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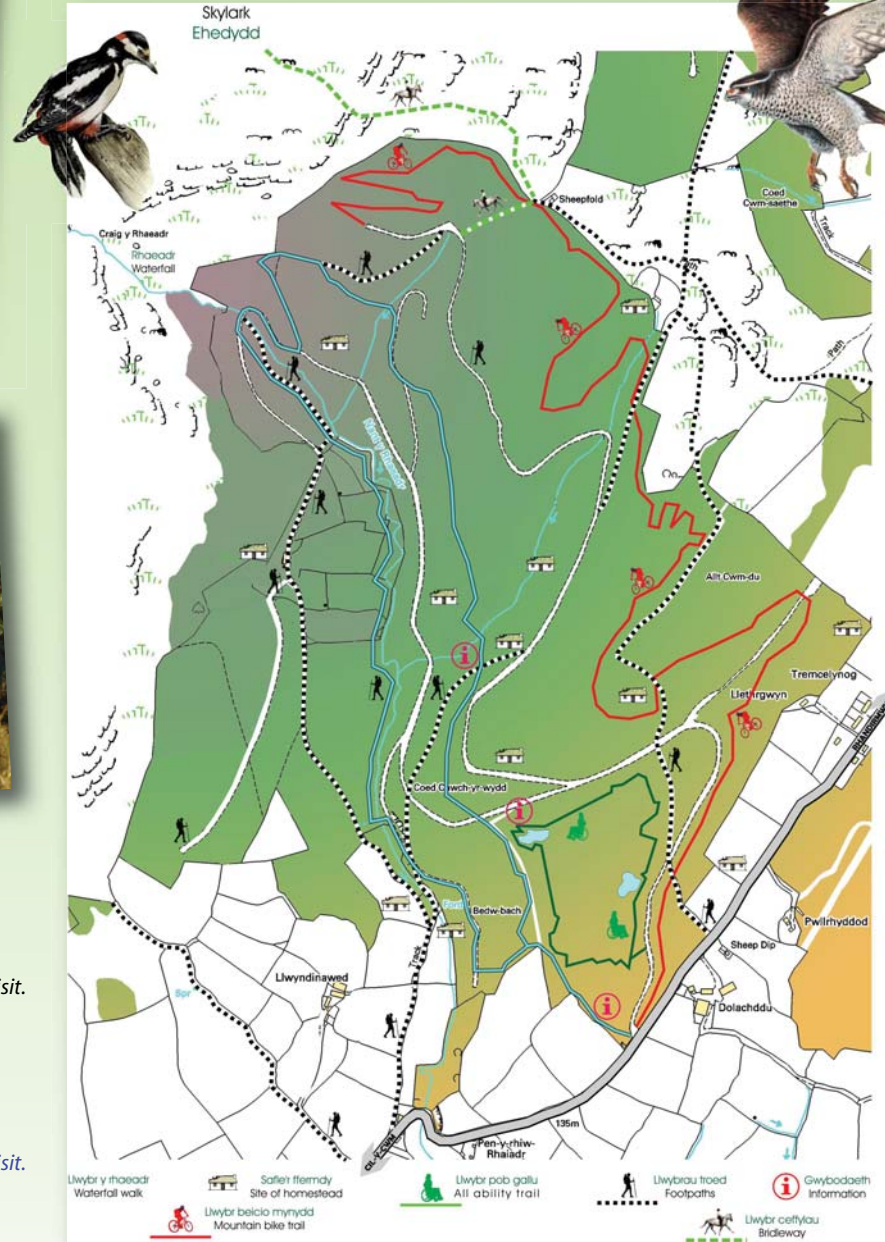


If you visit Cwm Rhaeadr, always remember to follow the Country Code so that everyone can enjoy the countryside in safety. Always make sure you have appropriate clothing and footwear for your visit.

Cwm Rhaeadr is covered by Ordnance Survey Map Sheets XXXXXXXXXXXXXXXX.

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Ffyngau - Fungi



Blodau gwyllt Wildflowers



Bele - Pine Marten



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This project was funded by Cydcoed - Woods For All, a Forestry Commission Wales programme funded by the European Union and the Welsh Assembly Government.

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Carmarthenshire
Sir Gwynedd
Cil-y-cwm



Carmarthenshire's best kept secret
Cyfrinach gorau Sir Gyn

Cwm Rhaeadr

History & Wildlife

Hanes a Byd Natur

Rhywbeth i bawb Something for everyone

At Cwm Rhaeadr there's ample parking and trails suited to users of all abilities and interests.

The Waterfall Trail runs for 3.8km and there 2km of other public footpaths to explore. There is also an orienteering course.

Information panels and seats have been provided along the way.

A circular cycle trail, 6.7km long, for the keen mountain biker

A purpose built all-ability access trail, 1.2km long, connects the car park with 2 ponds.

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Cwm Rhaeadr is steeped in history. The remains of prehistoric burial cairns, dating back over 3000 years to the Bronze Age, dot the surrounding hills. There are Iron Age hillforts in the surrounding area and 2000 years ago the Romans built a road to the south of Cwm Rhaeadr, linking their fort at Landoverly to the gold mines of Pumsaint.

In medieval times this area was part of the commote of Mallaen, which has given its name to the great mountain above Cwm Rhaeadr. Mallaen was held by the Welsh princes of Dinefwr and was often a place of retreat and safety during nearly 200 years of conflict with the Normans who invaded the area in the 12th century.

In more peaceful times, the ancient oakwoods of Cwm Rhaeadr were favoured for pig-rearing and Mynydd Mallaen was settled and farmed. The remains of medieval houses and the ploughlands of medieval farmers can still be seen on the open mountain above Cwm Rhaeadr.

Sheep farming became the main activity of these hills in more recent centuries and continues to be so to the present day. Changes in agriculture in the last century mean that many deserted cottages and farms can be seen in Cwm Rhaeadr, reminders of the days when the rural population was much larger.

Cwm Rhaeadr is a haven for many species of wildlife and plants that are rarely seen elsewhere. From the elusive pine marten to the beautiful red kite, a range of delicate and beautiful wildflowers, mosses, ferns and fungi, there is much here for all who love the countryside to see and enjoy.

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Cwm Rhaeadr is one of Carmarthenshire's best kept secrets. Hidden away between the upper Tywi valley and the striking mountains of north Carmarthenshire, this is the perfect place for quiet contemplation or more adventurous outdoor activities. Whatever your taste, there is something for everyone in Cwm Rhaeadr.

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Location Map