

Pontarddulais railway station to Llanelli railway station via Llangennech (High Tide Route)

20km

1. The trail shares St Illtyd's Walk out of Pontarddulais through to Penlan Farm, though it does manage to avoid some of the main road walking by using Hendy Park. Proceed from Pontarddulais railway station to the main road and turn right to walk up to the mini roundabout. Cross over to pass by the Black Horse Inn and ahead along Iscoed Road towards Hendy. After approximately 500 metres on the main road, turn right into Sawel Road, past Libanus Chapel, then left into River Terrace, which leads to a bridge over the Afon Gwili and into Hendy Park. Continue ahead through the park to exit into Heol-y-parc, B4306. Cross the road and head up a ginnel which exits onto Heol Llwynbedw. Continue ahead into Ty-gwyn, at which point, the route of St Illtyd's Walk (waymarked) joins from the left.

2. Clos Ty gwyn bends right and then left. Look for a garage on the right and the trail passes to the rear of this to a kissing gate. Once through, follow the corralled path along the side of a motorway and over the footbridge. It then proceeds to a kissing gate leading into a field, where you can breathe a sigh of relief as you escape the urban fringe.

3. Walk up the field with a hedge to the right. As you climb up you will see the railway viaduct of the Swansea District line crossing the Llŵchwr estuary from this vantage point. At the top of the field, go through a kissing gate and turn right to go through the next gate into the cemetery. Follow the path up to the lane by Hen Gapel Independent Chapel, dating from the early 18th century, but with some alterations since.

4. Go left along the lane until you reach a fork in the road. This is where you part company with St Illtyd's Walk. Keep left at the junction along a winding lane, with celandine, primrose, ferns and bracken adorning its banks. This descends gently to pass a turning for Tyreglwys farm on the right and a dwelling on the left. At the next corner leave the road over a stone step stile by a gate into a field.

5. Continue ahead along a track to go through a kissing gate by a field gate in the next boundary, and keep ahead to go through another kissing gate

in the next field. Go right to the top field corner then left down to a pocket of mature trees where you cut slightly left to climb a stone stile. In the next field, walk ahead towards the houses and cross a footbridge over the Afon Morlais. The path is corralled through to a road.

6. Cross over the road and turn left to follow the pavement down to a subway which tunnels under the A4183. Continue along Troserch Road to pass a Bethesda Chapel, then turn right into Heol Mwrwg. Follow Mwrwg Road through to a stream, Nant Mwrwg, and go left along the path as signposted through to Bridge Street, the main street in the village of Llangennech. Those wishing to join a train at Llangennech should continue ahead to cross Bridge Street into Station Road. To continue on the trail turn right to follow the B4297 uphill on Hendre Road until reaching Brynhyfryd Road on the left, just after a bus shelter.

7. Go along Brynhyfryd Road for approximately 50 metres, then cut right along a bridleway behind gardens. This leads into Pencoed Road where you turn right. The road then bends to the left and as it curves left keep ahead along a corralled path onto a track. Go right to climb up the field to another track. Go left here to walk beneath the buildings at Plas Penlan. The track runs along the field edge, leading down to a kissing gate. Once through continue ahead in the next pasture to a second kissing gate and ahead again to a third gate on a narrow surfaced path. Follow the hedge down to a kissing gate by a field gate. Go right for a few steps and then turn left to follow a hedge down to and through a kissing gate, which is located in a very muddy patch. Aim slightly right across the field towards a kissing gate in the far left hand corner. Go through it and continue ahead to proceed through a final kissing gate leading onto a lane.

8. Go left along Pencoed-isaf Road and as this drops down to a corner look for a kissing gate on the right leading into a field. Follow the hedge which curves around to a more clearly defined track by old works. Follow this down to Ffos fach, where you need to cross over the railway tracks with care. Continue to follow the track through reed infused pools on route to the main road at Bynea, an area known for its steel and tinsplate production. At the main road turn right for Bynea railway station and left to join the Wales Coast Path into Llanelli. By turning left, and proceeding along the B4297, past Huntsman chemical works, 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.

9. Turn first right to walk over the suspension bridge. Continue on the wide track which descends to run alongside the Loughor estuary (shared with cyclists on the Celtic Trail). Over ten miles of coastline has been developed as the Coastal Millennium Park and this is an exceptional traffic free route through to Pembrey; you can expect to see far more people on this section of route than elsewhere on the Heart of Wales Line Trail. There are particularly good views across the estuary to Pen-clawdd 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.

10. You eventually reach the entrance to the Llanelli Wetlands Centre (run by the Wildfowl and Wetlands Trust) on your left, a superb nature reserve which explains the importance of wetlands and the wildlife which live therein. If you are not visiting, then cross the road and continue ahead. Before reaching another road go left (signposted Route 4 again) and follow the track as it bends left then right to skirt a golf course. There are parallel paths easing off the main track if you prefer these to get a closer view of the birdlife in the salt marshes.

11. The track eventually comes to an urban development at Machynys, turns right and by the Millennium Beacon joins a road alongside housing. The area has been rebuilt in recent decades with houses overlooking the sea where industry was once dominant; brickworks and tinsplate were especially important. It 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 alongside a place called Seaside and The Flats where there was considerable development of iron and copper works. The marshy estuary to the left was the main channel to the Carmarthenshire and North Docks.

12. Cross the road on the right before the roundabout and then keep right to walk into Stryd y Mor (Marine Street). Follow this until you reach

Glanmor Road easily identified by two historic chapels located nearby. The Bethel Baptist Chapel and the Siolah Independent Chapels both date from 1840; the former was enlarged in 1850. Llanelli, like many of the rapidly expanding 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 along Glanmor Road to the crossing gates. Once over the tracks turn right into Great Western Crescent and the entrance to Llanelli station is on the right.

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