

## Llandeilo railway station to Ammanford railway station 19km

1. From Llandeilo station up platform (for trains in the direction of Shrewsbury and Crewe) go up steps and then along a path to Alan Road. Turn left to walk up Alan Road until you reach the main A483 road. Go left to walk through the town centre on Rhosmaen Street. The road descends to pass St Teilo's church and ahead over the Afon Tywi to enter Ffairfach. Keep ahead to the main crossroads. Turn left into Bethlehem Road to start the Ffairfach to Ammanford section of the trail.
2. From Ffairfach railway station, go right at the end of the platform over the crossing, then walk along the other side of the main road to the crossroads. Cross back over to turn right into Bethlehem Road.
3. Proceed along the pavement and under the rail bridge. Go next right onto the Trap road. This climbs away from the settlement for just under 1 kilometre to Cwm Isaf, where you'll pass by a lane on your left. About 20 metres up from the junction go left over a stile then head diagonally right up a pasture to cross a stile by a tree. Walk ahead, with a wall and hedge on the right. Step over a small stream on the right, up steps and over a stile (there's a proposal for a gate here instead of a stile). Once over, head up the bank through bracken and damp grassland. It is also overgrown by common rush. Cross a stile beneath an oak tree at the top right hand side of the field. Continue ahead alongside a tree lined boundary, skirting a pocket of woodland. Go ahead to the top right hand corner of this rough pasture to cross a stream which can be boggy.
4. Cross over the stile leading into the wood. Press on over another stream to climb another stile. There's new fencing here so go over a stile and weave right through a gap and then left upwards towards the next boundary, but don't go through the field gate; instead head for a gap between trees to the left of the gate. Step over a small stream here and turn right to walk up ahead to a stile at the top right of the field. Once you are over, keep ahead, crossing two stiles and a footbridge. Proceed ahead up a large field filled with common wet rush, then cross two stiles in succession at the boundary into the next field. Keep ahead on a path which runs between healthy tufts of grass; continue ahead through a gap,

over a stream and up a bank towards Gelli-Groes farm. Go through a field gate and turn right to pass through two more gates; the track leads up to a drive. Go right along it, with cottages on your right, proceeding ahead to a road.

5. Go left and immediately right on the road to cross a stile into a pasture. Follow the hedge on the left down the field. Cross a stile on the left into a pocket of rough ground. Now go ahead to another stile and cross over a green lane to climb a third stile. Head very slightly right across the pasture, proceed through a gap in a wall and then onward to cross the next stile. There is a junction of paths in this field; you will see Penywaun farm over to the left.

6. Head slightly right across another rush pasture, climb a stile at the next boundary and head very slightly right again over another pasture to cross a second stile and a stream. Keep ahead with the hedge to your left. Cross yet another stile and follow the path as it drops down to climb over a stile and stream. Go through the wet ground to stepping stones over a stream. Climb up to a stile, along a green lane, going through a small gate and by Capel Isaac to a junction by Castle View farm. Go right onto the road, turn left but keep right as signposted towards Castell Carreg Cennen.

7. At the next junction go right. This road winds down beneath the castle and bends sharp left to a dwelling at Pantyffynont. Go right down steps, through a gate into a hillside pasture. The path curves right away from the dwelling to cross a stile, then drops down more steeply, where there are steps down to a stile and footbridge over the Afon Cennen. Head slightly left up a bank, cross a stile in a hedge and then climb up the hillside near to the hedge on the right, curving right to pass beneath Llwyn-bedw. Join a track to the right of the dwelling and keep ahead along it to Nant Llygad Llwchr where you cross a footbridge. Continue along the main track, ignoring paths off to the left. The track curves around to the right to Cwrtbrynbeirdd where it bends to the left before the farmhouse. The track eventually gives out on to a road.

8. Turn left to walk by the entrance to an old quarry on the right, for this is an area where several limestone ridges have been worked. The entrance to a bottled water producer is on the left. As the road begins to bend to

the left keep right over a cattle grid and up a track, passing by a number of dwellings. At the junction turn right to climb up on a track onto Carreg Dwfn. This bends to the left and offers great views back over to Carreg Cennen. You soon pass by some old buildings in an adjacent field, and the track descends down the open access land to more buildings on the right.

9. At this point, go through a wooden gate on the right and pass between buildings. Turn left and walk ahead through the next pasture to reach a stile. Cross this and follow the path, sometimes overgrown, through rough pasture to buildings at Pant Glas. Continue ahead down the lane to reach Llandyfân where the church of St Dyfan is on the right.

10. Cross over the road and head slightly right to go through a small gate into a field. Go ahead by an electricity pole and then drop down the field to a small gate below. Continue ahead on a boardwalk over rocky and muddy ground and then head across wet ground aiming slightly left to a kissing gate to enter a wood. Go right and follow the path which bends left and right near to an old boundary wall. This leads up to a small gate.

11. Exit onto the road and turn right to walk down the bank but be sure to cross over before the bend. Go left on the track through a kissing gate by a field gate. Pass by an old limestone works. Keep ahead at a junction and ahead through a kissing gate by a field gate. The path climbs up left between brambles. There has been a diversion here, so turn left and then right along the wood's edge leading to a kissing gate in the next boundary. Once through, walk ahead until you reach a kissing gate on the left leading into the wood. The path cuts right down through the wood through old workings to a fence. Go through a gate and continue ahead as the path winds its way to a small gate which you pass through, before curving left and right to another small gate. Go through it and head slightly left down to a small gate.

12. Go through it, but please note that there has been a diversion at Pistyll-bâch. The new path cuts left and then right. Follow the undulating and winding path until it descends to the left of an old garden building. Go left to pass through two gates guarding a drainage channel. There has been a change of route from the old line of path here too. Go ahead to a waymark post and then left to climb up through woodland to a fence. Go

left and through a gateway to the brow and then left down to a kissing gate leading onto the road.

13. Go right to walk down the road to Llandybie railway station and village centre. If you are continuing to Ammanford, go left along an unmarked road between older houses on the left before the station. If you see Erw'r Brenhindedd on the left you have just missed the turning; there's no fingerpost here so it is easily done!

14. If starting at Llandybie railway station, turn right over the crossing and pass by a turning for housing at Erw'r Brenhindedd. Turn next right along a track between older houses. Proceed through a small gate next to a field gate leading into a paddock. Go right. Before reaching the hedge and field gate, cut left through a small gate to climb up the field alongside the hedge on your right. Go through a gate at the top and head slightly right across a pasture to pass through another small gate. Head in a similar direction to skirt a wood then drop down along a hedge to a kissing gate and over a footbridge. Aim slightly left across a large field to a small gate by a field gate. Continue ahead near to hedge on the left to a pass through a kissing gate, with Llangwyddfan farm to the right.

15. Continue ahead for several metres then cut left over a footbridge. Turn right to go along the track to meet a lane. Go left along it for about 60-70 metres. Make sure you keep right at the fork, through a small gate by a cattle grid and up the drive towards a house. By the house, you will see a kissing gate on the right hand side leading into an adjacent field. This is your way. Once through the gate climb up alongside the hedge to your left, passing a pocket of trees at the top. The path curves right to two gates on the left in a thick hedge. Go through them and then turn right along a green track for about 10 metres, left through a kissing gate and onward to reach a small gate. Keep ahead now with a hedge to the right to a field boundary and proceed again in the next field to a kissing gate leading onto Glynhir Road.

16. Turn right and follow the Glynhir Road past a turning on the left. Continue ahead and before the road bends right go left, through a kissing gate by a field gate down a track towards Parc Henry. The track descends a field, through two kissing gates and drops down to the next boundary

where it bends right, through a gate by a field gate and then left and right to continue downhill through another Parc Henry Road.

17. Keep right here and, as the lane bends right through the housing development, cut left by the fingerpost down steps and between gardens. Cross a road and continue ahead on a similar path to reach the main road at Bonllwyn. Go left to walk along the green, and then onward towards town, a good ten minute walk from here. If you are for Ammanford railway station go right along Station Road and third right. Otherwise continue on the Llandybie Road into the town centre; the bus station is on the left.

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