## Long Wood Walk

From end to end it is about 3.5 miles, very good views to the Cambrian mountains (hills) can be had if you stick to the ridge line walk, along the eastern edge of the wood. There can be sheep or cows in the fields so care should be taken, especially if walking with your dog.

> Turn left just before the first outbuilding at top of hill and follow path round

edge of private wood, if

walking from this end

The old Quarry

Castell

Woodland Theatre

Hobs Garden

Mount Pleasan

Parking in Lampeter itself, beside the Rugby ground

Alltgoch Farm |

to Llangybi and the A485 Lampeter and Parking and Tregaron road Visitor centre to Llanfair lovely spot by the bridge over Afon Teifi and there is a PO/Shop there. Country lane route back to Lampeter. Forest School, wc Wood Yard Goitre Isaf | Keep to track in the Path is to the east of fence around hill fort Cottage This short stretch is a 'footpath' not a track or bridleway like the rest of the marked Allt-goch This ridge line route is a public bridleway No motorbikes, guads or unauthorised vehicles are allowed. and ensure that this remains an unspoilt area. Toilets such that they are Would recommend the use of appropriate OS map.

No open fires and please respect wildlife and other woodland users of the compost type, so be warned.