

BUMS Trip Report - Midweek Walk Friday 29th May, 2026

Upper Ceiriog Valley

Group Participants: Iain (leader), Dave Bond, Lesley & Mike, Jim, Sue Lancaster, Heather, Gerry (with Oscar), Tony & Lynn (with Ponya), Gordon & Claire (with Nula), Anne

Departure Location: Llanarmon Dyffryn Ceiriog

Planned Route: roughly triangular walk taking in waterfalls and Ceiriog Forest trails

Planned Distance: 10.3 miles with a shorter 6-mile loop led by Tony

Total Ascent: 1706ft

Time: 5 ½ hours approx.

Weather: cool conditions under grey cloud at first, giving way to warm sunshine in the afternoon

Walking numbers swelled late on in the week, with several members using Tony's planned shorter route to test out various injuries and recovery regimes. 5 cars departed the pavilion car park at 8:00 which enabled flexibility for those returning early from the shorter walk.

The 5 cars were stashed at various locations around the village with little apparent impact on locals. Full walking group set out over the bridge crossing the Afon Ceiriog. The leader had elected not to throw in the half mile of 30% incline at the onset of the walk and instead took the group through fields running parallel with the river and into the woodland which provided cover for pheasant roosting. The path wound its way through further riverside meadows until we reached Pentre and the unpronounceable Tuhwntir. Here the farmer very helpfully took some photos of the full group before the team following the shorter route split off and headed back to the cars (and West Arms pub!).

The remainder continued up the valley and noted the various livestock (including the bull) had been relocated to other fields since the reccy was conducted. The first steady incline at about 3 miles took us up a farm track past another unpronounceable settlement Swch-cae-rhiw where there were a number of unregistered ex-US Army vehicles parked up. We stopped for coffee and gazed out over the beautiful and very quiet valley. The track gradually petered out near the crest of the hill and we followed the contour along the side of the upper reaches of the Afon Ceiriog, noting several waterfalls and inviting pools. The path had become less defined and as we headed to a crossing point in the stream, a degree of bushwhacking was required. We commented several times that we were lucky the previous weeks had been so dry, as we picked our way over spongy reed beds towards the only visible stile. Once over the stile we made our way up to the forest track and followed this through the Ceiriog Forest and down into the valley of the river Teirw. After crossing a very shaky stile, we stopped for lunch on a grassy bank overlooking a (private) cottage. It was at this point that the other team sent a very helpful photo of themselves partaking of refreshments in the beer garden of the West Arms!

Despite some dodgy removal of footpath signs and blocking of rights of way, we then made our way onto the Upper Ceiriog Way. It was a good trail, but somewhat of a long

trudge up the hill in the early afternoon and we were all pleased once we reached the crest and headed past moorland grouse and pheasant butts and down the steep hill back to Llanarmon.

