

Cynghordy railway station to Llandovery railway station 11km

1. Leave the station entrance and walk ahead down a lane lined with willow and thorn to a junction at Cwmcuttan. Go right here and right again at the second junction to pass through a tunnel beneath the railway. Follow the lane up the hillside, with a lovely array of roadside flowers. Follow the lane until it bends sharp right. You go left here, through a field gate on a track to a second gate and footbridge over Nant Bargoed.

2. The track rises up by an old farm, and soon becomes a surfaced lane passing a dwelling before reaching a junction. Keep ahead up to a summit where there are excellent views across to the Carmarthen Fans and follow the winding lane down to a point where there's a drive on the left to Cefnllan. On the right is a small gate and footbridge. This is your way into a large field where you head very slightly left to skirt a protruding field corner and through wet ground to cross a footbridge over a stream.

3. Cross a stile into the next field and head very slightly left again to go through a field gate. Proceed in a similar direction across another wet rush pasture to cross a stile just beyond a small stream, about 20 metres to the right of a corner. Once over go straight ahead to the bottom of the slope (clear of the very wet ground) and then go left parallel to the stream. Cross a stile just to the right of the stream, often surrounded by mud, and continue ahead with a hedge to the right although once again there are overhanging branches. The old track curves right up towards Rhandirberthog Farm.

4. Go left on a track, before the farmhouse, and through a gate along a lane which soon cuts right through Pantglas farm and continues to climb, with sumptuous views across to the Brecon Beacons, until you reach a junction. Turn left here and walk down the lane for just over a kilometre to reach Maes-y-gwandde farm on the right. Go right after the buildings and farmhouse down a concrete road, passing through two field gates; it then becomes a track which soon bends left to descend into the valley. The track then curves right, passes through a field gate and climbs up to a hairpin bend cutting left to rise towards Cefnrickett farm. Go through

another field gate as the track bends right towards the farmyard and house.

5. Do not go up to the house. You cut left at the corner over a stile by a field gate and then turn right to walk along a green track with a hedge on your right. Go through a gateway and head very slightly left down the hillside. There are excellent views across to the Brecon Beacons from here. Cross a stile by a field gate in the next field boundary and continue ahead to the next hedge with woodland to your right. Climb a stile and keep ahead again to enter the wood along an old track which curves slightly right to a field gate. Go through and then look for a stile on the left. Cross this and drop down the field to go through two small gates, one either side of a track.

6. On reaching the road, cross with care and turn left to the junction then right towards the historic Dolauhirion Bridge, designed by the Reverend William Edwards of Pontypridd and built by his son Thomas in 1773. The Field Magazine in 1961 proclaimed it to be the prettiest bridge in Britain. Beforehand, cut left over a stile. Pass through two kissing gates then along a corralled section between gorse bushes before following the field's edge as it curves around left to another kissing gate. Once through turn left to walk alongside a stream. Proceed through another kissing gate, over a road, and right over a wooden footbridge and gate into a field.

7. Follow the hedge on the right around buildings at Tonn to cross a road guarded by two kissing gates. Follow the hedge to the right and pass through another kissing gate into the next pasture. Now head slightly right to go through a kissing gate before a shed with a corrugated iron roof. Go left along a green track, over a stile by a gate and head very slightly left alongside a hedge and through a kissing gate. Continue along a green track to exit through another kissing gate onto a main road to the left of a road bridge. This was once a fording point known by drovers to be extremely dangerous in times of flood. Turn left for the short roadside stretch to Llandovery railway station.

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