Pembrokeshire Coast National Park

Pantmaenog
Half Day + Walk

SCALE: 80m (12.8 km)
PUBLIC TRANSPORT: Service bus Rosebush 344/345
CHARACTER: Tracks and bridleways in forestry plantation
LOOK OUT FOR: Panoramic views of Pembrokeshire • kestrels, buzzards, red kites
CAUTION: Weather conditions can change rapidly as paths climb to a height of 1,400 feet. Please prepare accordingly.

A circuit is signposted to send horse riders and cyclists in opposite directions so that cyclists can slow down and where possible give way to horses.
If approaching horse riders from behind, cyclists should announce their presence and ask the rider if it is safe to pass.

KEY
- Route for horse riders
- Route for cyclists
- Walks & Rides
- Public Bridleways
- Private Road - No access
- Entrance gate

COUNTRY CODE!
- Enjoy the countryside and respect its life and work
- Guard against all risk of fire
- Leave gates and property as you find them
- Keep your dogs under close control
- Keep to public paths across farmland
- Take your litter home

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You are welcome to walk, ride horses and cycle on the signposted forest tracks. The National Park Authority has agreed with the landowner to provide public access to 12km of forest tracks. Pantmaenog is a privately owned forest managed primarily for timber production.

To fully enjoy your visit and help protect the countryside, please observe the following advice and precautions.

- **No Access for motor vehicles, motor cycles or quad bikes.** It is an offence to drive mechanically propelled vehicles on private land without lawful authority.

- **No fires. No camping.**

- **Protect plants and animals and take your litter home.**

- **Keep your dog under close control or ideally on a lead.**

- **Caution: weather conditions can change rapidly as paths climb to a height of 1,400 feet above sea level. Please prepare accordingly.**

Forestry may be subject to temporary restrictions or closure.

For further information please contact
Pembrokeshire Coast National Park Authority
Tel: 0845 345 7275
www.pembrokeshirecoast.org.uk