**Gentle Stroll**

**Pembrokeshire Coast Path National Trail**

**Public Right of Way**

**Car Park**

**Public Toilets**

**Public Telephone**

**Bus Stop**

**Stile**

---

**KEY**

- Gentle stroll
- Pembrokeshire Coast Path National Trail
- Public Right of Way
- Car Park
- Public Toilets
- Public Telephone
- Bus Stop
- Stile

**SCALE:**

- **DISTANCE/DURATION:** 0.7 miles (1.1 km) 30 minutes each way
- **PUBLIC TRANSPORT:** *Strumble Shuttle 404* (*seasonal, hail & ride*)

**CHARACTER:** 3 stiles, minor road walking, steep first 100m of coast path walk, becoming easy to moderate with an uneven surface

**SAFETY FIRST!**

- 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

---

© Crown copyright and database rights 2012 Ordnance Survey 100022534.
Pwll Deri towards Penbwchdy
Gentle Stroll

Parking: Roadside car park at old quarry (SM893387)
Length: 0.7 miles (1.1 km) each way
Grade: Uneven. 3 stiles.
Surface: Grassy and dusty with thin mud when wet; rocky outcrops in places.
Telephone: Trefasser (SM897377)
Grid ref: SM891381

From the car park walk south along the road, past the monument to Dewi Emrys (a famous local poet) and cross the first stile on the right (No 114).

After the stile there is a slope of approximately 1 in 5 gradient for 50m, at the bottom of which there are four steps followed by a second stile (no 115). This is the most difficult part of the walk after which there are undulating slopes with gradients of 1 in 10 down for 35m followed by 1 in 5 for 10m (down), 1 in 10 for 10m (up) as shown on the map. Cross the third stile at the end of this walk where there is a seat!

The path is otherwise flat and affords spectacular views of Pwll Deri Bay where seals can be seen with pups in the autumn.

Fact File
The peninsula to the north is Penbrush where volcanic action has produced pillow lavas.

The high point behind is Garn Fawr, an Iron Age hill fort, and directly in front is Dinas Mawr (see map), an Iron Age promontory fort.

The white building to the north is Pwll Deri Youth Hostel

Choughs can be seen (and heard) in the area - look out for a black bird with red beak and legs.

In the autumn seals use the small shingle areas in the bay for pupping.

From the car park there are excellent views to the south of Penberry, Carn Lidi, Carnedd Lleithr and the high peak on Ramsey Island.

Although the first 100m on the Coast Path is fairly challenging, the views are very rewarding and the path, for the main, is level and flat.