



Aberaeron

Tregaron

**Llanbedr Pont Steffan
Lampeter**

**Llanwrtyd
Wells**

Cwm Rhaeadr

Rhandir-mwyn

Cil-y-cwm

*Forest
Brechfa
Forest*

**Llanymddyfri
Llandoverly**

Abergorlech

Byrgwm

Brechfa

**Caerfyrddin
Carmarthen**

Llandeilo