

## Llanwrtyd railway station to Cyngordy railway station

18km

1. Turn left out of the railway station signposted to the town centre and walk to the main square where there are cafes/restaurants, a shop and hotel. Turn left again along the Llandovery Road (main A 483 road) passing by the sculpture of the Red Kite. Once over the Afon Irfon, cross the road and walk ahead by St James's church, before turning right into Victoria Road. Follow this out of town. The road rises and bends left and right before levelling by three dwellings on the right.

2. Go left before a house on the left, as signposted between a fence and the property, to a small gate. Once through, head slightly right up the hillside to a field gate at the top. Go through and keep ahead in the same direction to join a track and then climb up to a junction, just before the brow of the hill. Turn right here to walk to the left of a covered reservoir.

3. Proceed through a field gate and turn left. Follow the lane down, bearing left at a junction, to reach the A483 at Berthddu. It is just under 2 km distance. Take care at the main road as you'll need to cross over and turn left for a few steps to the junction off right. Go right along the lane, across the railway track and then down to a stream, the Cledan, another tributary of the Irfon.

4. Follow the lane, over a cattle grid, as it climbs up to Bryn-hynog farm; go through a field gate and keep slightly right to head between farm buildings. Well before you reach the farmhouse, keep right along a track to descend slightly to a field gate. There are often caravans in the field to the left. Continue ahead to go through another field gate, and follow the track slightly left on a green track, to climb up the hillside in earnest now. However, be vigilant; look for a field gate mid-way on the right. Pass through it, and then cut left to climb a steeper section, leading up to a gateway and a top pasture. Go through it and head slightly right towards a field gate and finger post near to the woodland, where another bridleway joins before enter the wood.

5. Go through the gate into Crychan Forest, managed by Natural Resources Wales. A track leads into the woodland and if in luck you'll see

jays here amongst the moss covered trees. The trail crosses a wider forestry track and then climbs at first before descending and bending right. This joins another track, keeping right on this old drovers' way through the forest. Ignore junctions to the left and right to continue ahead on a well rutted route which is worn down to bare rock in places. This can be challenging in places as four by four vehicles brought churn up the track. It finally descends gently for a couple of kilometres to a road.

6. Keep right on the road, passing the entrance to the Esgair Fwyog car park. Continue ahead along the road until you reach a finger post. Cut right here into the wood, through wet ground at first then follow the bridleway which winds its way down the hillside to reach a junction near the bottom. Go across the forestry track and walk down to a point near a fence, where you go left along a narrower overgrown section of bridleway, crossing streamlets and wet ground before coming alongside a fence to a small gate. Go through it and walk alongside a sunken lane down to Nant Hirgwm. Cross over a bridge and follow the green track up to a field gate; go through it and left along the lane beneath Clynsaer farm and by other dwellings to the main road.

7. Cross the road with care, turn left for 20 metres and then right through a small gate into a field. Make your way left along the field's edge to go through a field gate to join a track. There's been a recent diversion here so if you have an old map it will not be shown at this point. Once over the stream, turn right along the track to follow it up to Gilfach farm. Proceed through a field gate, keep to the left of the farmhouse and yard to go through a second gate.

8. The track rises up to the railway line, but just beforehand turn left to follow the field hedge on the right alongside the railway. Walk through the first field, through a field gate and proceed through a second field keeping the same direction. There are super views ahead to the slopes of Dyffryn Tywi. Continue ahead to a field gate, which you go through to cross the railway with care, and now you are in the land of really wet rough pasture. Follow the line of oaks ahead to another gate, cross a stream and then follow the hedge line through a second wet pasture to the next field gate to join a clearer and much drier farm track.

9. Follow this as it bends right and then up to a junction, where you keep left through a field gate. The track bends right and then left over a small brow where you keep slightly right (not slightly left along the track), through rush cover with a fence to the right. Pass through a field gate and go ahead to rise beneath an oak tree. There are good views back over to the Carmarthen Fans from here. The path now runs alongside the tree line and fence to your left. Go through another gate and very wet ground, as the bridleway descends to a gate. Pass through and walk down a drier tree lined track, which drops down to a gate leading onto a lane below Llanerchindda.

10. On reaching the road, turn left to follow it down to the foot of the viaduct, stepping beneath the magnificent arches of this superb feat of engineering. Go next right over a footbridge over the Afon Brân, through a narrow gate, and ahead on a lovely old tree lined trackway to cross the railway; take care here. This might well have been an old drove road as Cyngordy was known to be a resting place for drovers.

11. The track climbs beneath trees and then then bends slightly right alongside a fence and through another field gate. Proceed to a waymark post and the track bends right to a stream and narrow gate. You need to be careful here. Go through the gate and the right of way is slightly left up the large field to the far top left corner. But before reaching a small gate, you need to cut left (back on yourself) to walk alongside a hedge which is now on your right. However, some local walkers simply go slightly left on entering this large field, aiming for a small gate to the left of track and gateway. Either way, you go through the small gate and turn left to follow a hedge and fence line down to a little bridge.

12. Go over the bridge and cut left through a field gate and turn immediately right up to a second field gate. Once through, keep ahead. You need to head slightly left along the hillside through an old field boundary. Now aim to the right of a barn where you pass through a field gate. Continue ahead onto a drive and through a small gate by the cattle grid. The drive curves down to a stile where you cross the railway again with care. At the junction cut left for Cyngordy railway station.

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.