

5. South Clettwr Valley Walk

Distance and Estimated Time: 4.8km (3 miles), 2 hours excluding rest stops. Many of the walks in the Llandysul area can be interlinked to lengthen or shorten the distance walked.

Terrain: This pretty walk takes you from St David's Church at Capel Dewi, southwards along the Clettwr valley and provides some delightful views of the surrounding landscape. Walking boots and gaiters are recommended after heavy rainfall. Dogs should be kept on a lead through farmland.

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).

Public Toilets: Llandysul – Car park (accessible by disabled persons; offers baby changing facilities).

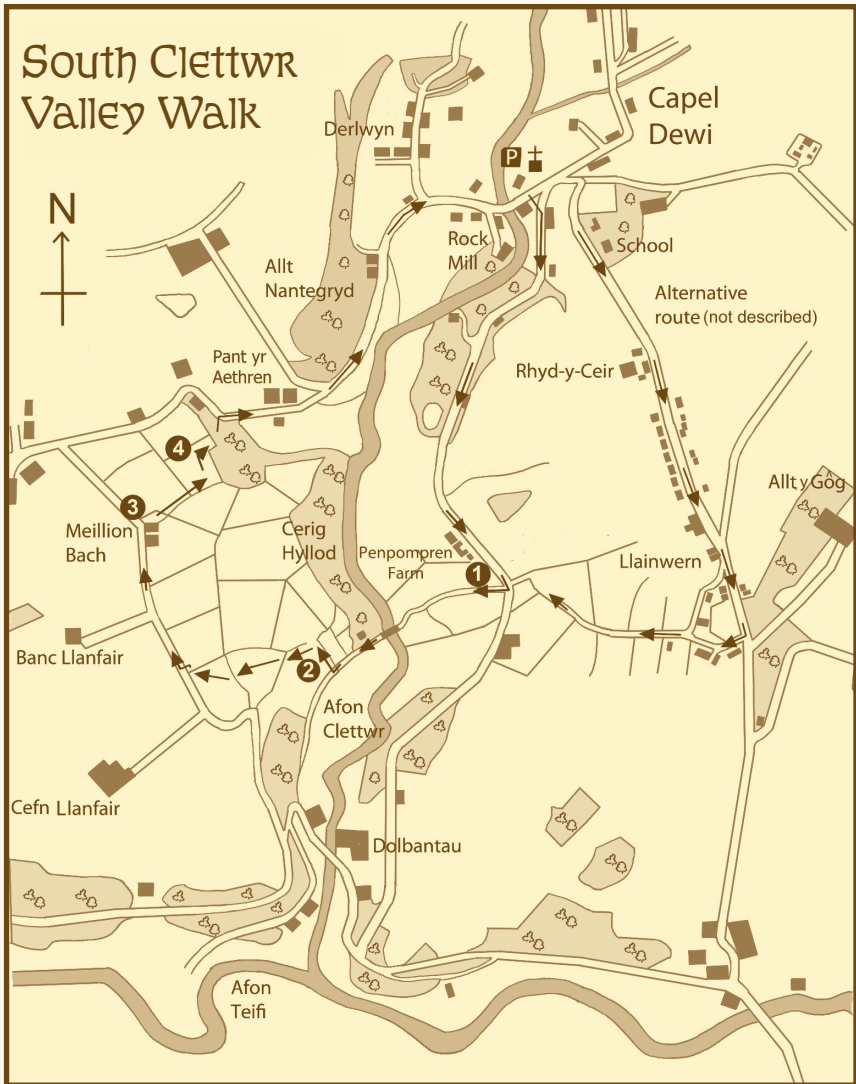
Maps: O/S map Explorer 185 1:25000 Newcastle Emlyn/Castell Newydd Emlyn.

Route Options:

Longer option – Combine this walk with:

- Walk 4 North Clettwr Valley walk (3.2km/2 miles, 1hr extra excluding rest stops).

There is an alternative route using the same start that lengthens the route slightly (marked on the map).



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Detailed route description

Capel Dewi to Penpompren farm

30 minutes: Turn left out of the church hall car park and turn right, opposite the entrance to St David's Church, to go up steps alongside a house. On the road (B4459) turn right and follow it for 1.15km to Penpompren farm.

Penpompren farm to Meillion Bach

45 minutes: 150m past Penpompren farm turn right ① into a gated tree-lined track (waymarked) and continue through two gates. 10m after the second gate go through a small, waymarked gate to the left and continue straight ahead to the River Clettwr. Cross the footbridge (stiles) and follow the track through the woods (summer house in the trees to the right). After 200m cross a stile to the right of a metal gate and turn immediately right to pick up a vague public footpath running uphill. 20m before the right hand field boundary turns sharply rightwards, turn left and walk uphill ② (left of a vague old hedge/ field boundary line) to reach the field boundary. Go over a stile (can be overgrown) and walk uphill, to reach a gate in the middle of the next field boundary. Walk to the top right hand corner of the next field. Go through the gate and turn left over a stile onto the road. Turn right onto the road and follow it for 225m to a gate just after Meillion Bach house and barn ③ and before a left hand bend.

Meillion Bach to Capel Dewi

45 minutes: Enter a small yard/field and cross it (30m) to a stile (waymarked) in the fence left of a gate. Follow the right hand field boundary to cross a stile (waymarked) and continue along the next right-hand field boundary to the woods. Follow the edge of the woods to where it turns to the right ④ and runs downhill past a pile of stones to a stile. Pick up a stepped track leading downhill and leftwards. Cross a stile onto a country lane and turn right past Pant yr Aethren Cottage and some converted barns to Capel Dewi (1.4km).