

6) Follow the Riverside path with the river glimpsed far below until you come to a steepish slope up; at the top turn left round the end of the Bowling Greens. You will come to a hexagonal wooden structure which marks one of the saline wells which formerly supplied the Spa.

The brickwork below ground level has been dated to 1645!

Just past here is a bench for you to rest and admire the Azalea Glade, laid out with rhododendrons, azaleas and wildlife friendly plants.

7) The path down into the glade leads to another wooden structure over the sulphur well re-discovered when the glade was cleared. Come up from the Glade and go across the carpark to a wooden bridge.

(If you don't want to go down into the Glade carry on past the Spa building and cross the carpark to Point 8.)

8) By the right hand side of the wooden bridge are steps down to the Arlais Brook and the Eye Well.

This is a small basin of water at ground level where the blacksmith who lived here cleaned the grit and soot from his eyes in the 18th Century.

Past the wooden bridge you come to a cobbled area

9) This is also a bridge across the Arlais stream. On the right as you enter the cobbled area set into the backwall is the Chalybeate Spring which never dries up.

Its water contains saline and iron which is said to cure tiredness and weakness of the blood - have a taste!



10) Cross the cobbles and come out on a tarmac path at the bottom of a long gentle, slope uphill alongside the brook. Go under the railway bridge and straight ahead to the main road, Temple Street. Cross the road, turn right and walk on till you reach Temple Avenue. Turn left and go up the slope, cross Western Promenade and join the footpath which leads to the Lake.

(You can extend your walk by walking round the Lake to finish at the Lakeside Restaurant.)

Enjoy your walk. There are other leaflets in the TIC
Mwynheuwch eich tro. Yn CGT yw dalennau eraill

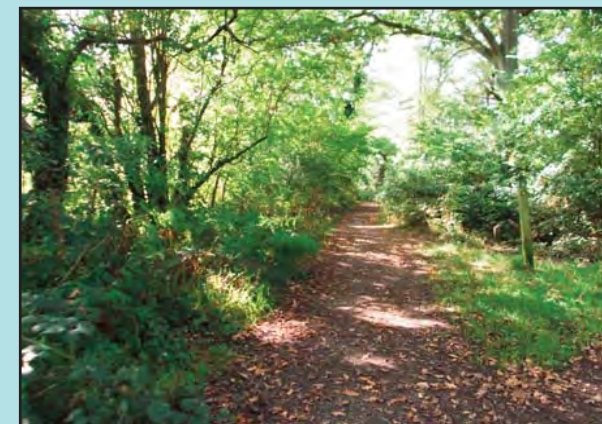
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LLANDRINDOD WELLS TOWN COUNCIL CYNGOR DRE LLANDRINDOD

Welcome to our self guided walking
leaflets on public rights of way

Croeso i'r dalennau cerdded hunan
arweinig ar llwybrau cyhoeddus



Walk no 2:

The Spa Walk

This is a 3k (2 mile) circular walk graded as moderate as there are some gentle slopes in the Rock Park. There is a section which will be difficult for the mobility impaired but there is an easy diversion and short cuts if you need them.

1) Starting from the steps of the Lake Restaurant facing the Common go diagonally to the left across the grass towards Grosvenor Road keeping a straggly copse of holly and ash to your right,



There is a line of magnificent oak trees (with a plaque to explain their origin) along the side of the road.

Grosvenor Road is named after the entrepreneur who built a hotel near the Church in the late 18th century to entertain young noblemen who were debarred by the Napoleonic Wars from their frolics on the continent.

2) At the bottom of the hill cross the main road and take the road opposite which leads under a railway bridge, Go under the bridge, then turn right on to a pathway which goes along the side of a grassy area.

This used to be a school playing field and part is now the Town Green, and the community Orchard

This field was used by the Romans as a practice area for recruits from Castell Collen Camp to build miniature forts.

3) At the end of the path you enter woodland of the Rock Park. Go down the slope to the carpark in front of the Spa Building and go half left up a slope towards two bungalows and past the Bowling Club building on your right'

(To avoid the wilder area of the Park you can turn right over the carpark in front of the Spa Building and go down the slope to the wooden bridge at Point 8. or you can pass the Bowling Club and turn right over a wide earth path that leads round the International Bowling Greens and brings you quickly to Point 6.



There is a huge oak tree near the Bowling Club where it is said the Baptists used to hold their religious services before they were allowed to build their own Chapels.

4) To continue with the more adventurous part of the walk, carry on down the track with the Victorian cast iron fence to the left. The surface is uneven so take care.

You will reach a Kissing Gate by which you enter a pasture field. The path goes towards the river bank. There used to be stepping stones across but they have long since been washed away. You have to go back through the Rock Park.

5) With your back to the kissing gate, on your left is a rocky area leading to a cliff known as Lovers' Leap.

The tale is of a young couple who were forbidden to marry and in despair, cast themselves into the "bottomless" whirlpool. below

Cross the rocks to the metal railing which leads to wooden steps. This section of the walk goes along the edge of the ravine with a safety fence most of the way but underfoot can be slippery.



(The mobility impaired may need help on this section or may prefer to return up the path they came to the Bowling Club and take one of the options mentioned at Point 3.)