

# 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



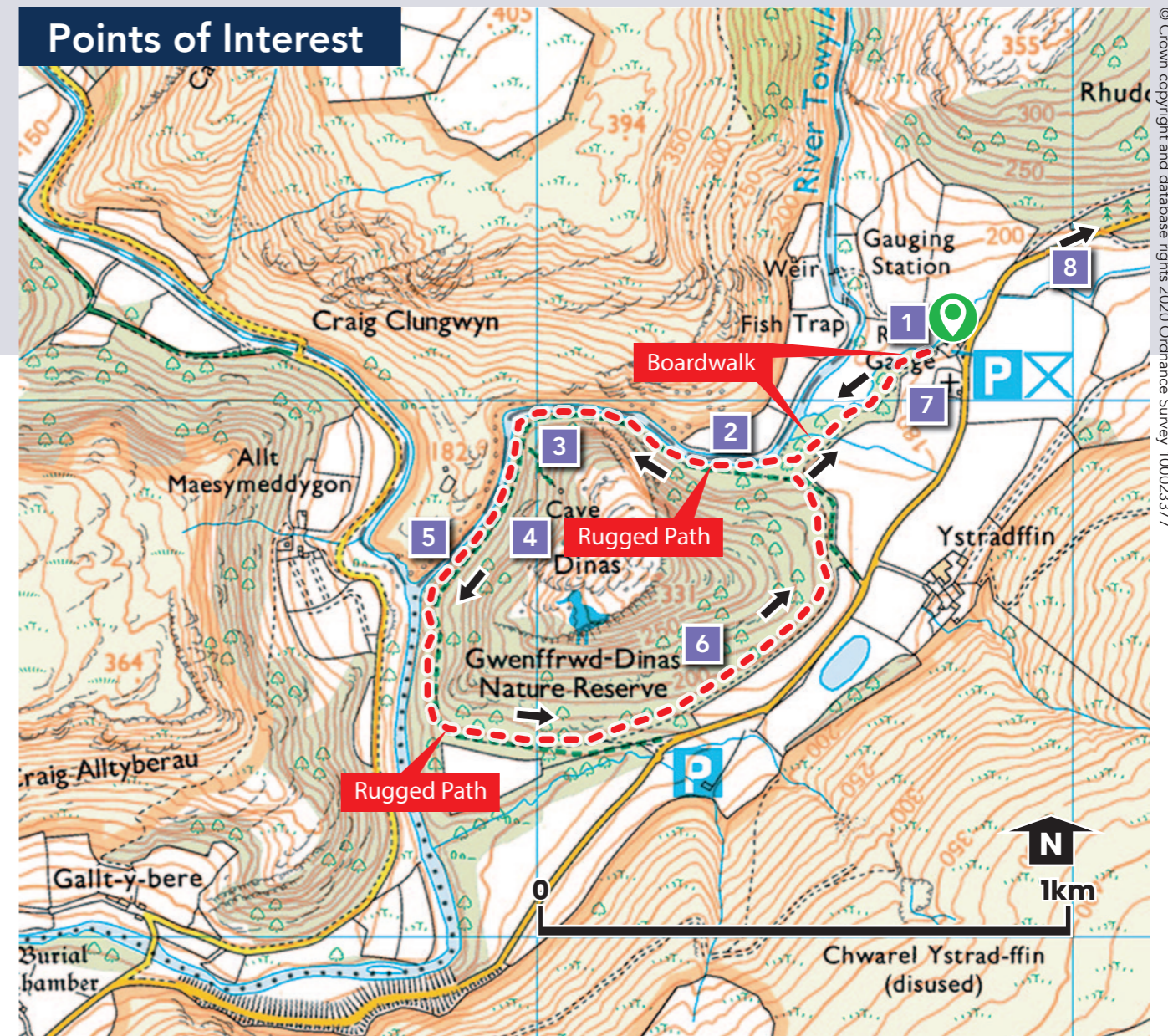
**Public Transport** - Llandovery 16 km / 10 miles



**Refreshments** - ✗ 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.

## Points of Interest



- 3 A path leads steeply off the main route to Twm Sion Cati's cave, (the Welsh Robin Hood) he used these remote hills to avoid the authorities for years and was reputed to use a cave in this hillside.
- 4 The Oak woodland forms a part of the Cwm Doethie-Mynydd Mallaen Site of Special Scientific Interest and Special area of Conservation. These upland woodlands are sometimes termed Atlantic Oak Woodland or Celtic Rain Forest. The ground, trees and rocks (especially on the northern slopes) remain damp year-round which favours lower plant life like Lichens and Bryophytes, some of which are rare.
- 5 The upper river Tywi cascades over a jumble of large boulders before plunging into a deep pool at its confluence with the river Doethie - a particularly impressive scene when in flood.
- 6 The ground on the sunnier south facing slopes are carpeted in a delightful blue haze of bluebells in the spring and early summer.
- 7 Adjacent to the car park is St Paulinus Church, a Grade 2 listed building, thought to date back to 1617 and rebuilt in 1821. The bell dates back to 1897.
- 8 Less than 2km away at the end of the road is the impressive dam wall of Llyn Brianne reservoir, cloaked on all sides by extensive Pine Forests (car park provided).

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