

## Pontarddulais railway station to Llanelli railway station (Low Tide Route) 19.5km

**WARNING:** Please note that the Loughor estuary is tidal and that on a limited number of days when there is a high tide it may not be possible to complete this section. Walkers are advised to check tide tables available [here](#). We have issued an alternative to this route on the western side of the estuary for use when tides are running high.

1. From Pontarddulais railway station, turn left onto the main road (A48), ahead at the crossroads. Cross over to take the right fork through town along Sant Teilo Street. At the Farmers Arms turn next right into Trinity Place and then within 50 metres left at the fork to Coed Bach. This leads into Coed Bach Park.

2. Continue ahead on the main path and follow this as it bends right, down past the football pitch, left along the bottom edge and left again to come to a point where there is a junction marked with a finger post. Go right here through a small pocket of woodland to a kissing gate, over a footbridge and an old railway line (now almost grubbed out), which is the disused section of the Central Wales line (now known as the Heart of Wales Line) which ran from Pontarddulais to Swansea Victoria. The path leads to another kissing gate. Here there is a junction of paths. Do not take the path signposted left which rises slightly across the field, nor follow a track which drops slightly right and downhill to a double field gate. Instead go straight ahead towards a hedge in which a kissing gate is partly concealed. This kissing gate leads onto a hard-surfaced footpath towards the River Loughor.

3. Follow this hard-surfaced path and on reaching the riverside go left through a kissing gate, across a footbridge and a second kissing gate so as to continue alongside the river bank bordered by common reed. Cross another footbridge and kissing gate and then with the fence to the right proceed through another three kissing gates (ignore the stile) aiming

towards the farm buildings ahead. Here there is a junction of paths: ahead in the saltings lies the graveyard of the former church of Llandeilo Talybont (famous for its mediaeval wall-paintings), which was dismantled stone by stone and re-erected in the Welsh Folk Museum at St Fagans. This short diversion of 200 metres is well worth the effort. Otherwise, turn left through another kissing gate and pass round the outside of the farm buildings to join the farm access track. Turn left along this track towards the motorway.

4. Pass beneath the motorway through a small gate within a field gate and then follow the track as it firstly bends left and then to the right. Walk under the railway and continue ahead to pass by the entrance to Castell Ddu farm. Cross the bridge over a stream, then turn right to go over a stile by a field gate. Follow the track as it bends left at a junction and becomes a lesser path with the estuary to the right; you can smell the sea air!

5. This is where you have to be careful, for if there is a very high tide the field is submerged and you will have to turn back. We recommend that you follow the High Tide route on the other side of the estuary if this problem occurs. It is also waymarked throughout.

6. Continue ahead, past a sewage pumping station, to cross a stile which leads to a short marshy section, then ahead slightly left to a kissing gate in a fence by crossing over a stream by a railway sleeper-type footbridge and a track. Once through the kissing gate, walk with the fence to your right through a wet patch to a small gate. Continue ahead in the next field. Climb a stone step stile and walk ahead again to cross a second stone step stile in the next field boundary. Once over continue to walk very slightly right to a third stone stile by an electricity pole. Finally drop down to a wooden stile and small bridge to a road by Grove Farm.

7. Go left on the road for about 10-15 metres before turning right through a small gate, then rise up to another gate by a field gate. Pass through and follow the field hedge to your right to walk up the field, soon curving right into marshy ground so care is needed to navigate a way through. Warning

- this particular section can be muddy in very wet weather. Aim for the very top left corner, as the field narrows, where there is a stile beneath bushes. Cross it and the small bridge to enter the next field. Turn left to walk alongside the hedge on your left until you reach a kissing gate on the left. Go through and then aim slightly right. Climb the stile by the gate and walk along the hedge to the right. You come to a kissing gate just beyond a track, and once through, continue ahead to another stile by a field gate. Proceed with a fence to the right to cross a stile in the corner a few metres right of a field gate. Turn left and then right to walk along a track leading a stile by a gate with a house to the right. You come out onto a lane known as Llannant Road.

8. Cross over and proceed through a small gate opposite leading into a field. Head slightly left to a kissing gate in the next boundary and continue ahead in the pasture with a hedge and housing to the left. Cross a stile by a gate and continue along a tree lined track. Climb another stile by a second gate and continue ahead to cross a third stile into another pasture where horses sometimes graze. Follow the hedge line on your left down to a gate. The track bends slightly right then left to a stile by a field gate. This leads to a junction where Gwyn-faen farm is to the right. Go left at the junction for 30 metres or so.

9. Go through a kissing gate and turn right along Gwynfe Road, initially a track which soon becomes a surfaced road bending right and then left. Continue along it to come to more dwellings, but before reaching the main car park you will see a fingerpost on the right. Leave the road to follow the bridleway which bends to the left, as indicated by waymarker posts, but as it bends right to go out to the estuarial point in Glanymor Park, and just before you reach the car park, keep ahead to join a path along the foreshore of the Loughor, keeping right at a junction then onwards towards an engineering works in the distance. Leave the park by a gate and ahead on a road by the works and Loughor Boating Club, then along the pavement to Loughor Bridge.

10. Go right to cross the bridge on a pavement. At the far end of the bridge turn right to descend steps and ahead towards the Schaeffler factory. At the junction, go left to walk along Yspitty Road. Those wishing to finish at Bynea railway station should continue ahead for a 10-minute walk to the station, located on the right. Otherwise, go left to cross over the B4297 to join the Wales Coast Path, through a car park and to a junction not far beyond. Turn left here.

11. For those joining the trail at Bynea follow these instructions. From Bynea railway station walk up from either platform to Heol-y-Bwlch. Turn left, cross the road and continue towards Loughor past Huntsman chemical works on the left. The shortest route is to then turn right, immediately after Harry Phillips Car Showroom, along a footpath which joins the Wales Coast Path as it exits the Bynea Gate car park.

12. Go first right to walk over the suspension bridge. Continue on the wide track which descends to run alongside the Loughor estuary (shared with cyclists, so be watchful). Over ten miles of coastline has been developed as the Millennium Coastal Park and this is an exceptional traffic free route through to Pembrey, so you can expect to see far more people on this section of route than on the Heart of Wales Line Trail itself. There are particularly good views across the estuary to Penclawdd and the Gower Peninsula. The surface is sometimes compacted and in other places a sealed surface. There are also braids along the seawalls which offer closer views of the seafront.

13. You eventually reach the entrance to Llanelli Wetlands Centre (run by the Wildfowl and Wetlands Trust) on your left. If you are not visiting then cross the road and continue ahead. Before reaching another road go left and follow the track as it bends left then right to skirt a golf course. There is a parallel path easing off the main track which allows a superb view of the birdlife in the salt marshes. The track eventually comes to urban development at Machynys, turns right by the Millennium Beacon, and joins a road alongside housing. The area has been rebuilt with houses

overlooking the sea where industry was once dominant. The path then cuts right again, when it reaches the former entrance channel to the old Copperworks Dock. Follow this to the road and then go left taking the path alongside the road bridge and the roundabout. The track continues towards the North Dock.

14. Cross the road on the right before the roundabout and then continue ahead to walk into Stryd y Mor (Marine Street). Follow this until you reach Glanmor Road, which is easily identified by two historic chapels located nearby. Bethel Baptist and Siloah Independent chapels both date from 1840, but the former was enlarged in 1850. Llanelli, like many of the industrial areas of south Wales, has a large number of non-conformist chapels from this period which have served the local population since then, but also give character to many local neighbourhoods. Go left to the railway level crossing gates. Once across the tracks turn right into Great Western Crescent and the entrance to Llanelli railway station is on the right.

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