

Croeso!

Welcome to Cambrian Cottages, we hope very much that you enjoy your stay. If you need anything, please just knock on the side door to our house or give us a call on 07786 626010; please let us know if you experience any issues so we can hopefully resolve, to make your stay as smooth and enjoyable as possible!

Libby and Peter

Pre-arrival

- See our website listing for booking information.
- Please contact us before booking if you have any specific access requirements or if you would like us to help you view the apartment remotely via a video call
- Our address: Berllan, Gwyddgrug, Carmarthenshire SA39 9BL
- Our what3words address: [///songbirds.gilding.camped](https://www.what3words.com/songbirds.gilding.camped)
- Our grid reference: SN 47061 34864

Getting here

- Arrival by car: there is easy access by motorway via the M4 and we are just 12 miles / 24 minutes north of Carmarthen by car. Follow the A485 north until you come into the village of Gwyddgrug and look out for a small chapel on the LHS. Just past this there is a single turning to the right. Take this turning and follow the single-track road up the hill. As the road levels out, drive slowly and look out for a red letter box on the right-hand side that says 'Berllan' on it and follow the track on the right-hand side down to the house and barns, where the guest parking is available

If you go past any houses on the left-hand side you've gone too far! Continue along the road for a few hundred metres where you will be able turn and retrace your steps

Please note that the access from the road is not suitable for cars with very low ground clearance and also please watch out for any potholes in the road that leads to the entrance.

- Arrival by train: there are rail stations at Carmarthen (Marches and West Wales lines), Llanwrda (Heart of Wales line) and Aberystwyth (Cambrian line). There is a taxi rank at both Carmarthen and Aberystwyth stations. Train details and booking can be found at [thetrainline](http://thetrainline.com).
- Arrival by bus: there are frequent buses to Gwyddgrug. The T1 bus runs from Carmarthen to Aberystwyth via Lampeter. The bus takes around 37 minutes

from Carmarthen and runs approximately every hour from 06.00 until 19.00 apart from Sundays when the buses run every two hours. See Traveline Cymru for latest timetable.

The nearest bus stop is approximately 650m from the property on the A485 in Gwyddgrug. A public footpath leads directly to the property through the fields or alternatively you can walk up the road as if you were arriving by car.

- Accessible taxis are available from:

Chris Cars - Alltynap Road, Johnstown, Carmarthen, SA31 3NE - 01267 222002

T A R Cars - 5 Bro-ffion, Caerwedros, Llandysul, SA44 6BP - 01545 560688

Blue Wave Taxis - Bryncoch Farm, Idole, Carmarthen, SA32 8DE - 07810 341923

- Other local taxi services include:

Pete's Cabs, Brynllaine, Pentre'r Bryn, Llandysul, SA446JY - 07968 578978

Teifi Taxis, Teifi Castle, Cwmann, Lampeter, SA48 8JN - 07999 567777

Fastline Cabs, 17 Kingsmead, Lampeter, SA48 7AP - 07748 586848

Staying at Berllan

Wifi password – Y Lofft Stable and Y Cwt Mochyn – (Stables and Pigsty)

Wifi is provided throughout the property via 4G broadband; this is normally very reliable but occasionally is affected by the weather conditions.

Name: Stables/Pigsty Guest Wifi

Password: stables2023*02



Wifi password – Y Lofft Wair – (Hayloft)

Name: Hayloft Guest Wifi

Password: hayloft2023*01



Parking

This available adjacent to each apartment.

Accessibility

Please see our accessibility guide for full information. Don't hesitate to let us know if you have any particular requirements.

Heating and hot water

The heating and hot water are heating by an air source heat pump and are both set to be on continuously. The heating is set to 20°C If you wish to turn this down, press the silver knob on the thermostat and then rotate the dial to the desired temperature and press the knob again. Please do not set the temperature above 21°C as this will result in excessive electricity use and also the air source heat pump is slow to respond to any changes.

TV

Freesat is available and also Disney+ (both children's and adult films etc.). The TV has subtitles; if required these can be selected via a button on the TV controller.

Safety

The apartment is protected with heat / carbon monoxide and smoke detectors. In the event that these are accidentally activated, they can be reset by pushing the button in the middle of the unit. A fire misting system is also provided for safety during your stay.

In the event of an actual fire, please leave the apartment via the main apartment entrance and go to a place of safety away from the building. Phone the emergency services on 999 or 112 from a mobile phone and let us know. Please ask for the police in the first instance.

If necessary, the windows provide an alternative means of exit - they can be fully opened by pressing the buttons and turning the handle through 180 degrees.

A fire extinguisher and fire blanket is provided - the fire extinguisher can be used on all types of fire, including both cooking and electrical fires.

Emergency lighting torches are provided in the bedrooms; these will automatically activate in the event of power failure and should be left in place other than in an emergency. They also have a night light function if needed.


Please note that no candles, smoking, vapes, e-cigarettes or incense sticks are permitted in the apartments, a bin is provided outside if you wish to smoke outside - thank you.

Some of the beams and door openings are quite low so please watch your head!

Outside there is an unfenced pond and small river at the bottom of the hill. In addition, there are some steep drops and uneven ground, so please take care outside, especially if you have children who should be supervised at all times.

Medical

A first aid kit is available in the end of the barn (opposite the house). If you need further help, the nearest medical facilities are as follows:

- Doctors - Llanybydder or Llandysul (15 min / 6.5 miles)
- Chemists - Boots, 8 Lincoln St, Llandysul SA44 4BJ - 01559 362204 - 15 min / 6.5 miles) or Market Square, Llanybydder SA40 9UE - 01570 480387 - (14 min / 6.5 miles)
- Hospital - Glangwili General Hospital, Dolgwili Rd, Carmarthen SA31 2AF - 01267 235151 - (21 min / 10 miles)
-  Vets - Tysul Veterinary Group, The Surgery, Pencader Rd, Pontwelly, Llandysul SA44 4AE - 01559 363318 - (15 min / 6.5 miles)
- Defibrillator - by the chapel in Gwyddgrug on the A485 (approx. 650m). The cabinets have a key code lock and the code is accessed by calling 999

- Emergency services: please dial 999 from a landline or 112 from a mobile. Please ask for the police in the first instance.

Waste

For short stays of three nights or less, we ask our guests to please take your waste home.

If this is not practical and for longer stays, all waste left at the apartments must be separated to comply with the Law in Wales:

- Plastics, cartons, metal and other similar packaging e.g. coffee cups – use the main compartment in the bin within the apartment
- Paper and cardboard + glass (we will separate this) – use the secondary compartment or bin in each apartment
- Food (including waste cooking oil) – please use the food caddies
- All other non-recyclable ‘black bin’ waste (including dog waste) – please put in the dustbin by the side of our house.

If you run out of storage space in the apartment, please leave your bagged waste outside the apartment door in the morning and we will collect.

Toilets

Please note the apartments are connected to our waste treatment plant so please do not flush anything you haven't eaten down the toilet. It's OK to put toilet paper down the loo, but sanitary waste and wet wipes etc. must be put in the bin provided in the shower room.

Other guests

Please be mindful of other guests in adjacent apartments and keep all noise to a minimum, especially during our quiet hours which are from 11.00 pm to 8.00 am. Parties are not permitted, nor guests who haven't been checked in.

Furry Friends

We welcome up to two well behaved medium size pets in the two-bedroom apartments and on in the one-bedroom apartment. The additional cost is £20/pet, apart from trained assistance dogs which are free. Please make sure you don't allow your pets on the furniture and keep dogs on a lead outside. You are welcome to walk through the fields around the property and down to the river. There is also a footpath that leads down to the village but note this is through fields sometimes used for grazing sheep.

Please pick up any dog mess and leave in the bin provided next to the house.

Remember to ring your own pet bed, bowls and towels (the provided towels are not to be used for pets!!)

Wood burning stove



A stove is provided for your enjoyment together with a bucket of logs, kindling and fire-lighters. Matches are provided in the kitchen wall cupboards. If you need additional logs etc. please let us know and we can provide additional logs and kindling at a cost of £ 5.00 / bucket, payable in cash. Please do not leave the stove door open apart from initially when you are starting the fire.

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Reviews

We very much hope you enjoyed your stay with us. Your reviews are very important to us so if you can leave us one through the agency you booked with and / or on Google under [Cambrian Cottages](#) - it would be really appreciated!

Many thanks

Libby and Peter

Enjoy your stay and Diolch!

 = Dogs permitted / dog friendly

*** = Our recommendation

Local facilities

Essentials

- Mail boxes in Gwyddgrug and Pencader (6 min)
- The nearest public payphone is at Croesyceiliog, Carmarthen SA32 8DS. Please note this is far from our property. You can make Wifi calls within the apartment or in an emergency, you can use our mobile phone at the house.
- Fuel, Post Office (including cash withdrawal during opening hours) and groceries at Windy Corner Garage SA39 9HP (7 min 2.4 miles). Opening times 6.00 – 19.00 Mon-Sat, 7.00 – 19.00 Sun. There is also a pay by card 24-hour fuel facility and a washing and drying laundry facility
- Cashpoints at CK's supermarket, Llandysul (15 min / 6.5 miles) (NB this sometimes runs out of cash on Saturdays), Morrisons or Tesco, Carmarthen (21 min / 10 miles) and Sainsbury in Lampeter (23 min / 10 miles). NB Cash is King here is Wales! – not all places accept cards!
- Local convenience stores in Pencader (7 min / 2.5 miles)
- Nearest supermarket – CK's in Llandysul (15 min / 6.5 miles)
- Nearest larger supermarkets – Tesco Extra, Aldi, Lidl, Morrisons – all in Carmarthen (21 min / 10 miles) and Sainsbury in Lampeter (23 min / 10 miles). Tesco also deliver to the property if you wish to pre-order and have this delivered to your apartment during your stay.

Eating out

Local takeaways in Pencader (7 min / 2.5 miles)

- [Branney's Fish Bar, café and takeaway](#) (breakfast, fish and chips etc.), Bridge House, Pencader SA39 9AA - 07767 419966 Open Wed - Sat 10.00-20.00
- [Bocs Bwyd](#) sandwich shop/café *** (breakfast, lunch, rolls, coffee) The Greenhouse, Pencader SA39 9AA - 07553 023329 Open Mon - Fri 7.30-14.30
- [Windy Corner Garage](#) - SA39 9HP, Coffee, pies etc.

Local takeaways in Llandysul (15 min / 6.5 miles) NB they are all cash only

- [Taj](#) *** (Indian) Lincoln Street SA44 4BS - 01559 363753 Open 17.00-22.00 Wed - Mon
- [Chef China High Street](#) SA44 4DG (next to the Kings Arms) - 01559 362265 Open 16.30-22.00 Wed - Mon
- [Pizza Choice](#) (burgers, kebabs, pizzas etc.) High Street SA44 4DG - 01559 364747 Open 15.00- 23.00 every day

- [Street Chef](#)*** food truck (Fish and Chips opposite Tysul Hall SA44 4QL Open 17.00-20.00 Fridays)
- [Ells Kitchen food truck](#)*** (home made burgers, baps, baguettes, sandwiches, breakfast etc.) Leisure Centre car park SA44 4HP - 07932 944173. Open 9.00 – 14.30 Mon – Fri, 10.00 – 14.30 Sat
- Buon Appetito*** (breakfast / lunch) takeaway or eat in, Wind Street SA44 4BG Open 7.30 –14.30 Mon – Sat
- [Ffab Cymru](#)*** (great coffee + welsh gifts) Wind Street SA44 4BD - 01559 362060
- Babs's Takeaway (breakfast, baguettes etc.) opposite Shell Garage - 07813 107053

Local takeaways in Llanybydder (15 min 7.5 miles)




- [China Wok - Cellar Bar, Victory Hall](#) SA40 9TX - 01570 481526 Open Wed – Sun 17.00 – 22.00
- [Rominos Pizza and Kebabs](#) (+ baguettes, wraps etc.) Highbury Road SA40 9TX - 01570 481 169
Open Fri – Sat 16.00-23.00, Sun – Thursday 16.00-22.00
- Bara Gwalia (bakery – pies etc.)*** Black Lion SA40 9UE - 01570 480465

Rural pubs serving food

- 🐾 [Y Mari Glyn](#) (formerly Talardd Arms), Llanllwni (10 min / 4 miles)**
- [Bell View Inn](#) Llanllwni (12 min / 6 miles)
- 🐾 [The Forest Arms](#) *** Brechfa (22 min / 8.5 miles). Open Tues – Sun
- 🐾 [The Daffodil Inn](#) Penrhiwllan (21 min /10 miles) Michelin starred
- [Y Polyn](#), Capel Dewi (28 min / 16 miles)
- 🐾 [The Black Lion, Abergorlech](#) *** (30 min / 12 miles) Open Thurs- Sun
- 🐾 [Y Plough, Felingwm](#) *** – all food cooked in custom built outdoor kitchen, booking essential SA32 7PR (27 min / 12 miles) 01267 290019 Open Thurs – Sun
- 🐾 Dolaucothi Arms, Pumsaint, Llanwrda, SA19 8UW (35 min / 19 miles) Temporarily closed
- 🐾 [The Nags Head, Abercych](#) *** - SA37 0HJ (36 min / 18 miles) 01239 841200
- 🐾 [Ferry Inn](#) St Dogmaels, Cardigan SA43 3LF. Riverside pub restaurant, booking for food recommended (46 min / 25 miles) - 01239 615172

Other places to eat

- 🐾 [Gwesty'r Porth Hotel](#) Llandysul, SA44 4QS (15 min / 6.5 miles)
- Takeaways in Carmarthen – Fish and Chips ([West End Fish and Chips](#), 21 Lammas Street), KFC, MacDonalDs etc. (21 min / 10 miles)

- [La Calabria](#) Llandysul SA44 5JT (22 mins / 12 miles)
-  [Coopers Arms](#) Newcastle Emlyn, SA38 9BX (27 mins / 14 miles) (apparently very good for Coeliacs)
- [Gwesty'r Emlyn Hotel](#), Newcastle Emlyn, SA38 9DU (27 mins / 14 miles)
-  [The Moody Cow Farm Shop & Bistro](#) *** Llwynceilyn SA46 0HL (33 mins / 20 miles)
- [The Lime Crab, New Quay](#) (fish & chips) SA45 9NP (36 mins / 20 miles)
- [Tafell a Tan](#) (wood fire pizzas), Llangranog, SA44 6SW (35 mins / 19 miles)
-  [Pizza Tipi Cardigan](#) SA43 1EZ (45 mins / 24 miles)
- [Crwst](#) Cardigan (brunch, coffee), SA43 1BU (45 mins / 24 miles), also at Poppit Sands and Bakery in Cardigan

Things to do

For general information please visit the Carmarthen Tourist Information Centre, Old Castle House, Carmarthen Castle, Carmarthen, SA31 1AD - 01267 231557

tourism@carmarthenshire.gov.uk

www.discovercarmarthenshire.com or other general information at [Celtic Routes](#)

Adventure

- [Llanllwni mountain / Mynydd Llanllwni Dark Sky Discovery Site](#) – stargazing at SA39 9EB, what three words: machinery.segmented.lamp (8 min / 3.6 miles)
- Blanca Trekking, Llanllwni (16 mins / 6.0 miles)
- [Mountain Biking](#) in the Brechfa Forest (5 minutes / 4.5 miles)
- [Llandysul Paddlers](#) (kayaking) Llandysul, SA44 4AA (15 min / 6.5 miles)
- Kayak Hire can be found at New Quay & Aberporth beaches (39 min / 22 miles)
- [Saddle Tramps](#) horse riding / trail riding Cwmann, Lampeter SA48 8EE (24 min / 10 miles)
- [Cardigan Bay Watersports](#) New Quay, SA45 9PS (39 min / 22 miles)
- [Rozelle Alpacas](#) (Alpaca trekking) Waunfelin, Crymych SA41 3QW (47 min / 25 miles)
- [Treetops Trail](#) (various activities) near Tenby SA70 8RJ (49 min / 37 miles)
- [Pembrokeshire Llama Sanctuary](#) (Llama trekking) Llandissilio, SA66 7QH (1 hr / 32 miles)
- [Pembrokeshire Alpaca Trekking](#) Tenby SA70 8LQ (1 hr 1 min / 41 miles)
- [Ritec Valley Quads](#) (Quad biking trails and tracks) Penally, Tenby SA70 8NF (1 hr 4 min / 40 miles)
- [Overhang Climbing Centre](#) Churchill House, Picton Terrace, Carmarthen SA31 3DF
- [Coastal Foraging](#) various locations
- [Carew Karting](#) Sagerton, Pembrokeshire SA70 8SX (59 min / 40 miles)
- [Aspirations Outdoor Activities](#) (Mud assault course and other activities) SA33 6SX (25min / 12 miles)
- [Aim Country Sports](#) (Aerial Archery, axe throwing and clay pigeon shooting) Ffynnon Hafod, Old Bulford Rd, Tavernspite, Whitland SA34 0AZ

Beaches

- 🐾 Llansteffan (36 min / 22 miles) ***
- Cefn Sidan beach, Pembrey (40 min / 25 miles)
- Aberporth beach (38 min / 19 miles)

- Penbryn beach (38 min / 19 miles)
- Poppit Sands (53min, 28 miles)
- Mwnt (52 min / 27 miles)
- Llangranog beach (34 min / 19 miles)
- Aberaeron (beach, seafood) – (34 mins / 23 miles)
- 🐾 New Quay (boat trips, beach) (39 min / 22 miles). NB dogs not allowed 01 May – 30 Sept
- 🐾 Dolau / Traethgwyn / Cei Bach beaches, New Quay 16 miles (dogs all year round)
- 🐾 [Pembrey Country Park](#) award winning park and golden sandy beach, dry ski slope, toboggan ride, crazy golf, train rides, adventure play area, cycle hire, a variety of nature trails (45 min / 25 miles)
- Tenby (58 minutes / 39 miles) ***

Heritage

- [National Wool Museum](#) Dre-fach Felindre, near Newcastle Emlyn, Llandysul SA44 5UP (23 min / 12 miles)
- [Carmarthenshire Museum](#) Abergwili, Carmarthen SA31 2JG (21 min / 11 miles)
- 🐾 Carmarthen Castle (23 min / 11 miles)
- 🐾 [National Botanic Gardens](#) and Paxton's tower SA32 8HN (32 min / 18 miles) – dogs welcome on set days, special events held
- 🐾 [Dolaucothi gold mines](#) – pan for gold! (35 mins / 18 miles)
- 🐾 [Laugharne Castle](#) – Cadw (39 min / 25 miles)
- 🐾 Dylan Thomas boathouse (39 min / 25 miles) ***
- [Aberglasney Gardens](#) (36 min / 20 miles) No dogs unless assistance dogs
- [Dryslwyn Castle](#) (38 min / 19 miles)
- 🐾 [Llanerchaeron Estate](#) – National Trust (40 min / 20 miles)
- 🐾 [Kidwelly Castle](#) (39 min / 21 miles)
- 🐾 [Llansteffan Castle](#) (41 min / 21 miles)
- 🐾 [Talley Abbey](#) (42 min / 20 miles)
- 🐾 [Dinefwr Castle](#) & Newton House Llandeilo (43 min / 25 miles)
- 🐾 [Cardigan Castle](#) (46 min / 25 miles)
- 🐾 [Carreg Cennen Castle](#) Llandeilo SA19 6UA (53 min / 28 miles)
- 🐾 [Castell Henllys Iron Age Village](#) Castell Henllys, Meline (near Crymych) Pembrokeshire SA41 3UR (54 min / 28 miles)

- 🐾 [Picton Castle and Gardens](#) (58 min / 39 miles) Dogs only allowed in gardens and lower half of restaurant
- 🐾 [Strata Florida Abbey](#) SY25 6ES (55 min / 30 miles)
- [Parc Howard Museum](#) Felinfoel Road, Llanelli, SA15 3LJ (52 min / 27 miles)
- [Dylan Thomas Boathouse](#) Dylan's Walk, Laugharne, Carmarthenshire, SA33 4SD (47 min / 25 miles)
- [Museum of Land Speed](#) Marsh Rd, Pendine, Carmarthen SA33 4NY (51 min / 29 miles)
- [Tenby Museum and Art Gallery](#) (62 min / 38 miles)
- [National Waterfront Museum](#) Swansea SA1 3RD (68 min / 41 miles)

Wildlife

- 🐾 [Welsh Wildlife Centre and Teifi marshes](#) Cilgerran SA43 2TB – 51 min / 25 miles
- 🐾 Dolphin Spotting Boat Trips, New Quay SA45 9NW – (39 min / 22 miles)
- 🐾 [Llanelli Wetland Centre](#) SA14 9SH (59 min / 31 mile)

Attractions for all the family

- [Gwili steam railway](#) Abergwili, Carmarthen SA31 2DG (23 min / 12 miles)
- Gabrielle's Pottery, Ffostrasol, SA44 4TJ (29 mins / 13 miles)
- New Quay Boat Trips, 'Seamor', SA45 9NP (39 min / 22 miles)
- [Epic Fishing Trips](#) (From New Quay Harbour) (39 min / 22 miles)
- [Treasure Trails](#) Hunt for hidden treasure – nearest Carmarthen, Newcastle Emlyn, New Quay, Aberaeron, Cardigan, Llandeilo
- [Hitch In Farm Working Horses](#) Escorted walks with the animals and courses Llandovery

Attractions for younger children

- [Teifi Valley Railway](#) Henllan, SA44 5TD (23 mins / 11 miles)
- [The Moody Calf Play Barn](#) Bargoed Farm, Llwyncelyn, Aberaeron, Ceredigion SA46 0HL (33 mins / 20 miles)
- [Fantasy Farm Park](#) Llanrhystud SY23 5DA (44 mins / 24miles)
- [Folly Farm](#) Pembrokeshire, SA68 0XA (52 mins / 35 miles)
- Cardigan Island Coastal Farm Park, Gwbert, SA43 1PR (53 mins / 30 miles)
- [Heatherton World of Activities](#) St Florence, Tenby, Pembrokeshire SA70 8RJ (55 mins / 38 miles)

Attractions for older children

- Oakwood Theme Park, Narberth, SA67 8DE (57 mins / 36 miles)
- [The Escape Game](#) Priory Street, Carmarthen SA31 1LS (24 mins / 11 miles)
- [Xcel Bowling](#) Llansteffan Rd, Johnstown, Carmarthen SA31 3BP (27 mins / 14 miles)
- [Llyn-y-Fran reservoir and visitor centre](#) Clarbeston Road, Pembrokeshire, SA63 4RR
- welsh crafts, cycle hire, mountain bike trails, archery, axe throwing, walking, adventure playground, Crazi-Bugz and climbing wall
- [Foxcombe](#) – air rifle and shooting range Manobier, SA70 7TN

Attractions for children – all ages

- Hanger 5, Haverfordwest, SA62 4BY (1 hour 7min/45 miles) (Soft Play and Trampoline Park)
- [Swimming pool at Llandysul](#) Calon Tysul, Heol Llyn y Fran, Llandysul, Ceredigion, SA44 4HP
- [Carmarthen Leisure Centre](#) (and pool) Llansteffan Road, Carmarthen SA31 3NQ
- [Laser Station](#) (over 7's) Bridge Wharf, Station Approach, Carmarthen SA31 2BE

Shopping

- Llandeilo (40 min / 23 miles)
- Narbeth (52 min / 33 miles)
- Llandysul (food, shopping, kayaking) (13 min / 6 miles)
- Lampeter (food, shopping) – (24 min / 12 miles)
- Newcastle Emlyn (food, shopping) (26 min / 13 miles)
- Carmarthen (food, shopping) – (22 min / 12 miles)
- Llanybydder (food, shopping, horse fair) (12 min / 6 miles)
- [Carmel Pottery](#) Bryn Carw, Llandeilo Road, Carmel, Llanelli SA14 7SE
- [The Welsh Quilt Centre](#) Town Hall Lampeter SA48 7BB (25 min / 13 miles) – also at Jen Jones Quilt Centre, Pontbrendu, Llanybydder SA40 9UJ (18 min / 8 miles)

Walking

- Facilities at Cambrian Cottages
 - Boot scrapes and washdown hose for cleaning boots
 - Store and dry your wet clothes, rucksacks and boots in the heated laundry at the end of the barn
- Popular walks
 - Brechfa forest (15 minutes / 4.5 miles) see yugenexplore.com
 - Talley Abbey see komoot.com

- Cenarth Falls (30 mins / 12 miles)
- Mwnt (52 min / 27 miles)
- [Pembrey Forest](#) – one of Britain's rare sand dune forests
- [Pen-y-Bedd Wood](#) Easy to find woodland near Carmarthenshire coast
- [Carmel National Nature reserve](#)
- For other suggestions on walking routes visit discovercarmarthenshire.com
- Local walking organisations include carmarthenramblers.org.uk and ramblers.org.uk
- For a map of all the local (and regional) rights of way see prow-carms.esdm.co.uk
- Nearest outdoor equipment stores
 - Outdoor kit 4 U 1 Wilkes Head Square, Pontwelly, Llandysul SA44 4AA
 - Cotswold Outdoors Unit 5, & 5A, St Catherine's Walk, Carmarthen SA31 1GA
 - Trespass 15 Red St, Carmarthen SA31 1QL

Cycling / e-bikes / mountain biking

- Easy access from Carmarthen (12 miles/ 24 min)
- Close to National Cycle Network Route 82 – Glanrhyd, Llanfihangel-ar-arth (5 miles)
- Facilities at Cambrian Cottages
 - Hose to wash down bikes and outdoor clothing
 - Lockable, secure and undercover bike / pannier store
 - Emergency cycle and puncture repair kit available
 - Pre-ordering of food available by arrangement – have your online Tesco or Asda order delivered here and we will put in your apartment or we can pick up some basic items on behalf and add this to your bill
- Nearest cycle hire and cycle repair/spare shops
 - Raymond's Bike Shed, Brodeg, Well St, Llandysul SA44 4LA 07525 270437
 - Bikewise and run, Church Street, Lampeter SA487EG 01570 640070 (also has facilities for e-bike hire)
 - Beiciau Hobbs Bikes Old Station Rd, Carmarthen SA31 2BD 01267 236785
 - Nearest e-bike hire – Brechfa Forest Bikes at Abergorlech 07340 311695. Available to anyone over 14.
- [Hafod Trails](#) – bike park with uplift – opening soon! Llansawel SA19 7PH (24 minutes / 11 miles)

- Brechfa forest (15 minutes / 4.5 miles) see [komoot.com](https://www.komoot.com). A large area of forest with fire roads for walking or riding mountain bikes. There are some dedicated and maintained sign posted mtb trails and some off piste mtb trails dug by locals
- [Hidden Routes](#) e-mountain bike tours, Newport Pembrokeshire SA42 0SY. Taster, half day, full day etc. including bike hire. Min age 14 (57 min, 32 miles)
- www.strava.com Cycling routes around Brechfa
- [Local MTB Group](#)

Courses

- [Dryad Bushcraft and Wilderness Centre](#) Park Woods, Parkmill, Swansea (1 hour 11 minutes / 45 miles) SA3 2EH 01792 547213
- [Found and Seek](#) Blacksmithing courses, arts and crafts, 51 King St, Carmarthen SA31 1BH
- [Pheonix Forge](#) Blacksmithing courses, Mile End Farm, Trevaughan, Carmarthen, SA31 3QL
- [Y Sied Goffi](#) Cookery school and café Unit 8, St Catherine's Walk, Carmarthen SA31 1GA
- [Siramik](#) Pottery courses, Llanclynadda, Alltwalis, Carmarthen, SA32 7DY

Cinemas

- [Vue Carmarthen](#) Unit B, St Catherine's Walk, Carmarthen SA31 1GA
- [Cross hands community cinema](#) Carmarthen Rd, Cross Hands, Llanelli SA14 6SU

Golf

- [Carmarthen Golf Club & Driving Range](#) (18 hole course) Blaenycloed Road, Carmarthen SA33 6EH
- [Derllys Court Golf Club](#) (18 hole course – visitors welcome) Derllys Court, Llysonnen Road, Carmarthen SA33 5DT
- [Cardigan Golf Club](#) (18 hole course – visitors welcome) Golf Club road, Gwbert, Cardigan SA43 1PR
- [Machynys Peninsula Golf & Premier Spa](#) Nicklaus Ave, Llanelli SA15 2DG

Other

- [Centre for Alternative Technology](#) Machynlleth, Powys SY20 9AZ
- [Wild Spirit Canines](#) – assistance dog training, Maesdref, Pencader SA39 9HL