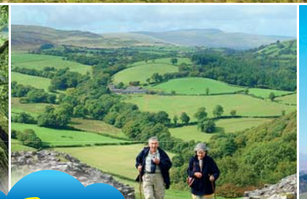
# Walks in Carmarthenshire

## Carreg Cennen

Easy / Moderate



Weather it's HOT or weather it's NOT

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Walk 1a - Approx 2¼ Hrs (approx 7.5km).
Walk 1b - Approx 1 Hr (approx 2½km).
Walk 2 - Approx 3 Hrs (approx 3km)

- Family Walks
- Not suitable for pushchairs or wheelchairs
- Muddy / Wet areas
- Keep dogs on a lead

### WALK 1a + 1b

1. Start the walks in Carreg Cennen's car park. Head up towards the imposing castle.
2. At the castle gate either visit the castle or continue down the path into the glorious wooded valley. If taking the short walk (1b) follow the yellow castle signs and continue along the path until you reach the road, for the longer walk (1a) follow the red castle signs, cross the river and continue uphill.
3. Cross the River Cennen and head up the Black Mountain following ancient paths until you get to the top, before reaching the road see if you can see the Druids Graves pillow mounds on your left? Continue down the road, turn right and head back down into the valley passed ancient farmsteads.
4. Continue through the fields and cross the river and join the yellow castle route as it follows the road around the castle before returning to the café.

### WALK 2

1. Park your car in the layby at the foot of the mountain. You'll see the path heading towards the peak. Follow this path to the top of the mountain.
2. At the top of the mountain you'll see 3 Bronze Age Cairns that date from around 2000BC and were used for burial. The peak is called "Pen Tair Carn" which means Peak of the 3 cairns!
3. Either continue across the plateau to the next group of cairns or return along the same route to your car.

### *Look out for...*

Call into the Gift Shop and the Cafe at Carreg Cennen for some local crafts or for some great cawl and cheese. Make sure you rent a torch to explore the castles cave.

"Pen Tair Carn" is a great place to admire views across the whole of south Wales; even better is watching the sunset from here, though best take a torch with you for that.

Look out for Buzzards and Red Kites as they circle overhead, Ancient Bronze age Cairns on the mountain tops, Druids Graves as you join the road near the mountain, Bluebells in the Castle woods in spring.

For activities, events, attractions, places to go & accommodation visit **www.discovercarmarthenshire.com** ☎ 01267 231557

Cyngor Sir Gâr Carmarthenshire County Council