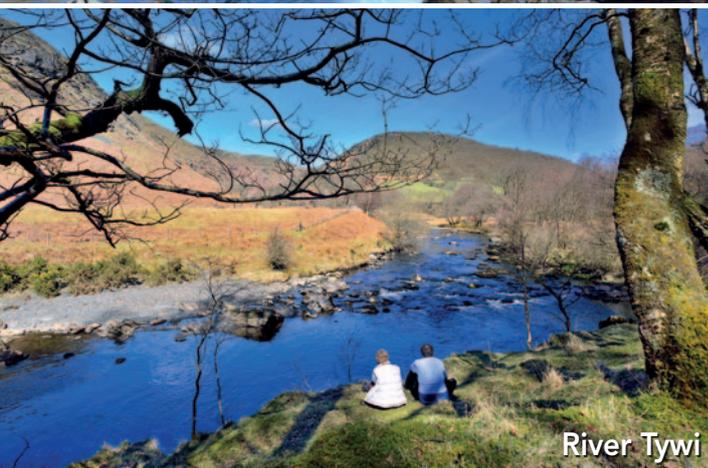


RSPB Walk Rhandirmwyn



River Tywi



St. Paulinus Church



Why Walk?

This very beautiful walk around the RSPB Gwenffrwd/Dinas Nature Reserve is set in a quiet unspoilt part of Carmarthenshire. This RSPB managed reserve is a delight for anyone not only bird watchers. Four characteristic species of birds are to be found in summer in these upland oak woods – Pied Fly Catchers, Wood Warblers, Tree Pipits and Red Starts. The area was the last stronghold of the Red Kite, (once persecuted almost to extinction in Great Britain) they are regularly seen in this area now along with Peregrine Falcons and Buzzards. The approach from Llandovery alongside the River Tywi is delightful and the charming villages of Rhandirmwyn and Cilycwm have pubs, cafes and a post office



How Long?

The entire walk is 3.2km (2miles) long and has 104m (341ft) of ascent and descent.



How Hard?

Half of the recommended route is over rough terrain, but the remainder is accessible to most visitors. The boardwalk section gives good access to Alder woodland, beyond the boardwalk are ancient Oak woodlands and the upper River Tywi.



Starting point / Car Park



Public Transport - Llandovery 16 km / 10 miles



Refreshments - **X** but there picnic areas within the reserve

- 1 In late spring and early summer Pied Flycatchers arrive and use the nest boxes each side of the boardwalk.
- 2 Grey Wagtails, Dippers and Pied wagtails may be seen on the riverbanks and river boulders looking for insects to feed on.

#DymaSirGar

#ThisisCarmarthenshire

