

Directions walking from Abergavenny Railway station and Bus Station to Middle Ninfa Farm

Take a deep breath and make sure you have some water. Come out of the railway station and turn right and walk past the garage (it is sort of through the garage) and along the path and into Holywell Crescent. Continue in the same direction on the right hand fork (it doesn't really matter if you take the left one. A bit longer but no uphill) At crossroads within the crescent continue downhill and you will reach Holywell Road. Turn left, also down hill. On the right you will see the Gavenny River which gives Abergavenny its name. At the main road opposite the Abergavenny Hotel turn right. At the pedestrian crossing, cross the road to Aldi.

The bus station arrivals join the directions here. (I'm sure you can see Aldi on the other side of the road) People wanting inexpensive but good food go here. (Waitrose looms ahead).

At Mill St on the left, by Homes of Elegance turn left into Mill St. Continue on the path past the castle on the right. Follow the path until a branch to the left taking you down and into castle meadows, the flood plains by the Usk River. Follow the path to the river and turn right. Continue to the road by the bridge where you turn left over the bridge. You will see Waitrose. (expensive but good quality and ever so ethical). At the roundabout cross two roads to the right so you are on the path on the right hand side of Waitrose and continue on the path up and under the Heads of the Valley Road (fun for echoes for the young or young at heart!) Continue along 'The Cutting' to the crossroads at the top. Cross the road and walk up Kiln Lane. At the top turn right and go past the church, then left up the hill. At the top you could try the echo in the tunnel but better to go up the steps on the right to the canal. At the canal turn left. Go under the bridge and continue about half a mile until you reach a house then a gate on your left just before the next bridge [number 95]. Come through the gate and continue uphill along the road. Look out for miniature Shetland ponies but be warned they bite. Ellie the big noisy Alsatian dog doesn't bite, at least I don't think so, but I wouldn't be tempted to pat her.

Continue past the entrance to Castell Prydydd and past Hendre Cwrt on left. Look out for the plastic bird of prey on the left to keep small birds off the

grapevines. Continue up the hill (gentler and better road) to the brow of a small hill. Continue along the road downhill for a little then up the hill. This is the point where you will wonder why on earth you walked but you are quite near now. Trudge on. It will feel like forever. At the top is Lower Ninfa, a little white cottage with its name on the side. Continue up the road until you come to a drive on the right. This forks, and you need the left hand fork. It is much steeper and but isn't very long. At the top go over the cattle grid and go up to the house and ring the bell. Someone should come and help you. If we are out we should have left a note for you pinned to the rain gauge. If all else fails try my mobile 09703 013829.