



## Pembrokeshire Group walks

May 2019

- Walk gradings are provided as a general guide only. If you have any doubt about your fitness for a particular walk please contact 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

Bring your own lunch and refreshments, especially water. Assistance dogs only unless specified below.

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Wed 1 May 2019 11:00 - 4.5 miles/7.2 km - Moderate

### **Broad Haven walk**

Starts at 11:00: CP at the back of the village. From Haverfordwest along the front and turn left in to Marine Road and CP is 173 yards on your left as the road bears left. (SA62 3JU, SM862135)

Coastal and woodland paths and some road. Dogs on lead throughout permitted. Circular walk

Local grade: 5

Contact: David Devaunden, 07791 155994

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Sat 4 May 2019 10:00 - 9.5 miles/15.3 km - Moderate

### **Neyland, Sardis and Burton**

Starts at 10:00: C P past Neyland Marina to Westfield Pill. £0 (SA73 1PZ, SM967059)

A pleasant cross country walk through meadows, fields and woodland with views of the Cleddau river. Circular walk

Local grade: 7

Contact: Chris Wellings, 07423 066446

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Sun 12 May 2019 10:00 - 6.5 miles/10.5 km - Moderate

### **Ramblers + Wales Coast Path Festival. Steep ascents and descents on Coast Path. Saundersfoot**

Starts at 10:00, at the harbour Saundersfoot. Regency Hall CP. 140 spaces. PCC CP £5 (SA69 9HG, SN135047).

This is largely a there and back to maximise coast path coverage. From Saundersfoot harbour to Waterwynch Bay via Monkstone beach. Returning through Rhode Woods. Circular walk. Ascent 776 feet, descent 883 feet.

Local grade: 7

Contact: John Reeves, 01646 684049 or 07565 525627

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Wed 15 May 2019 11:00 - 5.5 miles/8.9 km - Moderate

### **Bay walk, Dale peninsular.**

Starts at 11:00: Kete CP £0 (SA62 3RR, SM804043)

Kete to Castlebeach Bay, Watwick Bay, Mill Bay, and St Ann's Head. Dogs on lead throughout permitted.

Circular walk. Local grade: 5

Contact: David Devaunden, 07791 155994

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Sun 19 May 2019 10:30 - 11 miles/17.7 km - Strenuous

### **A Preseli circuit**

Starts at 10:30: Rosebush car park (SA66 7QX, SN075295)

A wide circuit probably over Pembrokeshire's highest point and towards the Gwaun valley. Good paths but lots of up. Circular walk. Local grade: 9

Contact: Gerry Martin, 01437 729055

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Wed 29 May 2019 11:00 - 4.5 miles/7.2 km - Moderate

### **Treffgarne Rocks Walk.**

Starts at 11:00: Meeting in layby at Nant y Coy Mill/Bridge (SA62 5LR, SM956255)

Maiden Castle, Upper North Hill, Brimaston and back to the Mill. Circular walk. Local grade: 5

Possible dog walk; contact leader day or two before walk to check.

Contact: David Devaunden, 07791 155994

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