

Circular Walk from The Daffodil Inn via Diane Mathias Art Gallery and Celtic Winery Visitor Centre past Henllan (you can divert to Henllan station yard to try the Teifi Valley Railway) through Coed Henllan Wood along the Teifi River towards Beredw , then return to the Daffodil Inn. Approximately 4 miles or 2 hours steady walk. Some steep climbs and some fallen trees to clamber over. Some road walking on minor routes with no pavement. There is one field that may contain livestock to pass through.



Directions:

Turn left from Daffodil entrance when facing T junction road towards Croeslan.

Walk carefully along main road facing any traffic then take first left tarmac road signed to Henllan.

Follow this country road for approximately 2 miles, with great views across the valley, then go straight through Beredw and you will see Diane Mathias gallery on the right hand side.

At the T junction at Henllan you will see the Visitor Centre for the Celtic Wines Winery, an award winning Welsh producer.

Turn left at the T junction (or follow signs to the Teifi Valley railway yard) and continue 200 yards on main road facing any traffic until you reach Henllan Bridge, ignoring walk signs to the right .

Just before Henllan bridge drop down to the left . Here you walk straight ahead, with the river rapids to view on your right, crossing a small bridge over a stream, in Henllan Woods.

Keep the river on your right and progress as far as the path will go, climbing over any fallen trees.

The woodland here has been rejuvenated by the National Trust and the river views are well worth the walk down.

When you reach the blocked end of the path turn right to go over another small bridge over a stream. You come into an overgrown field and can choose either right or left turns.

Right: Head towards the river and walk along the bank to the left turning up left to join a small road.

Left: You come to a kissing gate to a field. There are sometimes cattle in the field, so keep dogs under control. Cross around the edge of the field to the opposite side where you can see a house. Climb the stone steps beside the gate to the field and turn immediately left before the house up to a small road.

At the small road you can divert to the right to see a lovely S bend in the river , a beautiful view. However to walk back you need to turn left passing a beautiful house on the left , then right at the T junction onto the road back to Penrhiwllan. On the way up turn right into Lake View, where the old path used to end that was blocked off in the woods. Have a peek at the beautiful lake. I believe this may be private land further down, so don't go past the old entrance to the walk on the right hand side please.

Go back to the road and return to Penrhiwllan, turning right at the T junction back towards the Daffodil Inn, being careful to stay tight to the edge of the road facing the traffic, before returning for well earned refreshment at the Daffodil.

Dogs are welcome at the Daffodil, but please ask for a towel to wipe your dog off if you bring them into the bar, or please take refreshments out onto the decked patio area.

There are several variations to this route, along the disused railway line to Pentre Cwrt or extending the walk opposite the pub to Maes Y Llyn. Explore, Discover, Relax, Enjoy.