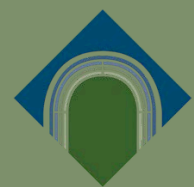


THE STRATA FLORIDA PILGRIM WALKING FESTIVAL



**20th & 21st
SEPTEMBER
2025**



**STRATA FLORIDA
YSTRAD FFLUR**

Why The Strata Florida Pilgrim Walking Festival?

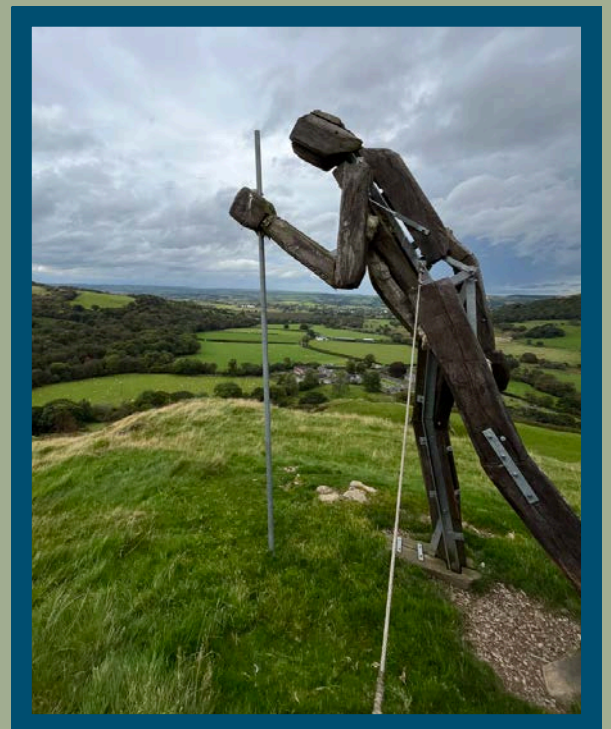
As part of the 2012 Sculpture Cymru exhibition shown during an open weekend event run by the Strata Florida Trust, the sculptor Glenn Morris created a pilgrim on the hill to the east of the abbey. The sculpture captured the hearts and minds of both the local community and visitors to Strata Florida, to such an extent that when the original pilgrim collapsed, in 2019, just before the covid pandemic, there was widespread dismay that the pilgrim was no longer on the skyline above the abbey.

It appears that the statue had become an icon for all. In many ways, as well symbolising the spirit of pilgrimage to the holy place of Strata Florida, it also epitomised the struggle of life in a rural environment and the need to battle against all manner of challenges facing it.

Consequently, through crowd funding and a generous donation from the World Monument Fund, the Strata Florida Community Group with the Trust's help, succeeded in enabling the Pilgrim's return. Glenn Morris, as a result, created his second Pilgrim which was completed in 2022.

The following year a pilgrimage was made to the pilgrim attended by about 50 people.

As the sculpture is on private land it is only possible to get closer with the permission of the farmer, Iwan Arch, who is generously allowing us to walk up to the Pilgrim on the afternoon of Sunday 21st of September.



More detailed information about the historic elements of the walks will be available on line early in September.



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Programme

Saturday Starting at 9.30 a.m. from Y Beudy	Carn Gron 7.4 miles / 12.0 km 1650 ft / 503 m 5.5 hrs	Hard
Saturday Starting at 10 a.m from Y Beudy	Strata Florida/ Ffair Rhos 4.5 miles / 7.2 km 500 ft / 152 m 3 hrs	Moderate
Saturday Starting at 2 p.m. from Y Beudy	Holy Wells 3.2 miles /5.1 km 610 ft / 185m 2.5 hrs	Moderate
Sunday Starting at 9.30 a.m. from Y Beudy	The Six Pools Walk 8.1 miles/13 km 1260 ft /384 m 5.5 hours	Moderate/ hard
Sunday Starting at 10 a.m from Y Beudy	Cambrian Way and Coed y Bont 3.4 miles / 5.5 km 460 ft / 140 m 2.5 to 3 hrs	Moderate
Sunday Starting at 10.30 a.m. from Y Beudy	Pen y Bannau 3.3 miles /5.3 km 560 ft /171 m 2.5 to 3 hrs	Moderate/ hard
Sunday Starting at 3 p.m. from Y Beudy	The Pilgrim 1 mile/1.6km 345ft/105m 1 hour	Moderate
Sunday Starting at 2p.m.	Service in St Mary's Parish Church followed by a walk to the Pilgrim	
On Sunday following the walk to the Pilgrim, you are invited to afternoon tea in Y Beudy		

Alterations and Bad Weather

In unfavourable or exceptional weather conditions the scheduled walk may be amended, re-routed or even cancelled on the day to ensure walkers' safety. The walk leader also reserves the right to change the route of a walk during the walk, if necessary, for safety purposes.

Grading for the Walks

Participants on the walks need to ensure that they are physically fit enough to take part in the walk(s) which they have chosen.

Hard	For experienced walkers with a good level of fitness. Includes walks on open exposed moorland, steep slopes and pathless, often boggy, terrain.
Moderate/hard	Walks for people with a reasonably good level of fitness. May include some unsurfaced and possibly steep paths and open country also includes longer stretches of pathless or more exposed terrain, rough or boggy ground and some steep slopes where special care is needed.
Moderate	Walks for people with a reasonably good level of fitness. May include some unsurfaced and possibly steep paths and open country.
Gentler	For those wishing to undertake shorter independent walks around the site of the Abbey please be aware that the surfaces are variable and include areas of grass, roads and slightly uneven surfaces.

Although there is no set charge for the walks this year, we encourage you to donate what you can to support future events and the work of the Strata Florida Trust.

Cash and contactless donations accepted.

**Registration for the 2025 walking festival is now open.
Closing date for Registration will be on: the 15th of September.**

www.strataflorida.org.uk

info@strataflorida.org.uk

Please Note



- Follow the Countryside Code, particularly around farm stock.
- No dogs, please, apart from assistance dogs.
- The time taken for each walk is an estimate and based on a steady walking pace but also taking into account climbs and different types of surfaces.
- As these are guided walks please follow the leader's instructions.
- There may also be information about the landscape which the leader wishes to share.
- There will be breaks for refreshments.
- Walkers should be fully equipped for the conditions likely to be encountered and include sturdy footwear, warm and waterproof clothing.
- Walkers should bring food and drink adequate for their needs and duration of the walk; this is especially important for the full day walks.
- Please note that the leader has a right to turn away any walker who is not adequately dressed or equipped.

There will be a catering van serving drinks and food on site.

On Sunday, following the walk to the Pilgrim, you are invited to afternoon tea in Y Beudy.

Teifi Valley Trail



The organisers of the Strata Florida Walking Festival 2025 are pleased to promote the new, exciting 82 mile long distance trail that is being developed along the valley of the Afon Teifi from Teifi Pools in the Cambrian Mountains to Poppit Sands in Cardigan Bay. Strata Florida marks the northern starting point of the Teifi Valley Trail and the Festival will give walkers opportunities to sample parts of the trail on the Six Pools walk to Teifi Pools and on the Pen y Bannau walk. Look out for the distinctive Teifi Valley Trail logo and waymark.

From the Teifi Pools



To the Teifi Estuary



This new trail travels down the valley on public rights of way and minor roads, across moorland, woodland and farmland and along lovely riverside paths. It calls at all the riverside towns and villages and visits St Dogmaels Abbey before finally reaching the sea. A guidebook, giving turn by turn directions and information about the history and landscape along the way, is in an advanced stage of preparation. For more details about the trail check the website <https://teifivalleytrail.wales>

Carn Gron

This is a strenuous walk over rough and sometimes boggy terrain, requiring good levels of fitness and appropriate footwear. Heading southwards from Strata Florida, we cross Afon Glasffrwd and go through Abbey Wood before passing into modern forestry, then out onto the open hills. A steady climb over pathless and often boggy ground takes us up to the summit of Carn Gron with its Bronze Age cairn, where we will stop for lunch and enjoy spectacular views.

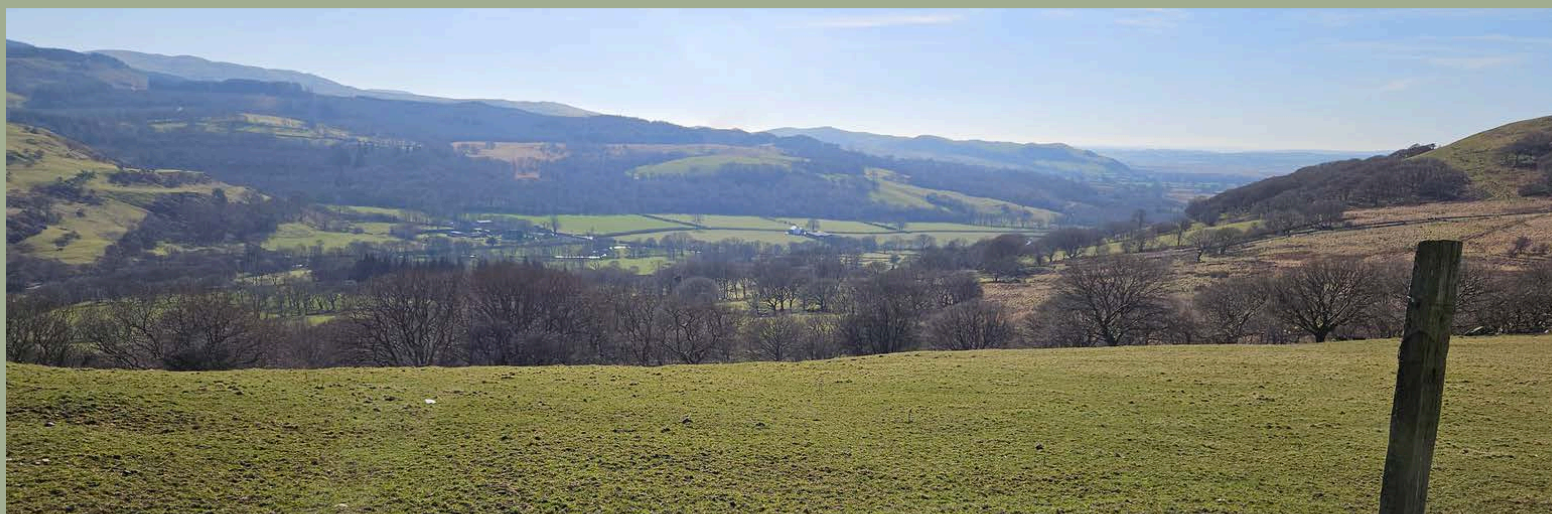
Coming down we head westwards to reach Bryngwyn Bach, climbing over the hill and down past the remains of settlements at Rhos-Gelli-Gron. After crossing the Afon Fflur near an old chapel, we head back into forestry and down across a field to return to Abbey Wood.



Strata Florida / Ffair Rhos

A walk, suitable for country walkers with a reasonable level of fitness, follows tracks and field paths. in the countryside on rising ground to the north of Strata Florida. After crossing the Afon Teifi there is a steep ascent with good views opening up down the valley as height is gained. Joining the course of the Devils Bridge to Pontrhydfendigaid Trail, we arrive at the village of Ffair Rhos.

Our return is by Nant Llest and the western flanks of Pen-y-bannau, before descending to take field paths alongside the Teifi back to Strata Florida. One very short boggy section.



Holy Wells

A visit to some of the holy wells in the valley of the Afon Glasffrwd. On a narrow country lane and a lovely woodland path we ascend to Ffynnon Hafod Newydd, lying within a sheltered glade in the forest. After crossing the Glasffrwd and ascending to the ruins of Ty'n y Garreg we make our way back to view the holy well by the riverside at Ffynnon Dyffryn Tawel. The walk concludes at the well within the grounds of Strata Florida Abbey.



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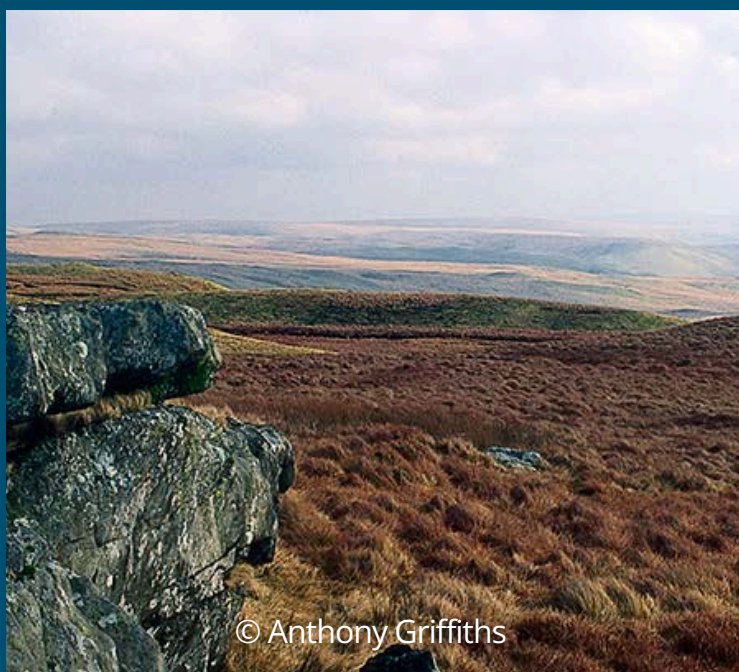
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Teifi Pools: The 6 Pools Walk

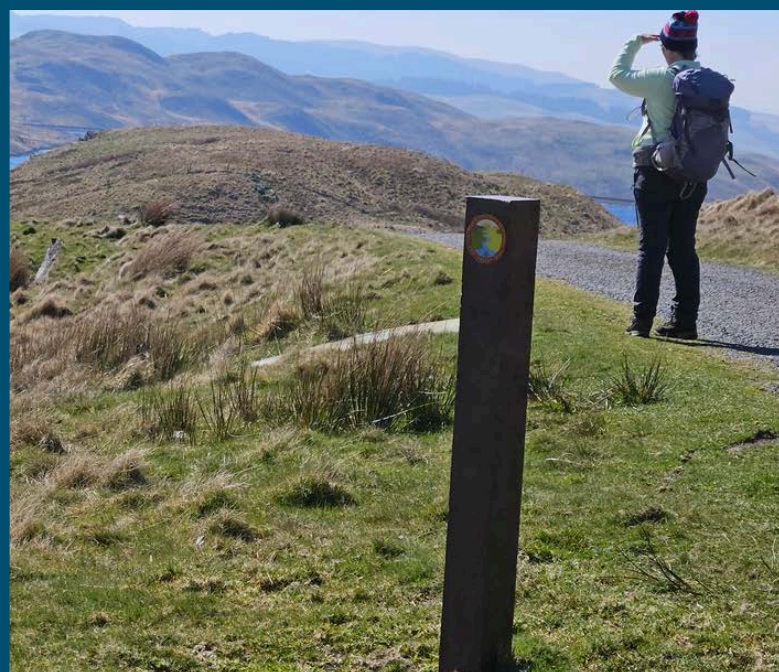
A walk primarily using the proposed Teifi Trail, with slight detours to visit the six lakes making up Teifi pools. The highlight of the walk is a viewpoint from which all six lakes can be seen. The terrain will be on minor tarmac roads, moorland and field paths. Rising to 1509ft /460mon exposed moorland terrain to experience the remote area of Teifi Pools on the eastern edge of the Cambrian Mountains. One main ascent and a long and gentle descent. Some of the walk will be over moorland and may be wet in places.



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© Anthony Griffiths



Pen-y-bannau

Heading northwards from the Abbey site, this walk crosses the River Teifi and heads uphill over fields, passing the remains of old lead workings at Bron-y-berllan. A gradual climb across open moorland leads to the Iron Age hillfort of Pen-y-bannau with spectacular views in all directions. The descent is quite steep, and some may find walking poles helpful. Passing Dol-ebolion farm, the path follows the Teifi back to the Abbey.



Cambrian Way and Coed y Bont

The walk begins on the Cambrian Way to the south of Strata Florida, to include the archaeological interest of the former Abbey Woods. We proceed through the northern edge of the Tywi Forest to open ground that offers lovely views to the west over Cors Caron. We then descend through the award winning Coed y Bont Community Woodland to follow the country lane back to Strata Florida.



A Service in St Mary's Church, Followed by the walk to the Pilgrim

The service will be led by the Rev. Aled Lewis, beginning at 2pm. Its purpose is to set the festival and particularly the walk to the sculpture of the Pilgrim in its context, with special reference to the setting and meaning of Strata Florida, the modern community and its historic Cistercian Abbey.

Pilgrimage provides a physical connection with landscape, religion, and community.

The walk to the pilgrim will begin from the Beudy at 3 p.m from the Beudy.

The pilgrim stands on the top of Pen-lan hill to the east of the Abbey ruins and can be seen on the sky-line. Enjoy the wonderful views to the west across the northern end of Cors Caron from the top.

The route is partly on a minor road and partly over a grassy field on steep ground. The going can be rough at times and, so, be sure you are well-shod. The descent follows the same route as the ascent.

The visit to the sculpture is with the special permission of the landowners, Iwan and Natalie Arch.







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Photos of the Walking Festival 2024



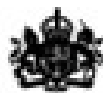
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About Strata Florida Trust

The Strata Florida Trust was established in 2006 as an independent element of an on-going archaeological research programme. Its intention was to purchase, restore and put to new use the historic complex of buildings of Mynachlog Fawr which began life as part of the Cistercian Abbey complex of Strata Florida, part of whose remains lie revealed next door as a monument in the care of Cadw.

In 2016, the Trust was able, with the very generous help of the World Monument Fund, to purchase the complex.

The aims of the Trust are to:

- set up a part-residential Strata Florida Centre to help people learn about heritage and conservation, environmental issues, and the language and cultures of Wales;

preserve and restore all of the buildings, using sustainable methods and the best available technologies;

- give a warm welcome to visitors, residents and local people and help them enjoy the rich environment, history and culture of the area.

The Trust runs an annual archaeological field school, holds courses, publishes books and holds a number of events. As part of the next stage of development the Trust will be providing training programmes in traditional heritage skills whilst undertaking conservation work on the grade II listed stables.

The Trust has a number of strategic partners including the World Monuments Fund, The King's Foundation, Ceredigion County Council, UWTSO and Cadw.



Visiting Strata Florida

On the 1st of April 2025, in partnership between Cadw and Strata Florida Trust, the Strata Florida Abbey Visitor Centre reopened to the public. This partnership will ensure that visitors can now have seamless access to both the Abbey ruins currently run by Cadw, and the exhibition currently run by the Trust.

Visitors can experience the peace and inspiration for which the site is renowned and see how foundations are being laid for its future as a place of learning and cultural engagement in tune with its rich history.

The Visitor Centre will be staffed from 10am until 4pm every day from 1st April until 31st October. Tea, coffee, soft drinks and snacks are available along with a range of beautiful and locally sourced produce, books and gifts.



The 'Mynachlog Fawr in 30 objects' exhibition tells the story of the farm through the centuries.

Featuring a variety of objects and documents from the farmhouse and farm buildings, it provides the opportunity for visitors of all ages to explore the social and agricultural history of the house and the local area. It also contains our interactive Virtual Histories educational experience. This allows visitors to travel back to see a day in the life of Mynachlog Fawr farm 1947, and the Abbey in 1238.

The building is also a place for visitors to relax, with chairs next to the magnificent fireplace and a selection of second-hand and local history books available to read.



REGISTER

HERE



- 1 Visitor Centre, shop and refreshments
- 2 Strata Florida
- 3 Mynachlog Fawr Exhibition
- 4 Y Beudy (Office and Community Space)
- 5 Mynachlog Fawr Farmhouse (no public access)
- 6 Stables (no public access)
- 7 Barn (no public access)
- 8 Archaeology Field School Hub (no public access)
- 9 Pilgrim Community Garden
- 10 St Mary's Church

