



To Find:

At the roundabout in Ffairfach, south of Llandeilo on the A483, take the turn marked Tregib School. After the railway bridge, turn right following signs for Carreg Cennen. After approximately 0.75mile/1km turn left down a No Through Road. The entrance to the wood is a gate on the left about 600yards/500m further on.



Pied flycatcher

Facilities:

Llandeilo has pubs, cafes and shops whilst the nearest TIC is in Llandoverly.

Coed Tregib (Woodland Trust)

Location : Llandeilo

Distance : ¾mile/1km, ½hour walk

Overview:

A broadleaf wood, notable for its rich plant and wildlife. There is one main ride into the wood from the entrance gate from which a network of minor paths branch out. Owing to the boggy nature of the ground in winter and lush plant growth in summer, walking along some paths can be difficult at times. As a result the wood is best for spontaneous wandering while appreciating nature's sights, sounds and smells.

Nature Notes:

Coed Tregib is a testament to the resilience of nature. Most was clear-felled during the First World War, but it has regenerated to form a habitat that is almost as rich as that found among the oldest trees (which grow mainly along the boundaries). Over 100 plant species and animal rarities such as dormice have been recorded here and it is a Site of Special Scientific Interest (SSSI).

In common with most woods in the National Park, oak and ash are dominant in drier areas

Rich Woodland Flora

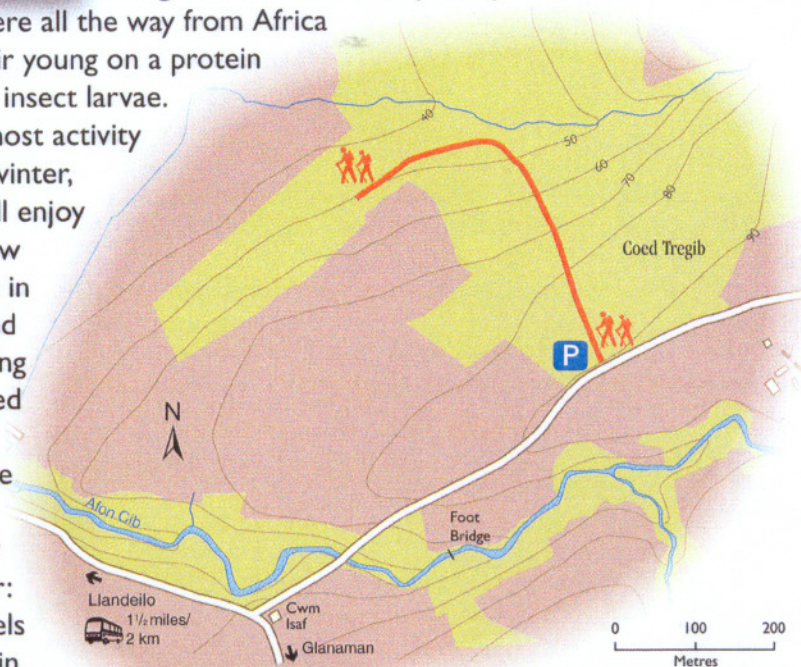


while the wetter areas have large patches of alder. It also contains large sections of hazel coppice. The trees here are cut back to near ground level every 10 to 15 years. This lets light reach the ground, allowing woodland flowers like primroses and bluebells to thrive. The hazels quickly regenerate, sending up vigorous new shoots that are a particularly good food source for insects. These in turn attract migrant songbirds like warblers, pied flycatchers and redstarts

which fly here all the way from Africa to feed their young on a protein rich diet of insect larvae.

Although most activity dies off in winter, children will enjoy finding fallow deer tracks in the soft mud and searching for discarded hazelnut shells. These give away the identity of the diner: grey squirrels split theirs in two, wood mice break in through rough holes, while dormice leave a neat circular entrance.

Although red kites rarely enter the wood, this magnificent fork-tailed raptor is relatively common in the western half of the National Park and can be seen soaring effortlessly above the wood and over local fields as it scours the ground for carrion, worms and voles.



Primrose