

AMMAN VALLEY TRAIL

A wonderful 11 Kilometre long, traffic-free family friendly path that winds its way along, following the river Amman as it flows through the valley. The path passes through woodland areas, through a number of children's play areas and through the Amman United rugby ground where Shane Williams used to play.



PANTYFFYNNON
STATION

4
SUSPENSION
BRIDGE



Mountain Road

SA18 2RE

END
Rugby Club
SA18 1SW

YNYS DAWELA
NATURE PARK

7 BRYNAMAN

Folland Road

GLANAMAN

Wern-ddu Road

RIVER AMMAN

A474

Pontaman Road

PONTAMAN

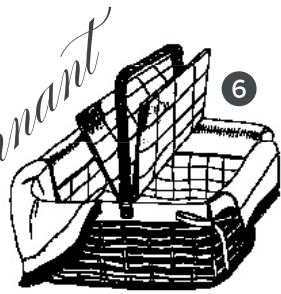
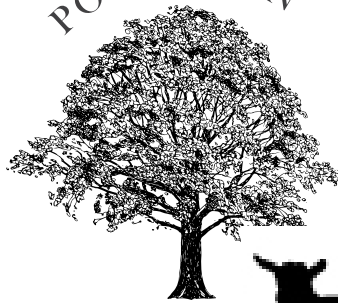
GARNANT

BLACK
MOUNTAIN
CENTRE

GLANAMAN

A474

ammanford



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AMMAN VALLEY TRAIL

Explore a former mining valley in the shadow of the Brecon Beacons on a beautifully meandering cycle trail, winding 7 miles from the swiftly regenerating town of Ammanford to the characterful settlement of Brynaman beneath the imposing Black Mountain. Watch for buzzards and red kites soaring above, inhale the scent of wild garlic and wildflowers in spring, and relax to the murmur and gurgle of the River Amman as it gushes alongside the trail. This gentle traffic-free route is a popular family afternoon ride, with playgrounds on the way and refreshments at either end.



1 PANTYFFYNNON STATION

Built alongside the Dynevor tinplate works, this venerable Grade II-listed station – dating from 1857 – has been lovingly restored, and is worth a look even if you're not arriving aboard one of the Heart of Wales line trains that stop here on request. The main station building is a rare example of a 'Brunel chalet', a standard design by the famous engineer, and the signal box – dating from 1892, and also Grade II-listed – is the only surviving example on the line. A short section of car-free trail to Ammanford starts just north of the station.

2 AMMANFORD

With a range of shops and places to eat, Ammanford is a fine starting point for your ride. Be sure to call in at the Pear Tree Deli, a friendly, stylish place proudly packed with local produce. The deli counter is laden with sourdough loaves from a French baker in Brynamman, a spectacular array of home-baked cakes plus savoury muffins, scotch eggs, pasties and mighty, mouthwatering sausage rolls in a variety of flavours. The in-house café brews terrific coffee, and serves hot meals and sandwiches – fuel up here before you set out, or finish with coffee and cake as a post-pedal treat.

www.thepeartreedeli.co.uk

3 PONTAMAN

Share the pavements with pedestrians to reach the start of the car-free trail proper at

Pontaman, half a mile east of the town centre. Here the undulating track weaves between gnarly trees above the river, with the sound of the gushing water echoing through the woods, before emerging alongside lamb-grazed meadows.

4 SUSPENSION BRIDGE

A mile east of Pontaman, the path scoots around a little suspension bridge across the river. Gaze north up to the edge of the Brecon Beacons and Tair Carn Isaf, named for three Bronze-Age cairns built atop the hill some 3,500 years old.

5 GLANAMAN

The trail emerges into Glanaman, site of a now-disused station on the Amman Valley branch line. Originally called Cross Keys, the station no longer exists but the red brick signal box remains. Pause to read the panel recounting a chapter in the story of Arthur's hunt for the murderous, enchanted boar Twrch Trwyth, who sought refuge in the Black Mountain. Described in the medieval tale of Culhwch and Olwen, the story is told on boards along the valley and elsewhere in south Wales – read more at

www.aattt.org.uk

6 GARNANT

Parc Golwg Yr Aman straddles the river on the site of a former tinplate works, the foundation stone of which sits in the centre of the park. With grassy swathes to play in, this is a great mid-point for a

break. Across the river to the north is the site of the old Palais de Danse, a cinema and dance hall built in 1923. Now it's a convenient car park and picnic area.

7 YNYS DAWELA NATURE PARK

East of Garnant the cycle trail again delves into woods, emerging onto the rugby pitch on the outskirts of Brynaman. To the north of the track here is Ynys Dawela Nature Park, where footpaths weave among varied habitats home to birds, butterflies and other species.

8 BLACK MOUNTAIN CENTRE

In Upper Brynaman, this multi-purpose venue hosts a post office, a small shop and a bright café serving hearty home-cooked fare (including cyclist-friendly cooked breakfasts and coffees), sandwiches and baked potatoes. There's also local tourist information, changing heritage exhibitions, works by members of the centre's art group and the wonderful Brynaman Mural painted by local artists and depicting scenes of the village and its heritage. For breathtaking views of the Black Mountain, continue half a mile up the A4069 towards the edge of the village and the entrance to the Brecon Beacons National Park.

www.brynaman.org.uk

