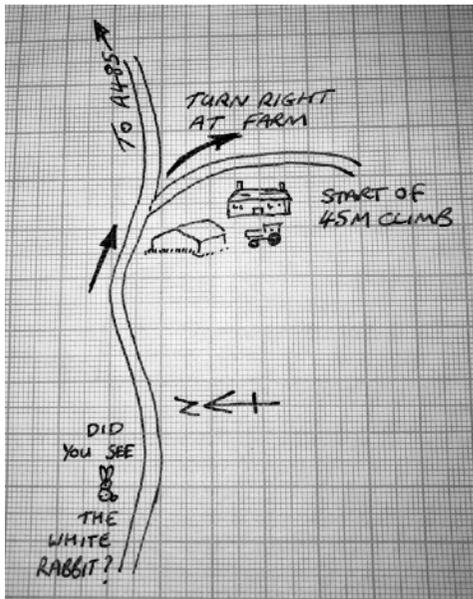


# Runs Around Maesycrugiau - A Trip To Llanllwni (5.8 miles)



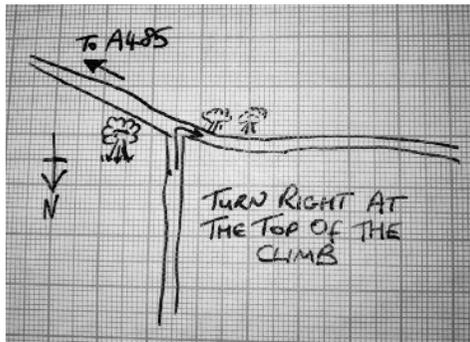
Head out of the front door and turn left onto the road.

Down on your left is the Afon Teifi and over to your right is the disused Manchester to Milford railway.

You might catch a glimpse of the White Rabbit of Maesycrugiau along this road, they say those that see it are destined to return here to live.

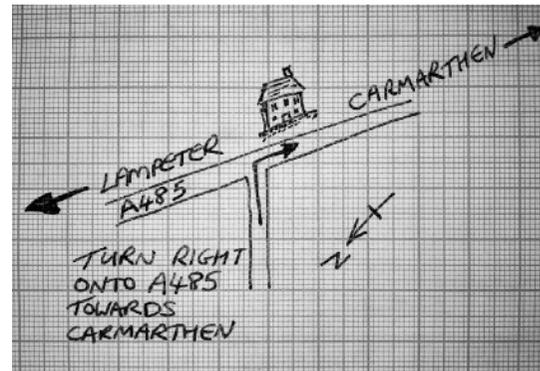
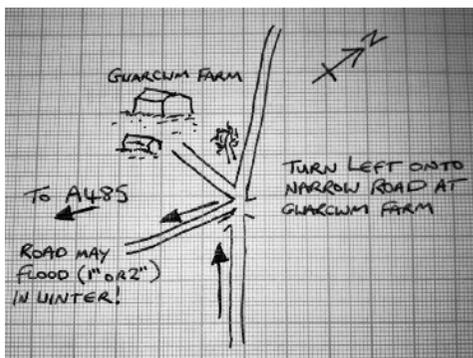
After 0.9 miles take the first right hand turning by the farm.

The road now climbs over 45 metres in under a mile, look out for the right hand turning at the top of the incline after 0.9 miles.



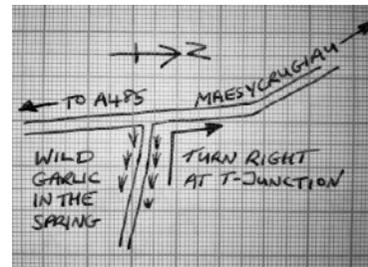
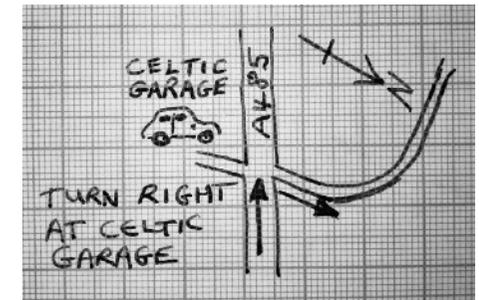
Follow this road round a right then a left 90 degree corner, past a copse and soon the other side of Allt Dolau-duon starts to rise up to your right.

After 0.85 miles take a left at the first road junction you come to, a narrow single track road with grass down the middle.

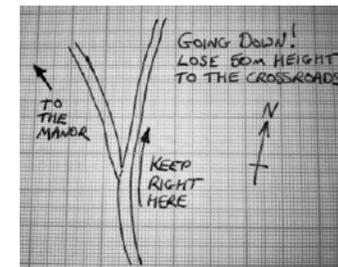


Down the dip and back up the other side will bring you to Llanllwni and the A485 Lampeter to Carmarthen road after 0.8 miles, turn right, crossing the road to the pavement on the other side.

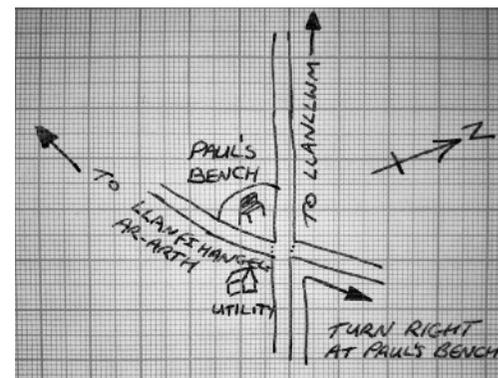
A short 0.25 mile hop brings you to the turning opposite the Celtic Garage



After 0.3 miles, take a right at the T-Junction back towards Maesycrugiau.



Keep right at the turning for the Manor at 0.3 miles, you'll lose 50 metres in height down to the crossroads.



The last turn of the route is this right hander at the crossroads. It's now just 1.15 miles back to your starting point. Heading down into the old part of Maesycrugiau, you pass the old post office, forge and vicarage and start the climb back to Beehive Cottage