

with one tree at the centre. There is a stone recording this just along the road. In the 1990s there was an ostrich farm on this corner.

Cross this main road, which is the busy B4293, with great care and go straight down the track opposite to just before Gockett House. Turn right onto the footpath through bracken, follow this past the house and follow the wall into Caer Llan Wood. Go down through the wood (ignoring the first waymarked path to the right) for about 80 yards to the second waymark post (21). At this point the landowner kindly allows walkers to take the pretty path through the



wood, so turn right along a broad, well trodden path. Continue through the wood, past a waymarked path that joins from the right.

At the removable metal fence out of the wood, go straight ahead and then slightly downhill to the steps at the side of Caer Llan House (22). Go down and then up the next set of steps to the terrace and walk alongside the house to its driveway. Caer Llan is a large country house set in 25 acres of garden, field and woodland used as a field study centre as well as a wonderful setting for weddings. It was built around the beginning of the 19th century and considerably extended in the second half of that century, although it had no road access until 1890 and water was supplied from a local spring in the woods.

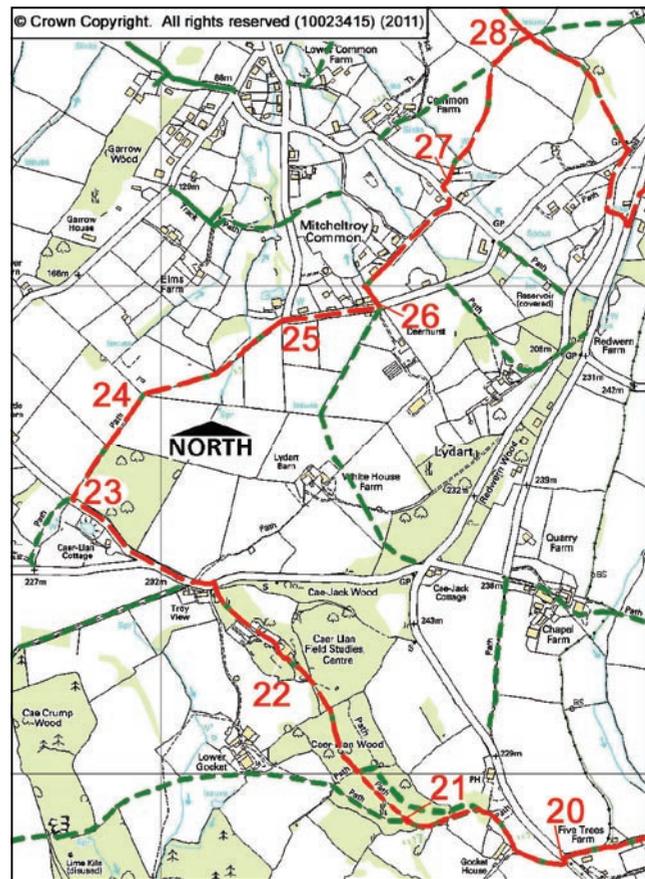
At the end of the drive, turn left and continue along the lower Craig-y-Dorth road for about quarter of a mile, bearing right at Caer Llan Cottage, up to the stone stile on the right (23) that leans slightly and can be tricky to cross. Follow the path downhill between the hedge to the right and the fence to the left. At a stile with stone steps (24), turn diagonally right and keep on towards the fence

corner with waymarks. Keep on downhill following waymarks and stiles out to the road (25).

The view across the Trothy Valley to the woods above Wonastow and into Kingswood can be seen over the houses on the left as you bear right along the lane. The cream cottage used to be the old Post Office. At the far side of Brookmead (26), turn left by the finger post down a narrow path next to the stream and follow the path as it turns right over the stream and then continue along the lane to the end.

Turn left into the road and go downhill 20 yards to the entrance to Ivy Cottage (27). Turn right into this entrance at the finger post. The route goes through the private garden of Ivy Cottage, so please keep to the path by the boundary on the left, down steps, across a stream and up and over a stile into a pasture field.

Follow the hedgerow on your left to a stile in the corner. Go over this and, ignoring the stile immediately on the left, continue to follow the hedge to a stile down amongst trees (28), rejoining the path that brought you up from Mitchel Troy. Retrace your steps, following the first map, down to the lane leading out on to the main road opposite the church gate.



If you walk with a dog, please be aware that there is livestock in some of the fields and farmers will expect dogs to be on leads and kept strictly under control. Please follow the Country Code:

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

The path to the right of the Penallt Old Church wall and the recommended path in Caer Llan Woods are not Public Rights of Way and are walked with the permission of the land-owners. Such permission may be withdrawn at any time.

For your own safety, please comply with all notices erected by the Forestry Commission and their contractors at times of harvesting the woodland and by the holders of shooting rights when culling. It is extremely risky and your own responsibility if you ignore these signs.

It is strongly recommended that this leaflet is used in conjunction with the Ordnance Survey Explorer Map OL14.

Mitchel Troy Church Car Park (at SO492104) can be reached by bus numbers 60 and 83 on the Monmouth to Newport/Abergavenny routes. Contact Traveline Cymru on 0871 200 22 33 for timetable and bus stops.

The Mitchel Troy Community Group is not able to guarantee access to any of the Mitchel Troy Walks and is not responsible for their maintenance.

For further information, please contact Mitchel Troy Local Paths Group on 01600 715618

Any comments would be very much appreciated.

The photographs in this leaflet were kindly provided by Elaine Savage, Rosey Ringer and the Inn at Penallt, who retain copyright.

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Mitchel Troy Walks No 5

PENALLT LOOP



Church of St Michael and All Angels



Church Farm Guesthouse

This is a walk shown to us by Jim, who has enjoyed leading friends through the bluebell woods above Mitchel Troy and around Penallt for the past thirty years. This is not just a walk to enjoy in May though. With early spring flowers, autumn colours and winter views, this is a walk for every season. It visits Penallt Old Church and the Inn at Penallt (formerly known as the Bush Inn - see below to check opening times), where a pub lunch or a picnic can be enjoyed before the walk back down to Mitchel Troy. At nearly ten miles, allow five and a half hours walking time with plenty more for lunch and admiring the views.

There is one steep ascent and then a moderate walk through woods and fields, across rolling countryside with wide views, before a slightly more gentle descent back down to Mitchel Troy.



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From the church car park (1) at Mitchel Troy, go through the churchyard past the fourteenth century preaching cross to the medieval lych-gate. Go up the lane opposite the lych-gate (bearing right behind the cottage called Lamb's Quay) and straight ahead over the first of nine stiles on the path that leads straight up through the fields to the top of Common Road, opposite a building known locally as Carpenter's Shop (2). Turn at the top for a wonderful view to the west along the Trothy and Usk valleys to the Sugar Loaf with the Little Skirrid in front.

Cross Common Road and turn right onto the main road to Trellech. Walk along the verge for about 150 yards to Rock Cottage drive, then cross the road to a footpath running uphill next to a garden. At the top, turn left down the road for 60 yards and turn right on to the footpath by the finger post to The Graig (3).

Follow this, ignoring the gate, up into woodland. Go over the forest boundary stile and bear left up to the main forest track (4). Ignore the path on the right up

Although the path through Troypark Woods is not classified as a Public Right of Way along its whole length, it goes across land that enjoys open access and so may be walked freely. This land belongs to the Forestry Commission, which reserves the right to exclude walkers whenever felling or clearance operations are taking place. Be aware also of restrictions imposed when wildlife is being culled, looking out for the relevant notices



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the hill. Continue along this fairly level, although sometimes muddy, track for about a mile and three quarters, ignoring all paths off to left and right and bearing right at the forest road. Look out for spring flowers and deer, views to the left through the trees, including Troy Farm and Troy House below, as well as the remains of old limestone quarries. Near the junction with a footpath up from the fields, there is a huge horse chestnut tree (5). It is possible this is one of many planted in the reign of Charles II when Troy House was rebuilt as a wedding present for Charles Somerset, son of the Marquis of Worcester, and these woods were part of the parkland for the house.

Towards the end of the forest track, it bends sharply to the right and the Wye Valley comes into view. The path then rises to a gate and stile out of the woodland into a field (6) with wonderful views along the Wye Valley and across to the wooded hills around Staunton. Bear right alongside a fence to a gate and then head up across the field towards the Church. The footpath runs below the churchyard wall but by permission of the landowner, which may be withdrawn at his discretion, our route goes alongside the right-hand wall of the churchyard to a stone stile into the churchyard.

The Old Church (7) is well worth a look inside. There is a useful written guide. On a site that may have seen worship for centuries



before the Normans, as the very large yew tree suggests, the oldest parts date from the late thirteenth century. The dedication of the Church is unknown but it may have been a staging-post on the route to St James' shrine at Compostela. The path goes round

the Church and along the pleached lime pathway to the Church lych-gate.

From here, by the stone mounting block, bear left down the road for about 200 yards to a gate and a stile on the right just before a cottage (8). Through the gate, go round and up a stony gully and over a stile leading into

a field. Go on through a gate, past a converted barn and down an old green lane with some large oak trees, a gate part way down and walls of huge stones. At the bottom (9), next to a house, cross the track coming in from the left and go over the stile, continuing up through a young woodland on a permissive track and over a stile on to a road. Cross the road and continue up the stony gully and path to another road.



The Inn at Penallt
www.theinnatpenallt.co.uk
01600 772765
Bar meals: Friday and weekends, plus Wednesday & Thursday in summer
12 noon to 3:00pm

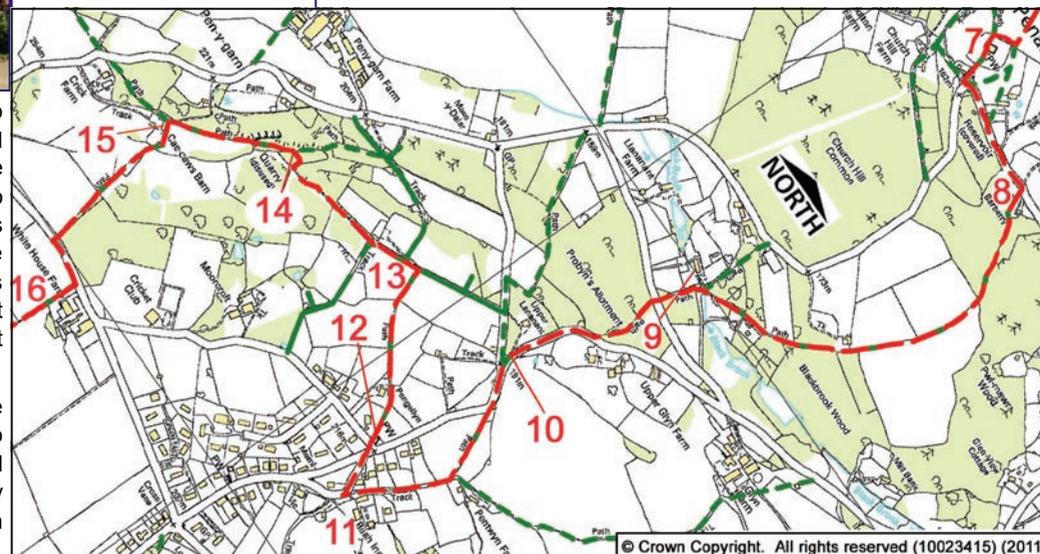
Here turn right and follow the road to the junction (10). Bear left and continue up the road to go over the stone stile on the left by the bend. Go through this field, which can be a mass of cowslips in spring, to another stile and gate with Gwent Wildlife Trust's Pentwyn Farm on the left. Turn right and walk along the lane to the Inn at Penallt (11).

Standing on the village green, with the pub behind, take the right fork up to the main road and continue up to and over the stile next to the recently renovated chapel (12). Follow the path

through the copse and fields, following waymarks, to a lane and turn left. Walk past a house (13) on the right into woodland, keeping the wall on your left until a stone stile is reached. Here bear right and then left looking out for waymarks high up on a tree (14). Continue along this path, near to possible quarries for mill stones for which Penallt was renowned, to a stile with a finger post pointing to Meend Road, by Cae Caws Barn (15). Follow the direction of this finger post, through a gate and fields to a stone stile at the main road into Penallt.

Cross the road, turning left towards Penallt for about 100 yards to a metal stile into the field on the right (16). Follow the hedge on your left for four fields to a double stile. Turn right here with a hedge now on your right for two more fields. In the second field, head for the stile on the far side of a shallow brook. After the stile bear half left towards a difficult to see stone stile almost in the corner of the field (17). After this stile, turn half right to a wood and stone stile and then take one more stile onto the lane leading to Lower Meend. Continue straight down the lane past Noddfa (18) and out to the road. There are wonderful displays of daffodils in spring.

Cross the road and go over a stile heading for the barn of The Farm. Cross the stile on to a quiet road and turn left past The Farm down the road towards Tymawr Convent. Take the second stile on the right on the bend, just before Woodbine Cottage (19). Follow this footpath, with the fence on your right for two fields, past a small barn to a stile to the left of a gate. Turn left down to a stile about 100 yards from the left hand corner of the field. This takes you into a garden and past a house on the right and then along the lane to Five Trees (20). This name commemorates the five trees that once grew at the junction of the four parishes of Penallt, Trellech, Cwmcavan and Mitchel Troy,



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