

## LOCAL INFORMATION

### **Aberfforest**

Please have a look at the sketch map and aerial photograph to find out where you are, for and how to get down to the beach or the woods. We suggest you might like to accompany the children on their first expedition to the waterfall. The path can be slippery, and is steep in places. You may need wellies to cross the stream and stepping stones if it has been raining.

Please do not go into the tractor shed or any other private property on the yard.

**Aberfforest Beach** is about 150 yards away. You can get there either via the main track or through the forest.

To reach the beach, just walk across the courtyard, and bear left past the front of the pale blue house (Aberfforest House). Then keep left to follow the private track to the gate, and down **to the beach**.

Aberfforest Beach is virtually private, with public access only from the coastal path. Vehicular access is restricted to local residents and guests. Should you require vehicular access for disabled guests, or to transport water craft, then please let Coastal Cottages know in advance. Alternatively you can contact the landowner - Mike Hughes - at Aberfforest Marine (The large green and blue house). The track is only suitable for 4x4s.

To access the **forest and waterfall**, walk straight across the yard and uphill a short distance to the telegraph pole. Turn right here, following the finger post, and follow the path down the steps. Then follow the path and cross the stream at the top of the waterfall. (You might need to paddle here if there has been rain recently). Follow the steep and muddy path down beside the waterfall, and continue along beside the stream and over the stepping stones to follow the path to the beach. The path can be quite slippery so do wear appropriate footwear.

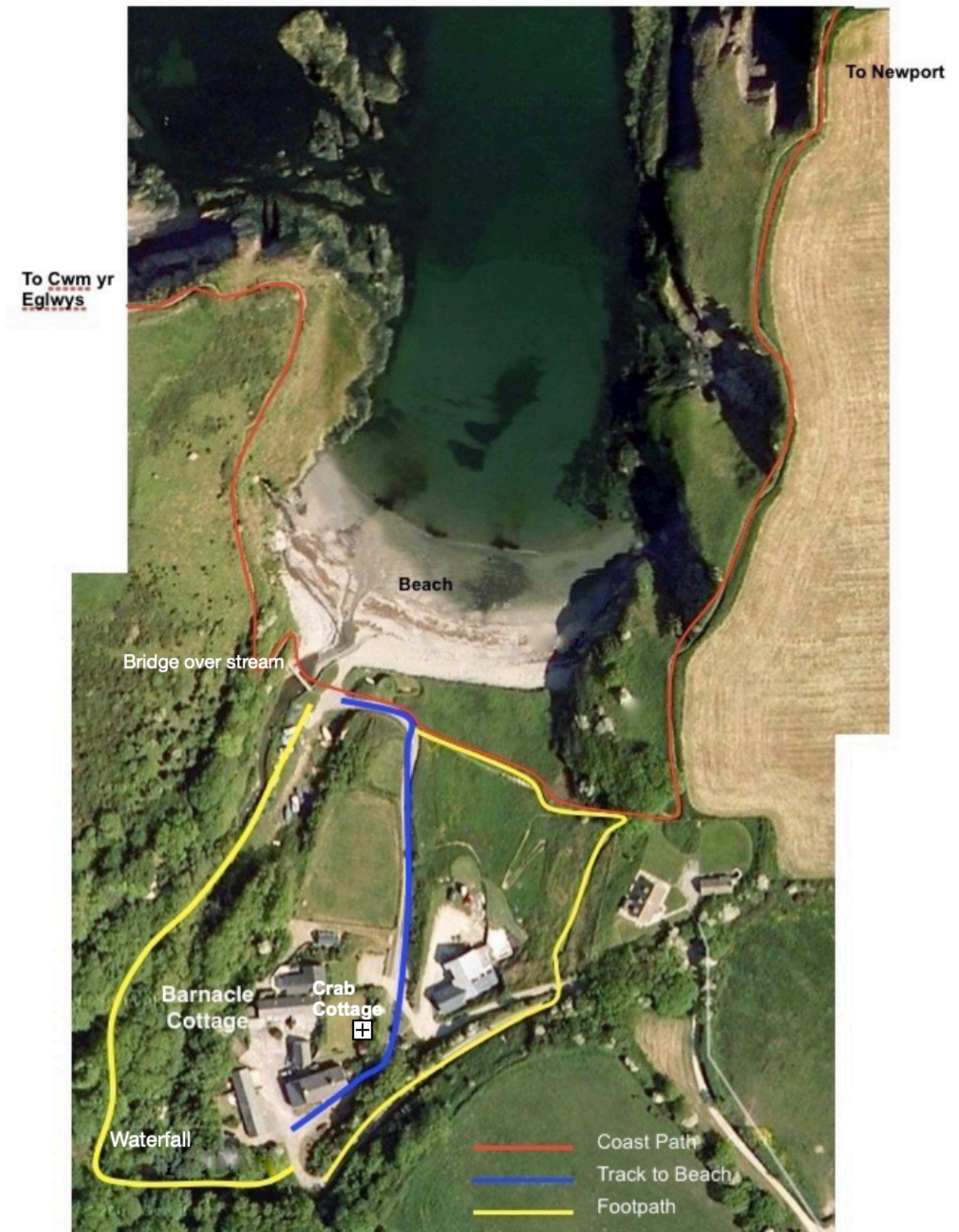
### **Walks / Beaches**

The whole of this area is a walker's paradise. The Pembrokeshire Coastal Path goes across the top of Aberfforest Beach, and runs for 185 miles, from Poppit, 17 miles north of here, to Amroth on the South Coast. You will find more details of walks in the brochures and books collected in the cottage, on the maps provided, and in digital form attached to this document, but below are a couple of recommendations.

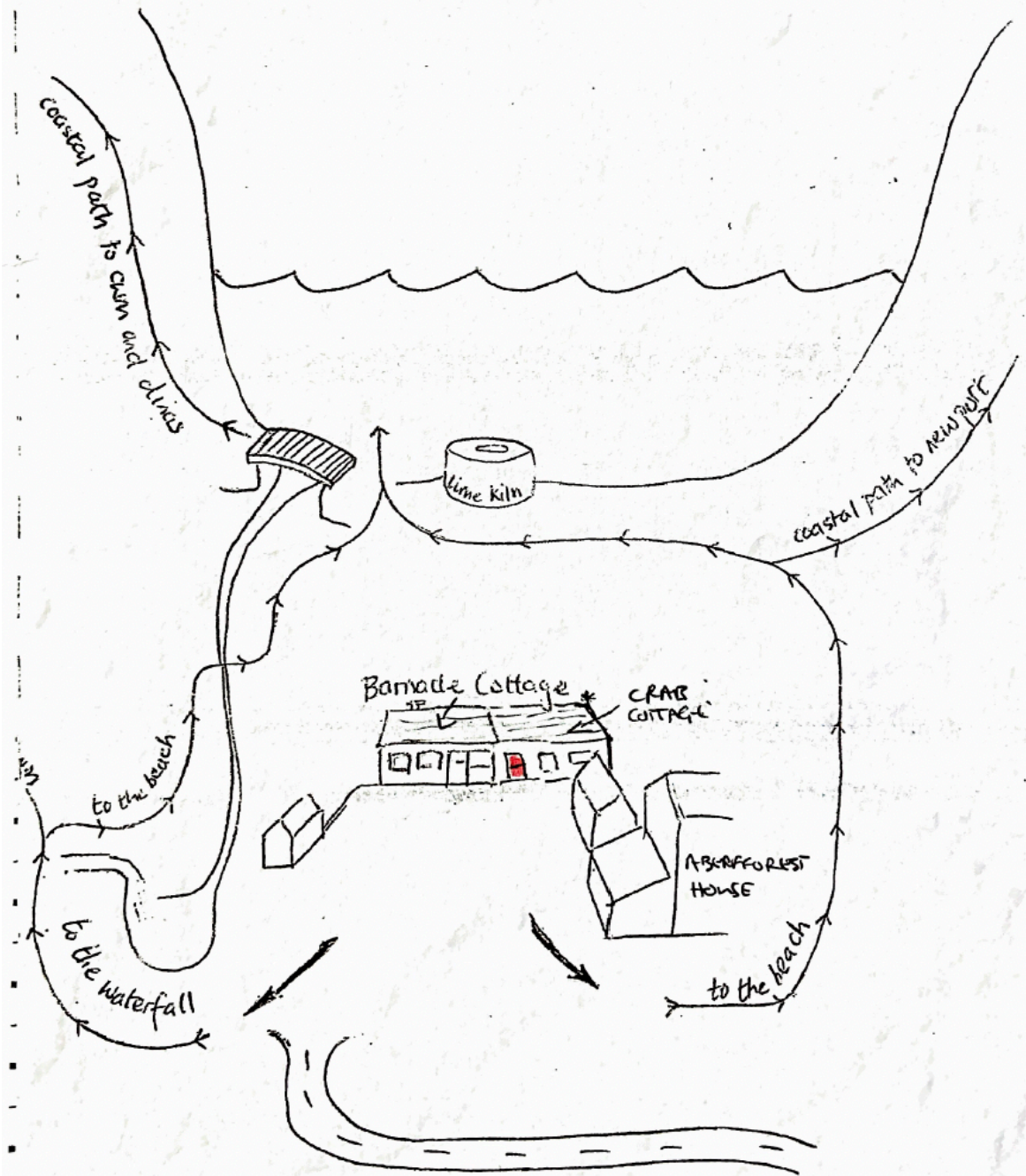
Please be aware that the coastal path passes very close to the cliffs in many places. These cliffs are often steep and exposed. **PLEASE TAKE GREAT CARE** and in particular take care with pets and small children who will be unable to appreciate the potential danger.

**Cwm-yr-Eglwys** ('koom-er-egg-lewis') is about a mile west of here and is a very popular beach, but has poor vehicular access via a steep and narrow lane, and worse parking, especially in the school holidays. It is very pretty and well worth a visit, and just a 20 minute walk away, along the coast path. The famous ruined church of St Brynach's sits just next to the beach and there is usually an ice cream kiosk there in summer months. Just turn left at Aberfforest beach, cross the bridge, and follow the coastal path. Be aware that the path is steep and irregular in places and that there are **sheer cliffs**, so **take extra care** with children and pets on this path. When you reach a road turn right and wind down into the bay. The sandy beach here is very popular, but be aware that it is very small / non-existent at high tide.

## Aberfforest - Aerial view and map.



# Aberfforest





MAP OF ABERFFOREST, DINAS HEAD AND DINAS CROSS

### **Dinas Head / Dinas Island.**

It is possible to extend your walk further from Cwm-yr-Eglwys, around **Dinas Head** ('deenas head'). This takes 1 to 2 hours.

There are spectacular sea views. Follow the coast path to Needle Rock, and on around the headland until you reach the trig point overlooking Fishguard and Goodwick Harbour. Then descend to the beach at Pwllgwaelod ('puth-gway-lod'). There is a cosy and welcoming pub / cafe right next to the beach here (The Sailors' Safety - 01348 811486).

Turn left at the bottom of the hill to follow a level tarmac path back to Cwm-yr-Eglwys.

Alternatively, for a longer walk, continue past the beach and follow the coast path to climb steeply above Pwllgwaelod, then turn left along a grassy path (there is a handy bench here, where you can sit to admire the view, and get your breath back!) Then follow the road uphill to Bryn Henllan, where you can pause for refreshments at the David Light Gallery and tea room. Follow the road and then footpath left and 'cross country', past the Dinas Country Club and Holiday Park. The track then leads to a footpath through the woodland, back to Aberfforest.

There are also some pretty short walks in the forest close to the cottage. These are especially nice in the early morning. Please see map.

## **Walk to Dinas.**

After crossing above the waterfall, instead of turning right towards the beach, keep straight ahead and climb upwards to follow the path alongside another stream. When the path splits, keep right and follow the stream through the woods, along the edge of a field, and over two small stone bridges. There is a stile just after the second bridge, and from here you can either retrace your steps, or walk up through the field to the main road. Turn right and walk alongside the main road for a few hundred yards to the Freemasons Arms, Môr Ffres (Fish and chips), the fuel station and Londis.

## **Walk to Dinas / Bryn Henllan.**

Walk down to the beach, over the bridge and keep left. Walk gently up hill following the stream below, to your left, until you reach the nature reserve and Tai Bach. Follow the track, uphill until you reach the road. Here you have three choices;-

1. Turn left towards Dinas to meet up with the main road and path described in Walk 1 above.
2. Turn right towards Cwm Yr Eglwys and the Pembrokeshire coast path home.
3. Continue straight on along the track, past the caravan park, towards the hamlet of Bryn Henllan. From Bryn Henllan, you can continue to Dinas Cross, Pwllgwaelod or Cwm Yr Eglwys. The David Light Gallery in Bryn Henllan (01348 811212) serves light refreshments and is well worth a visit.

## **Newport.**

If you are not familiar with Newport then a brief explanation is required. There are three areas. These are clearly shown on the map in the 'Walks' section at the end of the document.

1. **Newport town** is situated half a mile or so inland from the coast. There is a good selection of small shops including an excellent butcher / grocer, comprehensive hardware store, wholefood grocery, delicatessen and bakery, a clothing store, chemist, Spar supermarket and a few other nice shops. There are also a number of very good restaurants and cafes. Roadside parking is limited but there is a large pay and display car park on Long Street (turn left in the centre of the town). You can park free for 30 minutes in the spaces on the left as you enter the car park. The **Newport Tourist information Centre** is situated in the library just opposite the car park.

2. **Newport Parrog** is the local sailing and general boating centre, and the members only boat club holds races throughout the summer. Turn immediately left as you drive into Newport, before the first pub, signed to Parrog. There is a small car park overlooking the estuary and a pleasant level path, with stunning sea views to follow along the water's edge.

You can walk to Parrog from Aberfforest by turning right at the beach and climbing the steep coastal path up through the trees and along the top of the cliffs. You will pass across another beautiful unspoilt rocky beach and small stream at Aberrhigian before climbing back up, and then walking down along the path to Parrog. It takes about 45 minutes (one way) to reach Parrog. From here you can walk up into the town of Newport - this will take another 15 minutes or so.

**3. Newport Sands - Traeth Mawr** - is on the far side of the River Nevern, with lovely views across the bay to Dinas Head. To reach it, turn left after The Golden Lion pub at the far end of Newport, cross the bridge, and follow the signs to the Golf Club. There is a large car park here overlooking the beach, and a great beach cafe/ice cream shop (Caffi Mawr) that is open every day 11-5 'weather permitting'.

Alternatively you can park near the bridge and walk along the coastal path, through the dunes to the beach (about 20 minutes). The beach is vast and beautiful - lots of sand and ideal for beach games and surfing.

[www.newportpembs.co.uk/articles/newport-pembrokeshire-traethmawr.php](http://www.newportpembs.co.uk/articles/newport-pembrokeshire-traethmawr.php)  
<https://www.visitwales.com/destinations/west-wales/pembrokeshire/things-do-newport>

More local walks and attractions can found by clicking on the link below. Some of our favourite walking routes are included at the end of this document. You might wish to consider downloading and printing off some of these routes before you arrive.

[www.pembrokeshirecoast.wales](http://www.pembrokeshirecoast.wales)

### **Beaches**

There are many other beautiful beaches in Pembrokeshire. Newgale Sands, Whitesands Beach and Broadhaven all seem popular with many of our visitors.

Mwnt and Penbryn are pretty National Trust coves just north of Cardigan.

A list of Pembrokeshire beaches with descriptions can be found here:-

<https://www.visitpembrokeshire.com/explore-pembrokeshire/beaches>

### **Tourist information centres**

**Newport National Park Tourist Information centre** - opposite the Long Street car park.

Open 10-1 Mon-Sat March to October

<https://www.facebook.com/newportinformationcentre>

01239 820912

[info@newportpembsinformation.co.uk](mailto:info@newportpembsinformation.co.uk)

<https://www.pembrokeshirecoast.wales>

**Fishguard Town Hall Visitor information centre** - 01437 776636 - (on the main square)

<https://www.visitwales.com/attraction/visitor-centre/fishguard-town-hall-tourist-information-centre-1834684>

## **SHOPPING**

### **Dinas Cross**

Close by for groceries go to the Londis store and post office at the Murco petrol station in Dinas Cross (5 minute drive - turn right at the top of the driveway to Aberfforest).

It is generally well stocked with the usual provisions alongside local organic meats, fruit and vegetables as well as bread and home produced cakes. They sell logs and kindling for the log burner. The shop includes an off licence and small post office. They are also extremely friendly and helpful.

The store is usually open early until late (7.30am to 9pm) but its worth checking if you are walking, or driving there after 6pm. 01348 811654.

### **Newport**

In the other direction there is a Spar in **Newport** (Market Street), along with a post office, an excellent butcher/ vegetable shop, a delicatessen and wholefoods shop, fishmonger, bakery and a pharmacy.

Havards is our fabulous community run traditional hardware store selling ironmongery, pet supplies, beach goods as well as home and kitchen wares.

There is also a lovely clothing store called Elements, and several good quality independent shops selling gifts, toys, homeware, stationery, local art and crafts.

### **Fishguard**

There is a Co-operative supermarket in **Fishguard** (on the route towards Haverfordwest) and a Tesco Express in **Goodwick**.

In Fishguard there is also the Nourish Bakery for wonderful fresh bread and bakes, and Mannings Grocery or the Gourmet Pig for more unusual and local produce.

There are also a couple of nice gift shops, adult and children's clothing & toys, a haberdashery, health food store, post office, chemist, several good cafes and a great little bookshop called Seaways.

For bigger shops you will need to go to Haverfordwest or Cardigan.

## **EATING AND DRINKING - LOCAL RESTAURANTS, PUBS AND CAFES**

### **IN NEWPORT**

**Blas at Fronlas**, Newport 01239 820065. <http://blasatfronlas.com>. Very popular with locals and visitors alike. Thoroughly recommended for breakfast or lunch or afternoon tea, or anytime in between!

**Tides Kitchen and Bar**, Newport. 01239 820777.

<https://www.facebook.com/marketstreetnewport/> Great seafood restaurant and cafe - does good breakfasts. Also delicatessen selling fresh fish and baked goods. Closed on Mondays.

**Llys Meddyg** Hotel and Restaurant, Newport 01239 820008. <http://www.llysmeddyg.com>

[www.llysmeddyg.com](http://www.llysmeddyg.com)

Delicious garden fresh and locally sourced food for a special treat.

**PWNC** cafe, Newport. One of our personal favourites - healthy and tasty fare, and a warm welcome regardless of what state your boots or pets may be in! Be prepared to squeeze in close together as its quite compact - but very friendly!

01239 820100 <https://pwnc.co.uk>

**The Canteen**, Newport 01239 820131 <https://www.thecanteennewport.com>. Original selection of different pizzas and other food - eat in or take out.

**Morawelon** cafe at Newport Parrog 01239 820565

<https://www.campsite-pembrokeshire.co.uk/restaurant-and-cafe>

Good straightforward cafe/tearoom with sea views.

**Cat Rock Cafe** at Newport Bay (part of the golf club) 01239 820244

<https://www.catrock.co.uk> Breakfasts, lunches, cakes and coffee - with a breathtaking view over the bay.

We recommend all of the pubs in Newport. They are all different and have their own charm.

**The Golden Lion** 01239 820321 <https://www.goldenlionpembrokeshire.co.uk>

**The Castle Inn** 01239 820742 <https://www.castleinnpembbs.co.uk/index>

**The Royal Oak** 01239 820632 <https://www.theroyaloaknewport.co.uk>

**Newport Shellfish Co** - open at weekends in peak season. Fish and chips as well as crab / lobster. 01239 821082.



## **IN DINAS CROSS / PWYLLGWAELOD / BRYN HENLLAN**

**Môr Ffres** - Fish and Chip shop in Dinas Cross, on the left as you go towards Fishguard. Open Tuesday to Saturday 5-8.30pm. 07546 357194.

**Cafe Croeso** - in Tabor Chapel Vestry. 07968 000807. Popular cafe serving great home cooked food and cakes - and selling local produce - just off the main road in Dinas Cross.

Lots of space and is dog and child friendly.

**Freemasons Arms** - Pub next door to the fish and chip shop - very friendly owners. <https://freemasons-arms.business.site>. 01348 811674

**The Sailors' Safety** beach side bar and restaurant in Pwllgwaelod is right next to the beach, has a cosy interior and an outdoor area with great views. (Turn right at Dinas Cross, and follow the road down not the sea, or walk the coast path via Cwm-yr-Eglwys). Current opening times are 12-8pm Wednesday to Sunday. Dogs welcome in the bar but not in the restaurant).

01348 811486 or via Facebook or Instagram the.sailorssafety

**David Light Gallery** 01348 811 212 - just down the hill at Bryn Henllan - friendly and relaxed art gallery, with indoor and outdoor seating, serving teas and light lunches. Dogs welcome.

## **IN FISHGUARD TOWN**

**Mannings Grocers** - specialist food shop and cafe - 01348 874100. Fabulous cakes and local produce.

**The Gourmet Pig** - <https://www.gourmetpig.co.uk> - 01348 874404 - Delicatessen selling great local fare. Also serves good coffee and light lunches.

**Cove Corner Cafe.** Always a warm welcome and great coffee. Market Square, Fishguard 07534473577

**Ffwrn** Restaurant, Bar and Events venue, 6 Main Street, Fishguard 07904 001011

**Red Onion Garden Cafe** - just outside Fishguard. Freshly baked cakes and good coffee or light lunches. Also themed evening meals. 01348 874034

**Hooked@31**, Fish and chip shop - 31 West Street Fishguard 01348 874657. [Hooked@31.co.uk](https://hooked@31.co.uk). Order online and then click and collect. Excellent, but only open on 'pop up days'. Check website

## **IN FISHGUARD LOWER TOWN**

**The Yacht Club Cafe**, Lower Town Quay, Fishguard. SA65 9NB. 07496 283505. Small and friendly cafe, serving fresh locally caught seafood, overlooking Lower Town Harbour. Great coffee and cakes, as well as excellent breakfasts and lunches. They have a Facebook page but no website. Open every day over the summer months (until end of September) 10am - 4pm.

**The Ship Inn**, Lower Town - 01348 874033 Fantastic little traditional pub close to the quay. Very welcoming to dogs and humans! (Cash only).

**Further afield...**

## **NEVERN**

This little village is well worth a visit as it has a historic church and castle, and a pretty bridge crossing the river. There is a beautiful woodland riverside walk here along a permissive path from the Iron Bridge at Newport.

**The Trewern Arms** is a popular family pub serving meals.

**Temple Bar Cafe and Farmshop** is the pink building on the main road a few miles east of Newport at the turning to Nevern. The owners grow and sell excellent produce in their Farm Shop and serve innovative and delicious 'farm to table' lunches and cakes. (Only open Friday / Saturday / Sundays. No reservations. Closed in winter).

## **CARDIGAN**

**Crwst** (01239 611278) is a bakery, delicatessen and cafe that offers 'all things brunch, pastries and coffee'. Best to book a table.

**Stiwdio3** craft cafe and takeaway - 01239 758088 [www.stiwdio3.cymru/](http://www.stiwdio3.cymru/)

**Pizza Tipi** - outdoor riverside courtyard serving stone baked pizza. 01239 612259.

**Yr Hen Printworks**, Carriers's Lane, Cardigan. 01239 612646

For a special dinner try this relaxed and welcoming Michelin accredited restaurant. It offers a delicious menu of 'small plates' created using local ingredients.

**PORTHGAIN** is worth a visit.

There is a great coastal walk from Porthgain to Abereddy and the famous Blue Lagoon.

**The Sloop Inn** - Very popular seaside pub with good local walks 01348831449

<http://sloop.co.uk>

**The Shed** - Fabulous fish & chip bistro next to the harbour - [www.theshedporthgain.co.uk](http://www.theshedporthgain.co.uk) - 01348 831518

## **LETTERSTON**

**Something's Cooking**, Letterston, on the road to Haverfordwest, you can get world famous award-winning fish and chips (as well as other great fish dishes) - 01348 840621.

<https://sites.google.com/view/somethingscooking/home>

## **ROSEBUSH**

**Tafarn Sinc** at Rosebush. Also recommended - the famous community owned pub.

01437532214 - [www.tafarnsinc.co.uk](http://www.tafarnsinc.co.uk)

## **GWAUN VALLEY**

**Bluestone Brewery and taproom** - open Friday and Saturday afternoons

**Dyffryn Arms**, Pontfaen - for a unique experience visit 'Bessies' in the Gwaun Valley - which has remained unchanged for nearly a century... <https://undiscovered-wales.co.uk/2020/09/04/the-dryffyn-arms-in-cwm-gwaun-a-pembrokeshire-boozer-not-much-changed-in-a-century-or-more/>