



# Knighton to Stowe Circular



Knighton

## Route detail

A walk along part of Offa's Dyke Path and Heart of Wales Line Trail above Knighton.

<b>Distance:</b>	6.8 miles / 11km
<b>Start location:</b>	Knighton Railway Station
<b>Start Grid Ref:</b>	SO 29057 72393
<b>Start What3Words:</b>	diets.brick.decanter

## Start

Start at Knighton Railway Station, noting that the station is entirely within England (Shropshire) and the town of Knighton is entirely within Wales (Powys). If arriving on platform 1 from England, cross the road bridge over the railway. If arriving on platform 2 from Wales, join the road but don't cross the bridge. Simply follow the A488 road away from Knighton and the station, and as soon

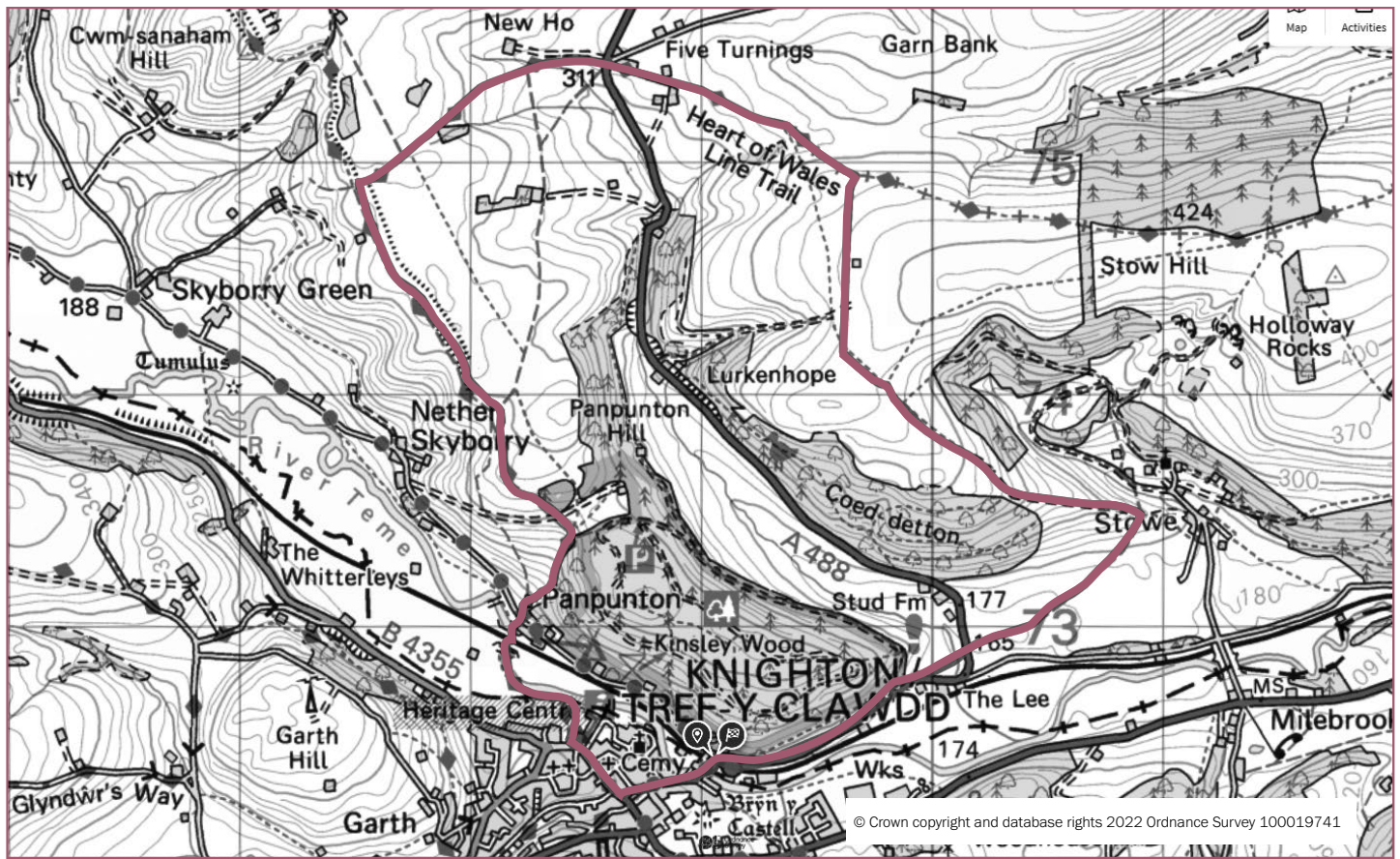
as the pavement ends, cross the road and follow a path uphill through woodland. Pass a curious dwelling and continue straight along a track, parallel to the main road but some distance above it on the wooded slope. Later, climb steeply and join a bendy gravel track.

Turn right down the track, then quickly turn left down a flight of steps and go through a kissing gate into a field. Walk gently down through the field, crossing a concrete footbridge to reach another kissing gate and a road. Cross the road and go through a gate, then walk alongside a field. At first there is a hedgerow on the left, but on reaching a gateway gap, continue straight ahead with the hedgerow on your right. There is barely a trodden path, but the route runs from field to field, passing through gates as marked.

Join a clear gravel track within sight of the tiny village of

## Offa's Dyke Path SHORT WALKS

### Knighton to Stowe Circular



Stowe. Don't follow the most obvious track uphill, but go through a gate and follow a grassy track climbing a little more steeply. Both tracks join later and the climb continues. Go through a gate and rise through a rocky cutting, then the grassy track becomes rather vague, following the line of an old hedgerow to reach a gated sheepfold.

Walk through the sheepfold, then turn left through a gateway bearing a marker arrow. There is no real trodden path, but rise gently through a field and once over a crest at almost 390m (1280ft), aim for a point where three fences join. Cross a rickety step stile and turn right to continue. Walk along the top side of a field, crossing a step stile beside a big gate, then go through another big gate. Pass a collapsing barn and keep straight ahead through kissing gates until a final big gate leads onto a clear track. This track is used by the Heart of Wales Line Trail, which is followed by turning left.

The track is obvious, and while it is level at first, it starts to descend steeply past fields, passing four big beech trees. The gradient is gentler further downhill and a gentle gap is crossed. The track continues downhill, going through a gate and passing a few farm buildings to reach a complex road junction at Five Turnings Farm. Cross the A488 road, turning right and almost immediately left onto another farm access road. Don't cross a cattle grid, but turn left through a small gate and

follow a path enclosed by hedgerows, running roughly parallel to the farm road.

The farm road serves New House, but this isn't seen from the path, which later passes through a gate to enter a large field beside woodland. Pass a waymark post and follow a vague path up through the middle of the field, bearing in mind that the path eventually peters out. However, aim towards the corner of a small forest plantation to pick up a grassy track with a fence to the left, and pass a number of larch trees. The track crosses a crest, goes through a gate and is flanked by bushes as it descends. Watch out for a four-way signpost, where the Heart of Wales Line Trail intersects with the course of the Offa's Dyke Path. Note the distinctive acorn logo used to mark the Offa's Dyke Path, which will be followed all the way to Knighton.

Turn left through a small gate beside a large gate and walk gently uphill through a field. Offa's Dyke is a low, roughly vegetated embankment to the left, constructed in the 8th century. A solitary building lies down to the right, but follow the line of the dyke uphill, passing a stand of larch trees before going through a small gate. Although Offa's Dyke is followed onwards, there is always a fence between it and the path, and many parts of the dyke are covered in gorse bushes, in contrast to the grass in the fields.

Go through a small gate and later drop into a dip to pass through a gateway. Keep following the fence

## Offa's Dyke Path SHORT WALKS

### Knighton to Stowe Circular

and the line of the dyke onwards, reaching a bench alongside a memorial stone near Panponton Hill. Enjoy the view around the Shropshire Hills of England, looking across the valley of the River Teme to the hills of mid-Wales. (Glyndwr's Way can be followed through these hills, from Knighton to Llanidloes, Machynlleth and Welshpool.)

Follow the path onwards, crossing a slope of gorse bushes and passing a small gate. The path descends alongside a wood, later reaching a signpost and turning right to continue down between gorse bushes. Follow the path straight downhill, first on a slope of bracken, then inside a woodland, before a small gate leads onto a minor road just to the right of Panpnton Farm (Panpnton on the map). Cross over the road and go through a gate to continue, soon reaching a railway line. Watch for trains before walking across the line, then turn right to cross a footbridge parallel to the railway bridge spanning the River Teme.

Turn left to follow a level field path beside the River Teme. This later leads into woodland, passing from England (Shropshire) into Wales (Powys). In fact, there is a tiny footbridge in the wood, marking the border between England and Wales, where you can stand with one foot in each country! The path climbs through the wood and climbs steps into a green space, where a path passes fitness equipment to reach the Offa's Dyke Centre. This offers lots of interesting information about Offa's Dyke and the Offa's Dyke Path. Check opening times at [offasdyke.org.uk/offas-dyke-association/offas-dyke-centre](http://offasdyke.org.uk/offas-dyke-association/offas-dyke-centre)

Leave the centre, turn left along West Street to walk into Knighton, passing a monumental clock tower. (Glyndwr's Way climbs up High Street from the clock tower.) Continue down Broad Street and turn left along Station Road to return to the railway station. Trains into Wales depart from platform 1 and trains into England depart from platform 2.

**Parking:** Limited parking at Knighton Railway Station, the Offa's Dyke Centre, with more spaces at Larkey Lane and Bowling Green Lane.

**Bus:** Bus services link Knighton and Kington, except Sundays.

**Train:** Daily Heart of Wales Line trains serve Knighton from Shrewsbury and Machynlleth.

