

Exploring the Pembrokeshire Coast.

There are dozens of beautiful places to visit and trails to walk along in this area. Some are described below but this website is a useful resource.

<https://www.pembrokeshirecoast.wales/web-walks/>

This page of the website offers links to a number of 'Web Walks' which can be downloaded to provide clear directions accompanied by an ordnance survey map. We have downloaded and printed a couple below (*) and have also listed some of our favourites for you to peruse. Alternatively, these maps and descriptions are available as printed sheets (for a few pence) from the Tourist Information Centre in Newport. Some are already printed and laminated for you at the cottage.

***Beddmorris / Aberfforest** (6 miles) walk from the cottage straight up into the Preseli Hills and be rewarded by spectacular open moorland views. Return through ancient woodland to a remote beach and along the coast path home.

***Carningli** (1 or 1.5 miles) - the mountain above Newport - a steep climb, but worth it for the breathtaking views.

Ceibwr to Pwll y Wrach / Pwllgranant / Moylgrove (0.7 to 4.3 miles several routes). A spectacular section of the coast path that takes you past the famous 'Witches Cauldron'.

Cwm Gwaun (5 miles) - beautiful and peaceful wooded valley that runs roughly parallel to the coast, a few miles inland from Dinas.

***Dinas Island** (3 or 7 miles) Probably our most popular walk - follow the coast path from Aberfforest to Cwm-yr-Eglwys, and around the rugged Dinas headland.

***Newport** (0.5 to 1.4 miles)— Several options here. Explore the historic town and maybe some of its pubs and cafes. Follow the level path along the Parrog and look out over the rock pools, estuary and beach. Alternatively follow the level path from Parrog, along the estuary; or start at Newport beach and walk a circuit over the golf course and in the dunes, following the estuary back along Newport Beach.

***Newport / Carningli** (3.5 miles) - Climb up from Newport to the top of 'Angel Mountain'.

Newport Parrog / Aberrhigian (3 miles) - the first section is a pretty and accessible coastal walk along a level path, before the path climbs steeply up to follow the coast path west to the remote and unspoilt beach and ancient woodland at Aberrhigian.

Pentre Ifan Wood (2-3 miles - plus a short road walk (or drive and park separately) to reach Pentre Ifan Burial Chamber) - explore the network of paths that meander through remarkable ancient forest, and wonder at the Pentre Ifan Monument

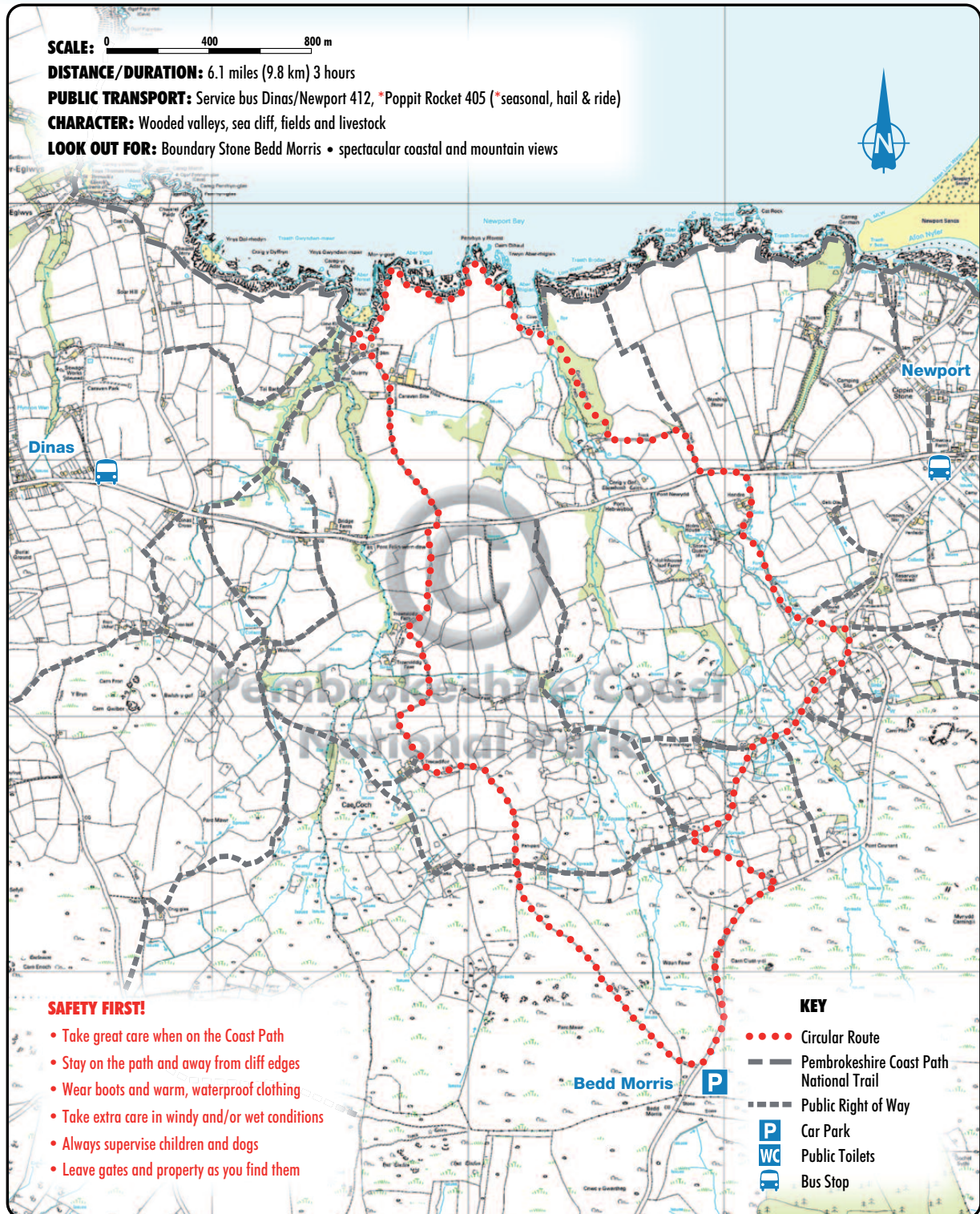
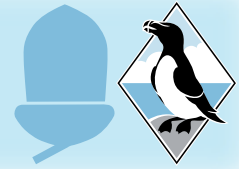
The Golden Road (7 miles) - a challenging but rewarding 'end to end' walk along the Preseli Ridge - only advisable in good weather.

Further South - Stackpole Head (4.9 miles) or Porthclais (3.4 miles).

Pembrokeshire Coast National Park

Bedd Morris/Aberfforest

Half Day + Walk



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Bedd Morris/Aberfforest.

Half Day + Walk

Duration: 3 hours

Length: 6.1 miles (9.8 km)

Public transport: Service bus Dinas/Newport 412,

Poppit Rocket 405 (seasonal, hail & ride).

Grid ref: SN040385

The Preseli Hills are the highest in Pembrokeshire, a tough ridge Ordovician shale and mudstone that has been compressed to form slate. In places there is also rhyolite and dolerite, the famous 'bluestone' that forms the inner ring of Stonehenge. The 'bluestone' is spotted dolerite -unique to the Carn Meini area.

This route takes you to an altitude of almost 300 metres (980ft) on Parc Mawr, where the jagged crags are reminiscent of Dartmoor's granite tors. In this northern corner of the range the Preselis seem to rise straight out of the sea and the route takes you quickly between open moorland to the coast. Most of this moorland is common land, owned by the Barony of Kemais but managed by commoners who graze cattle, sheep and ponies.

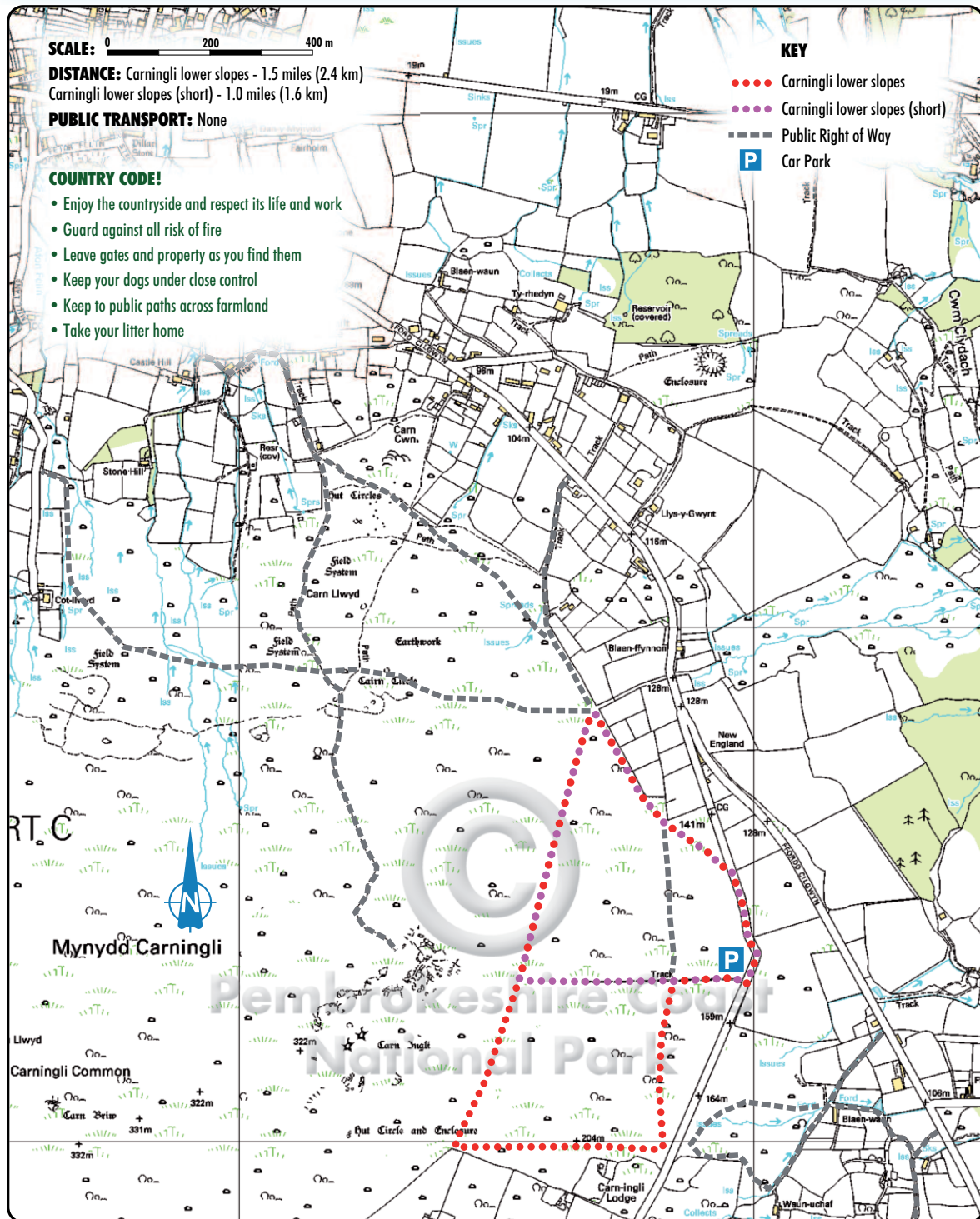
Much of the Preseli upland is boggy and the soils are acidic, allowing plants like fir clubmoss, liverwort, ferns and orchids to thrive. In late summer the warm pink of the heather adds rich colour to the landscape. The route passes close to one of the area's best-known landmarks, the standing stone known as Bedd Morris or Morris's Grave - one of 70 to be found in the county.

The impressive Bedd Morris stone is around two metres (six feet) tall and is thought to date from between 2,000-1,500 BC. It was possibly a marker to indicate the junction of two very ancient trackways across the Preseli Hills.

In much more recent times the stone has become the centre of local stories. One says that it marks the grave of a highwayman called Morris, who once preyed on travellers crossing the hills.

Also close to the route is Cerrig y Gof, standing stones that are the remains of a Neolithic burial chamber between 4,500 and 5,500 years old. The stones stand close to the A487 on private land but the owner allows access - do remember to close the gate.

Short Walks



Carningli

Short Walks

Character: Obvious moorland paths, great views, some minor road walking.

Public transport: None.

Carningli lower slopes - Distance: 1.5 miles (2.4 km)

Carningli lower slopes (short) - Distance: 1.0 miles (1.6 km)

Grid ref: SN068376

No stiles or steps. Uneven natural surface, gradients.

From car park walk back down road and at fingerpost turn left, in direction of finger, and walk up narrow path.

At fingerpost continue more or less straight on. Where path forks, take either path (they merge further on) and aim for fingerpost in distance.

At fingerpost turn sharp left on to path going uphill, to the left of the top of the mountain. Stay on obvious path, ignoring smaller side tracks (although this is access land and you could wander at will).

In places where the path seems to fork, always take the larger of the two paths.

On reaching a crossing with path going down to car park, continue straight ahead (yellow arrow on stone) on path, staying more or less level now.

On reaching a fence, turn left on to downhill path.

Just before reaching road, turn left at fingerpost and at waymark post turn right back down to car park.

Alternatively, just walk directly up hill from the parking area to reach the summit and return by the same route.

Dinas Island

LOOK OUT FOR: Views • high cliffs on Dinas Head

- Take great care when on the Coast Path
- Stay on the path and away from cliff edges
- Wear boots and warm, waterproof clothing
- Take extra care in windy and/or wet conditions
- Always supervise children and dogs
- Leave gates and property as you find them

- Circular Route
- Pembrokeshire Coast Path
National Trail
- Public Right of Way
- Car Park
- Public Toilets
- Bus Stop



Dinas Island

Half Day + Walk

A fascinating walk along an island - that isn't an island....

Duration: 3 hours 30 minutes.

Length: 7.0 miles (11.3 km)

Shorter circuit of Dinas Head 3.0 miles

5.0 km

Look out for: Views, high cliffs on Dinas Head.

Dinas Island isn't an island at all but a promontory partially detached from the mainland. It was formed by the same Ice Age melt-water that formed the Gwaun Valley further down the coast.

Dinas is famous on the West Wales coast for its birds, with ravens, chough and herring gulls, greater and lesser black backed gulls to be seen in the winter.

In summer razorbills, guillemots, fulmars and shag breed on the cliffs (a good spot to watch overlooks Needle Rock). Away from the cliffs there are stonechats and warblers. There are terrific views out to Newport Sands to the north, and inland to the Preseli Hills.

There's typical plant cover on the windswept cliff with gorse, bracken and bramble, scrubby trees of hawthorn, blackthorn and hazel, and small oak and ash where there is shelter from the wind.

You'll find many coastal wildflowers such as ling, scabious, thyme, heather, thrift, pennywort, foxglove, and orchids. Bluebells bloom in spring on the eastern slopes.

Witness the power of the Pembrokeshire weather at Cwm-yr-Eglwys - the church there was destroyed in the great storm of 1859.

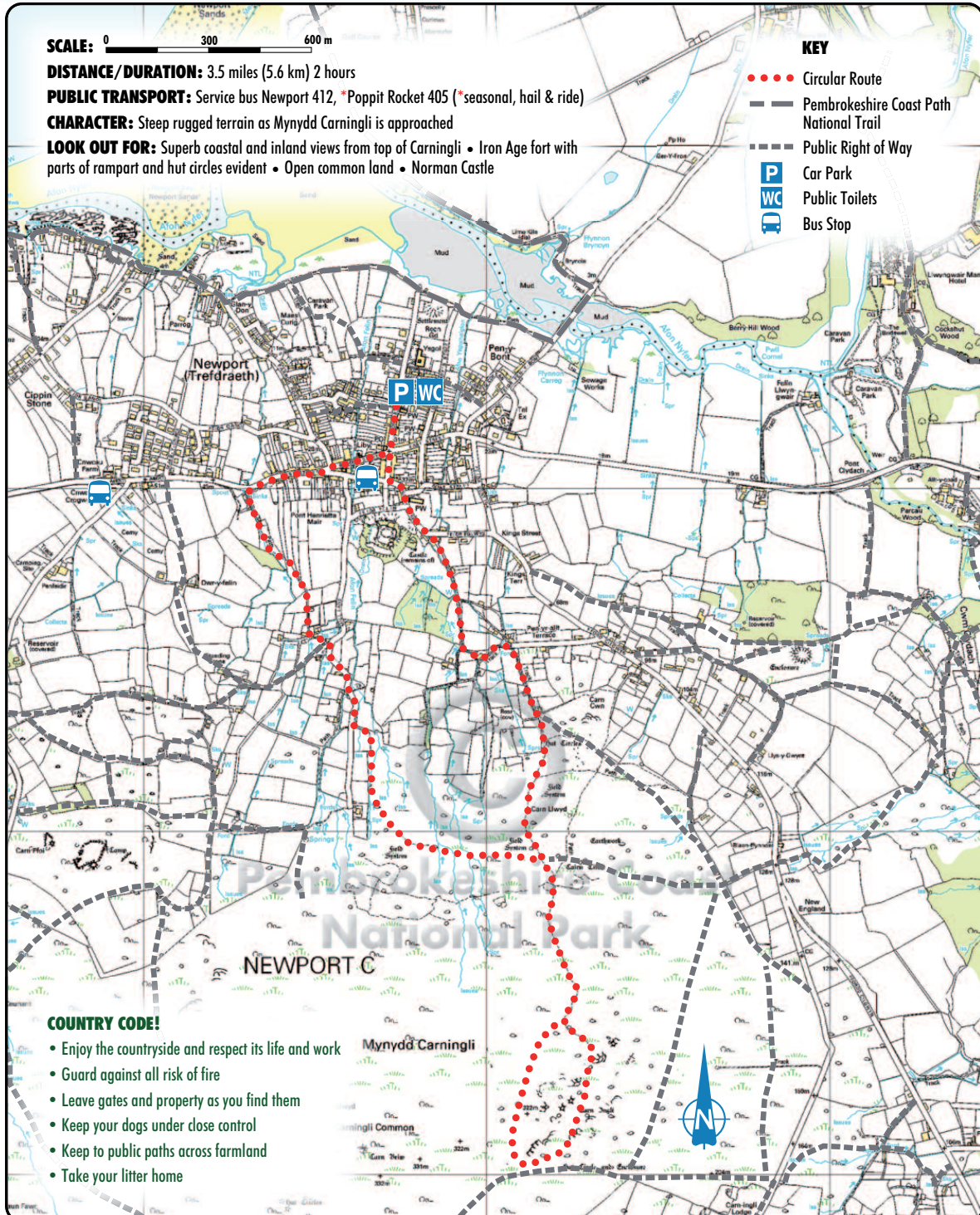
Geraint Harries, North Sector Senior Ranger for Pembrokeshire Coast National Park Authority, says: "In early summer Needle Rock is a good place for nesting seabirds. Among them you'll see razorbills, the bird that is the symbol of the National Park."

Character: Rugged coast , cliff edge, lanes, 1km minor road walking.

Pembrokeshire Coast National Park

Newport/Carningli

Half Day + Walk



Newport/Carningli

Half Day + Walk

The town's Welsh name, Trefdraeth, translates as Beach Town, but Newport actually boasts two beaches - the Parrog and Newport Sands - that are separated by the River Nevern

Duration: 2 hours

Length: 3.5 miles (5.6 km)

Public transport:

Service bus Newport 412,

Poppit Rocket 405 (seasonal, hail & ride).

Grid ref: SN056392

One of the most striking hills in Pembrokeshire, rocky Carningli is a brooding presence over the town of Newport. When the sun is setting, Carningli's profile against the red sky makes the hill look rather like the volcano it once was. Its hard dolerite rock is the solid core of cooled magma that was once the volcano's heart. Don't worry though, it last erupted around 450 million years ago.

Carningli translates as the Mountain of Angels. It may have been a holy site long before Christian times but since the Age of the Saints the hilltop has been associated with the Celtic St Brynach. Not a great deal is known about Brynach, who was a 6th century missionary. One of the few references to him describes him as a 'Son of Israel' and he is also said to have talked with animals and birds. Legend has it Brynach communed with angels, possibly at the top of Carningli.

Listen out for the song of skylarks and you may also hear the harsh nasal call of ravens. Carningli Common provides grazing for free-roaming sheep, cattle and ponies.

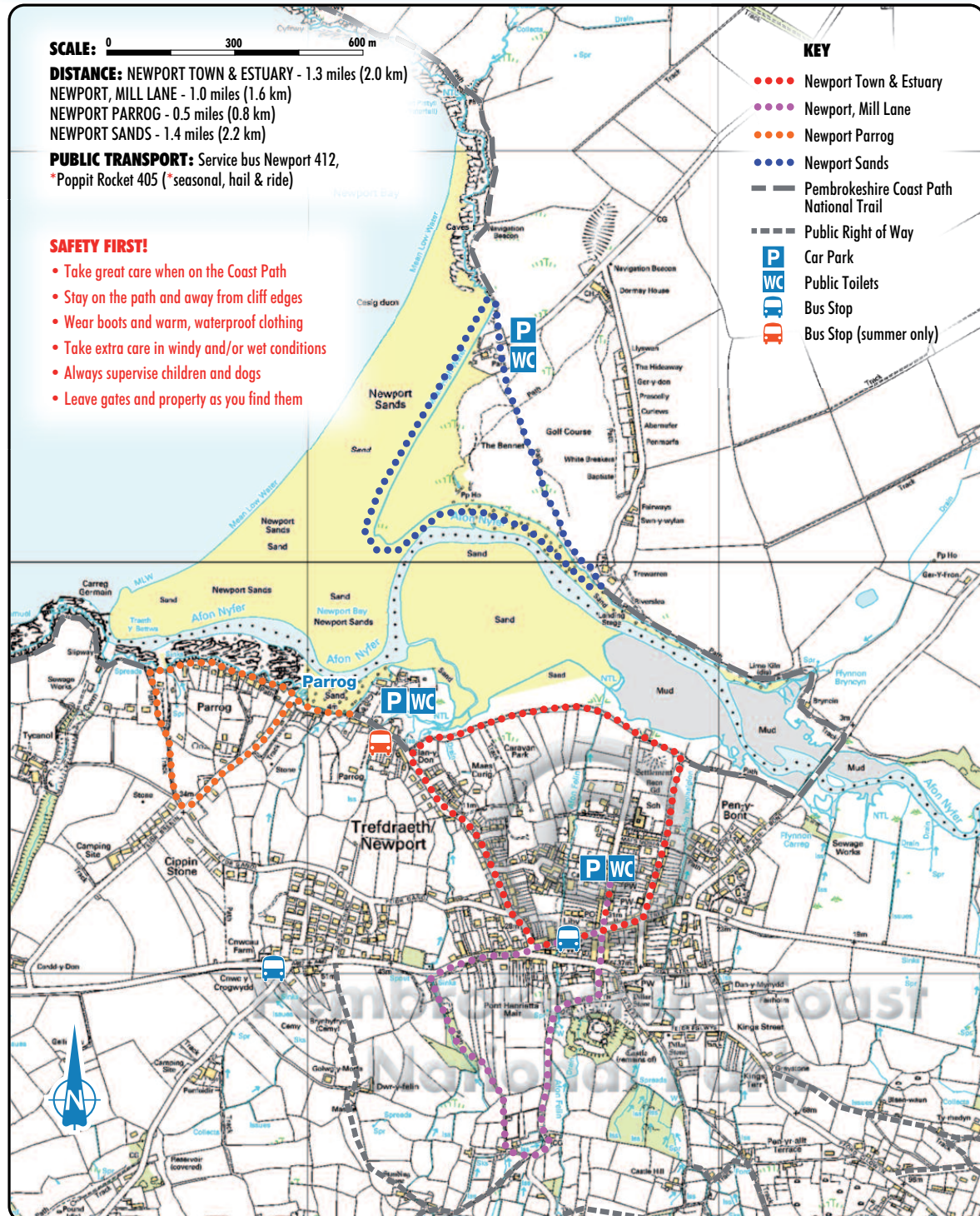
Everywhere there are clues to past occupation. There was a hill fort on Carningli during the Iron Age, while the remains of groups of huts from the Bronze Age can be found between Carningli and Carn Edward.

www.pembrokeshirecoast.wales/legends

Pembrokeshire Coast National Park

Newport

Short Walks



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Newport Short Walks

Newport Town & Estuary (.....)

Character: All on surfaced pavements, estuary views.

Distance: 1.3 miles (2.0 km)

Grid ref: SN054396

No stiles or steps, mostly surfaced.

From car park, turn right on to road.

From bus stop, walk back along road into town.

Turn right at end and at next crossing, turn right into Parrog Road (signed Parrog). Follow road down and, after houses on right, turn right on to Coast Path at fingerpost.

Follow path along estuary and at fingerpost turn right (signed YHA) on to path, which turns into Lower St Mary Street. At crossing turn right into East Street and right at next crossing into Long Street, back to bus stop and car park.

Newport, Mill Lane (.....)

**Character: Fields and livestock, quiet lane walking, woodland.2 stiles.
Steps, steep gradients.**

Distance: 1.0 miles (1.6 km)

Grid ref: SN054387

From car park turn right onto road.

From bus stop walk back along road into town.

At crossing go straight on up Market Street, straight at the next crossing up Castle Street, which turns into a path. Go up steps, then turn right and follow track down to T junction.

Turn left here and go up Mill Lane, through gate next to cattle grid and follow lane round to right. Look for fingerpost on right, turn right and right again down track and look for fingerpost ahead by metal gate.

Go through gate and down enclosed footpath. At end cross stile on left and follow obvious footpath down to road.

Cross road, turn right and follow it past petrol station, then turn left into Long Street back to bus stop and car park.

Newport Parrog (.....)

Character: Estuary views, some minor road walking. 2 stiles, 1 kissing gate.

Distance: 0.5 miles (0.8 km)

Grid ref: SN048397

From bus stop continue up road.

From car park turn right on to road.

Follow road for few yards until footpath starts on right. Follow footpath past houses until reaching 'Rock House'. Turn left up road and, after houses on right, turn right at crossroad up access track. Just before track splits, look for stone stile in hedge on right, cross it and follow field edge path, with hedge on left.

Cross stile and follow broad surfaced track ahead for few yards, then take path between 'Maes y Brenin' and 'Bryn y Don'.

On reaching Coast Path, turn right and follow seaside path. This path gets covered by high tides, but at low tide continue along seashore and turn right up slipway, then immediately left, and follow path back to car park and bus stop.

At high tide look for steps in slate wall signed 'high tide alternative' and walk up steps, turn left, staying close to wall (please keep off grassed area). Turn right at start of drive and up steps opposite. Follow enclosed path round, down steps, then turn left, then right, on path back on to the seaside path. Follow path back to car park and bus stop.

Newport Sands (.....)

Character: Dunes, beach, part across golf course.

No stiles or steps, uneven descent on to estuary, sand.

Distance: 1.4 miles (2.2 km)

Grid ref: SN054406

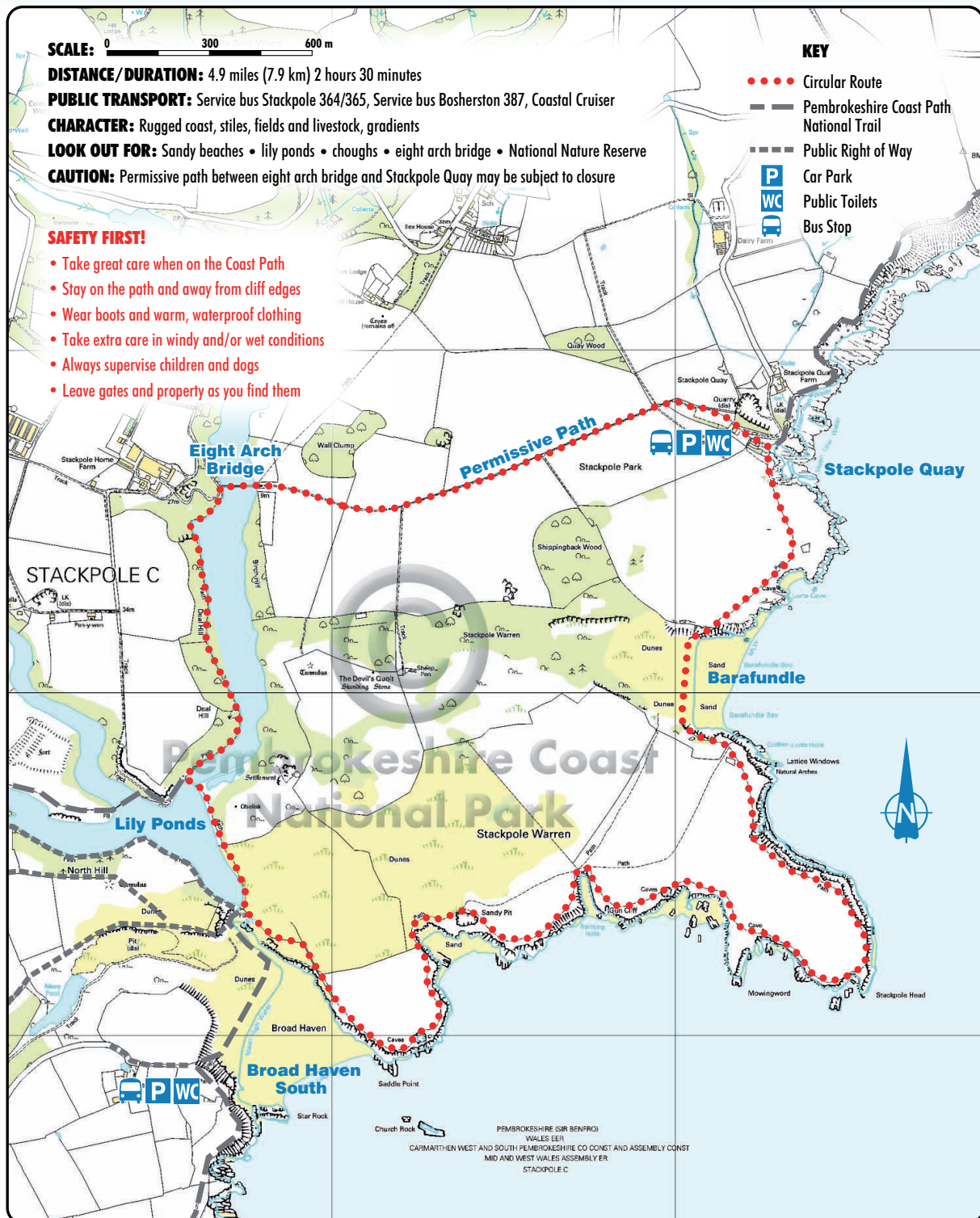
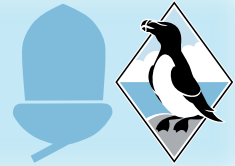
Look for gate and fingerpost on boundary of bottom (or left-hand) car park. Go through gate and straight

ahead, following way-marks across golf course. After leaving golf course, follow path above estuary, go straight on at fingerpost, then turn sharp right on to estuary, just before white house.

Follow river down and, when the dunes end, turn right and walk along beach keeping dunes on right. Turn right up slipway, back to bus stop and car park.

Stackpole Head

Half Day + Walk



Stackpole Head.

Duration: 2 hours 30 minutes

Length: 4.9 miles (7.9 km)

Public transport: Service bus
Stackpole 364/365, Service bus
Bosherston 387, Coastal Cruiser.

Grid ref: SR995945

A walk where you'll see lakes,
lush woodland and dramatic
quarries.

Look out for: Sandy beaches, lily
ponds, choughs, eight arch bridge,
National Nature Reserve.

The steep-sided valley in which the
eastern arm of Bosherston Lily Ponds
lies is swathed with trees and the floor
of the wood is covered with wild
flowers such as bluebells, violets and
primroses in spring and early summer.
June is the best time to see water lilies
on the ponds, and the eight arch
bridge across the pond is beautiful.
The woods are particularly good for
birds with treecreepers, nuthatches,
tawny owls, great spotted
woodpeckers and jays.

The limestone cliffs on and around
Stackpole Head (between Broad
Haven South and Barafundle Bay) are
spectacular. The sea has sculpted
stacks, caves, arches, inlets and
headlands, and razorbill, guillemot,
chough, peregrine falcon and raven
live here. Barafundle Bay is relatively
inaccessible and is usually quiet -
there are beautiful dunes behind the
beach, and woods beyond.

Stackpole Quay, formerly a limestone
quarry, is now a tiny harbour - look
out for the square limekiln.

Barafundle Bay is a beautiful
beach. There's no vehicular access,
which adds to its quiet charm. With
the fabulous limestone cliffs and the
eastern section of Bosherston lily
ponds on a quiet, tranquil stretch of
path, this makes a fabulous walk.

Character: Rugged coast, stiles,
fields and livestock, gradients.

Caution: Permissive path between
eight arch bridge and Stackpole Quay
may be subject to closure.

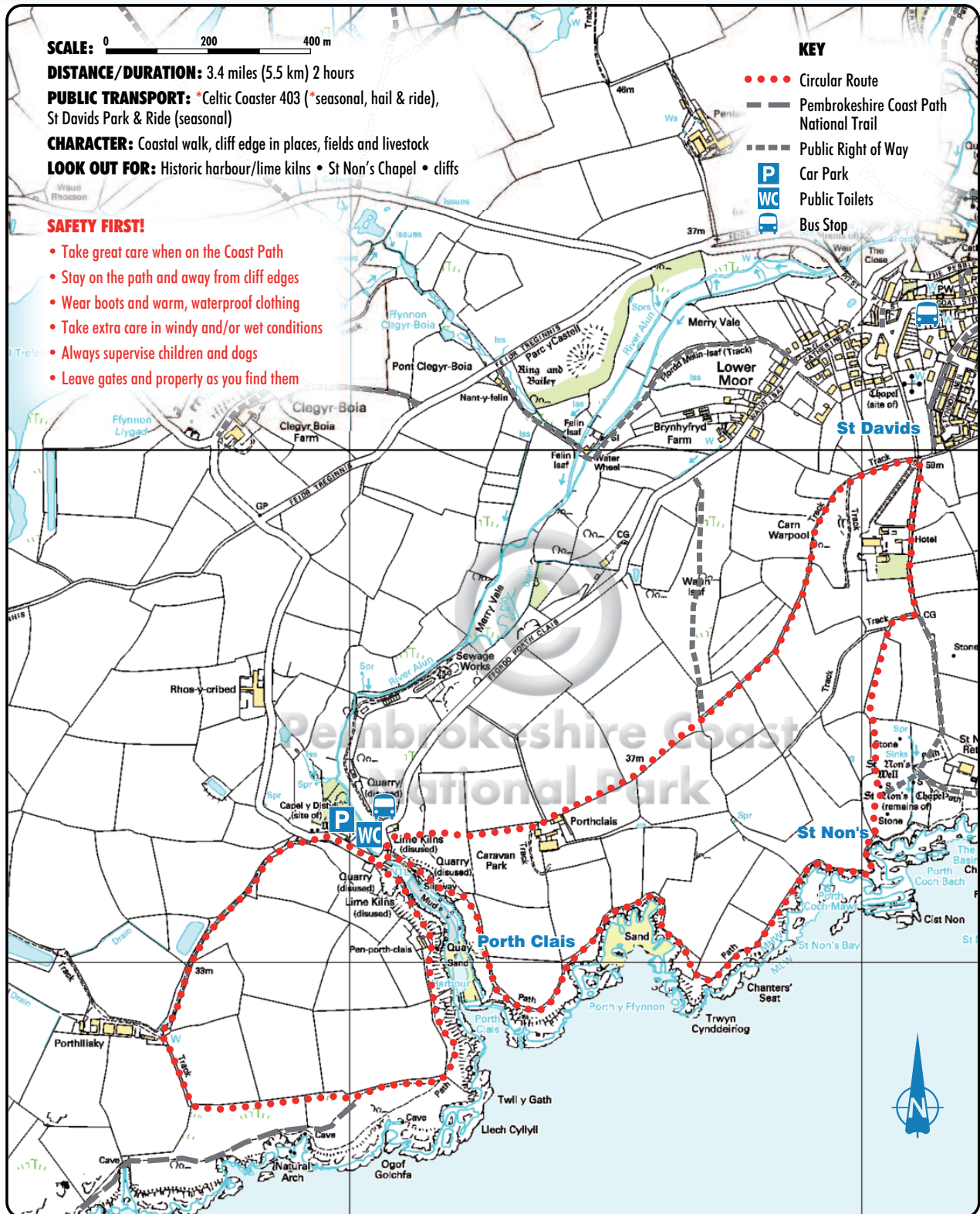
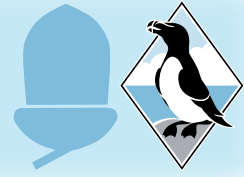
Parking and National Trust cafe at Stackpole Quay.

The walking route can be extended to walk around
the lily ponds at Bosherston, where there is another
tea room.

Pembrokeshire Coast National Park

Porth Clais

Half Day + Walk



Porthclais.

Half day + walk

Duration: 2 hours

Length: 3.4 miles (5.5 km)

Public transport: *Celtic Coaster 403 (*seasonal, hail & ride), St Davids Park & Ride (seasonal).

Grid ref: SM739237

The superb natural harbour of Porth Clais served as St Davids' port for centuries.

The valley (ria) was carved out by glacial meltwater and drowned by rising sea level at the end of the Ice Age 12,000 years ago. Vikings knew its sheltered fjord-like anchorage more than 1,000 years ago, as did peaceful pilgrims who came to St Davids seeking spiritual renewal.

Here it is said St David was baptised by St Elvis, Bishop of Munster. During the baptism water gushed from nearby rocks, splashing the eyes of a blind monk holding the infant David and his sight was restored. This spring - Ffynnon Dewi or David's Well - lies near the car park on private land. Until the early 20th century, trading ships in the busy harbour brought in coal, timber and limestone and exported farm produce and woollen cloth.

The ruined St Non's Chapel lies near David's reputed birthplace. Non was David's mother, daughter of a local chieftain.

Legend says David was born under a ruined cromlech, after Non was cast out for becoming pregnant out of wedlock. At the moment of birth a violent thunderstorm occurred and a spring gushed from the earth.

St Non's Well still flows today and is said to have healing powers.

The nearby Victorian house is now a passionist retreat, and the neighbouring Chapel of our Lady was built in 1934 in the style of a medieval pilgrimage chapel.

Porth Lisgi farm takes its name from the nearby bay. Lisgi was an early Irish raider who reputedly captured and beheaded his fellow Irish warlord Boia, whose encampment was on a nearby hill now known as Clegyr Boia. Boia laid claim to the Alun valley where David established his monastery. Boia sent his warriors to evict the saint and his followers but they never succeeded; Boia eventually converted to Christianity himself.

This is a superb stile-free walk which is steeped in the rich history of this fascinating peninsula. At its best in spring when the coastal flowers between Porth Clais and St Non's provide a riot of colour, turning the cliffs into spectacular rock gardens. Watch out for ravens, fulmars and choughs as they wheel above the cliffs. On clear days there are spectacular views across St Brides Bay to the Marloes Peninsula and Skomer, and to the gannetry on Grassholm, which sticks out like an iced bun on the horizon.

There is parking and a popular kiosk serving refreshments at Porthclais Harbour.