Turn to the right and follow the footpath straight down the hill, over the stile and continue downhill through the fields. Follow the waymarker posts until reaching a bridge across the Morlais river. Cross the bridge and continue through the woodland. Just before a stile and gate turn right. Cross 2 small bridges and a kissing gate then over 2 more bridges and back into the open fields. Turn left and continue up the fields until you reach a small bridge with a stile at each end.

Take the driest route possible from the end of the bridge and from there continue diagonally across the field, aiming towards the waymarker post, and then onto the kissing gate. Cross the field to the opposite side where you will find another kissing gate.

Go through the gate, down the steps and across the bridge into the second section of woodland. The path here meanders through the woodland and eventually emerges onto the track to Penclawdd.

Turn right at the top of the track and follow the road for approximately 200 metres. Turn right off the road and cross a stile then follow the hard track until passing into the next field, then cross diagonally to the opposite corner where you will find 2 stiles, close together.

Continue for 20 or so metres and then turn left through the field gate. Follow the field edge down to the stile in the corner of the field.

Take time to enjoy the fantastic views down towards Whitford Point.

Continue down the field aiming to the left of the 2 houses at the bottom where you will find a stile. Once over the stile you will be on the common.

Follow the track down to the cross roads and continue straight on until taking a left turn down a grassy bank onto a wooded path. Here you will follow a stream that, after crossing a small wooden bridge comes out alongside Cwm Cynein small holding.

Continue down the drive until reaching the road, then follow this down hill to the main road. Please take care as there is no pavement.

Take care crossing the main road and continue walking down the quieter road opposite towards the marsh.

Turn right when meeting the Marsh Road and continue back to the start point.