

Ammanford railway station to Pontarddulais railway station 14km

1. Leave Ammanford railway station, turn right into Station Road and left at the main junction. Turn right into College Street (A483) to walk through town, passing the bus station on the left, to the junction corralled by railings. Cross the road to proceed ahead along Quay Street, a pedestrianised area which leads to a sculpture depicting the mining heritage of the town. Go ahead again at the first roundabout, passing by the Railway Hotel, and through gates over the Amman Valley railway line. Continue to another roundabout and aim towards the bridge in Park Street over the River Amman. However, go right immediately before the bridge on a surfaced path alongside the river. Follow this down to the rear of the Tesco supermarket where you cut right across a road (currently a dead end) to join the walk and cycling route to Pantyffynnon which also happens to be the Fair Trade Way at this point. This runs along the back of the supermarket, then left alongside security fencing and the railway track.

2. You reach a junction. For those finishing a walk at Pantyffynnon railway station go over the tracks again and turn left for the station, about 5 minutes at most. Otherwise, go left at the junction to continue. If you are starting your walk at Pantyffynnon railway station leave the platform next to the level crossing and go right along Pantyffynnon Road. Look for a road off to the right across the railway line and keep ahead to join the main route.

3. The path runs alongside Pantyffynnon rugby club ground to cross a suspension bridge over the River Amman and a small footbridge over a tributary stream. Follow the tarmac lane up to the village of Garnswllt where you come to a turning circle and houses. Go left to walk up the road, Lon y Felin, through a housing estate to a junction with Heol y Garn. Go right here and pass by a row of houses to your right. As the road bends right, go left along a track past two more houses, through a metal gate to a wooded slope where there were once quarry workings.

4. Now look for a path up steps through the wood (also waymarked as Penlle'r Castell Walk). Climb more steps through the old workings and

even more to reach a stile into a field. Continue left along the old boundary wall, now covered in grass and moss, up the slopes of Garnswllt to join a tree lined wall. Go right along the wall for about 10-15 metres and then cut left over a stile. Continue uphill, keeping a ruined wall and hawthorns on your right, until after about 100 metres you encounter another wall coming in from the left. The two walls then channel you firstly to the right, then to the left, where there is a waymark post indicating a direction uphill. Continue to climb, heading diagonally up the hillside to a narrow gate nestled by a field gate. Once through, keep ahead with a fence to the right to a go through a kissing gate.

5. Cross the farm track and through another kissing gate to climb again with a fence now on the left rising up to a few steps and a small gate. Once through, keep ahead again across a pasture, through another gate by a field gate, and onward to reach a stile in a wooden fence. Cross a stile and keep slightly right to pass through a wooden field gate to reach the bucolic ruins of Bryncyffon farm. Walk by the ruins and through a small gate in a field gate. Proceed through another small gate and continue alongside woodland and fencing to rise up the valley along a green track in the same south-easterly direction. Continue to rise as it edges up the valley towards a line of pylons on the skyline; you are aiming to the right of the right hand pylon. You'll pass through wet ground as the track becomes rougher, curving slightly left until you meet a track coming up from the left, St Illtyd's Walk, which you join for the walk through to Pontarddulais.

6. Go right on this farm track which curves slightly left up to join a wider track. Go right here to walk alongside it to a public highway where you turn right again and rise gently uphill. When this road begins to descend look for two tracks leading off left (this is now different to the St Illtyd's Walk shown on older OS maps).

7. Keep ahead on the left hand green track which bends left and right then peters out as you proceed across the moor. Keep ahead, aiming for a waymark post to assist navigation, across the expanse of heathland known as Graig Fawr (the compass bearing in poor visibility is 240 degrees). Continue ahead, now rising slowly towards another waymark post on the horizon. There are tracks along this section which are wet in winter but often dry as a bone in summer: they are often used by horse riders and

farm vehicles. The trail dips slightly at first then rises again, bending slightly right and then left to pass to the right of a triangulation point. On reaching the higher ground, you'll soon capture wonderful views of the Loughor Estuary, the Gower Peninsula, Swansea, Port Talbot to the south east and to the west the Preseli Mountains.

8. From the triangulation point, continue ahead along the plateau to pick up a track, (the compass bearing for poor visibility is 220 degrees). This track, faint at first, becomes increasingly better defined. You will soon be able to see the tapestry of fields and pockets of woodland to the right in the Loughor Valley. Follow the waymark posts as the track descends gently at first then more steeply as it cuts right and then left down a slope; there are outcrops to the left. Follow the main track as it ventures across the bracken clad moor with other tracks joining from time to time. You eventually drop down to a metal gate and a bungalow beyond, to leave the moorland at Pentrebach.

9. Follow the lane ahead as it passes by a number of dwellings down to a junction. Turn right here to walk along a steep sided lane of some antiquity bordered by a line of beautiful old oak trees. It passes through an urban area, along Dantwyn Road, to a junction by a green. Go left along Glynhir Road and then this continues into Caecerrig Road, past a school, and onto Dulais Road, where there is a bus stop for Swansea on the left. Follow Dulais Road to a junction with St Teilo's Street. Turn right here to pass through the centre of town to a junction. Go right for the main bus stops (and public toilets), or keep ahead for Pontarddulais railway station, which is signposted off to the right before the bridge over the River Loughor. The traffic light junction marks the site of where the closed section of the Central Wales line from Pontarddulais to Swansea Victoria crossed the road on the level.

Walkers are welcome to download or photocopy these instructions, but please note that this text is copyright of Les Lumsdon as the author of the official guide to the trail.