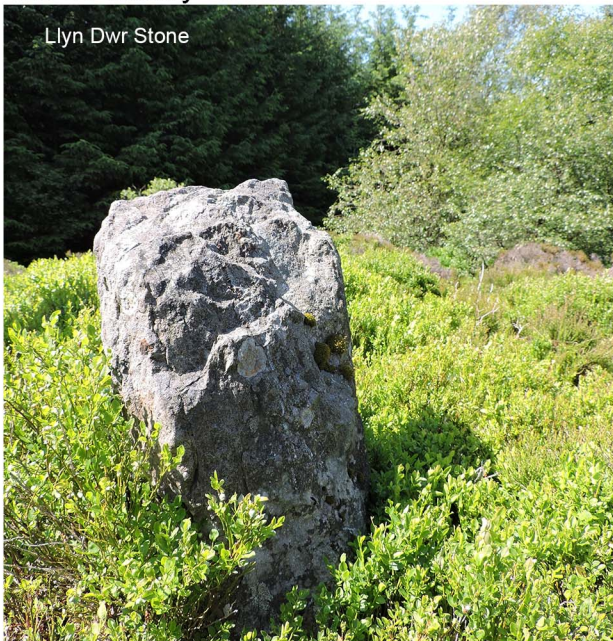
and head straight across the field with the forestry in front.

**Medieval/sub-Medieval burial ground.** Go through the gate next to the Union barn. The gently sloping ground in front of you holds a secret. During the dry summer of 2018 the ground here revealed a number of parch marks which showed a regular series of rectangular shapes, set about the same distance apart. Archaeologists thought that the marks showed the position of ancient graves, possibly as many as 60 burials. An archaeological excavation the following summer confirmed this to be the case. By today's standards, the graves were shallow, only about 0.7m. Coffins were not used. The body was wrapped in a shroud and laid into the ground. The soil here is acidic, which dissolved the skeletons and so no signs of the bones could be found. A few pieces of medieval pottery were found but most of the artefact finds came from a nearby Victorian rubbish heap!

**2.** Cross the bridge and head up the steep bank towards the fence on the edge of the forestry, pass through the pedestrian gate and follow the narrow path leading diagonally up to the right. Follow this path for approximately 500 m and then turn left at the path junction with a short steep section up onto the forestry road.

**3.** Turn right and walk along the road for 20 m, turn right and follow the right-hand grassy track.

**4.** At the forestry road turn right and then almost immediately left, back off the road, follow the grassy path uphill. Cross over another forestry road after approximately 400 m and then follow the track, straight ahead, to the boundary fence.



Llyn Dwr Stone

A short detour to the left will take you to the Llyn Dwr Stone and the Llyn Dwr Cairn.

**Llyn Dwr Stone.** Search for the stone in the heather, away from the forestry boundary fence. It is a Bronze Age standing stone, quite small at 0.7m. In height. The stone is unworked, without any inscription, except for a gentle point where it enters the ground.

**Llyn Dwr Cairn.** The hilltops in this area frequently contain Bronze Age burial mounds or cairns. They often show a pattern with one mound being within sight of the next. Unlike many burial mounds, Llyn Dwr Cairn has not been plundered and remains intact. With a circumference of 36.5m. It can be clearly seen from the path along the edge of the forestry planting.

**5.** Turn right and walk with the fence on your left hand side. Follow the way marked route.



View from Camlo Hill

**6.** When at the highest point carry along the path keeping the fence on your left hand side, following the way markers.

***From the high point of the path there is a breathtaking view of the surrounding landscape. On a clear day you will be able to see the Brecon Beacons and the Black Mountains. The display board here shows the features that can be seen from this point.***

***Cwmyrog Stone. This takes some finding, although it is on the edge of the forestry planting. It served as a boundary stone between the parish of Nantmel to the south-west and Abbeycwmhir to the north-east. You will also see a bank running along the edge of the forestry and against the hill grazing to the south. This is an ancient 'Hundred' boundary. Nantmel is in the Hundred of Rhayader whilst the land to the east is in the Hundred of Cefnlllys.***

**7.** At this way marked point turn right and head into the forest for approximately 35 m, turn left onto the track and head out of the forest, passing through a bridle gate and onto the roadside.

***From the top of the road there are spectacular views to the west towards Rhayader and the Elan Valley.***

**8.** Head on up the road to the top of the hill.

**9.** Turn right, off the road, through another gate onto open farmland. Cross the field, following the way marked route, through another field gate and down, looking for a gate on the left along the field boundary.

**10.** Pass through the gate, walk down the path and turn right onto the track. Follow the track all the way along, passing through a few more gates.

**11.** Once out on the roadside, head left down the road towards the village of Abbeycwmhir.

At the road junction keep straight on and pass with farm buildings on your left. The route stays on the local road all the way back to the village.



Lower Cwm Hir

***Wenallt Barn, rebuilt in 1919, used to be a small farmstead with buildings round three sides of a square yard. Aerial photographs of "parchmarks" in dry summers have indicated possible buried structures in this area. Wenallt Barn is thought to be on or near the location of a monastic building, possibly a farm or watermill.***

Care should be taken when walking in the countryside. Follow the Countryside Code, keep dogs on a lead, especially near grazing stock and respect people's property and privacy. Our walks are steep and uneven in places and these can become challenging as a result of inclement weather. Forestry operations periodically take place in woodlands so please observe all forestry notices. It is advised that appropriate footwear and clothing are worn on our walks and that consideration is always given to matters of safety.

Whilst the Trust has researched all the routes for these guides, no responsibility can be accepted for any unforeseen circumstances encountered. We would however appreciate any information regarding material changes or any problems encountered. [cwmhirabbey@gmail.com](mailto:cwmhirabbey@gmail.com)

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Wenallt Barn

