

1 *Pembrey Country Park*



BURRY PORT

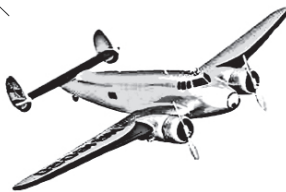
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2 **BURRY PORT HARBOUR**

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BURRY PORT



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4 *ASHPITS POND Nature RESERVE*



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5 *PWLL PAVILLION*



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PEMBRY & BURRY PORT

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cefn padrig

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PWLL

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trafalgar beacon

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SANDY WATER PARK



burry port harbour

MILLENIUM COASTAL PATH

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BYNEA GATEWAY

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Llanelli Wetland Centre

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MACHYNYS & BWLCH Y GWYNT

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MILLENNIUM COASTAL PARK & *Discovery Centre*



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bynea gateway



MILLENNIUM COASTAL PATH



Stretching some 13 miles along the shore between Pembrey Country Park and Bynea, this gently undulating car-free bike trail (part of National Cycle Network Route 4) is a wonderful way to discover the diverse wildlife, dramatic landscapes and industrial heritage of the Carmarthenshire coast around Llanelli. And with a range of spots to pause for refreshments, ample play areas for kids and easy riding, the Millennium Coast Path offers the perfect day out for families.

1 PEMBREY COUNTRY PARK

The dramatic dune forest west of old Pembrey Harbour is flanked to the south by bleakly beautiful saltmarsh and sand flats, with big-sky views south across to the tip of the Gower peninsula. A wide track – flat but not completely hard-surfaced – winds into the country park, where there's a host of family-friendly facilities and activities including nature trails, an adventure playground and cafés, while at Pembrey Ski Centre you'll find a dry ski slope, bike hire, Cobra toboggan and archery range. You can also access over 8 miles of golden sand at Cefn Sidan beach.

www.pembreycountrypark.wales

2 BURRY PORT HARBOUR

This former industrial harbour and dock, opened in 1832 to export coal, is now a picturesque marina overlooked by a row of colourful cottages. One of these now houses the bike-friendly Harbour Light Tearoom & B&B (01554 830071), offering a range of sandwiches, hot meals and sensational home-baked cakes – the bara brith and banana cake are ideal cycling fuel. There's also a second-hand book stall, handicrafts and works by local artists for sale, and front garden tables for al-fresco munching on warm days.

Pause at the RNLI station east of the harbour to buy a souvenir and find out about the local lifeboat crew's vital work.

3 BURRY PORT

In the appealing little town north of the harbour, look for the monument to Amelia Earhart, who became the first woman to fly across the Atlantic in 1928 – her seaplane landed near here on 18 June. Stop at Whitfords (www.whitfords.wales), a welcoming café-bar with stylish rooms, daily hot and cold specials including light bites and main meals, a range of ice-cream sundaes to delight children, and a spectacular range of home-made cakes – the nutella cheesecake is sinfully moreish.

4 ASHPITS POND NATURE RESERVE

East of Burry Port, the trail winds between patches of community woodland, where a network of paths and bike trails lead off between the trees. Detour to the vast, spiralling earth sculpture on the headland overlooking the sands at Tywyn Bâch, with dramatic views east to Llanelli and across the Loughor Estuary to the Gower. The trail winds around the inland section of the nature reserve, past old industrial sites where now kestrels, meadow pipits, butterflies

and field voles thrive in the semi-natural grassland.

5 PWLL PAVILION

At the midway point between Burry Port and Llanelli, Pwll Pavilion provides a handy refuelling stop – hungry grown-ups gorge on hearty breakfasts including the full Welsh (cockles, laverbread, mushrooms, tomato, bacon, black pudding, egg), while there are ice-cream sundaes for kids, along with a colourful playground. Look for the pathside plaque marking the spot where aviatrix Amelia Earhart landed after her first trans-Atlantic flight in 1928.

6 SANDY WATER PARK

The large rectangular lake that forms the centrepiece of this appealing park was originally connected with the Llanelli (later Duport) Steelworks that closed in 1981. Today the reed-fringed lake is home to ducks, swans and other waterbirds, and in summer you can spot orchids and other wildflowers while pedalling around the verdant parkland.

7 MILLENNIUM COASTAL PARK & DISCOVERY CENTRE

The imaginatively landscaped park opened by the Queen in 2002 includes a wide, snaking path winding between picnic areas and benches, with access to golden sands from where kitesurfers venture into the waves. At the heart of the park, alongside the North Dock car parks, is the striking, glass-fronting Llanelli Discovery Centre, providing tourist information and toilets. Upstairs, Flanagans Coastline Café offers terrific coffees, cakes, hot and cold meals and floor-to-ceiling windows providing a vast panorama of the Loughor Estuary – an inspiring midway pitstop for cyclists, young and old.

8 MACHYNYS & BWLCH Y GWYNT

The headland south of Llanelli is now a peaceful swathe of green – a Nicklaus-designed golf

course. Half a century ago, though, it hosted thriving industrial communities, notably the 'lost village' of Bwlch y Gwynt, which had a dock, a school, and iron, steel and tinplate works. Farther back still, tradition has it that Machynys was the isolated home of an ancient monastery – the name may come from 'Monk's Island' – and then a farm. Find out more with stops at the fascinating panels erected by Llanelli Community Heritage.

www.llanellich.org.uk

9 LLANELLI WETLAND CENTRE

The trail veers inland to skirt the scrapes and ponds of this bustling bird paradise. Vast picture windows open onto serene wetlands – watch for a range of species such as pink-breasted bullfinch, shoveler and pochard, seasonal visitors including wintering bitterns and tens of thousands of other waterbirds, plus nesting little egrets and rarities such as spoonbills. There's also a tempting café, the Kingfisher Kitchen (free entry). With a play area, a colourful flock of Caribbean flamingoes and a range of activities including canoe safaris and cycle trails in summer, there's plenty to enthral young visitors.

www.wwt.org.uk/wetland-centres/llanelli/

10 BYNEA GATEWAY

The eastern end of the trail has car parking and access to the train station at Bynea, as well as a large, well-equipped Gateway Resort touring and camping site. Facing the sandflats and mudflats of the Loughor Estuary – an internationally important location for waders and other wildfowl – the resort has a popular bar and restaurant, soft play area and pool, and sweeping views across to the Gower peninsula.

