Circular from Rose Cottage Dutlas

ID: 6644, Distance: 3 miles, Height gain: 120 Metres, Map: Explorer 201 and 214, Contributor: John and Marje Rickerby

Duration: 1 Hours 24 Mins

Features: Birds, Great Views, Public Transport, River, Wildlife

Description:
A walk which is quite short but strenuous at times! Explore the beautiful and unspoiled upper Teme valley, with lots of wildlife and marvellous views.

Access info:
Starting at a layby on the B4355. Bus from Knighton or Newtown to Dutlas.
SatNav: LD7 1YB

Additional info:
Can also start at waypoint 2 (lane by Dutlas bridge)
1 Grid ref: SO210776  Lat: 52.39148  Long: -3.16187

Start at the layby on the B4355 just after the village sign. Walk along the road in a north west direction, past the cottages and phone box, to a junction on the right.

2 Grid ref: SO209781  Lat: 52.3957747409  Long: -3.1625366348

At the junction turn right down the lane and over Dutlas bridge. The river Teme is the national boundary and you are leaving Powys and entering Shropshire. Walk to the T junction at the end.

3 Grid ref: SO211781  Lat: 52.3959902011  Long: -3.1598233736

Turn left, following the signpost to Coed y Hendre and The Cwm. The lane follows the river for about 200m then passes Coed y Hendre Mill. Continue uphill, through Coed y Hendre farmyard, then the lane curves to the left.

4 Grid ref: SO213787  Lat: 52.4011267559  Long: -3.1567685079

The lane turns sharply to the right, with a track leaving to the left. Follow the lane to the right, climbing uphill, past Tyn y Coed on the right.

5 Grid ref: SO219789  Lat: 52.4030287688  Long: -3.1488806912

At the crossroads there are two turnings to the right: Take the first. (The second is signposted to The Cwm) This is a dual-carriageway track- grass down the middle- which climbs steeply and is marked "Unfit for Motor Vehicles". The surface is rough and slippery. Take care. To the right are lovely views back into Powys, over Beacon Hill and Cefn Pawl. Further on are views to the left over Cwm Farm and into Shropshire. When the track stops climbing and begins to descend, look for a stile and waypost on the right.

6 Grid ref: SO223778  Lat: 52.3930287688  Long: -3.1430216951

Cross the stile. The path is not clear across this field. Follow the contour to the left from the stile and curving right. Look to the left, where there are terrific views down the Teme Valley towards Knighton. Later the view is across the valley and towards Beacon Hill. You will pass among patches of gorse and will find a stile in the wire fence at the far side of the field.

7 Grid ref: SO221776  Lat: 52.3915319415  Long: -3.1458927936

Cross the stile then descend to the left to join the track. Follow the track to the right, with the fence to your left, and where the track forks, continue to the left and descend steeply. According to the map the right of way is over a stile just beyond Upper Tregodfa, but I don’t think this is ever used. Follow the track a little further and there is a gate just by the Runnis Chapel.
Through the gate and turn right, past the chapel and then The Runnis farmhouse. More good views across the river to the left. Turn left at the junction beyond The Runnis, cross the bridge back into Powys, left at the top and back to the start point.