

# Heart of Wales Line Trail

## Route Instructions to Walkers

### Llandovery Railway Station to Llangadog Railway Station 19 km (11.8 miles)

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1. Leave the station entrance and turn right to walk along the main road into Llandovery town centre. Look for the turning on the right by Llandovery tourist information centre and into a car park/bus stop to a point beneath the grassy mounds of Llandovery Castle. Just before the castle ruins go left on a track beneath a statue, through gateway to join a path along the riverside. Climb up steps and turn right to walk over the Waterloo Bridge.
2. The road bends left and in about 100 metres turn right on a concrete road through a field gate and yard of Bronallt farm. Go through a small gate by a field gate and climb away from the farm, rising up to a kissing gate by a second field gate leading into a wood. Follow the path to a wider track where you bear left and then right as the track curves right and continues to climb. At the fork, turn left and exit into a pasture by way of a kissing gate. Do not be tempted to follow the hedge line beyond the first corner; head slightly left up the hillside across a fairly large field. There are great views across the Tywi valley as you rise up towards the far corner (not the field gate seen on the horizon). Go through a kissing gate and continue to walk in the same direction across the field, well to the right of the dwelling, Cefn -yr-allt-uchaf, which is situated on the left. Proceed through a kissing gate by a field gate, passing by pools and continue very slightly left to a kissing gate in a fence. Continue up a drive through a kissing gate by a field gate.
3. In about 25 metres, the track bends left, but you go right to descend into the valley, heading very slightly left towards tall gorse bushes and a tree line. Go over a kissing gate by a field gate and walk ahead along a tree lined track. You soon reach a junction where you go left to rise up another tree lined track, over a stile by a gate and climb up the wooded hillside known as Allt Llwynywormwood referring to wormwood, an important herb used in medicine, but perhaps better known for its aromatic properties in the making of the rather more lethal absinthe. Cross a stile by a field gate and continue upwards to go through another gate and after 30metres or so you reach a crossing of tracks.
4. Go right through a field gate and wander along a track where young trees have been planted on either side. Pass by a dwelling on the right as the track bends left and then right and descend through mixed woodland with views across to Llwynywermod Park, now in the ownership of the Royal Duchy. Ignore a track off to the left over a bridge spanning the Nant Mydan, and your way is along the track continues ahead then bends right to a field gate.
5. Keep ahead along the side of the valley and you will see a farm, Pantygaseg, above to the right. The track curves right, and at this point, look out for a stile on the left. Cross it and drop down slightly left to cross a footbridge over Nant Mydan. Climb up the hillside towards the right of a bungalow seen above. Go through a small gate onto a track, turn right and follow this for about 20 metres before the track curves right.

6. You, however, need to keep ahead to climb up the valley side on a narrow path between tall trees of varying hues which clearly like the rich habitat of this small ravine. Go through a small gate into a pasture and keep ahead near to the hedge on your left. Go through another small gate and now aim very slightly right. Head to the left hand side of the roof seen ahead at Myrtle Hill, and go through two kissing gates by a cottage onto a drive and ahead at the road (do not turn sharp left).
7. The lane ahead winds down between two woods, one being Coed Leter, managed by the Woodland Trust, and you are able to walk around it if you wish. You soon arrive in the village of Myddfai where you turn right by the church to pass Myddfai Community Hall and Visitor Centre. There's a café and shop and the profits from this venture go to Myddfai Ty Talcen, a charity which helps to sustain this isolated rural community. Continue along a narrow lane to pass by the entrance to the old vicarage and at the next corner, go ahead through gates towards Llwynmeredydd Farm, the home in previous centuries of one of the physicians of Myddfai .
8. Before reaching the house turn right through double wooden gates and rise up a track through a scattering of trees, up to and through a field gate. Go immediately left through another field gate. Brace yourself and climb up the bank, slightly right and then left, keeping to the right of a spinney of trees and heading for the top left corner of the field. Part way up, you will see an outcrop; that is where you are heading. Go through a gate and proceed ahead with a hedge to your left. There are marvellous views from this vantage point across to the Carmarthenshire Fans, especially Mynydd Myddfai and Mynydd Bach Trecastell. Go through a gate and ahead to join a cross roads of paths where there is a cattle grid.
9. Cross the track and follow the hedge on the right up the bank for about 100 metres. At this point head half left across the pasture with wonderful views across Carmarthenshire. Descend to the bottom left corner to cross a stile then keep ahead with a hedge to your left trying to avoid a wet flush. Go through a field gate ahead and descend again with the hedge left through a second gate and then ahead to pass through third field gate to join a track by a wood. Go right through two gates by a barn above Goleugoed farm.
10. At the junction keep left and as the track sweeps right, keep ahead across the pasture, aiming for the bottom left corner. Go through a field gate leading on to the road. Turn right and at the junction go left. Pass by Cilgwyn Lodge with delightful gardens and as you rise up the hillside go left at the finger post through a gate, marked Pistyll Gwyn, and proceed up a drive.
11. As the track bends towards the dwellings go right over a small footbridge and stile into a field with Llety-ifan-ddu on your left, a handsome late Georgian country house. Keep ahead to climb alongside the boundary wall and fencing to reach a stile by an old barred gate. Go over it and keep slightly right of the old quarry working up a track into a field.
12. Climb steeply up the hillside aiming very slightly right to a kissing gate by a field gate. Keep in a similar direction in the next pasture to another kissing gate and follow the fence on the right through to a third kissing gate; keep ahead again. If you happen to have an older map, please note that there has been a diversion here in recent years so as to avoid Glasallt Fawr. Go through the second field gate on the right (approximately 50 metres after passing an old

wooden chalet in the adjoining field to the right). Once through the gate, turn left to follow the fence around to the right, before descending slightly into a dip and rising to a kissing gate in the far left hand corner of the field.

13. Pass through this kissing gate and drop down the hillside alongside a fence on the right. Halfway down, as the fence cuts right, keep right through an old tree line, and bear diagonally downhill towards a kissing gate in the bottom right hand corner of the pasture. Pass through the kissing gates and the path as it zig zags down to the access track to Glasallt Fawr, which is on your left.
  
14. Go straight across this access track and through a kissing gate, heading down to another small gate and track. Proceed through a kissing gate into a large field and keep ahead along the hedgerow through another kissing gate. In about 100 metres go through a gate on the left and then head slightly right across a field of wet rush to exit at a kissing gate onto the A4069 road. Cross with care, especially looking for cars approaching at speed from the right. Go left and then right up a narrow lane which climbs at first, curves to the left and then levels with fine views over the Tywi Valley. Llangadog is about 3 kilometres away. The lane eventually descends, steeply in places to the Llangadog. At the main A4069 road turn right for the railway station, less than half a kilometre away. Otherwise turn left for the village and the route through to Llandeilo.