



## Pembrokeshire Ramblers

June to August 2019

Bring your own lunch and refreshments, especially water.

pembsramblers@yahoo.co.uk

www.pembrokeshireramblers.org.uk

*Our group helps local people enjoy walking and protect the places we all love to walk. Feel free to contact the walk leader to find out more about their walk.*

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Sat 1 June 2019 10:00 - 13 miles/20.9 km - Strenuous

### **Landsker Borderlands Trail. Stage 2, Efailwen to Whitland**

Starts at 10:00: Meet at St Mary's Church, Station Road, Whitland for car share to start of walk at Efailwen School. (SN200162)

Stage 2 of the Landsker Borderlands Trail. After car share to Efailwen School, we follow footpaths further into Carmarthenshire to the east, before turning south for footpaths to Whitland. Trail is overgrown in sections with styles not well maintained. Fields, tracks, footpaths and lanes. Possible cafe stop at Login at 3 miles. Lunch at 7 miles. Linear walk. Local grade: 9

Walk leader: Davey 07821 151520 or 01348 840107

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Sat 8 June 2019 10:00 - 10 miles/16.1 km - Moderate

### **Monk Haven**

Starts at 10:00: Free car park by church (SA62 3TH, SM830067)

Along coast path to Sandy Haven then inland and across country through Butterhill Farm and on to the Gann. Back to Monk Haven via coast path. Upper end of moderate.

Circular walk. Local grade: 7

Walk leader: Helen S. 07807 770387

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Wed 12 June 2019 11:00 - 5.3 miles/8.5 km - Moderate

### **Little Milford**

Starts at 11:00: C P by Little Milford Wood (SA62 4LH, SM967115)

Around Little Milford Wood taking in the western Cleddau estuary. Dog friendly.

Circular walk. Local grade: 5

Walk leader: Janice Barker 07483 831193

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Sat 15 June 2019 10:30 - 8 miles/12.9 km - Moderate

### **Wiston Area**

Starts at 10:30: Wiston Church (SA62 4PN, SN022180)

Figure of 8 walk. A 3.5-mile loop east of Wiston and a 4.5 mile loop in and around Wiston Woods. Could be wet/muddy in parts even in June, so suitable footwear advised.

Circular walk. Local grade: 6

Walk leader: John Baylis 01437 731103

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Fri 21 June 2019 19:00 - 5 miles/8.1 km - Moderate

### **Solstice Walk - Carn Ingli**

Starts at 19:00: Ffordd Bedd Morris CP. £0. (SA65 9SH, SN038365)

Solstice walk from the car park to top of Carn Ingli to watch the sunset - hopefully.

Circular walk. Local grade: 5

Walk leader: Karen Durham 01437 765235

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Sat 22 June 2019 10:30 - 8 miles/12.9 km - Moderate

### **Mynydd Carn Ingli, Cwm Gwaun and Waun Mawr**

Starts at 10:30: Car park on the 'no through road', on the right as you travel along from Newport to Cilgwyn road. Car park at the very base of northerly slopes of Mynydd Carn Ingli. (SA42 0QJ, SN069373)

Stunningly beautiful walk on some new and old paths around the top of the Gwaun valley. The start is an initial clamber up the north side of Carn Ingli. Total ascent approx. 1800ft. Circular walk. Local grade: 8

Walk leader: Davey 07821 151520 or 01348 840107

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Wed 26 June 2019 10:30 - 5.5 miles/8.8 km - Moderate

**Newgale Broad Haven walk.**

Starts at 10:30: Meet at 10:30 in free car park 200 yards inland near the school. (SA62 3JS, SM861135)

Puffin bus will leave Enfield Road, Broad Haven at 10:50 for Newgale. Return on the coast path.

Linear walk. Local grade: 6

Walk leader: David D. 07791155994

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Sat 29 June 2019 10:30 - 8 miles/12.9 km - Strenuous

**Hills above Rosebush**

Starts at 10:30: Rosebush car park behind Tafarn Sinc £0 (SA66 7QX, SN075295)

Up to Bwlch Pennant, climbing up to Carrig Lladron before heading east, looping around Foel Eryr using footpaths and forest tracks, crossing a stream and return. Circular walk. Local grade: 9

Walk leader: Tony Weake 07770 434282

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Sat 6 July 2019 10:00 - 13.4 miles/21.6 km - Strenuous

**Landsker Borderlands trail, third section. Whitland to Kilgetty.**

Starts at 10:00: Kilgetty car park for car share to St Mary's Church car park, Whitland. (SA68 0YA, SN123072)

A return to Pembrokeshire on the Landsker Borderlands Trail. Starting from Whitland we head south to Tavernspite and east and south to Kilgetty. The trail uses lanes, footpaths and tracks. Lunch at 7.5 miles. The last 2 miles are off the trail as we head into Kilgetty.

Linear walk. Local grade: 9

Walk leader: Davey 07821 151520 or 01348 840107

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Wed 10 July 2019 11:00 - 4.5 miles/7.2 km - Moderate

**Stepaside**

Starts at 11:00: CP overlooking the beach at Wiseman's Bridge. £0 (SA69 9AU, SN146062)

Coast path to Amroth, Colby Lodge, Stepside and return to Wiseman's Bridge. Dog friendly.

Circular walk. Local grade: 6

Walk leader: David D. 07791155994

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Sun 14 July 2019 10:30 - 7.5 miles/12.1 km - Moderate

**Pembroke, Freshwater East and Pembroke Town**

Starts at 10:30: Free car park off West Street on Commons Road (SA71 4EA, SM982013)

From Pembroke Commons to Freshwater East road then returning to Pembroke for a history trail around town. At least 12 stiles on route. Short walk option of 6 miles.

Circular walk. Local grade: 5

Walk leader: John Reeves 01646 684049 or 07565 525627

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Sat 20 July 2019 10:00 - 11.6 miles/18.7 km - Strenuous

**Landsker Borderlands trail. 4th section Kilgetty to Lawrenny Quay**

Starts at 10:00: Lawrenny Quay roadside parking near the cafe for car share back to the public carpark at Kilgetty. (SA68 0PR, SN011061) Starting at Kilgetty, we return to the LBT. Once on the trail we head west following the footpaths and lanes to Reynalton and Loveston. The tides should be in our favour by time we get to Creswell Quay for some much needed hydration at the Creselly Arms before crossing the Creswell River on the stepping stones. We follow the river on a scenic footpath through fields to Lawrenny Quay.

Linear walk. Local grade: 9

Walk leader: Davey 07821 151520 or 01348 840107

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Wed 24 July 2019 11:00 - 6 miles/9.7 km - Moderate

**Lawrenny Quay walk** Starts at 11:00: Lawrenny Arms pub car park. £0 (SA68 0PR, SN012062)

Route includes the path through the woods opposite Benton castle, to Garron and back through Lawrenny village to the Quay. Dog friendly. Circular walk Local grade: 6

Walk leader: David D. 07791 155994

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Sat 27 July 2019 10:30 - 10.2 miles/16.4 km – Strenuous PROVISIONAL depending on transport arrangements

**Pumlumon**

Starts at 10:30: County Hall car park for bus (subject to numbers) Hafren carpark has toilets, picnic benches and information boards. Start CP Hafren Forest (SY18 6PT, SN857869)

Start at Hafren Forest SN857 869. Forest, moorland and mountain walking to the source of the rivers Severn and Wye and the summit of Pmlumon Fawr at 752m. Finish CP Eisteddfa SN798 841. Sustained climbing on good paths before moorland walking between the summits. Appropriate clothing required for mountain conditions, where the weather can change quickly.

Linear walk Local grade: 9

Walk leader: Davey 078211515 20 or 01348 840107

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Sat 17 August 2019 10:30 - 8.5 miles/13.7 km - Moderate

**Mathry to Coast Path then Abermawr (cut off for short walk) From here inland back to Mathry**

Starts at 10:30: Mathry village green beside toilets (SA62 5HA, SM879320)

Fields, quiet country roads, Coast Path and National Trust trails at Abermawr. One steep section on Coast Path and several stiles. Excellent views out to sea. Short walk option, which will be local grade 5 - 5.5 miles

Circular walk Local grade: 6

Walk leader: John Reeves 01646 684049 or 07565 525627

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Wed 21 August 2019 11:00 - 6 miles/9.7 km - Moderate

**Swanlake walk**

Starts at 11:00: Meeting at the Dak CP £0 (SA70 8QR, SS059976)

The Dak, Swanlake, East Moor, Manorbier, Presipe, King's Quoit and back to the Dak. Dog friendly.

Circular walk Local grade: 5

Walk leader: David D. 07791155994

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### ***Finding the start of your walk***

Start and meeting points include nearest postcode and an Ordnance Survey grid reference accurate to 100m. Use postcodes with care: in rural areas the nearest postcode may be some distance from the actual start point. See OS maps for an explanation of how to use grid references.

### **Grades**

- **Moderate** - walks for people with country walking experience and a good level of fitness. May include some steep paths and open country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.
- **Strenuous** - walks for experienced country walkers with an above average fitness level. May include hills and rough country and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential. People in doubt about their fitness should contact the walk leader in advance.
- **Local grades** are a helpful guide as they cover a wider range than the Ramblers grades above.

### **Notes**

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please Walk leader the organiser or leader in advance.
- Bear in mind the distance of the walk, regional differences in terrain and the possibility of bad weather, which can make a walk more difficult than planned.
- If you're unsure of your fitness level, try a short and easy walk first - it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.
- Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.
- Always stay behind the leader unless given specific permission
- Unless specified on the programme no dogs are permitted, other than assistance dogs (where the terrain is suitable for the dog). On those walks where dogs are permitted it is strictly on the basis that they are always on a lead.