

### 138. Sarn Sabrina

**Distance**        **25 miles/40km**

**Ascent**            **1526 metres**

**Start/Finish**    **Llanidloes, SY18 6AB**

The Sarn Sabrina route is waymarked so reasonably easy to navigate.

From the centre of Llanidloes take Long Bridge Street north then turn R on Church Street, following the river and crossing the B4518 bridge. Continue along Westgate Street until you can turn R onto a footpath (also Glyndwr's Way), heading north-east through woodland. Follow this path, trending north to Van then west, joining the B4518 at Bidffald. Turn L off the road after a short distance and head west to the Clywedog Dam. The path then hugs the western shore of Llyn Clywedog to its north-western tip before turning L, leaving Glyndwr's Way and following the Sarn Sabrina into Hafren Forest. The route crosses the forest and climbs up to the source of the River Severn where it joins the Severn Way and heads south-east back through the forest, following the course of the river to Llanidloes and the start.

| Miles | Km   | Directions   |
|-------|------|--|
| 0.0   | 0.0  | Follow Long Bridge Street north then turn right on Church Street, following the river and crossing the B4518 bridge. Continue along Westgate Street until you can turn R onto a footpath.          |
| 0.4   | 0.6  | Follow the path north-east through woodland trending left past Penrallt to a road at Bron-y-geifr.   |
| 1.8   | 2.9  | Turn right following the road for a short section then left onto a footpath. Follow this north-west to the next road south of Van.   |
| 2.2   | 3.6  | Cross and follow the path opposite west across fields bearing left to the B4518 at Bidffald.   |
| 3.4   | 5.5  | Turn right and follow the road past a junction then cross and follow the footpath which runs to the south of the road to a junction with a bridleway.  |
| 4     | 6.5  | Turn left and follow the bridleway south-west to the bridge over the Afon Clywedog below the Clywedog Dam.   |
| 5.2   | 8.4  | Cross and follow the path up to the road. Turn right and follow the road to the view point by the dam.   |
| 5.8   | 9.4  | Continue north on the road turning right and following the path to cut a corner and then continuing up the road to Tycoch.   |
| 6.4   | 10.3 | Turn right following a path north-west to Llyn Clywedog. Turn left and follow the path up the western bank, joining a road and following it along the shore to the car park at the reservoirs tip. |
| 9.7   | 15.6 | Continue on the road turning left at the junction and following it west to a sharp left bend at Cwmbiga.   |
| 10.4  | 16.7 | Turn right off the road onto a forest trail heading generally south-west to a path junction at SN835883.   |
| 12    | 19.3 | Turn right and follow the Severn Way north-west to the source of the Severn at SN822899.   |
| 13.5  | 21.8 | Turn around and follow the trail back to the path junction at SN835883.  |
| 15    | 24.2 | Bear right then left following the Severn Way south-east downstream joining the road at SN864868.  |
| 17.6  | 28.3 | Still on the Severn Way follow the road south-west out of the forest to a road junction at SN912847.   |

|      |      |  |
|------|------|--|
| 21.1 | 34   | Turn right and then left at the next junction. Follow this road generally south-east to Felindre Bridge. |
| 24   | 38.5 | Cross and follow Penygreen Road north-east into Llanidloes and turn right back to the start.             |