



### Why Walk?

Cilycwm nestles in one of Carmarthenshire's most beautiful valleys, unspoilt by industry, it is tucked away at the edge of the County and often overlooked by visitors.



### How Long?

The route is 4.6 miles long (7.4Km).



### How Hard?

Mixed terrain with hilly sections along the way providing superb views.



**Starting point** - In the village of Cilycwm.



**Refreshments** - Cilycwm has a village pub. Llandovery is the nearest town with all amenities.

### The bird life

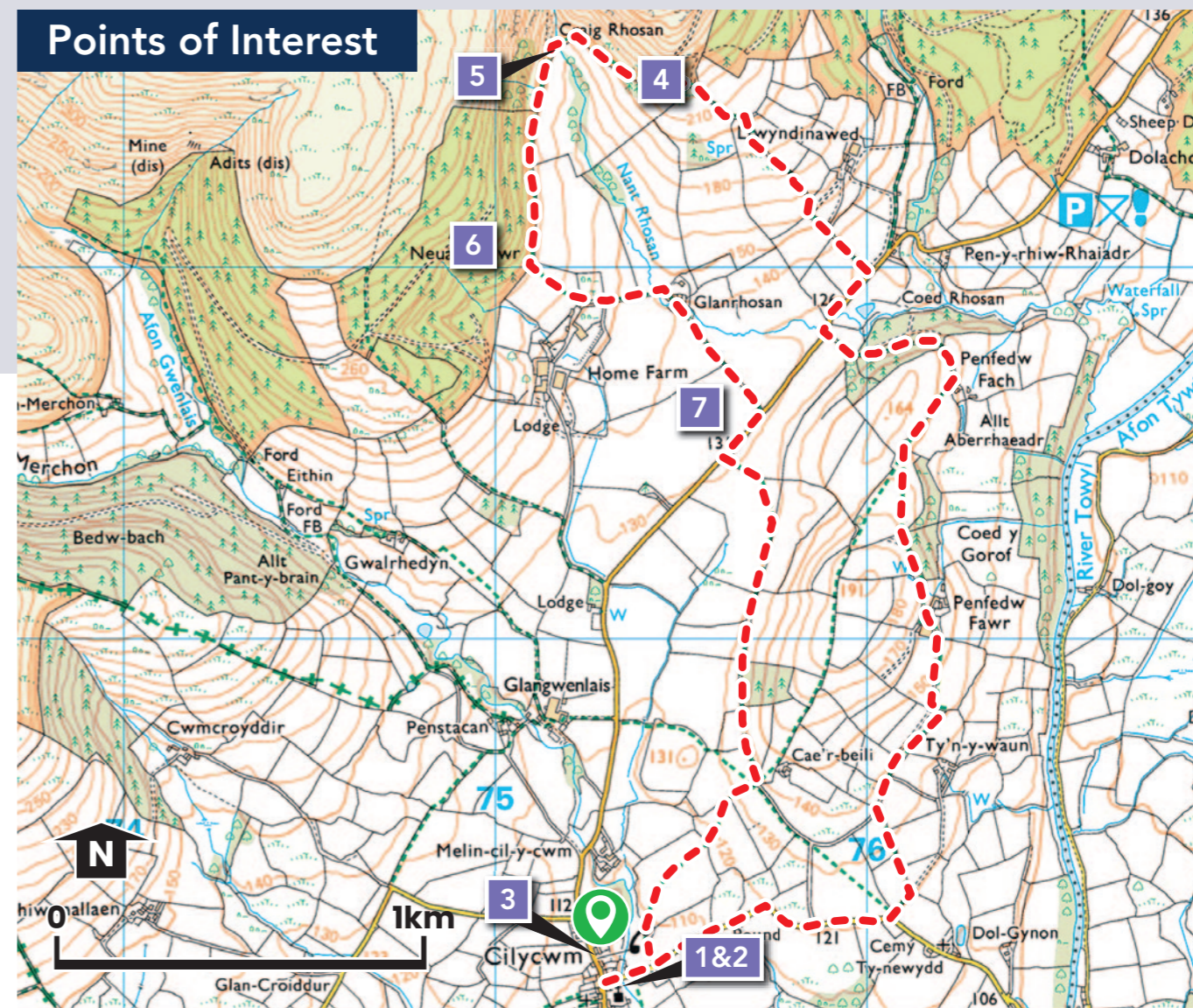
A visit to this area is an absolute must for any birdwatcher. The widely varied habitats of ancient Oak woodland, plantation woodland, rivers, upland heath and agricultural land provide ideal habitats for a wide variety of resident and migratory birds. One of the world's longest running conservation projects helped to bring the Red Kite back from the brink of extinction in Great Britain. A visitor to the area today would be unlucky not to see one. Other specialities in the area include Crossbill, Peregrine, Raven, Pied Flycatcher, Wood Warbler and Redstart. The upland heath supports populations of Golden Plover, Ring Ouzel and Merlin. The rivers and streams are frequented by Dipper, Grey Wagtail, Common Sandpiper and the occasional Goosander.



#DymaSirGar

#ThisisCarmarthenshire

## Points of Interest



**1&2**

The village church is early medieval, thought to date back to the late thirteenth century and has fascinating wall paintings. Hidden behind the church overlooking the river Gwennlais is Ysgoldy Fach, an old 18th century schoolhouse. Close by is the pretty Capel Y Groes Independent Chapel.

**3**

The village was once an important stopping off place on a drover's route. The Cobbled gutters at the side of the road were once used to feed livestock on their long eastward journey to market.

**4**

The up-hill climb is rewarded by marvellous views of some of the finest landscape in Wales.

**5**

Fine Views of the cascading waters of Craig Rhossan waterfall, gets even better during heavy rain!

**6**

The valley has substantial areas of woodland cover with a very varied mix of tree types and ages which in turn provide an important mix of habitats for wildlife. Some of the woods are relatively modern plantations made up of Spruce, Larch, and Fir trees which are felled on a regular rotation, whilst many of the steeper hillsides are cloaked in ancient Sessile Oak woodland of a very different character. Many of the plantation woods are managed by Natural Resources Wales and are Open Access Land where the public is free to roam.

**7**

The derelict mansion of Neuadd Fawr stands to the north-west of the of this point, and can be seen beyond the large fields of the estate parkland the lie alongside the road.