

Knighton Nature Walk

**Start and finish at the Offa's Dyke Centre
West Street Knighton LD7 1EN**

From the centre turn left down West Street, pass the library, and turn left at the clock tower into Church Street. Continue to the far end.

St Edward's churchyard

Old areas of meadow with flowers like balck knapweed and ox-eye daisy. Ivy clad walls attract holly blue butterflies and a variety of hoverflies and bees.

Turn right down Church Road and left at the bottom into Station Road, then right into the Station yard just before the bridge.

Knighton Station, Heart of Wales line

Great place for reptiles like slow worm which can be seen as you walk towards the centre of town (if you look carefully!) Knighton is also home to the great crested newt and adder.

Cross the bridge and turn left into Kinsley Road. In about 150m (opposite "Gillow") take footpath on the right into Kinsley Wood. Climb the steps, the path leads left then sharp right by a telegraph pole. The path leads back, parallel to the road then bearing left, and climbs steadily for 300m. Take the fork to the left then turn left onto the track. In about 200m reach the picnic area on the left where there are good views over Knighton.

Kinsley Wood

Foxgloves and mullein abound in forest clearings. Look out for adder basking in sunny glades.

Continue on the track for 100m then take the path on the left by a small oak tree. Walk downhill for 200m, a larch plantation on the right, and follow the path into an oak wood. The path curves right then left and leads to a stile: cross and continue to the waypost in front. Here you join

the Offa's Dyke Path, turning left and downhill.

In 150m cross lane and continue towards the river. Cross the railway line and then the river by the footbridge, and turn left along the river bank.

River Teme

You can see dipper and sand martin in the summer. Home to wild brown trout and little bullhead fish. The clean water of the upper Teme also support freshwater pearl-mussel (very rare) and native white clawed crayfish.

Follow the river for 400m and through 3 kissing gates. Among the trees (and just past the "Welcome to Wales" sign) the return path to Offa's Dyke Centre is on the right.

Walk length 2.2 miles

Ascent 500ft.

Time about 2 hours.

