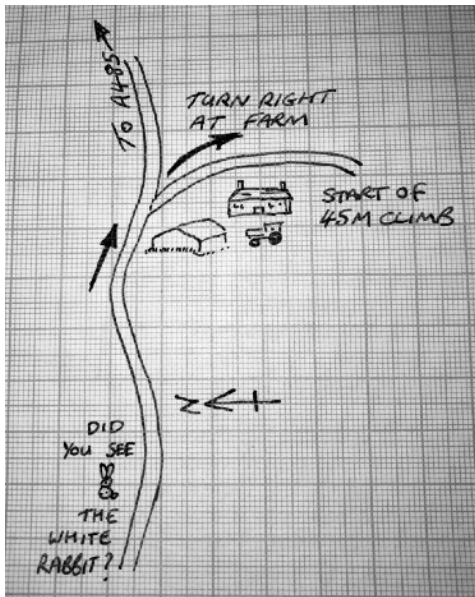


Runs Around Maesycrugiau - A Trip To Llanllwni (5.8 miles)



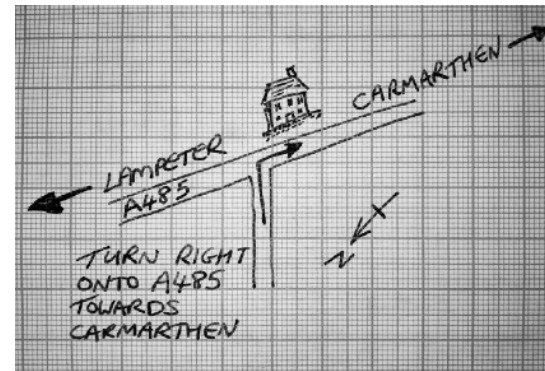
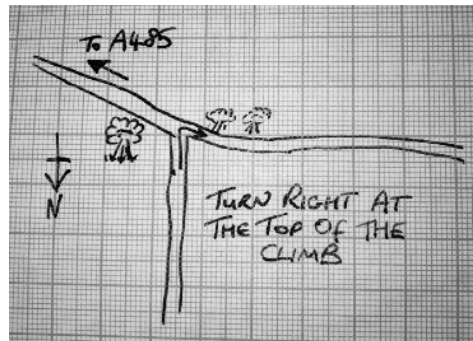
From the Old Post Office, turn right onto the road through the oldest part of Maesycrugiau. On your right you pass the old forge and vicarage.

The Afon Teifi is on your left and the disused Manchester to Milford railway runs on your right.

Out in the open you might catch a glimpse of the White Rabbit of Maesycrugiau along this road, they say those that see it are destined never to leave!

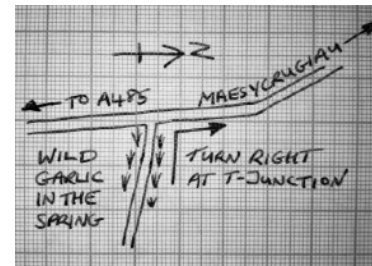
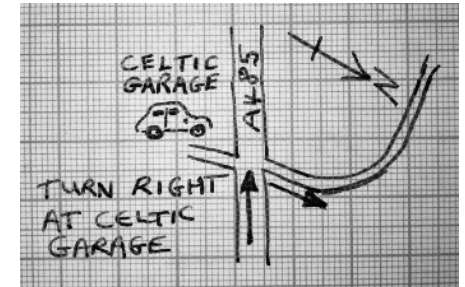
After 1.9 miles take the first right hand turning by the farm.

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.

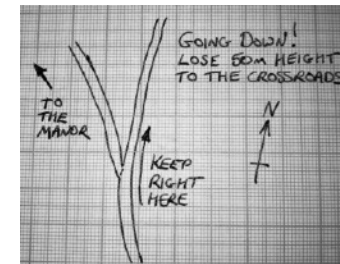


Down the dip and back up the other side will bring you to Llanllwni and the A485 Lampeter to Carmarthen road after 0.8 miles, turn right, crossing the road to the pavement on the other side.

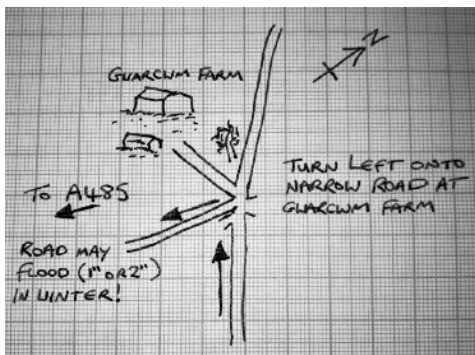
A short 0.25 mile hop brings you to the turning opposite the Celtic Garage



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

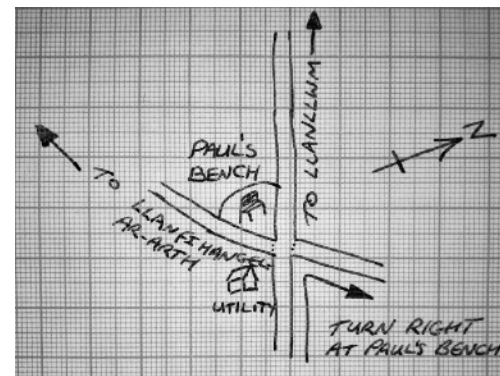


Keep right at the turning for the Manor at 0.3 miles, you'll lose 50 metres in height down to the crossroads.



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.



The last turn of the route is this right hander at the crossroads, it's now just another 0.15 miles back to your starting