

Nant Y Frith Woods- TheThree Bears ride

Place	Nant-y-Ffrith. LL11 5YR
Distance	11.2 miles, 18 km Can be shortened by up to 7.2 km./4.5 miles
Time	2.5 hours
Start	Entry to Nant-y-Ffrith
OS Grid Ref.	SJ 264, 539
Parking	Nant-y-Ffrith is used by trail and trial bikers, who often also park near the entrance.
Facilities	No facilities on route
Entry to Nant-y-Ffrith	Parking for one (possibly 2) at entrance to Nant-y-Ffrith. About 6 km. of bridleway with the rest lightly trafficked lanes. Good views towards Moel Famau to the west and Hope Mt. to the east.
Grid ref SJ 264, 539	With Nant-y-Ffrith woods behind you, turn left (west) along the lane, passing a disused quarry on the right, for 300 m. Ascend and bear right to a T junction (there's a private track in front of you).
Glascoed Road Grid ref SJ 267, 539	Turn left onto the lane (The Lodge immediately to the right). Ride on for 1 km. to the next junction. Bear left and continue along Glascoed Road for a further 300 m.
Brymbo 21 bridleway Grid ref SJ 277, 545	Turn left along the bridleway, drop sharp right and pass a farm above the bridleway on the right. After about another 100 m. down a slope, bear right at a fork (left is into a field) and go under a low bridge. After another 400 m. descending a stony track, bear left and cross the bridge over Nant-y-Ffrith (nant = brook). Do NOT go under the viaduct! Take the 2 nd turning up a steep slope past Station House – this is an Unsealed County Road for 600 m. Turn right at the T junction for 300 m. along the lane.
Pentre Farm Fork Grid ref SJ 277, 775	Take the left hand fork for 800 m., passing Hafod Abley on the right.
Grid ref SJ 269, 556	At the T junction turn right for 1,200 m. along Bryn Common.
Grid ref SJ 264, 566 Bridleway Llanfynydd 27	Turn left, passing Llanfynydd war memorial after 150 m. on the right – this has the Taoist 3 Monkeys (See no evil, Hear no evil, Speak no evil) and various mythical stone beasts fronting Rhos Uchaf . Ride for 1,200 m. through a couple of Z bends on a hill, then a fairly flat straight section to a bridleway sign on the left.
Grid ref SJ 251, 560 Gwernto Farm (Short Ride) Grid ref SJ 254, 549 Gwernto Farm (Long Ride) SJ 254, 549	Follow the bridleway (1,160 m.), bearing left away from the road. After 250m. Take the left hand fork (NOT through the farm gates on the right) for 400 m. to a bridle gate, ignoring bridleway Llanfynydd 57 on the right (very difficult gates and Bryn Hafod garden!). Continue for another 400 m. to a bridle gate between two stone walls (Gwernto Farm on the right). Continue through the bridle gate and a field (left around the fallen beech tree) to a bridle gate onto a lane. For a shorter ride, turn left for 1,200 m. towards Nant-y-Ffrith . Pass a Land Rover scrap yard on the left near a cattle grid, a livery on the right and another cattle grid. Skip directions below up to Dead End T junction Grid ref SJ 258, 540.
Grid ref SJ 244, 542	For a longer ride (extra 7.2 km./4.5 miles) with 9 gates, leave the bridleway and ride up the lane opposite for 800 m. to the 2 nd cattle grid (SJ 247, 544). If wished, canter for 300 m. up the track on the left and back. Ride on for 400 m. to a bridleway sign on the right. Turn right on to the bridleway (1,070 m.), bearing right on a diagonal across the field away from the bungalow on the left. After about 200 m. enter a track (hopefully the gate is open – otherwise heavy and difficult) for 350 m. to another field gate (easy, bridle latched) and another 100 m. to

- Rhydtalog Continued:-
another field gate (normally open, otherwise a gap to the left). Bear left past **Talwrn Glas** onto a track for 200 m. to yet another field gate and continue through the gate.
Rhydtalog Holiday Cottages
- Grid ref SJ 243, 551** These were previously Flintshire's isolation hospital (TB sufferers)! If wished, canter up bridleway Llanfynydd 42 on the left and back. This is about 800m. on to the **B5430** with well-hung gates with bridle latches. Please be mindful of sheep, especially in lambing season (November to March). Pregnant ewes prefer to avoid excitement!
Continue onto a lane for 800 m., passing a bridleway sign on the right.
- Cae Hic Bach**
Bridleway Treuddyn 18
Grid ref SJ 242, 558 Pass Cae Hic Bach on the right and, at the lane junction, turn right on to Bridleway Treuddyn 18 (300 m.) towards Cae Hic riding centre. Go through two bridleway gates onto the lane at Cae Hic.
- Cae Hic Stables**
Grid ref SJ 244, 561 Turn right onto the lane and descend gradually for 800 m. towards Bridleway Llanfynydd 27. After a dip at the **Old Smithy** on the right, take the bridleway – repeat Bridleway Llanfynydd 27 and **Gwernto Farm** (Short Ride) above as this route is a figure of eight.
- Dead End T junction**
Grid ref SJ 258, 540 **EITHER** turn right and descend along the lane over a bridge and past **Pen-y-nant farm** back to the start point
OR turn left for 200 m., passing **Wern Isaf** on the left, to Bridleway Llanfynydd 49 on the right. Take the bridleway (through a bridle gate) and, after 200 m. on the flat, descend very steeply for 100 m. to the entry to Woodlands on the right. Bear left parallel to **Nant-y-Ffrith** for 100 m. and go over the bridge to the right. Ascend for 500 m. passing a track on the left back to the start point