Graphical user interface, map

Description automatically generated

Pant.

Run and walk friendly.

Please be aware of traffic.

Take a left out of the Bryn Offa car park. Follow the footpath down to the Heritage area. Once in the Heritage area walk towards the carpark. Walk over the bridge and onto the canal. Follow the canal to the left until you reach the road (there is a play area here if you fancied a break 😊). Follow the main road to the cross roads. Turn left and head back on to the canal this time turning right. Follow the canal until you reach the bridge on station road. Walk up station road, cross the main road until you reach the car park again.

Map

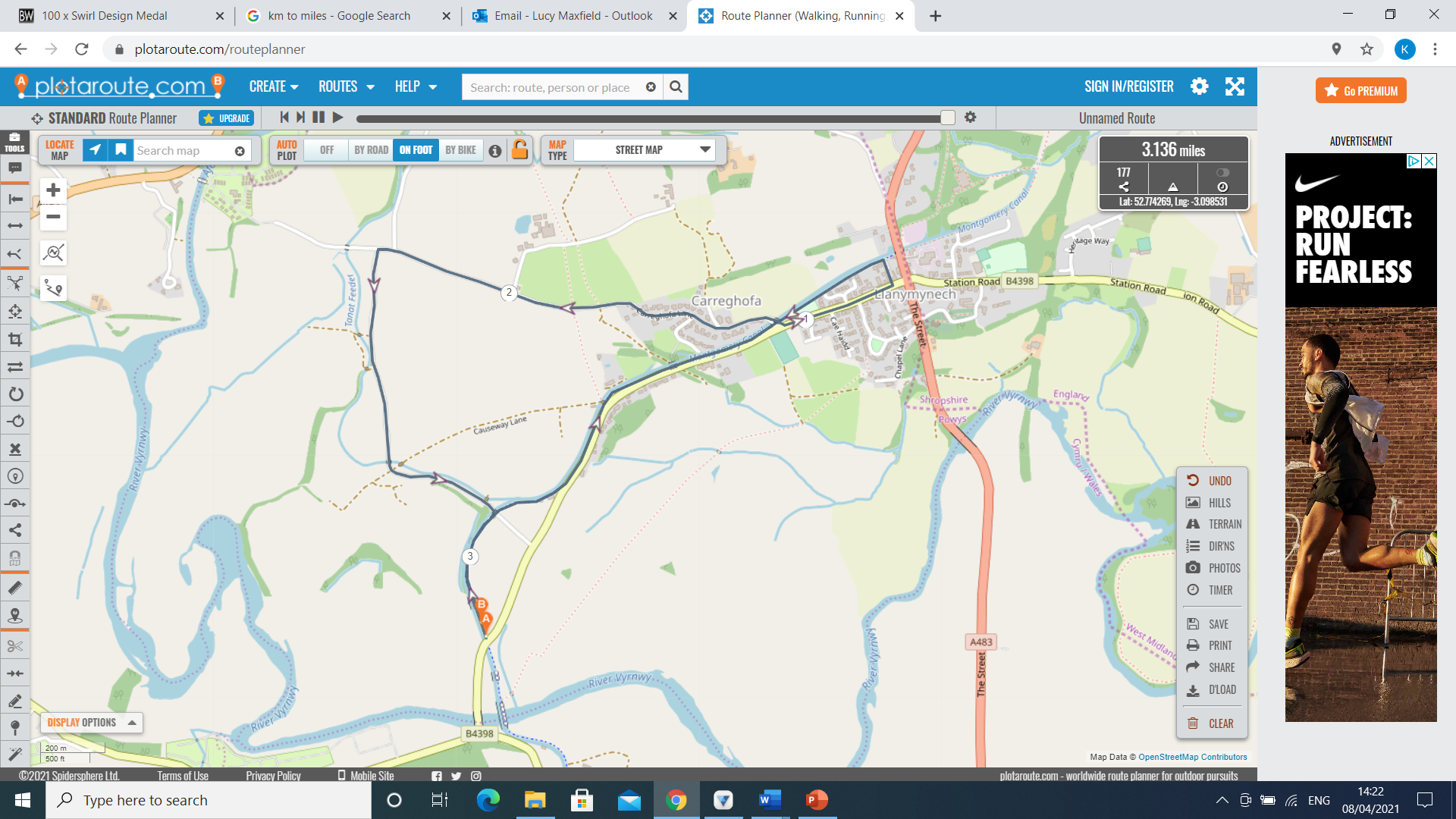
Description automatically generated

Pant.

Run and walk friendly.

Footpaths and quiet lanes. Please be aware of traffic.

Start in the Bryn Offa Car Park. Follow the footpaths up to Llanymynech Rock and around Llanymynech Golf club. The footpath route on the map will bring you out on Tregarthen Lane. Follow the lane back down to the school car park.



Llanymynech.

Walk, run and cycle friendly.

Only partially pavemented, when not follows canal paths and back lanes. Please be aware of traffic.

Starting at the parking area near Newbridge, follow the canal towards Llanymynech until you reach the road. Follow the road to the Dolphin Inn. Turn into the car park and re join the canal turning left. Continue on the canal until your reach the road again this time turning right onto Carregohfa Lane. Follow Carreghofa lane bearing left. As you head over the canal bridge rejoin the canal path heading back towards the parking area near Newbridge.

Graphical user interface, application, map

Description automatically generatedFour Crosses.

Walk, run and cycle friendly.

Only partially pavemented but follows back lanes. Please be aware of traffic.

The route above starts from Llandysilio school car park however is slightly over the required 5km.

Turn down and follow Domgay Lane. Turn right by Domgay Farm and then right again onto Hendre Lane. When you arrive at the t junction turn right and follow the road back to the car park.

Map

Description automatically generatedLlansantffraid.

Walk, run and cycle friendly.

Pavement and quiet road route. Please be aware of traffic.

Starting in Llansantffraid car park head towards the bridge. Follow the road towards Four Crosses until you reach Cross Lane to your right. Follow the road until you reach the t junction where you turn right again. Continue until you again reach the main road. Walk through the village. Follow Church Lane to the football field. At the top of the football field head onto Ffordd Spoonley. Follow the road down back to the car park.