

Ffynnone Arms, Newchapel Pub Walk

Celtic mythology and a Buckingham Palace link at Ffynnone Falls, 5 miles

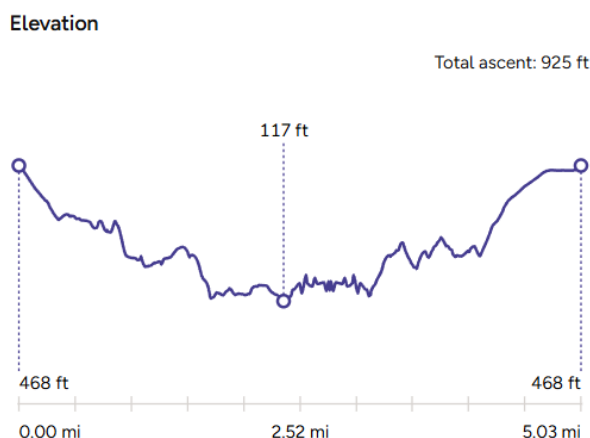
OVERVIEW

A walk through the working woodland of Ffynnone & Cilgwyn Woods to a waterfall and pool. Local tradition holds that the waterfall is the entrance to Annwn, the Celtic otherworld, where Pwyll, Prince of Dyfed spends his year and a day in the first branch of the Mabinogi. It's a genuinely lovely thing to have on the doorstep for the good people of Newchapel, but worth being honest that the medieval text itself doesn't name this spot ;o)

The forest paths are of variable character, some well used and maintained, others at the fringe of the estate are a little overgrown after a humid summer, but passable throughout.

You won't see Ffynnone mansion, unfortunately. Whoever bought it after the Colbys sold the woodland off separately, and the trails don't go near the house — you could walk the whole route and never guess a Grade I Nash-designed building sits somewhere above the treeline. What you *do* walk through is everything that made the house possible: the dammed lake, the falls, and mile upon mile of managed woodland — oak standards over coppice originally, conifers planted on since the 1780s, the whole valley worked for timber, fencing, pea sticks and fuel long before anyone thought to call it scenic.

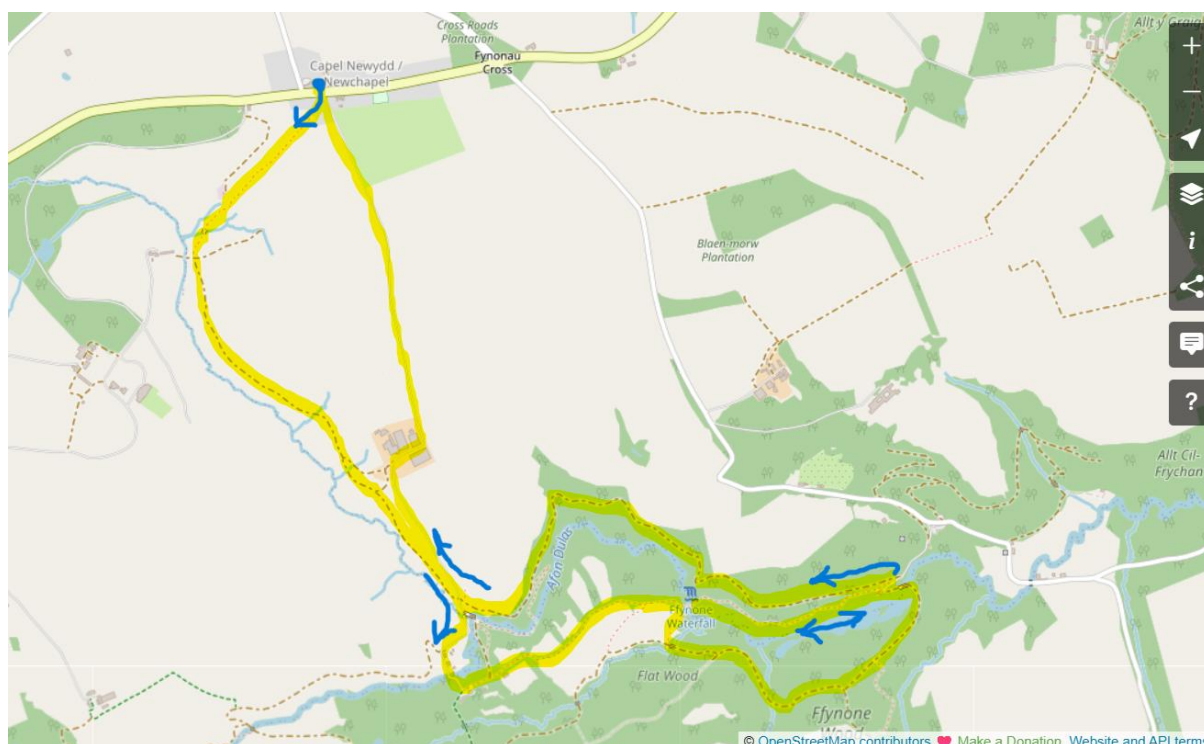
You're walking through the *working parts* of one of Wales's most significant houses, without ever laying eyes on the object all that work was for.



Start/Finish	Ffynnone Arms, Newchapel, near Boncath, Pembrokeshire, SA37 0EH			
Parking	Parking at the rear of the pub.			
Grid Reference	SN 228 395			
What3Words	///pressing.patching.fizzle			
Distance	5 miles / 8 km	Time	2.5 hrs	Ascent 925 ft / 285 m
Paths/Terrain	Mainly woodland paths and forest tracks. One field, likely with cattle. Some tarmac walking on very quiet lanes.			
Difficulty	Easy to moderate. Some steep sections, and some sections might be slightly overgrown the further away from the Falls you are.			

Public Transport	I don't believe that buses pass through Newchapel. However, the 430 service from Cardigan passes through Boncath, which is 1 mile away.
Toilets	At the Ffynnone Arms
Other Pubs Nearby	The Nag's Head at Abercych should be on your list; and for something a little different, try The Mason's Arms in Cilgerran, locally known as The Rampin.

DIRECTIONS



1. Ffynnone Arms sits on the main road through the village of Newchapel, the B4332. A few doors up is an old chapel, and opposite, a No Through Road lane leading to Cilgwyn.
2. As you cross the road to set off down that lane, next to the Cilgwyn sign is a footpath sign sending you over the bank on the right. After a short path that runs to the side of a garden, you proceed into a field. Follow the right-hand hedge all the way down the field – you might have to discourage some inquisitive cows – to pass through a metal footpath gate into woodland.
3. This is the area known as Ffynnone & Cilgwyn Woods, and we're starting in the northern section. I found that the first part was becoming a little overgrown, and had to pick a slightly different route because of this. The Newchapel end certainly seems less frequented than eastern section just below Ffynnone mansion.
4. As you start to follow a slate path through the woods, ignore any OS map route to the right. That was definitely overgrown! Instead, continue ahead on the slate path downhill then round a corner and up a slight incline. Eventually the narrow path emerges into a

wider forest track, with what looks like a turning area for forest vehicles, masquerading as a mini-quarry lookalike.

5. Continue ahead on a forest track. You arrive at a junction in the forest path. The left-hand spur rises uphill to the Cilgwyn entrance into the woods, but stay straight ahead. The route travels downhill before passing a number of very active beehives.
6. Soon, pass through a gate then onto a tarmac lane. The route uphill returns to the Cilgwyn junction near the Ffynnone Arms, we'll take that on the return path. Now, turn right downhill on the tarmac lane.
7. Follow this lane as it crosses a ford, and winds around until reaching a bend with a white house on the left. A bridleway sign points the way in front of the house, initially past some old pig styes.
8. This pretty section crosses a footbridge and makes its way towards another property, with some cutting back needed as you emerge in front of the old stone cottage in the woods. Head to the left down the track.
9. Stay straight ahead to pass what looks like a giant, white coloured Hoover pipe, which is actually a shed. The path was bone dry when I walked it, but I passed across a 'boardwalk' that suggests it can get very wet here.
10. The path starts to drop downhill, arriving in front of a pool in front of Ffynnone Falls. The better view of the falls needs to be captured on the other side, and there's a significant loop to do to get there.
11. As you came down to the pool, head right away from the pool. Eventually turn left on a distinct path, then go left on a wide forest track/gravel road. Stay on this route downhill and uphill, then turn left at a junction.
12. At a small concrete dam, you'll get your first glimpse of the lake on the left. The dam is to the right.
13. Continue ahead to a cottage, which I assume is called Lakehouse. Bear left to pass it, and continue ahead until the path drops downhill to the left. Take that route to arrive at the falls.
14. The return route requires you to backtrack a little. Return to the cottage (Lakeside House). 25m further on you'll see a forest track rising on your left-hand side. Before you take it, continue a little further to see the dam on the right-hand side.
15. Back to the forest track, continue steeply uphill all the way to the tarmac lane referenced at point at #6. You'll recognise it when you get there! Now you need to go uphill.
16. This lane leads to Cilgwyn Farm, which straddles the road, so it feels like you're walking through part of the farmyard. Continue ahead though, as the road rounds a bend to the left, and follow all the way back up the lane to the main road near to the Ffynnone Arms.

