

Penrhys Pilgrimage Way Tonyrefail to Dinas



Start: Concorde Drive, Tonyrefail (CF35 8NE)

End: Dinas Rhondda station (CF40 2PJ)

Distance: 3 miles / 5km

1. Go up a short grassy bank on the north side of Concorde Drive just before some houses (with a sign marked 4-6 Concorde Drive) and pass through a green metal gate in a fence.
2. Join a tarmac track and go right. Follow this as it bends left for about 350 yards (320m) until you see a path branching off to the left. Continue along this path, going north-west, until you meet another, and branch right. You will see some white houses at Trebanog in the distance. The land you are walking on was part of the Manor of Morton in Medieval times, owned by the Knights of the Order of St John, Jerusalem.
3. Continue along this path, taking a left fork where it divides, with bracken on each side. Bearing right at any forks, follow this path until it begins to climb to the right. At this point fork left along a narrower track to reach the end of a cul-de-sac and houses (Pen-y- Dre). At the end, you will see Waun Wen Community Centre, almost opposite. The Trebanog Passport stamp is kept at the Waun Wen Community Centre, famed for its cloud seats which are outside, where you can stop and look over the valley below.
4. If you do not stop at the Community Centre, turn left, passing a General Stores, and follow the road (Rhiwgarn Road) downhill to the A4233 and the Trebanog Arms. If you do visit the Community Centre, turn right to reach the A4233.
5. Cross this main road and go straight on along Brocks Terrace. Turn right by a bus stop after about 200 yards (180m) up Trem-y-Glyn.
6. Take the first left and go straight on to the Common, climbing steadily uphill. Keep to the main path, ignoring the fork right downhill.
7. Cross the fence by a stile immediately to the left of a gate and bear right downhill for about 85 yards (80m) to cross a stile over the fence immediately in front of you.
8. From this position, you will see in the distance a post on the brow of the hill in a northerly direction. Set a course in this direction. Continue downhill, cross a water course and climb the hill opposite in the direction of the marker post.
9. When you reach the post, you will see Dinas and a large cemetery on the hillside ahead of you. Bear slightly left and head downhill. You will see a wire fence ahead of you. Continue downhill towards this and then keep the fence on your left, though you will need to deviate right briefly to avoid bracken. You are on the side of the valley of the stream called Nant Graig Ddu (the stream of the black rock). The local stone here is Pennant Sandstone, a green-grey and blue-grey stone which often looks black in its natural location.

10. Cross a stile to join a sunken lane and follow this, passing through a gate as you proceed downhill. You will pass a ruin and beehives to your left.
11. At the bottom of the hill, the path turns left and you follow this over the stream until you reach a gate, with a main track coming in from the left. Head straight on here. The track passes a smallholding and other old farm buildings and becomes a paved road (Graig Ddu Road).
12. After about a quarter of a mile (400m) you can either take a right fork along a short lane through trees to the A4058 Dinas Road or continue along the road to reach it.
13. Turn left, cross the main road and go down the steps immediately after a block of flats. Turn left and follow the path with the river on your right.
14. When the path reaches the road, turn right and cross the bridge over the river to Trealaw, taking care because of traffic. Dinas Station is along the lane to your right immediately after the bridge. There are bus stops on the A4058 near the bridge.

With thanks to Janet Sully and all who contributed to mapping the route.

Reviewed: 28/02/2020