

# WALKING IN CARMARTHENSHIRE

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This guidebook explores the coast, rivers, forest and hills of Carmarthenshire in south Wales. Thirty contrasting day walks, ranging from 2 to 10 miles in length, introduce the walker to this increasingly popular county for walking. Most are circular, but four are linear walks along sections of the Carmarthenshire Coast Path (CCP). Suitable for any time of the year, the walks vary in difficulty from short, easy walks to more challenging walks in open country.

The walks are organised into six loosely defined geographical areas covering the northwest of the county, the central region, the Cambrian Mountains and upper Tywi Valley, Y Mynydd Du (the Black Mountain), Carmarthen Bay and the southwestern coast.

Introductory notes are included on the area's landscape and geology, history and wildlife, along with useful advice on where to stay and how to get around. Route descriptions are accompanied by detailed maps, and information about the places and heritage encountered on the walks.

## Key marketing points

- One of the most varied and interesting areas of Wales
- Coastal, riverside, hill and mountain walking
- Within easy access from Bristol, Cardiff and most of the midlands and southern England

## About the author

Jim Rubery is a very keen participant in outdoor pursuits, having spent his spare time over the years climbing, mountaineering, walking, skiing, canoeing and even dabbling with caving and sailing. Jim has a regular walking column, 'Rambling with Rubery', in Yorkshire Life, Cheshire Life and Lancashire Life magazines. It is from his researches that his love of historical places has grown.

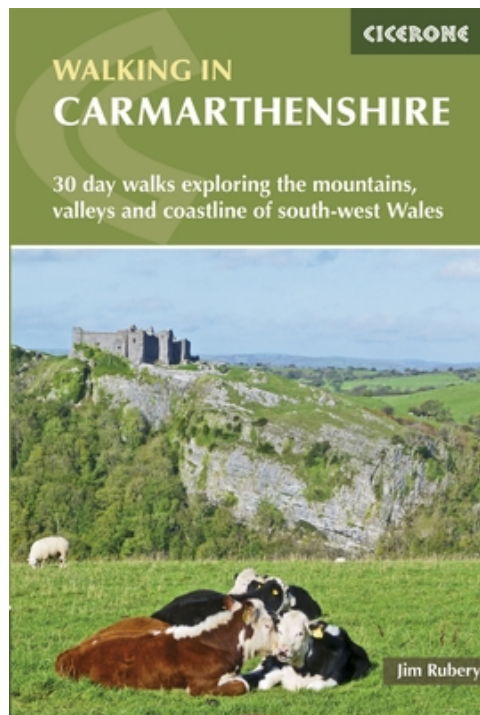
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