

RUNNERS' ROUTES – FAMILY FAVOURITES

We are pleased to feature as part of our occasional series, two selections from **Caroline and Steve Orrells**.

First up is Caroline

“Mochdre Community Trail The map and instructions for this “walk” can be found online at <http://www.leapingstiles.co.uk/find-a-walk/1496> .

There are so many variations on this route, either starting from Maldwyn Leisure Centre or the car park by Mochdre church. I did take the girls one Wednesday night on part of it and it was 6.5 miles from the sports centre.”

Here’s one from Steve.

“Starting from the flats at canal road follow the road out of town towards Llanllwchaiarn just pass the house on your left on the sharp corner before Tan y Graig take the sharp turn uphill Lonesome Lane and follow the gradual uphill road. After a bit the road turns to a grass track (bit overgrown in places) follow until you come to a t-junction.

For a shorter route, at this t junction you can turn left, follow the road down to the next junction, turn left again and it brings you back into town to the junction opposite the Bell public house).

For a longer route, at the t-junction go straight across and follow the up and down (slightly undulating route but lovely and peaceful) until you come to another t-junction which is the main Newtown to Tregynon Road. Again you have the choice again turn left and the road will bring you back down to the Bell (road can be busy at times), However if you go straight across follow the road with great views up to the top passing Richard Yorke on your right.

Again another t-junction, this time you can go left or right.

*The **right turn** takes you to opposite the Fachwen Pool where you can do a left turn, then a right turn negotiating a stile and do a loop around the pool then follow the road back to the junction. Again there are so*

many routes that you can travel from here to Aberhafesp, Bwylch y Fridd or Tregynon and Bettws way.

*The **left turn** follows the road for 150 yards and then you turn right along the road slightly climbing but again the scenery is worth it. Follow the road which winds round pass Hendidley House and you end up at the bottom of Beehive Lane. Bear left and follow the road along Milford road back into town. Beware this road becomes busy on times.*

*Again there are so many different directions you can take but above all enjoy the scenery and the peace and quiet. **(Approximately 7 miles for the longer route, following the “left turn” option described in the previous paragraph)**”.*