



Carreg Cennen



Carreg Cennen Castle



Llygad Llwcwr



Why Walk?

Enjoy one of two circular walks around this spectacular castle in Carmarthenshire, positioned high above the river Cennen nearly a thousand feet above sea level on the western edge of the Brecon Beacons National Park. There are few castles in Europe which can boast a more spectacular location than this. Make sure you rent a torch to explore the castle's cave.



How Long?

Two circular signposted walks; Short walk is 2.7k long (1.6m) and the long route is 6km long (3.7m)



How Hard?

The short circular route has approx. 88m (288ft) of ascent on good paths and country lanes.

The long route has approx. 200m of ascent (656ft), is more challenging and follows rough tracks and country lanes. Both walks are quite steep in places but provide continuous interest and superb views of the castle and the surrounding landscape.



Starting point - Castle café/shop.



Car Park - Car Park adjacent to the Carreg Cennen Farm



Public Transport - Llandeilo 5km/3miles away



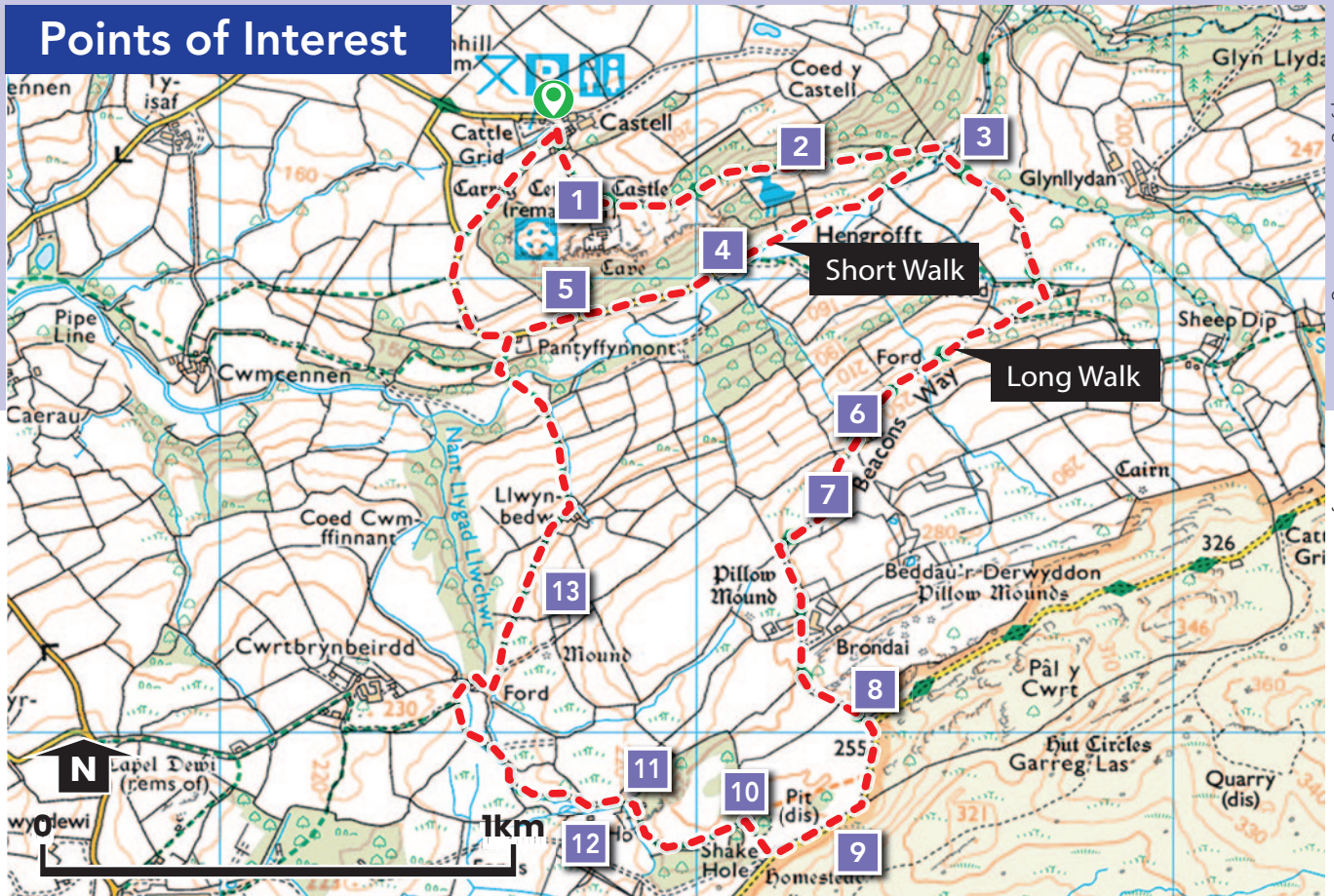
Refreshments - ✓

- 1 The outcrop of rock on which the castle stands is an outlier of Carboniferous Limestone set amongst the more ancient Old Red Sandstone. Evidence has been found that indicates a settlement existed on this site in prehistoric times. The site of the castle was a Welsh stronghold long before English Lords built the existing castle in the 13th century.
- 2 The predominantly Ash and Hawthorn woodland on the thin soils over Limestone give way to the Oak woodland further down slope on the old red sandstone.

#DymaSirGar

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Points of Interest



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- 3** More insect species live on Oak trees than any other native tree. Along with the insect life the acorns provide a valuable food source for a variety of animals. Commoners often held the right of pannage which allowed them to turn out their pigs in the Oak woods to grub for acorns.
- 4** On either side of the path are two ruined buildings with a stone pitched pathway between them. The woodland is a Site of Special Scientific Interest and is a good place to look for woodland birds like Wood Pigeon, Nuthatch, Blue Tit and Wren.
- 5** There is a rich diversity of flowers and ferns on the hedge banks beneath the Hazel hedgerow, such as, Harts tongue Fern, Hard Fern, Dog Rose, Violets, Fox glove and Wood Sage.
- 6** Look for Coal Tits, Chaffinch, Redpoll and Gold Crest in the small conifer plantation and the old overgrown hedge lines.
- 7** This is a good place to scan the skies in search of Wales's most famous bird of prey, the Red Kite. You may also see Buzzards. Both have loud mewing calls and are often heard before they are seen.
- 8** Beddau'r Derwyddon, not really Druids Graves as the name implies but man-made pillow mounds, which are mediaeval warrens for breeding rabbits for food.
- 9** On the uphill side of the road lies the hard gritstone, whilst over the wall lie the limestone layers of the Carboniferous era.
- 10** The three large, deep hollows in the ground here are caused by the collapse of underground caverns in the limestone.
- 11** The large ruined lime kiln was used to provide "quicklime" for making cement and fertiliser for the fields. The quarry for the limestone is immediately behind the kiln.
- 12** Opposite the lime kiln is the cave called Llygad Llŵchwr. This is the source of the river Loughor reaching the sea 30 kilometres away, it becomes one of Wales' largest and most important estuaries, supporting thousands of resident and migratory birds.
- 13** Flocks of Redwing and Fieldfare can be seen in the fields around here in winter.