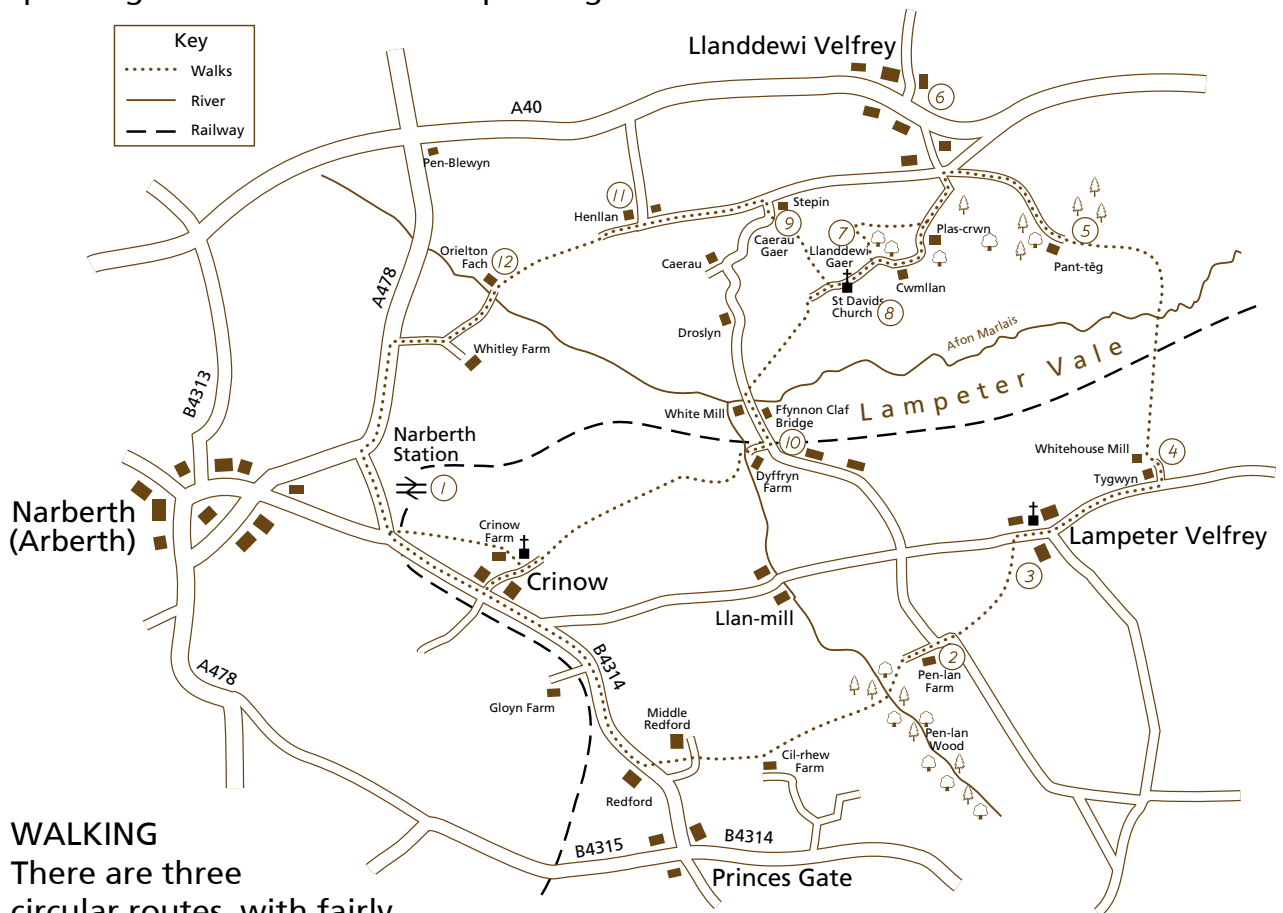




Lampeter Vale

Pembrokeshire Greenways
Lonydd Glas Sir Benfro

The Lampeter Vale lies along the 'Landsker', the historic divide between the English speaking south and the Welsh speaking north.



WALKING

There are three circular routes, with fairly firm walking surfaces and some muddy sections.

Walk A

Narberth Train Station - Lampeter Velfrey - Llanddewi Velfrey - St David's Church - Ffynnon Claf Bridge - Crinow - Narberth Train Station.

Distance: 8.4 miles / 13.5km

Time: 4½ hours

Facilities in Narberth: Shop, Refreshments, Bank, Accommodation, Information, Car Park.

Train: Narberth station *It is under 1 mile / 1.6km (20 minutes) walk from the town centre to Narberth railway station.

Bus: 322 (Haverfordwest - Narberth - Carmarthen)

381 (Haverfordwest - Narberth - Tenby)

390 (Tenby - Narberth - Cardigan)

Ascents and descents over = 312m (1024ft).

There are 29 stiles, 14 gates and 3 footbridges.

POINTS OF INTEREST

Narberth railway station - Opened in 1864, retains its original cast iron canopy.

Pen-lan - The site of the largest house in the parish.

Neolithic Chambered Tombs - Near Penlan are the remains of three Neolithic Chambered Tombs.

Lampeter Velfrey

The name derives from the Church of St Peter, 'Llan-bedr' with 'Efelffre', the old administrative area. The church has a small bellcote, more typical of churches in the north.

Whitehouse Mill

One of the stones from the former mill lies alongside the track.

Pant-teg (beautiful hollow) - A fine Georgian mansion (1740).

Llanddewi Velfrey

Facilities: Shop, Refreshments, Street Parking.

Bus: 322 (Carmarthen - Narberth - Haverfordwest)

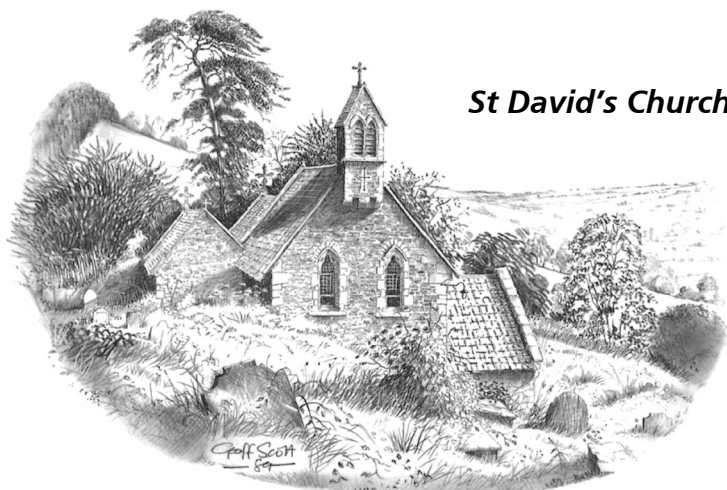
The original Llanddewi Velfrey ('the church of St David in Efelffre'), stood near the church.

Llanddewi Gaer

An Iron Age fortified settlement.

St David's Church

Probably pre-Norman in origin and much restored in the 19th century. Many of the gravestones are in Welsh, while the stones in the churchyard at Lampeter Velfrey (1 mile south) are in English.



St David's Church

Ffynnon Claf Bridge

Constructed in 1864 next to Ffynnon Claf ('well of the sick'), water from which was believed to cure illness. The modern well stands beside the bridge.

Walk B

Narberth Station - Crinow - Ffynnon Claf Bridge - St David's Church - Llanddewi Velfrey - Henllan - Orielson Fach - Whitley Farm - Narberth Station.

Distance: 6.1 miles / 9.8km

Time: 3 hours

Ascents and descents 189m (620ft)

There are 10 stiles, 9 gates and 1 footbridge.

ADDITIONAL POINTS OF INTEREST

Caerau Gaer

An Iron Age Fort, similar in construction to Llanddewi Gaer.

Henllan

Formerly the site of a large mansion.

Orielson Fach

May be named after the mansion of Orielson near Pembroke - 'fach' meaning little. The trees alongside the path, indicate an ancient track.

Combined Walk A & B

Narberth Station - Lampeter Velfrey - Llanddewi Velfrey - St David's Church - Henllan - Orielton Fach - Whitley Farm - Narberth Station.

Distance: 14.5 miles / 24km

Time: 7 hours.

WILDLIFE

Lesser Celandine, Primroses, Bluebells, Early Purple Orchids, Red Campion, Foxgloves, Yellow Toadflax and Betony. Birds - Robins, Chaffinches, Nuthatches, Buzzards, Heron, Kingfisher.