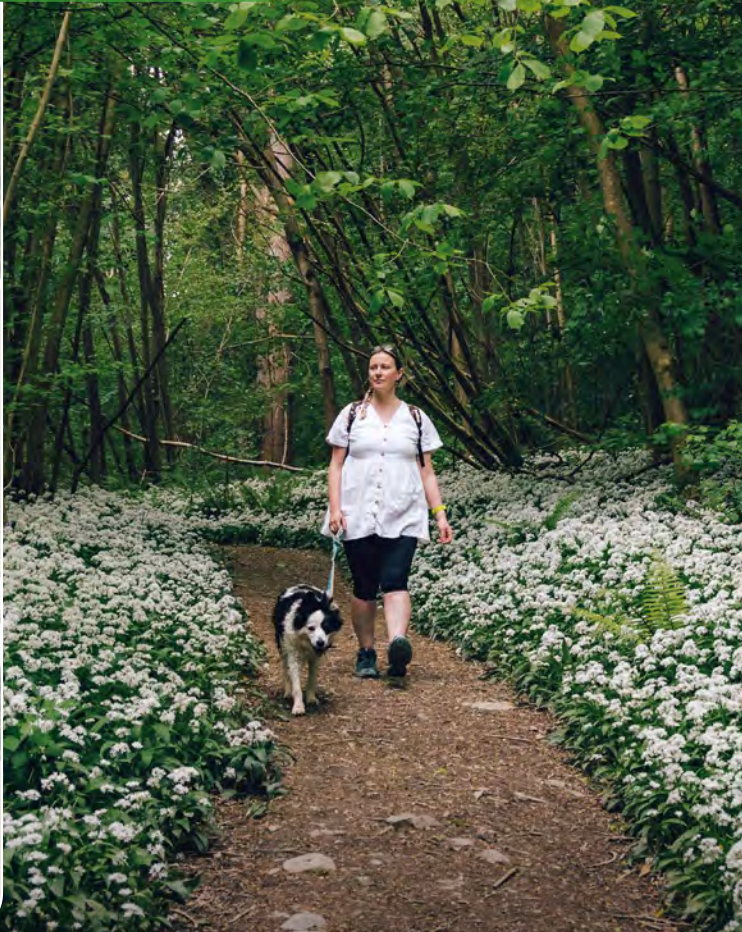




**Cyfoeth  
Naturiol  
Cymru  
Natural  
Resources  
Wales**

# Visiting National Nature Reserves and Woodlands





NATU153 03/23

# RESPECT. PROTECT. ENJOY.

## Respect everyone

- be considerate to those living in, working in and enjoying the countryside
- leave gates and property as you find them
- do not block access to gateways or driveways when parking
- be nice, say hello, share the space
- follow local signs and keep to marked paths unless wider access is available

## Protect the environment

- take your litter home - leave no trace of your visit
- do not light fires and only have BBQs where signs say you can
- always keep your dogs under control and in sight
- dog poo - bag it and bin it in any public waste bin or take it home
- care for nature - do not cause damage or disturbance

## Enjoy the outdoors

- check your route and local conditions
- plan your adventure - know what to expect and what you can do
- enjoy your visit, have fun, make a memory

Read the full code at [naturalresources.wales/countryside-code](http://naturalresources.wales/countryside-code)

**KEEP IT CLEAN**

**Don't give pests and diseases an easy ride**

**You're the best defence against disease our trees have.**

Mud, plants, wood and leaves could be carrying disease. Please leave all natural materials on site and clean your shoes, bike, any toys and equipment and your dog after your forest visit.

Front cover main photo: Rhyd y Gaseg, Clocaenog Forest  
 Front cover small photos (from top to bottom): Coed y Brenin Forest Park; Coed y Cerrig National Nature Reserve; Bwlch Nant yr Arian Visitor Centre



# Welcome

**We look after woodlands and National Nature Reserves all over Wales.**

This brochure gives an overview of our main woodlands and reserves with facilities for visitors.

Our visitor facilities include waymarked walks, mountain bike trails for beginners to expert riders and running trails, together with visitor centres and plenty of family-friendly activities.

**We hope you enjoy your visit!**

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## Find out more

[naturalresources.wales](http://naturalresources.wales)  
[enquiries@naturalresourceswales.gov.uk](mailto:enquiries@naturalresourceswales.gov.uk)  
 0300 065 3000  
 (9am-5pm Monday-Friday)

If you would like this information in an alternative format, please contact us.



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**Lywodraeth Cymru**  
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# Visitor centres

Our visitor centres have all you need to help make your visit an enjoyable one.



All our visitor centres are accessible for wheelchair users, and some have additional facilities such as accessible play areas, hearing loops and wheelchair hire.

There's a meet and greet desk where staff can answer your questions and help you get the most from your day.

Well-behaved dogs on a short lead are welcome.



## Cafés and shops

Our cafés offer drinks and light refreshments, and you can also enjoy hot food in the cafés at Coed y Brenin and Bwlch Nant yr Arian. A takeaway service is normally available, too.

The cafés have seating indoors and outdoors to make the most of the view, and there are plenty of picnic tables near the visitor centres and along some of the trails.

Each visitor centre has a shop which sells a range of local produce, souvenirs, gifts and books.

At Coed y Brenin the privately-operated bike shop sells clothing and mountain bike essentials. It also offers a bike hire and repair service and runs events and training courses.



## Trails and activities

There are walking trails from all our visitor centres.

Coed y Brenin and Bwlch Nant yr Arian also have trails for mountain biking, running and orienteering, and accessible trails for wheelchair users and off-road mobility scooters.

Other visitor facilities vary from centre to centre and include mountain bike skills parks, bike hire, and children's play areas.

## Our visitor centres

Bwlch Nant yr Arian Visitor Centre near Aberystwyth is well-known for its long-established tradition of feeding red kites every day. See page 21.

Coed y Brenin Visitor Centre near Dolgellau is a famous mountain biking destination and has trails for walkers and runners, too. See page 17.

Ynyslas Visitor Centre is a great place to learn more about the special coastal landscape at Dyfi National Nature Reserve. See page 22.

## Find out more

Facilities at our visitor centres vary. Please note that pre-booking is necessary to hire a wheelchair, off-road mobility scooter or bike.

For information about what each visitor centre offers go to [naturalresources.wales](https://www.naturalresources.wales)



Scan the QR code to go to our website

# Walking

The easy-to-follow walking trails in our woodlands and reserves include relaxing strolls and more challenging climbs.



Depending on which trail you choose, you'll enjoy views over the hills, babbling rivers, huge sand dunes, majestic trees or spectacular waterfalls.

Our walking trails usually start from a car park where there is an information board.

There are picnic areas in many of our car parks and some trails have picnic tables in peaceful spots or at viewpoints along the way.



15 Tan y Coed

## Trail information

Our walking trails are waymarked with a coloured arrow or other symbol from start to finish.

Every trail is graded as accessible, easy, moderate or strenuous. The grade gives an indication of how difficult a trail is, and it takes into account the trail surface and gradients as well as the level of fitness and footwear needed.

We give the length of each trail in miles and kilometres, and we also estimate how long it takes to walk it.

These details are on the information board at the start of every walking trail and on our website to help you pick a route that's right for you.



55 Craig Cerrig Gleisiad a Fan Frynych National Nature Reserve



57 Dinas Rock



52 Talley Woodlands

## Accessible trails

Our accessible-graded trails are suitable for people with wheelchairs and pushchairs.

Depending on the trail, the route may include a boardwalk over a wetland, level paths around a lake or alongside a river, or paths to a waterfall viewing area or an accessible wildlife hide.

Some of our other trails are suitable for users of adaptive equipment including adaptive wheelchairs and off-road mobility scooters.

## Find out more





This brochure gives an overview of our woodlands and reserves with waymarked walking trails. For full details see the information board at the start of the trail or go to [naturalresources.wales](http://naturalresources.wales)

## Other walking routes

There are many miles of public footpaths and other rights of way in our woodlands and reserves that may be used by walkers.

You can join the Wales Coast Path or walk part of a National Trail from some of our places – look out for the distinctive shell or acorn-shaped waymarkers.

Look for places with these symbols on pages 14 to 31:

-  Accessible trail
-  Walking trail
-  Wales Coast Path
-  National Trail



Scan the QR code to go to our website

# Mountain biking

From a short ride to a longer adventure, our purpose-built trails are suitable for beginners to seasoned riders.



Making the most of their natural environment, our trails range from flowing terrain to technical singletrack, and feature steep climbs to exhilarating descents. There are plenty of perfectly sculpted berms, huge switchbacks, jumps and tabletops, too.

Our mountain bike trails start from a car park where there is an information board.

## Trail information

Our mountain bike trails are waymarked with a unique trail icon from start to finish.

Every trail is graded for difficulty. The grade takes account of riding experience and skills as well as the level of fitness needed. Some trails are suitable for people using adaptive cycles.

We give the length of each trail in kilometres and the amount of climb in metres, and we also estimate how long it takes to ride it.

These details are on the information board at the start of every mountain bike trail and on our website to help you pick a route that's right for you.



19 Newborough Forest



5 Beddgelert Forest



9 Coed y Brenin Forest Park



9 Coed y Brenin Forest Park

## Mountain bike facilities

Our visitor centres have facilities like showers, bike washes and cafés – check each visitor centre's webpage for details of what's there.

Some of our places have a skills area where you can learn and improve riding techniques.

There are also bike shops in some forests where you can hire a bike, buy equipment or get your bike repaired (some of these services need to be pre-booked).

## For your safety

Mountain biking is a potentially hazardous activity carrying a significant risk.



Always wear the right safety clothing (at least a cycle helmet and gloves), cycle within your abilities and follow all signs or other instructions about trail closures or diversions.

Please be considerate and mindful of other trail users, and be ready to drop your pace and share the space.

## Find out more

This brochure gives an overview of our woodlands and forests with mountain bike and off-road cycle trails. For full details see the information board at the start of the trail or go to [naturalresources.wales](http://naturalresources.wales)

Look for places with these symbols on pages 14 to 31:

-  Off-road cycle trail
-  Mountain bike trail



Scan the QR code to go to our website

# Other activities

There are lots of other ways you can enjoy a visit to the great outdoors.



From family-friendly activities to waymarked trails for runners and horse riders, we've got lots of ideas to get active in the open air.

Our woodlands and reserves are also great places to go wildlife spotting or to simply relax and enjoy Wales' special landscapes.

## Running trails

Our running trails provide an opportunity to run on safe, off-road, traffic-free trails in beautiful forest locations.

They are graded for difficulty and waymarked so you can feel confident about following the route, and the view is much nicer than in a gym!

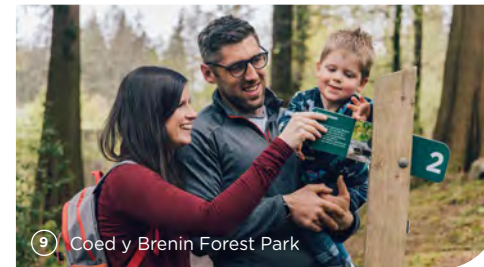
You'll need footwear and kit to suit the conditions - some sections of the longer trails follow muddy footpaths for which trail shoes are recommended.

## Orienteering

There are fixed orienteering courses suitable for beginners to experienced orienteers in four of our forests.

Set off at your own pace or against the clock and work out the best way to navigate between the control points.

You can download the maps from our website or pick them up in a visitor centre.



## Family activities

From spotting animal sculptures hidden amongst the trees to learning about wildlife, our discovery trails will add extra interest to your family's walk.

Our visitor centres at Coed y Brenin and Bwlch Nant yr Arian have play areas suitable for children of all ages.

There are also several natural play areas which make the most of their woodland environment.





## Horse riding

There are waymarked horse riding trails and facilities for horse riders in several of our woodlands.

You'll need to refer to an Ordnance Survey map to plan your riding route on the bridleways and byways through our woodlands, and horse riding is also allowed on some forest roads.

Please note that a permit is required to ride in some of our woodlands.

Look for places with these symbols on pages 14 to 31:

-  Discovery trail
-  Running trail
-  Orienteering
-  Horse riding trail

## Find out more

This brochure gives an overview of the range of activities in our woodlands and reserves. For full details see the information board at each place or go to [naturalresources.wales](http://naturalresources.wales)



Scan the QR code to go to our website

# Plan your visit

Read on for some tips to help you get the most from your day.



## Opening times

Most of our places are open all year.

Occasionally we may have to close a site in extreme weather, such as high winds or snow and ice, due to the risk of injury to visitors or staff.

Sometimes we need to close or divert trails for your safety whilst we undertake maintenance work or other operations.

Please check our website for any changes before you visit, especially if you want to do a specific trail, and follow any temporary signage and instructions from staff.



15 Foel Friog

## Location

Most of our woodlands and reserves are in a rural location, and there may be limited mobile phone reception at some places.

Many are accessed along narrow or minor roads, and some car parks are along forest roads or tracks which can be uneven.

Some of our places are accessible by public transport – go to the Traveline Cymru website to check public transport options and times.

## Car parks

Most of the woodlands and reserves in this brochure have a car park, many of which are free of charge.

There is a parking charge at some of our places and you may need a card or contactless device to pay. You can buy a season ticket for parking at some places.

There are barriers at some car parks which may be closed at night – check on arrival to make sure you remove your car in time.

Overnight parking and camping is not permitted in our car parks.



6 Cadair Idris National Nature Reserve



2 Coed y Fron Wyll

## Information on arrival

All our places have an information board, usually in the car park.

The information board has details of what to see, a map and details about any waymarked trails, including lengths and grades and which colour waymarker to follow.

Please read any safety information carefully before setting off to explore.

## Accessibility

We strive to make our woodlands and reserves as accessible, inclusive and welcoming as they can be so that everyone can have the opportunity to get out and enjoy the outdoors.

Our website has full details of our accessible trails and other facilities for disabled visitors.

## Dogs

Dogs are welcome at our woodlands and reserves but there are restrictions on where they can go at some places – see our website and check local signage.

Please keep your dog in sight, under control and on a lead where signposted.

Be respectful of other visitors and clean up after your dog - bag it and bin it or take it home.



25 Cors Caron National Nature Reserve

## Find out more

This brochure features our main woodlands and reserves with facilities for visitors.

For full details about visiting each place, including opening times and any car park charges, go to [naturalresources.wales](http://naturalresources.wales)



Scan the QR code to go to our website

Please note that, other than places with visitor centres, there are no staff based at our woodlands and reserves.



# North East Wales

## 1 Alwen Reservoir

11 miles from Denbigh

Choice of walking and cycling trails through forest, around huge reservoirs and over spectacular dam. Visitor centre and café run by Welsh Water at nearby Llyn Brenig.



## 2 Clocaenog Forest

5 miles from Ruthin

Remote conifer forest planted on moorland by the Forestry Commission in the 1930s. Home to a variety of wildlife including red squirrels and black grouse. Walking trails from six car parks in the forest, some with picnic areas and viewpoints. Go to our website for car park location map.

**Bod Petryal** – lakeside picnic area with trails for walkers, cyclists and horse riders, and children’s animal discovery trail.

**Boncyn Foel Bach** – picnic area with views over hills and short stroll through beech tree avenue.

**Coed y Fron Wylt** – riverside walk through ancient woodland full of wildflowers in spring. Wildlife hide near car park.

**Pincyn Llys** – short walk uphill to a monument with far-reaching views.

**Pool Park** – circular trail through huge Douglas fir trees.

**Rhyd y Gaseg** – waterfall walk along woodland path edged with bluebells and wild garlic in spring.



3 Coed Nercwys

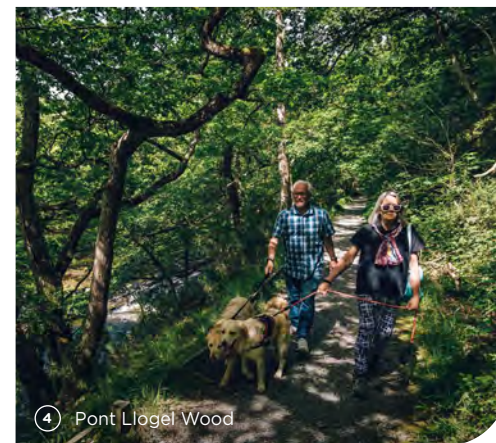


1 Alwen Reservoir

1 = location on map on page 32



3 Coed Moel Famau



4 Pont Llogel Wood

## 3 Clwydian Range and Dee Valley Area of Outstanding Natural Beauty

5 miles from Mold

Choice of trails for walkers and cyclists in woodlands within the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty (AONB). Spectacular views across North Wales from the Jubilee Tower ruins at the top of Moel Famau, the highest point in the Clwydian Range. Offa’s Dyke Path National Trail can be joined at Coed Llangwyfan and Coed Moel Famau. Go to our website for car park location map.

**Coed Llangwyfan** – waymarked woodland walking trail and public footpaths to two hillforts.

**Coed Moel Famau** – walking trail up to Jubilee Tower ruins, family-friendly and accessible woodland walks, children’s play areas and blue-graded mountain bike trail. Picnic area and toilets.

**Coed Nercwys** – trail for walkers, mountain bikers and horse riders. Information boards about local history along route.



## 4 Dyfnant Forest

18 miles from Welshpool

Forest made up of large areas of conifers and pockets of native deciduous trees on edge of Cambrian Mountains. Home to the Rainbow Trails for horse riding and carriage driving, developed in partnership with local horse riding association - go to the Rainbow Trails website for horse riding information. Go to our website for car park location map.

**Hendre** – starting point for the Rainbow Trails for carriage driving.

**Pen y Ffordd** – starting point for the Rainbow Trails for horse riding.

**Pont Llogel Wood** – easy walk alongside the River Vyrnwy. Access to Glyndŵr’s Way National Trail.



To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)





# North West Wales

## 5 Beddgelert Forest

2 miles from Beddgelert

Peaceful forest with walking and cycling trails. Lakeside picnic area with views to Yr Wyddfa (Snowdon).



## 6 Cadair Idris National Nature Reserve

10 miles from Dolgellau

Dramatic National Nature Reserve situated on one of Wales' highest mountains. Two short but steep waymarked trails follow the first part of the Minffordd Path (which continues to the summit at Penygadair - not waymarked). Accessible paths around former parkland.



## 7 Ceunant Cynfal National Nature Reserve

3 miles from Blaenau Ffestiniog

Footpath from Llan Ffestiniog village to reserve with Victorian look-out platform over Rhaeadr Cynfal waterfall.



## 8 Ceunant Llennyrch National Nature Reserve

7 miles from Porthmadog

One of Wales' richest woodlands for lichen. Short, strenuous walk to Rhaeadr Ddu waterfall.



5 Beddgelert Forest



6 Cadair Idris National Nature Reserve

1 = location on map on page 32



9 Coed y Brenin Forest Park



9 Coed y Brenin Forest Park

## 9 Coed y Brenin Forest Park

8 miles from Dolgellau

Coed y Brenin Forest Park is home to Britain's first purpose-built mountain biking centre and it is still one of the sport's top destinations. The visitor centre is also the starting point for accessible trails, strenuous hikes, running trails and family-friendly activities. Our other car parks in the forest park offer a range of walking trails - see page 32 for car park location map.

**9a Coed y Brenin Visitor Centre** - famous mountain biking centre with trails for beginners to experienced riders, and skills area to develop riding techniques. Walking, running and orienteering trails. Accessible trails with off-road mobility scooter hire (advance booking necessary) and family-friendly walks. Café, shop, privately-operated bike shop and bike hire (advance booking only), picnic and play areas. Tel: 01341 440747.

**9b Forest Garden** - car park for Blue Badge holders with accessible trail through arboretum to viewpoint over waterfall.

**9c Glasdir** - circular walk around old copper workings with views over the valley.

**9d Pandy** - short walk through arboretum with trees from all over the world.

**9e Pont Cae'n y Coed** - challenging seven mile walk to the forest park's highest point.

**9f Pont Llam yr Ewig** - car park for Blue Badge holders with accessible trail to viewpoint over old copper workings.

**9g Tyddyn Gwladys** - walking trail to two famous waterfalls (Rhaeadr Mawddach and Pistyll Gain).

**9h Tyn y Groes** - riverside picnic area with accessible riverside walk past tallest trees in forest park. Steep trail to viewpoint overlooking the summits of Eryri (Snowdonia) National Park. Toilets.



To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)

**10 Coedydd Aber National Nature Reserve** 7 miles from Bangor

Native woodland with walking trail to spectacular waterfall. Interpretive display tells story of this glacier-carved valley and river-gouged gorge which has attracted people for thousands of years.



**11 Coedydd Maentwrog National Nature Reserve** 7 miles from Porthmadog

Ancient oak woodland, home to rare lesser horseshoe bats. Short walking trails and access from Coed Llyn Mair car park to Tan-y-Bwlch Station (Ffestiniog Railway).



**12 Cors Bodeilio National Nature Reserve** 11 miles from Bangor

Anglesey wetland rich in wildlife. Path through wildflower meadow and accessible boardwalk over fen.



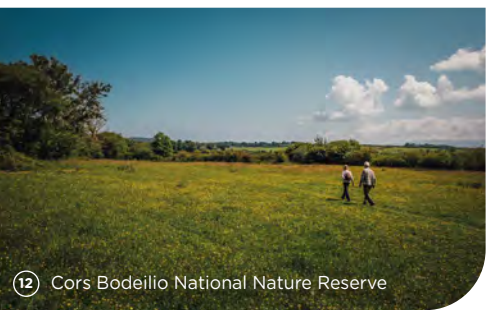
**13 Cors Erddreiniog National Nature Reserve** 16 miles from Bangor

Largest of Anglesey's three fen National Nature Reserves. Track from Capel Coch village to reserve entrance and walking trail. No car park - please park considerately in the village.



**14 Cwm Idwal National Nature Reserve** 10 miles from Betws-y-coed

Huge natural amphitheatre towering above lake. Footpath around lake. Access to Carneddau and Glyderau mountain ranges (map recommended). Interpretive display and visitor facilities operated in partnership with National Trust and Eryri (Snowdonia) National Park Authority. Refreshment kiosk.



12 Cors Bodeilio National Nature Reserve



16 Gwydir Forest Park

**1** = location on map on page 32

**15 Dyfi Forest** 5 miles from Machynlleth

The woodlands of Dyfi Forest cling to steep hillsides and were once home to slate mines. Walking trails past cascading rivers and majestic trees. Mountain bike trail (managed and maintained by volunteer community group). Go to our website for car park location map.

**Ceinws (Climachx)** - red-graded mountain bike trail known for its singletrack and final descent.

**Foel Friog** - riverside picnic site and walking trail with superb views.

**Nant Gwernol Woodland** - walking trails past slate mining history and access to Nant Gwernol Station (Talyllyn Railway).

**Tan y Coed** - picnic site just off A487 with waterfall walk and children's animal discovery trail. Toilets.



**16 Gwydir Forest Park** Various car parks near Betws-y-coed

Gwydir Forest Park encircles the village of Betws-y-coed in Eryri (Snowdonia) National Park. Lead and zinc mining once dominated this area and the forest is home to old engine-houses, waste tips and reservoirs. Walking and mountain bike trails start from many of our car parks in the forest park - see page 32 for car park location map.

**16a Betws-y-coed** - family-friendly riverside trail and peaceful forest walks from Pont-y-pair car park (with toilets). Orienteering trail from edge of village.

**16b Cae'n y Coed** - easy-to-find picnic area and walk with panoramic mountain views.

**16c Cyffty Mine** - abandoned lead mine with short trail and information boards.

**16d Dolwyddelan** - walking trail and off-road cycle trail partly along Roman road.

**16e Hafna** - walking trail through lead mine ruins with information boards. Red-graded mountain bike trail.

**16f Llyn Crafnant** - walking trails around lake, accessible riverside trail and picnic area. Toilets.

**16g Llyn Geirionydd** - walking trail between two lakes from popular picnic site. Toilets.

**16h Llyn Sarnau** - picnic spot with walking trail to two scenic lakes.

**16i Penmachno** - two red-graded mountain bike trails (managed and maintained by volunteer community group).

**16j Sawbench** - two red-graded mountain bike trails and historical walk.

**16k Ty'n Llwyn** - walking trail to the famous Swallow Falls waterfall. Picnic area with views.



To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)



15 Nant Gwernol Woodland



19 Newborough National Nature Reserve

**17 Morfa Dyffryn National Nature Reserve** 5 miles from Barmouth

One of Wales' most important sand dune systems. Wooden boardwalk and path through dune slacks to beach.



**18 Morfa Harlech National Nature Reserve** 1 mile from Harlech

Wide beach and vast system of sand dunes, overlooked by the ruins of Harlech Castle.



**19 Newborough National Nature Reserve and Forest** 13 miles from Bangor

Situated on Anglesey, this National Nature Reserve is made up of dunes, a sandy beach, rocky shoreline, estuary and Ynys Llanddwyn island. The conifers of Newborough Forest flank the coastline, and the whole area is home to a variety of plants and wildlife, including red squirrels. Newborough is a popular visitor destination especially in high season. Range of trails for walkers, runners, cyclists and horse riders from several car parks. For dog restrictions and car park location map go to our website.

**Beach, Cwningar and Airman's** - main car parks for walking, running, cycling, fitness and orienteering trails. Access to beach and Ynys Llanddwyn island (at low tide only). Toilets.

**Braint** - walking trail through dunes of Newborough Warren with mountain and coastal views.

**Llyn Parc Mawr** - best place to spot a red squirrel. Walking trails include accessible trail to lake. Wildlife hide.

**Llyn Rhos Ddu** - lakeside wildlife hide and walking trail through dunes.

**Pen Cob** - walk with estuary views and horse riding trails (permit required).



1 = location on map on page 32



**Mid Wales**

**20 The Arch** 13 miles from Aberystwyth

Car park and picnic area named after old stone arch. Three short walking trails through huge beech trees.



**21 Black Covert** 9 miles from Aberystwyth

Easy riverside stroll through beech woodland and steep walk up to hillfort. Short horse riding trail.



**22 Bwlch Nant yr Arian Visitor Centre** 9 miles from Aberystwyth

Visitor centre famous for red kite feeding every afternoon. Walking trails with mountain views and accessible lakeside trail with children's activities. Mountain bike trails for beginners to experienced riders, and purpose-built skills park to practice riding techniques. Running trails and permanent orienteering courses. Waymarked horse riding trail. Children's play areas, café and shop. Tel: 0300 065 5470.



**23 Coed Dolgoed** 6 miles from Tregaron

Two short, level walking trails through Coed y Bont community woodland. Benches, wildlife identification posts and bird hide. Undercover picnic area in car park.



20 The Arch



22 Bwlch Nant yr Arian

To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)



25 Cors Caron National Nature Reserve



29 Gogerddan Wood

**24 Coed Maen Arthur Woodland** 14 miles from Aberystwyth

Bridge over deep river gorge leads to walking trail in woodland with waterfall and Iron Age hillfort. No car park – please park considerately in the village.



**25 Cors Caron National Nature Reserve** 2 miles from Tregaron

Vast area of wetland with raised peat bogs, reedbeds and ponds supporting a wealth of wildlife. Accessible boardwalk over bog to large wildlife hide with interpretive display. Multi-user trail for walkers, cyclists and horse riders on old railway track along edge of reserve.



**26 Cors y Llyn National Nature Reserve** 4 miles from Builth Wells

Bog and fenland with accessible boardwalk past dwarf pine forest. Wildflower meadow full of orchids in early summer.



**27 Dyfi National Nature Reserve** 10 miles from Aberystwyth

Varied reserve of sand dunes, beaches, River Dyfi Estuary and huge peat bog. Mudflats, sandbanks and saltmarsh provide feeding and roosting areas for wetland birds. The car park is on the beach and floods during very high tides – check the entrance sign or contact the visitor centre. Go to our website for car park location map.

**Cors Fochno** – one of Britain’s largest raised peat bogs. Small parking area with circular boardwalk (no dogs). The Wales Coast Path runs along edge of reserve.

**Ynyslas Visitor Centre** – walking trails with far-reaching views go along the seashore and through the dunes, full of wildflowers in spring and fungi in autumn. Interpretive display, shop, light refreshments and toilets. Tel: 01970 872901.



1 = location on map on page 32

**28 Fishpools** 8 miles from Knighton

Woodland walk with viewpoints over former royal hunting ground known as Radnor Forest.



**29 Gogerddan Wood** 3 miles from Aberystwyth

Walking trail through easy-to-find woodland with beautiful old trees and stunning displays of bluebells in spring.



**30 Hafren Forest** 6 miles from Llanidloes

Huge forest with choice of four waterfall walks. Trails include accessible boardwalk with viewing platform over cascades and eight mile route to source of River Severn. Large picnic area and toilets.



**31 Irfon Forest** 3 miles from Llanwrtyd Wells

Peaceful forest with riverside walking trails and picnic sites in remote part of Mid Wales. Go to our website for car park location map.

**Pwll Bo** – riverside picnic site half a mile from White Bridge car park.

**Wash Pool** – viewpoint over cascades where farmers once washed their sheep.

**White Bridge** – picnic area and two short walking trails alongside River Irfon.



27 Dyfi National Nature Reserve



26 Cors y Llyn National Nature Reserve

To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)

## 32 Nash Wood

1 mile from Presteigne

Border country woodland between Wales and England with walking trail to viewpoint overlooking Iron Age hillfort.



## 33 Ty'n y Bedw Wood

10 miles from Aberystwyth

Walking trails with views over Ystwyth Valley and access to riverside Grogwynion Nature Reserve.



## 34 Tywi Forest

10 miles from Tregaron

Huge conifer forest blanketing the hillsides in remote part of Mid Wales. Viewpoints over spectacular Llyn Brienne Reservoir and waymarked walking trail through woodland to historic well. Go to our website for car park location map.

**Carreg Clochdy** - large car park with viewpoint high above Llyn Brienne.

**Cwm Berwyn** - car park with views down valley towards Tregaron.

**Fannog** - short track from car park to viewpoint at edge of Llyn Brienne.

**Holy Well** - riverside walking trail with stepping stones and mediaeval well.



## 35 Warren Wood

9 miles from Llandrindod Wells

Woodland walking trails past huge trees and to viewpoint above Water-Break-its-Neck waterfall.



30 Hafren Forest



28 Fishpools

1 = location on map on page 32



# South West Wales

## 36 Afan Forest Park

7 miles from Neath

Mountain biking for beginners to expert riders in former coal mining valley near the M4. Our mountain bike trails start from the visitor centre and Glynccorwg, and some can also be joined from Rhyslyn car park. Choice of walking trails from short riverside strolls to longer routes with views. See page 32 for car park location map.

**36a Afan Forest Park Visitor Centre** - four mountain bike trails (green to red grades) and skills area for less experienced riders. Three walking trails of varying lengths. South Wales Miners' Museum, play area and privately-operated café and bike shop.

**36b Glynccorwg Mountain Bike Centre** - starting point for three red-graded mountain bike trails. Privately-operated café and bike shop.

**36c Gyfylchi (Afan Bike Park)** - short trails within skills area graded from blue to double black. Privately-run camping site.

**36d Rhyslyn** - picnic area with two walking trails. Some of the mountain bike trails that start at the visitor centre can be joined here.



## 37 Brechfa Forest

14 miles from Carmarthen

Huge forest in Carmarthenshire, replanted with conifers by the Forestry Commission after the First World War to boost timber reserves. Walking and mountain bike trails start from several car parks within the forest. Go to our website for car park location map.

**Abergorlech** - three walking trails, red-graded mountain bike trail, large riverside picnic site and children's play area. Portable toilet.

**Byrgwm** - walking trail with valley views. Mountain bike trail for beginners through oak woodland, and black-graded route for experienced riders. Portable toilet.

**Gwarallt** - short there-and-back walk through beech woodland.

**Keepers** - riverside walking trail. New walking trail around wind farm opens in 2023.

**Sifigwm** - link track to join red-graded mountain bike trail that starts at Abergorlech.

**Tower Entrance** - new walking trail with valley views opens in 2023.



To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)

### 38 Caio Forest

10 miles from Llandovery

Choice of circular walking trails in conifer woodland above the historic village of Caio. Small riverside picnic area.



### 39 Carmel National Nature Reserve

5 miles from Llandeilo

Dramatic disused quarries, ancient woodland and unique seasonal lake. Steep walk with far-reaching views.



### 40 Cilgwyn Wood

3 miles from Llandovery

Circular walk through varied woodland with small pond.



### 41 Coed Tŷ Canol National Nature Reserve

9 miles from Fishguard

Landscape of rocky outcrops and ancient oak woodland, one of Britain's richest sites for lichens. Panoramic views from walking trail.



### 42 Coedmor National Nature Reserve

2 miles from Cardigan

Ancient oak woodland with short path down through humid steep-sided gorge to the bank of the River Teifi.



36 Afan Forest Park



43 Halfway

1 = location on map on page 32

### 43 Crychan Forest

4 miles from Llandovery

Woodland of oak, ash, beech and conifer with patches of bluebells in spring. Four car parks with walking trails and picnic areas. See the Crychan Forest Association website for horse riding information. Go to our website for car park location map.

**Brynffo** - varied walk with mountain views and streamside section.

**Cefn Farm** - walking trail past farmhouse ruins.

**Esgair Fwyog** - walking trail with valley views.

**Halfway** - easy-to-find woodland with two walking trails beside a stream.



### 44 Crymlyn Bog National Nature Reserve

1 mile from Swansea

Largest lowland fen in Wales, home to wetland plants, birds and insects. Boardwalk over reed and sedge beds.



### 45 Cwm Rhaeadr Forest

6 miles from Llandovery

Walking trail with views of Carmarthenshire's highest waterfall and accessible trail through woodland carpeted with bluebells in spring. Short red-graded mountain bike trail.



### 46 Gower Area of Outstanding Natural Beauty

9 miles from Swansea

The Gower Area of Outstanding Natural Beauty (AONB) is famous for its beautiful beaches but there are also historic woodlands and wildlife havens just a little way inland. The Wales Coast Path goes through the dunes at Oxwich.

**Mill Wood** - ancient woodland with circular walk past watermill ruins and former fishponds.

**Oxwich National Nature Reserve** - hugely varied reserve with beach, sand dunes, lakes, woodlands, cliffs and marshes. Two walking trails and wildlife hide. Privately-operated car park, toilets and beach shops.

**Park Wood** - picnic area with wide, level footpath to Neolithic burial chamber, caves and lime kilns.



### 47 Llangloffan Fen National Nature Reserve

7 miles from Fishguard

Swampy fen, wet woodland and marshy grassland with range of plants and wildlife. Accessible boardwalk over fen.



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## 48 Minwear Forest

8 miles from Haverfordwest

Circular walking trail through beech woodland to viewpoint over the River Cleddau Estuary. Picnic area halfway around trail.



## 49 Pant y Sais National Nature Reserve

4 miles from Swansea

Short accessible boardwalk over fen and alongside reed and sedge beds. The Wales Coast Path can be accessed via canal towpath at edge of reserve. No car park – please park considerately in nearby residential area.



## 50 Pembrey Forest

8 miles from Llanelli

One of Britain's rare sand dune pine forests. Walking trail along old train tracks and past ruins of First World War ammunition factory. Horse riding trails managed by Pembrey Conservation Trust (permit required). Nearest car park is in Pembrey Country Park (admission charge and range of visitor facilities and leisure activities).



## 51 Pen-y-Bedd Wood

7 miles from Llanelli

Small woodland and picnic site with easy circular walk through Corsican pine trees.



## 52 Talley Woodlands

12 miles from Llandovery

Walking trails up steep hillside to viewpoint overlooking Talley Abbey ruins and Carmarthenshire countryside.



1 = location on map on page 32



## Brecon Beacons National Park

Various car parks within the National Park

The National Park is made up of a variety of landscapes from moorlands to mountains, and is home to mining history and spectacular waterfalls. Waymarked walking trails (including some accessible routes) and off-road cycle trails start from many of our car parks.

53 **Blaen y Glyn** – two car parks (Uchaf and Isaf) with short walk to waterfall in Talybont Forest.

54 **Coed y Cerrig National Nature Reserve** – small woodland with accessible boardwalk and spectacular marsh marigolds in spring.

55 **Craig Cerrig Gleisiad a Fan Frynych National Nature Reserve** – get a flavour of this craggy mountain landscape and soaring cliffs on our two waymarked walks with views over Pen y Fan.

56 **Cwm Cadlan National Nature Reserve** – walking trail across this marshy grassland reserve with displays of orchids in summer.

57 **Dinas Rock** – accessible trail to viewpoint over cascades and there-and-back route to Sgwd yr Eira waterfall.

58 **Glasfynydd Forest** – walk or cycle around Usk Reservoir with views towards Black Mountains.

59 **Gwaun Hepste** – gateway to the strenuous Four Falls Trail, a five mile circular route to four spectacular waterfalls.

60 **Ogof Ffynnon Ddu National Nature Reserve** – footpaths over moorland with spectacular views and industrial ruins.

61 **Pen Arthur Wood** – uphill walk to viewpoint with far-reaching views.

62 **Taf Fechan Forest** – short riverside walking trail which can be started from two car parks (Owl's Grove and Pont Cwm-y-fedwen).



To plan your visit to one of our places, go to [naturalresources.wales/days-out](https://naturalresources.wales/days-out)

## 63 Cwm Carn Forest

12 miles from Newport

Seven mile forest drive with stop-off points for play areas, accessible footpaths, wooden sculptures and viewpoints. Five mountain bike trails from blue grade to double black grade. Most visitor facilities managed by Caerphilly County Borough Council.



## 64 Fforest Fawr

5 miles from Caerphilly

Woodland with four walking trails past wooden sculptures and old mine workings. Route to picturesque Castell Coch castle.



## 65 Newport Wetlands National Nature Reserve

5 miles from Newport

Wildlife haven created from industrial wasteland with great birdwatching from hides and platforms. Five walking trails (four are accessible) through reedbeds and woodland with views of the River Severn Estuary. Visitor facilities run by RSPB. Dogs only allowed on Green Lanes and Coast Walk.



## 66 Penhow Woodlands National Nature Reserve

8 miles from Newport

Short walk through ancient woodland, home to native Welsh daffodils and other rare wildflowers.



① = location on map on page 32

## 67 Wentwood

7 miles from Chepstow

Largest area of ancient woodland in Wales. Network of tracks and footpaths.



## 68 Wye Valley Area of Outstanding Natural Beauty

10 miles from Chepstow

The Wye Valley Area of Outstanding National Beauty (AONB) straddles the border between Wales and England and is home to some of the most beautiful woodlands in Britain. Walking trails to historic viewpoints overlooking the River Wye start from several of our car parks. Go to our website for car park location map.

**Beacons View** - walks through heathland and woodland with viewpoints towards the Black Mountains.

**Manor Wood** - woodland on edge of village with short walks, play area and picnic area.

**Whitestone** - two walks past historic viewpoints overlooking the River Wye. Play area due to open in 2023.

**Wyndcliff Wood** - steep walk to Eagle's Nest, a famous viewpoint over the Wye Valley and the River Severn Estuary.



## Key to symbols

Visitor centre	Orienteering	Access to Wales Coast Path
Café	Off-road cycle trail	Access to National Trail
Toilets	Mountain bike trail	Site within Brecon Beacons National Park
Interpretive display	Horse riding trail	Site within Pembrokeshire Coast National Park
Accessible trail	Viewpoint	Site within Eryri (Snowdonia) National Park
Walking trail	Picnic area	Scan the QR code to go to our website
Discovery trail	Play area	
Running trail	Wildlife hide	

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Gweler tudalennau 14 i 31 am wybodaeth ar gyfer ymweld â'r coetiroedd a'r gwarchodfeydd ar y map hwn.

See pages 14 to 31 for information about visiting the woodlands and reserves on this map.



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Sylwer - mapiau bras yw'r rhain i ddangos lle mae ein coetiroedd a'n gwarchodfeydd; ni ddylech eu defnyddio i ganfod eich ffordd.  
 Please note that these maps give an overview of where our woodlands and reserves are; they are not suitable for navigational purposes.

