



20 CARMARTHENSHIRE LLANDOVERY TO CYNGHORDY

■ Distance: 9¾ miles/15.6km ■ Time: 5 hours ■ Grade: Moderate



Cyngghordy Viaduct

PHOTO: REBECCA LEES



CHOSEN BY...

REBECCA LEES

This tranquil station-to-station route

follows sections of both the Heart of Wales Line Trail and Cambrian Way as they weave north towards the Welsh heartland. The highlight is the Cyngghordy Viaduct, a curved, 33m-high feat of Victorian engineering, viewed both from above and from the shadows of its 18 arches.

Good planning is essential to ensure a train connection back to Llandovery from this remote station.

1 Start

From Llandovery Railway Station, follow A40 NW. Before road crosses Afon

Twyi/River Towy, look for Heart of Wales Line Trail waymarker at kissing gate and follow path across field. Keep inland – riverside path shown on OS map is not accessible – and skirt around farm via series of well-marked gates. Cross lane and, keeping to fields, go over wooden bridge, bearing L alongside fence. Cross another two fields and exit onto lane.

2 1¼ miles/1.9km

L is Pont Dolauhirion (Dolauhirion Bridge), an arched, single-span bridge built in 1773 by the Edwards family, of Pontypridd bridge renown. Bear R, then L at T-junction. Immediately look for metal gate on other side of

PLAN YOUR WALK



ROUTE

Start/parking Llandovery Railway Station SN763345. Limited parking at station; large car park in town centre
Is it for me? Signposted paths with some muddy sections and steep ascents
Stiles 7

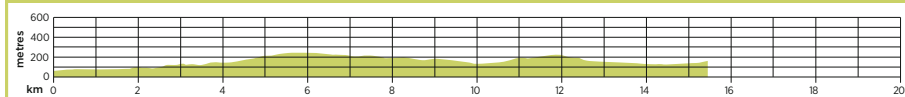
PLANNING

Nearest town Llandovery
Refreshments Selection of pubs and cafés in Llandovery. Try West End Cafe or Three Horseshoes fish 'n' chips restaurant
Public toilets Car park, Llandovery town centre
Public transport Heart of Wales Line, Swansea to Shrewsbury (tfw.wales)
Maps OS Explorer 187; Landranger 160

road (tucked into hedge and easily missed). Cross stile and bear directly NE up field. The path climbs behind treeline



GRADIENT PROFILE



20 CARMARTHENSHIRE
LLANDOVERY TO CYNGHORDY■ OS Explorer map 187 ■ Buy maps at: [ordnancesurvey.co.uk/shop](https://www.ordnancesurvey.co.uk/shop)

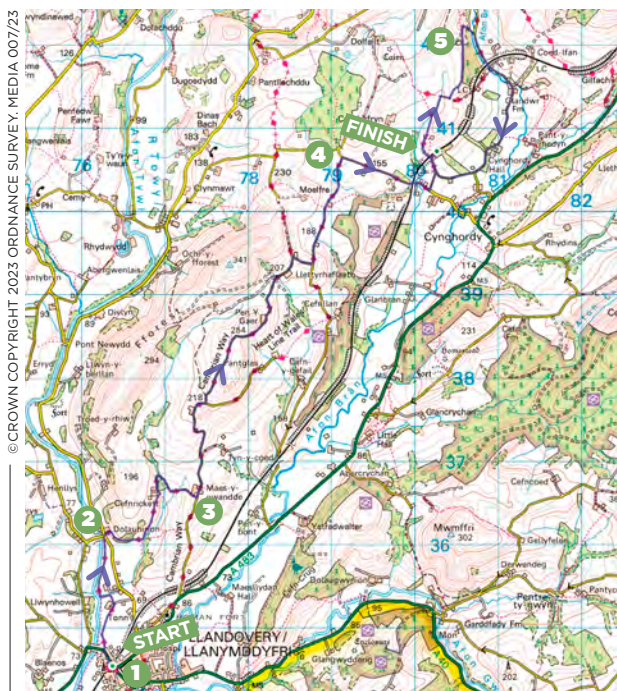
and bears SE through woodland. In next field, head E before turning sharply N, uphill, through series of fields and to R of Cefnrickett Farm. Bear R onto grit track and follow U-bend downhill, before continuing back up to lane at Maes-y-Gwandle.

3 2½ miles/3.9km

Bear L and follow lane as it climbs uphill past Tyn-y-coed, before curving around in a 'C' to T-junction. The true HOWL Trail continues E, but we recommend climbing N to gain height of Pen y Gaer and enjoy spectacular views of the Carmarthen Fans behind you. Continue past Llettyrhaflaeth and follow the R-hand bend to T-junction, rejoining HOWL trail proper. Bear L and continue N; lane soon becomes grit track and eventually crosses small weir via wooden footbridge. Follow track uphill, through two metal gates and onto lane.

4 5¼ miles/9.1km

Bear R and pass under railway bridge, approaching tiny village of Cynghordy. Turn L to Cwmcuttan, then L to railway station (no facilities). Cross track safely at crossing place and go over stile. Follow viaduct waymarker, climbing uphill into farmyard. Keeping L of green barn, bear slightly NE and, in second field, drop L to metal gate. Follow track briefly, turn immediately L over brook



©CROWN COPYRIGHT 2023 ORDNANCE SURVEY. MEDIA 007/23

and R alongside hedge. In top R corner, go through gate with HOWL waymarker and follow gravel track and wooden waymarkers uphill.

5 7¼ miles/12.4km

This is the site of Glandwr Forest, a new broadleaf forest. As track begins to drop down again, stop at info board for view of Cynghordy Viaduct. In front of yellow house, veer R, following the footpath over stile. Walk steeply downhill, keeping to scree track instead of taking footpath marked R, into trees (dangerously

overgrown at the time of writing). Follow the horseshoe bend downhill to walk beneath mighty viaduct and continue on quiet country lane, bearing S and passing Cynghordy Hall. At Cwmcuttan, turn R to station and take train back to Llandovery. [CW](https://www.cwmcuttan.co.uk)

VIEW THE WALK ON OS MAPS ONLINE:
[walk1000miles.co.uk/cwroutes](https://www.walk1000miles.co.uk/cwroutes)

IN ASSOCIATION WITH

DATE WALKED
□ □ □ □ □ □ □ □TIME TAKEN
□ □ □ □ □ □ □ □YOUR RATING
○ ○ ○ ○ ○ ○ ○ ○

© Country Walking August 2023