

Croeso!

Welcome!

*The
Cambrian Mountains of Wales*

#cambrianmountains

www.thecambrianmountains.co.uk



From gastro to astro, we've got it all.....in the Cambrian Mountains of Wales.

The **Cambrian Mountains** rise up in the very heart of Wales, a place where hills, river valleys and meadows have sustained life for millennia. Surrounded by the counties of Ceredigion, Powys and Carmarthenshire, and encircled by three national parks, this is a landscape which is steeped in Welsh history and heritage, and where agriculture, language and culture are entwined.

On a clear day, from Pumlumon Fawr(2468ft/752m), where the River Severn and Wye rise, the Llyn Peninsula and the highest peaks of Snowdonia can be seen to the north, the summits of the Brecon Beacons to the east, and the Preseli Mountains and the full sweep of Cardigan Bay to the west.

The **Cambrian Mountains** are synonymous with tranquillity and their extensive nature reserves brim with wildlife. Warblers, tits, pied flycatchers and buzzards are all found in the woodlands, and red squirrels can be seen at key locations.

This wouldn't be the **Cambrian Mountains** without the crystal clear water which is such a prominent feature in the landscape and sparkles in the plentiful rivers, lakes, reservoirs and waterfalls. Stand at the peak of Carreg Naw Llyn and see nine lakes below, plus the stunning Claerwen Reservoir, one of six reservoirs of the beautiful Elan Valley.

The **Cambrian Mountains** echo with Owain Glyndwr's famous battles with the English and was also home to many Welsh greats, including Welsh highwayman Twm Sion Cati, Emmeline Lewis-Lloyd who became the eighth woman to climb Mont Blanc, Caradoc Jones, who was the first Welshman to climb Everest, and also where the first game of rugby in Wales was played! Welsh is widely spoken across the region and Welsh place names give a real sense of culture. Soar y Mynydd deserves special mention as one of the remotest chapels in the UK having provided regular services for nearly two hundred years to the rural farming community.

In the **Cambrian Mountains**, the stars shine brighter. Discover here the only International Dark Sky Park in Wales, plus nine other Dark Sky Discovery Sites to explore and enjoy. Outdoor adventure opportunities are almost limitless. Trail walking, mountain biking, road cycling and horse riding are all on offer. Or take a bird's eye view and try paragliding high above the hilltops and valleys.

Generations of families have acted as custodians of the **Cambrian Mountains**, with farming a consistent mainstay of the landscape. The agricultural calendar ebbs and flows, with the rams brought to the ewes in the autumn, lambing in Spring, hay making in June and then shearing in July. The agricultural shows bring rural communities together and give a well earned opportunity to down tools. The Royal Welsh Show at Builth Wells has for decades been the biggest of the summer shows and today is the biggest agricultural event in Europe showcasing world-class Welsh produce on an international stage.

It is the **Cambrian Mountains** unique geology, agricultural history and pastureland which have over generations created the perfect ingredients for creating great food and drink. From the wonderful lamb and beef which graze its flora rich meadows, to the stunning cheeses created with love in its remote upland villages, to the artisanal beers, ciders and gins which are crafted from the region's natural spring waters. These culinary pleasures are the inspiration not only for local food producers and restaurateurs, but also for the many lovers of food and drink who come to villages from Llanidloes to Lampeter to sample the region's riches.

Today the communities of the **Cambrian Mountains** look to a prosperous future. Agriculture, food and drink tourism and innovation will continue to sustain community life. And quality produce, stunning scenery and engaging attractions will combine to create unique and memorable visitor experiences.

All wrapped up in a warm, Welsh, **Cambrian Mountain** croeso.

Discover the great nature of the Cambrian Mountains of Wales

The Cambrian Mountains are abundant with nature, from birds to mammals, wild flowers to brightly coloured insects. Nature reserves made up of woodland, riverbanks, lakes and waterfalls are a great place to discover wildlife.

Search for **emperor dragonflies** at Talley Lakes in Carmarthenshire, or watch for **red kites** soaring above Gwenffrwd-Dinas in Rhandirmwyn, where you can stroll through enchanting woodlands of **alder** and **oak**, and marvel at sprawling carpets of **blue bells**. You might even catch a glimpse of the rare **golden eagle** if you visit the Tregaron area during the spring or summer months.

Cors Caron National Nature Reserve is surrounded by a unique range of habitats – **reed beds**, **woodland** and **streams** all make the reserve an idyllic home for **otters**, **lizards**, **barn owls** and **marsh moths**. Head over to Gilfach Nature Reserve near Rhayader towards late autumn and you may catch sight of the **salmon** leaping majestically up the **waterfall** of Afon Marteg, a real spectacle. Travel south to the Elan Valley, and its 70 square miles of **moorland**, **bog**, **woodland** and **riverbanks**, where you might see a **golden plover** or a **curlew**.

Pine martens are now thriving at the Hafod Estate following the reintroduction of these charismatic creatures to the Cambrian Mountains between 2015 and 2017. Reporting any sightings of **red squirrels** would help the Mid Wales Red Squirrel Partnership, which aims to expand and protect the population.

A visit to Bwlch Nant yr Arian, near Ponterwyd, is a must, as the sight of feeding the **red kites** will live long in the memory. There's a hide there too, so remember your camera!

Made up of two adjoining woodlands, Coed y Bont near Pontrhydfendigaid, is one of a growing number of Community Woodlands in Wales. Stroll through ancient conifer trees or picnic in amongst the **aspen** and **oak**. If you stay until sunset, you'll be able to marvel at the night sky - Coed y Bont is one of the Cambrian Mountains' nine Dark Sky Discovery Sites.



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Discover the great heritage of the Cambrian Mountains of Wales

With their dramatic rolling hills and sprawling natural habitats, the Cambrian Mountains, the back bone of Wales to the east of Cardigan Bay, offer a wide range of Welsh history, culture and heritage experiences.

Community spirit thrives and you'll find a host of **choirs** and *eisteddfodau* in most towns and villages. The Cambrian Mountains will now be the hosts of the 2021 **National Eisteddfod of Wales**, hosted for the first time ever in the market town of Tregaron .

Historically, the Cambrian Mountains have been mined for **lead, silver** and **gold** by kings, monks and prospectors in search of riches, and the lead mines of Cwmystwyth, which are among the oldest in Europe, are particularly exceptional. Their grandiose scale and almost apocalyptic appearance make them well worth a visit for those interested in the Cambrian Mountain's more industrial **history** and **landscape**.

The Cambrian Mountains are home to **Soar y Mynydd**, a Calvinist Methodist chapel, and the remotest chapel in Wales. It provides regular services throughout the year. Another significant religious site is **Strata Florida Abbey** near Pontrhydfendigaid, a 12th century grand medieval abbey where generations of Welsh princes are buried and where you may learn about the Cistercian **monks** and the dramatic impact they have had on this rural landscape.

A mainstay of Cambrian Mountains rural life is **agriculture**. Local agricultural **shows, sheepdog trials** and other **country pursuits** still thrive. Local agricultural shows are the perfect place to see modern Cambrian Mountains rural life in action as well as the internationally acclaimed **Royal Welsh Agricultural Show** in Llanelwedd, the biggest agricultural event in Europe and a key date in the Welsh farming calendar.



www.thecambrianmountains.co.uk



Discover the great trails of the Cambrian Mountains of Wales

Between their bountiful trails and breathtaking stargazing spots, the Cambrian Mountains offer endless opportunities to walk, cycle and horse-ride.

Eleven local footpaths, part of a **Cambrian Mountains Community Trails** project, are an amazing place to start. A must for the mountain walking connoisseur are the five trails to the summit of the **2468ft/752m** high **Pumlumon Fawr** near Ponterwyd, where you can see a 360° panorama of Wales.

The nationally recognised 135 mile trail, **Glyndŵr's Way**, winds its way into the Cambrian Mountains, with opportunities to visit open moorland, forests, lakes and reservoirs, while a significant section of the 298 mile **Cambrian Way** can also be walked - just look out for the waymarkers. From Llanidloes, the **Sarn Sabrina circular walk** takes you to the source of the River Severn.

Natural Resources Wales sites boast a multitude of waymarked trails for **walking, mountain biking** and, where possible, **horse-riding**. Catching sight of red kites and woodland creatures is an absolute bonus, particularly at the nearby Bwlch Nant yr Arian.

From the gateway town of Llandovery, **road cycling** routes offer outdoor opportunities through the Cambrian Mountains, where you'll discover welcoming towns and villages, as well as a host of unique cafes and tearooms. **Traffic-free cycle trails** link various communities - including the **Ystwyth Trail, the Rheidol Trail** and the **Elan Valley Trail**.

You'll find several waymarked **horse-riding routes**, including bridleways, and quiet country lanes, where **horse-driving** is also a popular activity.

The Cambrian Mountains also offer some of the **darkest night skies** in the world. Thanks to the **Cambrian Mountains Astro Trail**, including the Elan Valley International Dark Sky Park, you can view the Milky Way, meteor showers, and even the International Space Station.



Plan and prepare your great day out in the Cambrian Mountains. Gear, weather and skills.

www.adventuresmart.uk

www.thecambrianmountains.co.uk



Discover the dark skies of the Cambrian Mountains of Wales

Perfectly clear dark skies await the curious constellation catcher to the audacious and adventurous astronomer and astro-photographer. Cambrian Mountains dark skies are out of this world.

The Cambrian Mountains contains some of the **darkest skies in Europe** and interest is growing from visitors who choose this unspoilt area as a destination for **stargazing**. Come and see the shimmering **Noctilucent clouds** in the midsummer sky between June and late July. Gaze in awe at the **Milky Way** stretching majestically from horizon to horizon from autumn onwards. A myriad of stars sparkle in **inky black skies** during the winter and spring months.

This Cambrian Mountains of Wales has nine **Dark Sky Discovery Sites** which are easy to access by car and free from man-made light pollution. If that wasn't enough, there is an IDA **International Dark Sky Park (Elan Valley Estate)**, an area recognised for "possessing an exceptional or distinguished quality of starry nights and a nocturnal environment that is specifically protected for its scientific, natural, educational, cultural heritage, and/or public enjoyment."

To help people new to the area or those who are interested in the **night sky**, various partners across the Cambrian Mountains are currently working on a website where visitors can see what accommodation is available, which **stargazing events** to attend and what they might expect to see in the night sky during the year. This summer, look out for the **Summer Triangle** in the southern sky. Find the bright stars **Altair, Vega** and **Deneb**, forming a celestial triangle. Deneb also forms part of the **Northern Cross** also known as the constellation of **Cygnus**.



www.thecambrianmountains.co.uk



Discover pubs, cafes and restaurants in the Cambrian Mountains of Wales

*The Cambrian Mountains has some great places to eat and drink.
Here are some places you could try*.*

Gastro business	Gastro community	Gastro number	Gastro name
1 Forest Arms	Brechfa, Sir Gâr	01267 202288	George
2 Castle Hotel	Llandovery, Sir Gâr	01550 720343	Gareth
3 Neuadd Arms	Cilycwm, Sir Gâr	01550 721644	Sandra
4 Conti's Cafe	Lampeter, Ceredigion	01570 422223	Heulwen
5 Y Talbot	Tregaron, Ceredigion	01974 298208	Nia
6 Hungry Ram	Penuwch, Ceredigion	01974 821745	Will
7 Hafod	Devil's Bridge, Ceredigion	01974 890232	Nicol
8 Tŷ Morgans	Rhayader, Powys	01597 811666	Andrew
9 Cobblers Tea Rooms	Llanidloes, Powys	07871 897036	Helen
10 Y Star Inn	Dylife, Powys	01650 521345	Karen



*#Other places to eat can be found at
www.thecambrianmountains.co.uk/Discovery/Map*

www.thecambrianmountains.co.uk



Discover great views in the Cambrian Mountains of Wales



www.thecambrianmountains.co.uk



Discover great accommodation in the Cambrian Mountains of Wales



www.thecambrianmountains.co.uk



Top Stargazing/Summits/Nature/Sunset locations in the Cambrian Mountains of, Wales

Top 10 Stargazing locations

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- | | |
|-------------------------------|-----------------|
| 1. Coed y Bont/Strata Florida | Pontrhyfendaidd |
| 2. Dolgoch Hostel | Tregaron |
| 3. Y Star Inn | Dylife |
| 4. Pont ar Elan | Elan Valley |
| 5. Llyn Brianne | Rhandirmwyn |
| 6. Y Bwa/The Arch | Cwmystwyth |
| 7. Llanerchaeron | Ciliau Aeron |
| 8. Bwlch Nant yr Arian | Ponterwyd |
| 9. Ty'n y Cornel Hostel | Llanddewi Brefi |
| 10. Llanllwni Mountain | Llanllwni |

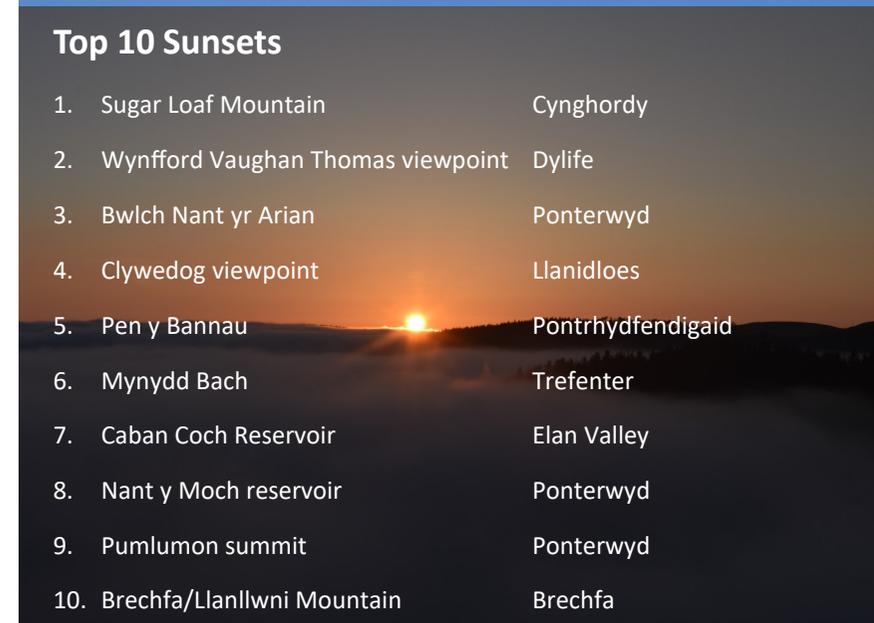
Top 10 Mountain summits

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|-----------------------------|-------------------|
| 1. Pumlumon Fawr | Ponterwyd |
| 2. Crygyn Ci | Elan Valley |
| 3. Drygarn Fawr | Abergwesyn |
| 4. Y Gamriw | Llanafan Fawr |
| 5. Tan y Foel | Rhandirmwyn |
| 6. Hafod Ithel | Trefenter |
| 7. Foel Fadian | Dylife |
| 8. Garn Fawr | Tregaron |
| 9. Llanfihangel Rhos Y Corn | Brechfa |
| 10. Pen y Bannau | Pontrhyfendigaidd |

Top 10 Nature

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- | | |
|------------------------------|-------------------|
| 1. Poorman's Wood | Llandovery |
| 2. Gwenffrwd Dinas | Rhandirmwyn |
| 3. Cors Caron Nature Reserve | Tregaron |
| 4. Glaslyn Nature Reserve | Dylife |
| 5. Coed y Bont | Pontrhyfendigaidd |
| 6. Hafod Estate | Pontrhydygroes |
| 7. Gilfach Nature Reserve | Rhayader |
| 8. Vicarage Meadows | Abergwesyn |
| 9. Bwlch Nant yr Arian | Ponterwyd |
| 10. Ancient Woodland RSPB | Elan Valley |

Top 10 Sunsets

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- | | |
|--------------------------------------|-------------------|
| 1. Sugar Loaf Mountain | Cynghordy |
| 2. Wynfford Vaughan Thomas viewpoint | Dylife |
| 3. Bwlch Nant yr Arian | Ponterwyd |
| 4. Clywedog viewpoint | Llanidloes |
| 5. Pen y Bannau | Pontrhyfendigaidd |
| 6. Mynydd Bach | Trefenter |
| 7. Caban Coch Reservoir | Elan Valley |
| 8. Nant y Moch reservoir | Ponterwyd |
| 9. Pumlumon summit | Ponterwyd |
| 10. Brechfa/Llanllwni Mountain | Brechfa |

Top 20 'Indiana Jones' locations in the Cambrian Mountains of Ceredigion, Wales

<i>Name</i>	<i>What</i>	<i>Place</i>	<i>Grid Reference</i>	<i>County</i>
1. Pant Morcell	Round cairn	Cwmystwyth	SN80667499	Ceredigion
2. Maengwyngweddw	Standing Stone	Cwm Elan	SN92577057	Powys
3. Rhayader Castle	Castle	Rhayader	SN96826802	Powys
4. Drygarn Fawr	Cairn	Abergwesyn	SN86315846	Powys
5. Llandovery Castle	Castle	Llandovery	SN76753422	Sir Gâr/Carmarthenshire
6. Carreg Pumsaint	Standing stone	Pumsaint	SN66334035	Sir Gâr/Carmarthenshire
7. Crugiau Merched	Cairn	Cilycwm	SN72274555	Sir Gâr/Carmarthenshire
8. Talley Abbey Ash Tree	Ash tree	Talley	SN63513291	Sir Gâr/Carmarthenshire
9. Crug y Biswall	Cairn	Mynydd Llanllwni	SN51753878	Sir Gâr/Carmarthenshire
10. Pen y Gaer	Hillfort	Llanybydder	SN52394342	Sir Gâr/Carmarthenshire
11. Dolgamfa	Stone circle	Ysbyty Cynfyn	SN74577917	Ceredigion
12. Llanio	Roman bathhouse	Llanio	SN64385644	Ceredigion
13. Groes Fawr	Cairn(with cist)	Tregaron	SN72735986	Ceredigion
14. Pen y Bannau	Hillfort	Pontrhydfendigaid	SN74196689	Ceredigion
15. Three bridges	Bridges	Pontarfynach	SN74177702	Ceredigion
16. Bedd Taliesin	Cairn	Tre'r Ddol	SN67149121	Ceredigion
17. Pen y grocbren	Roman fortlet	Dylife	SN85609348	Powys
18. Cerrig Caerau	Bronze Age stones	Llanbrynmair	SH90280050	Powys
19. Caersws	Roman Fort	Caersws	SO02709183	Powys
20. Cae Gaer	Roman Fort	Llangurig	SN82368190	Powys

coflein.org.uk

archwilio.org.uk

***Bonus location Summit cairn on Pumlumon Fawr 2468 ft above sea level, and the highest peak in the Cambrian Mountains of Wales



Cysylltwch â ni am wybodaeth a syniadau pellach / Contact us for further information and ideas

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*****Please respect, protect and enjoy the Cambrian Mountains. Visit safely.*****



Mynyddoedd Cambrian Mountains



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May 2020

