

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 take footpath to the right into Kinsley Wood. Climb steadily for 300m then turn left onto the track. Good views over Knighton to the left. In 100m fork right onto footpath and follow for 500m, crossing a track, to the summit of the wood.

Kinsley Wood

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

Turn left and walk downhill for 200m, crossing a track, then bear right following path. In 200m join the Offa's Dyke Path turning left. 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 the return path to Offa's Dyke Centre is on the right.

**Walk length 2.2 miles
Ascent 500ft.**

