

PWD1: Sgwd Gwladus, Pontneddfechan

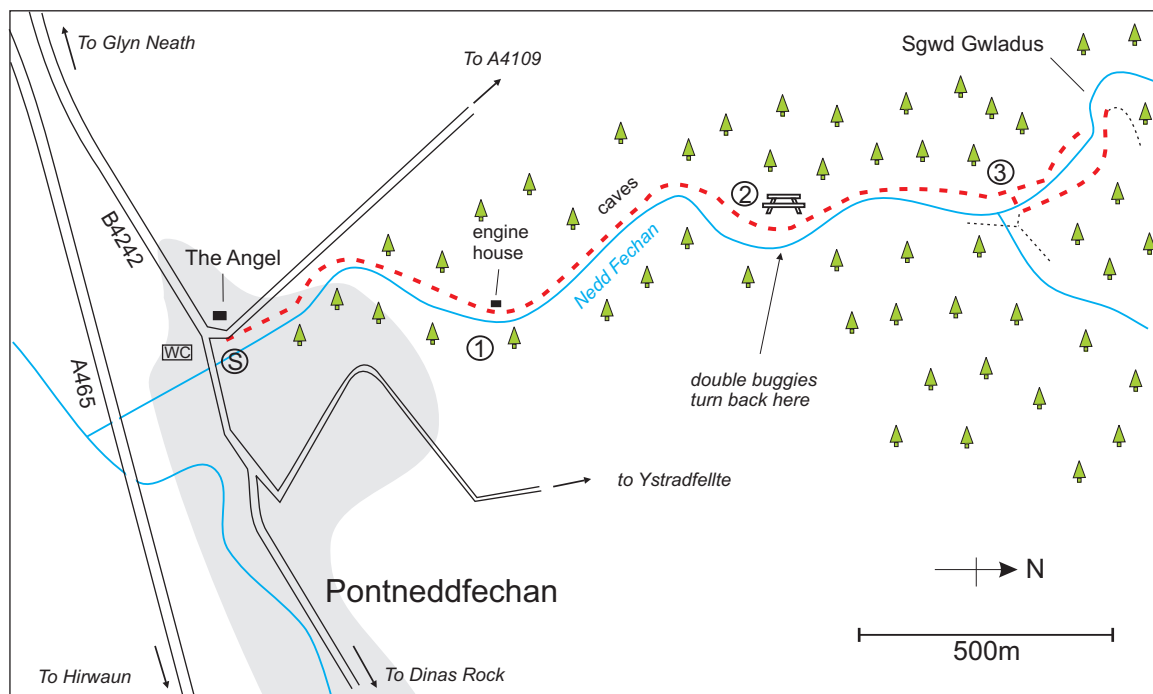


Outline Information

Distance: 3 miles (5 km)
Time: 1 hour 30 mins
Grade: Moderate
Map: OS Explorer OL12
Grid Ref: 900076

This walk follows a footpath alongside the Afon Nedd Fechan as far as Sgwd Gwladus, the lowest of many waterfalls in this area on the Rivers Nedd Fechan, Hepste and Mellte. The walk goes through lovely woodland and past old mine workings, initially following the route of a mine tramway.

The path is excellent up to the half way picnic point and suitable for all pushchairs up to this point. You need a single ATP to reach the waterfall itself as the route is locally narrow and rocky and there is a flight of 12 steps to negotiate.



Getting there

From the B4242, park by the Angel pub in Pontneddfechan. Toilets by the car park.

S. From the car park, head through green metal gate with Lady Waterfall/Sgwd Gwladus, marked Pont Melin Fach. Pass the information and head up the gravel path with river Nedd Fechan to your right. *Look out for the many river birds seen on this stretch of the river we saw dippers and flycatchers.*

1. Continue along the path, going to the right of 2 wooden gates which divert the path away from a section of overhanging cliff (scary boulders!). Continue along the path past the ruins of a mine engine house on your left. *The stone slabs forming the path here are sleepers and you can see the holes for the rails.*

Go through a gate next to a stile and past a bench. Continue through the next gate, noting that dogs are to be kept on a lead. *Look out for the mine adit to your left (fenced off). If you have a torch with you, you can see the size of the chamber with a lake in the bottom!* Keep going until you get to the picnic site.

If you have a double buggy or lightweight pushchair, this is the end of the walk, so enjoy your picnic and head back the way you came.

2. Continue past the picnic site along the path which now narrows. Go over a wooden bridge and up a flight of 12 steps (this is the worst obstacle on the route). Continue along the path with the river below you. Go over a stepped wooden bridge (easy!) and carry on along the path. Negotiate a rocky section and over a third wooden bridge.

3. When you get to a large wooden bridge crossing the river, there is the option of continuing on either side of the river.

Easy route: stay on the same side of the river continuing along the riverside path. When the path splits, go up 7 easy, broad steps and continue to the waterfall viewpoint.

Harder route to access the waterfall: cross the bridge and turn immediately left to continue up the river on the opposite bank. Go along the path, awkward and bumpy in places. *Make sure the pushchair is on a leash as the path angle is awkward.* Continue until you reach the end of the path at the waterfall.

Sgwd Gwladus (Lady Falls) is one of many waterfalls in this area, where the rivers have cut down through the sandstone to create steep gorges and spectacular waterfalls where harder rocks are more difficult to erode. The waterfall takes its name from Gwladus, one of 25 daughters of the 5th century chieftan, Brychan. Sgwd is one of several Welsh words for waterfall.

When you've finished at the waterfall, head back the way you came to the car park, pausing for a picnic on the way!