

Llangadog railway station to Llandeilo railway station

16km

1. Llangadog railway station is about half a kilometre from the centre of the village along the A4069. Leave the station entrance, cross the main road with care and turn right to walk over the railway crossing and along the pavement as far as the turning before Pont Brân where the pavement gives out, so take care here. Pass by the church on your left and then up towards the square.

2. Be vigilant here for it is easy to miss your turning! Look for a right turn (No signage in village) along a narrow thoroughfare just after Llangadog Post Office. This leads to a junction with Walters Road. Go right for about 100 metres along it before turning left between houses on a path ahead running between gardens. Pass through a kissing gate into a pasture. Continue ahead through pastures and two more kissing gates onto Carreg Sawdde Common which is a nature reserve. Go ahead for a few steps over a footbridge where you come to a junction of paths; keep left here to proceed through scrub. Continue ahead and you'll see a barn on the left in an adjacent field. Aim slightly right to Pont Sawdde on this open access land.

3. Go over the bridge and keep ahead on the Bethlehem Road into the village of Felindre. Take the second right turn and walk up to another junction. Keep left here along a track between dwellings and through a field gate into a pasture. Follow the left hand hedge, through another field gate, then through the kissing gate on the left. Turn right to walk alongside a hedge now on your right, passing through three more kissing gates and fields prior to Bryngwyn Farm. As you near the barn, go ahead through two field gates immediately to the right of it. Proceed along the farm drive, through a kissing gate to a lane and continue ahead again, past another farm on the left and then eventually to arrive at a group of houses and farm on the right.

4. The lane bends right but you need to continue ahead at this point. However, do not stay on the track. Make your way through the field gate on the left leading into a hillside pasture. Now follow a bridleway along the fence line on your right at first, then rising up alongside a wood

to pass through a gateway and a squelchy area. Keep climbing up the hillside to reach a stile by a field gate. Go over it and up again through two small gates before reaching a road. Turn right to make your way along it to Bethlehem where this is an interpretation board and seat where you can rest awhile.

5. Keep ahead at the junction, dropping down to a second junction opposite a bungalow. Go left through a kissing gate next to a field gate and proceed along a track to come to some sheds ahead and dwellings on the left. Continue to the wall at the back of these houses, then go left along it for 20 metres and right through a small gate into a meadow. Head slightly right to pass through a field gate and then follow the hedge to the right up to a kissing gate by Bethlehem chapel.

6. This gives out at a kissing gate on to a lane; go right and gather your strength for a climb up to the car park for Carn Goch situated just off the road. The trail makes its way through the monument, but is not guided by waymark posts, although there is a clear green swathe of grass to follow. It peels off left from the car park and bends right to climb up to pass through the indistinct remains of a small ancient Iron Age camp. On a good day there are splendid panoramic views along this section. The path then dips down and climbs up again just to the right of the stones; follow the path along them and then cut left to rise up to the inner camp of the main hill fort. Continue ahead and then very slightly right to the end of the camp where the path eases down gently enough across a heath strewn with stones. It curves slightly right to run down to a lane; the electricity poles present themselves as guide posts.

7. Go right along the lane. Proceed through a field gate at Garn-Wen and walk up the drive for 50 metres where you cut off slightly left, through a small gate and along a bridleway. The track climbs up to and through another field gate, bends left and right and then you cross a stile to walk ahead again. You rise up to a junction of paths at Bwlch y Gors. Pass through a gate and turn right to follow a path up to a gate and turn right to walk over a boardwalk to a stile, and then slightly right through a gateway. The path then cuts left to follow a fence towards Cerreglwyd Woods. There are lovely views all along this stretch across the Tywi valley.

8. Go through a gap in a wall, turn right and cross a stile in approximately 60 metres. Now cross a stile and follow a sunken path bordered by gorse and whinberries to a finger post. The path now drops quite steeply to a tractor track. Turn left to climb again through coniferous trees. Continue straight across at the crossroads and then climb a stile onto moorland where you continue ahead with a craggy outcrop of Carn Powell, to the left and some streamlets to be crossed before you tackle the ladder stile in the next boundary wall, the first on the trail! Continue ahead along a fence and then strike out across the field to a field gate which leads to a road junction. In good weather, you'll catch your first glimpse of the impressive ruins of Castell Carreg Cennen.

9. Your way is ahead on a road signposted to Trap, continuing along it towards Blaencib and Helgwm woods in about 1 kilometre. It is a quiet lane offering splendid views across to Carreg Cennen castle and you'll pass the turning on the right to Blaen Cib Farm. Not long afterwards the Beacons Way cuts off left across heathland. However, your way to Llandeilo is via Hafod Farm so continue along the lane to reach the next turning on the right indicated by a fingerpost to Hafod.

10. Follow the farm track down, passing through a field gate and turning right towards a farmhouse on the right and barns to the left. Follow the drive down left towards two gates, but beforehand cut left through another field gate and along a track running below the barns; this soon turns right. However, you continue ahead through a field gate and then follow the hedge to the right along to a stile by a gate.

11. Once over you should aim slightly left through a field to walk near to the fence to your left and across a fence and ditch. However, the line of route is obstructed and so you have no alternative but to head slightly right across this first field and through a gateway. In the second field, keep ahead through another gate. In the next field aim slightly right, cross to a trickle of a stream beneath a group of trees. Once through, head slightly right across the field to a corner near to barns at Llwyn bedw farm. Cross a stile just to the right of a field gate onto a lane.

12. Go right to drop down the lane to a bridge over the Afon Cib and then rise up to pass a group of cottages. The lane bends left by a saw mill at Cib

and then passes a turning on the left to Cwm Canol. Look for the entrance to Tregib Wood on the right. The path through Coed Tregib is permissive and we are thankful to the Woodland Trust for allowing access in this splendid piece of woodland.

13. Pass a gap by a gate and descend through the wood. The main path descends to a junction at a waymark post. Go ahead here; the path winds its way between trees curving slightly left and then right down to cross a stream. Cross the stream and head slightly right through wet ground until you reach a boardwalk. Follow this to exit by a wooden sculpture. Go ahead into younger woodland and then along a compacted path to reach a car park. Cut right here before the road on a path leading to a small gate onto Bethlehem Lane.

14. Go right and continue over Pont Breinant walking along the road; be wary of traffic along this lane. Look for a footpath signpost, on the left in about half a kilometre/third of a mile. The surfaced path leads off left down to a gate and then across the pasture. This is your way to a wonderful suspension bridge, known locally as the Swingbridge, over the Afon Tywi. The path continues ahead and then left along a corralled section before joining a track running beneath the railway line and then up to Church Street. Turn left here to continue on the trail to Ffairfach, otherwise right and immediately left for the town centre. If you are heading for Llandeilo station then go right along Crescent Road and right into Latimer Road and right again down Alan Road where there are steps down to the station.

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