to the right and look out for fallow deer as you keep straight on. Do not take the wide left turn at (5) just yet. A gate into a field on the left again refers to the Lower Wye Ramblers booklet Walk 5, but keep on along the forest road until the panoramic view to Cwmcavan, the Sugar Loaf, Black Mountains and Brecon Beacons opens out before you (6). The hillside in front and behind you has been replanted with a mixture of broad leaf trees, predominantly Hornbeam, protected from browsing deer by plastic tubes.

Then retrace your steps to take the turn ignored previously at (5), which is now on your right. Follow the forest road downhill and along the way look out for butterflies and orchids in summer benefiting from the open spaces either side of the track.

Past a mature Oak (7) you will see a largeish open area to your right. This provides a good home for adders—again, please keep dogs away, to help conserve the habitat and for their own safety! The damp grassland here is the source of the woodlands name – Wet Meadow. Look out for blackberries in late summer. Further on a small pond to the right is often home to a pair of mallard ducks and, in the spring, frogspawn.

This path continues along the forest track and will eventually return you to the car park on the opposite side of the drive to Loysey Farm and Stables, which you have now circled.

Please follow the Country Code:

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

It is strongly recommended that this leaflet is used in conjunction with the Ordnance Survey Explorer Map OL14.

For your own safety, please comply with all notices erected by the Forestry Commission and their contractors at times of harvesting the woodland. It is extremely risky and your own responsibility if you ignore these signs.

Since the path can become muddy, sturdy footwear is recommended and after heavy rain walking boots are essential.

The Mitchel Troy Community Group is not able to guarantee access to any of the Mitchel Troy Walks and it is not responsible for their maintenance. For further information, please contact Mitchel Troy Local Paths Group on 01600 715618 or look on the Paths Group page of www.mitcheltroy.com Any comments would be very much appreciated.

The photographs in this leaflet were kindly provided by Elaine Savage, Sonia Hartwell and Rosey Ringer who retain the copyright.

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A short walk with lots of fun exercising yourself as well as the dog and taking in some wonderful views towards the Black Mountains on the way. It is suitable for buggies and pushchairs, if a little bumpy. There are no stiles. Numbers in the description below relate to the map not to the Trim Trail diagram.

The Wet Meadow Trim Trail car park is 2 miles from Mitchel Troy, on the right hand side of the B4293 travelling from Monmouth, one mile north of Trellech.

The paths through the woods are not all Public Rights of Way although they are across land that enjoys open access. This land belongs to the Forestry Commission, which reserves the right to exclude walkers whenever felling or clearance operations are taking place. Please see overleaf for Forestry Commission guidance.

Interspersed along the main track is a Trim Trail consisting of various wooden adventure structures, such as a gate climb and stride jumps, that most age groups will enjoy. Dog walkers are asked to be aware of runners and other users of the Trim Trail and to ensure that their dogs do not foul the safety chippings beneath the structures.

From the car park (1) turn right along the forest road with mainly Larch trees to the left and Douglas Fir on the right. There are at least a dozen different tree species along the route. Why not bring a tree identification book along with you? Children can have fun collecting all the different leaves.

Climbing gate on Trim Trail

(2), keep to the main path round to the left. (The footpath that goes right here leads to High Glanau Manor – an Arts and Crafts house built in 1923 for Henry Avray Tipping. The gardens are open annually under the National Gardens Scheme.)

As you proceed you will find more deciduous trees on your right where the land falls away into a dell. As the forest road crosses the stream bear left uphill. Immediately on the left (3) you will pass a sign for Walk 5 in the Lower Wye Ramblers booklet and another path goes off to the right. Proceed on up the hill with an oak plantation to the right and past the bench sit-ups structure. Another path diverts off to the right as our route goes left.

As the road levels out (4), notice the magnificent tall Western Red Cedar and Western Hemlock trees. Lloysey Farm can be seen through the trees to the left. In the tall conifers to the right, bat boxes have been erected. Chin-ups and platform sit-ups present further challenges. Go past another path of

The Gwent Wildlife Trust New Grove Meadows can also be accessed from this car park. Walk back along the track towards the main road and the gated entrance to the four meadows is on the left. There is an information panel just inside the gate. This reserve is made up of four adjacent meadows. The northern two fields are amongst the very best wildflower meadows in Britain - their grassland flora is indicative of an unbroken history of traditional management. In contrast, the southern two fields have been reseeded and fertilised in the past but the Trust is now working to restore their past glory. The flora-rich northern end of the reserve can only be reached by walking across the first two fields that have full mobility kissing gates. More information on this reserve can be found on the Gwent Wildlife Trust web-site at http://www.gwentwildlife.org/reserves/NewGroveMeadows.htm