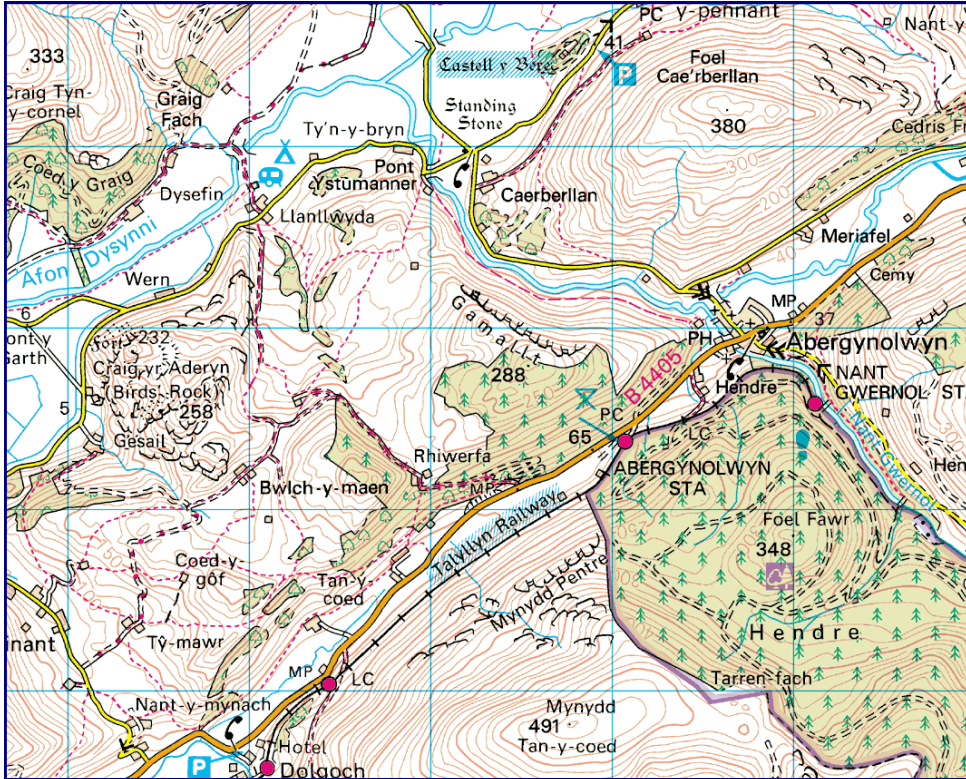## 5

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Craig Yr Aderyn (Bird Rock)
5.5 Miles

After the next gate the track forks, take the left path (the higher of the two) to contour around the hill to another fence with a gate. Go through and continue straight ahead, ignoring the path that forks to the left. Follow the signed path with the fence on your right, to another gate, and bear right to a wall with a gateway.

Turn right downhill to the next gate. Go through the gate to the next gate just before the start of a wall. Immediately after this turn left onto a steep path that leads to the summit of Craig Yr Aderyn (Bird Rock).

The rock is so called because it has a large number of cormorants and other birds nesting on it. The views from the top give a panorama of the whole Dysynni Valley to the sea. You may see the cormorants that nest here, it is one of the few inland sites for this sea bird, going back to the time when the valley was covered by sea and salt marsh.

Return back to the lower track, turn left beside the gate and walk down hill keeping a wall on your right. After a short distance you will see a footpath sign and a ladder stile which leads to a lane. Turn right along the lane and continue for about a mile to a bridge over the Afon Dysynni. Do not cross the bridge, turn right through a gate and follow the path with a signpost.

The river is now below you on your left. Follow the path for a mile and a half until you arrive at the footbridge over Nant Gwernol, which will lead you to the main street of Abergynolwyn. Turn right at the Railway Inn and keep walking along the main road. Follow the road for about half a mile back to the Talyllyn Car Park.

Park at the Talyllyn Railway Station car park at Abergynolwyn, on the B4405. Alternatively take the Talyllyn Train.

Leave the car park and turn left continue to a signpost by the third gate on the right.

Go through the gate and follow the signed tarmac track uphill (ignoring footpath signs on the left) until you reach the farm buildings at Rhiwerfa. Continue on the tarmac track with a fence on your right and trees on the left.