

4. North Clettwr Valley Walk

Distance and Estimated Time: 3.2km (2 miles) 1 hour excluding rest stops. Many of the walks in the Llandysul area can be interlinked to lengthen or shorten the distance walked.

Terrain: This short circular walk takes you from St David's Church at Capel Dewi, northwards through mixed woodland that runs alongside the Afon Clettwr and back to Capel Dewi. It is a pleasant, quiet walk, with a variety of scenery and lots of wildlife. Walking boots and gaiters are recommended after heavy rain. Dogs should be kept on a lead.

Suitable for: Moderately fit walkers.

Grade: C in accord with the criteria on page 1.

Start: Car park at Capel Dewi church hall OS SN 452425.

Refreshments: Llandysul offers a choice of cafés, restaurants and traditional pubs (www.llandysul-ponttyweli.co.uk). Picnic benches are located in the park adjacent to the car park and bus stop.

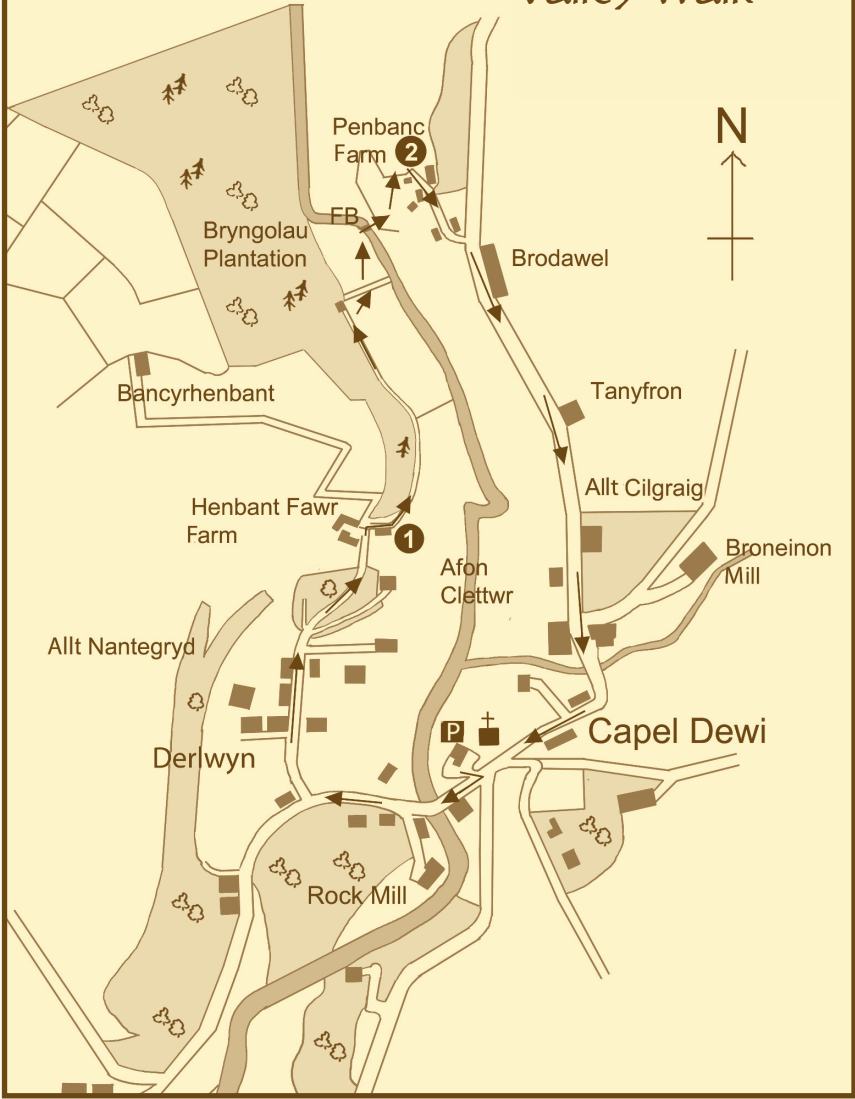
Public Toilets: Llandysul – Car park (P1) (accessible by disabled persons; offers baby changing facilities) OS ref SN 418406.

Maps: O/S map Explorer 185 1:25000 Newcastle Emlyn/Castell Newydd Emlyn.

Route Options:

Longer option – Combine this walk with walk 5 – South 'Clettwr Valley' walk – an additional 4.5km (2.8 miles), 2 hour excluding rest stops.

North Clettwr Valley Walk



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Detailed route description

Capel Dewi Church to Henbant Fawr farm

20 minutes: From the car park walk downhill (westwards) to cross Pont y Foel bridge over the Afon Clettwr. Continue along the road for a further 150m and take the first turning on the right (barn). Follow this road through the hamlet of Derlwyn and after passing the houses keep to the middle track, sign-posted Henbant Fawr farm. At the farm, cross the farm yard through a gate and turn right to pass an open barn ① to the right.

Henbant Fawr farm to Penbanc farm

15 minutes: Follow the track through a gate and descend into the lower reaches of the woods (Bryngolau Plantation). Follow the track for 450m to a disused house and go through the gate on the right into a field. Cross the field diagonally leftwards towards the left hand field boundary (two closely aligned fences) with a kissing gate and another gate. Cross the next field diagonally rightwards towards the river and a bridge. Cross the river then go through the gate directly ahead and follow a vague track leftwards to reach a gate and a field. Go through the gate, turn right and go uphill to reach the track ② leading to a gate and the entrance to Penbanc farm.

Penbanc farm to Capel Dewi

25 minutes: Go through the gate and follow the farm track leftwards past farm buildings to reach the road. Turn right and follow the road for 1km back to Capel Dewi.