

Amroth

Short Walk

Duration: 1 hour 30 minutes

Length: 3.0 miles (4.8 km)

Public transport: Service bus Amroth.

Grid ref: SN166072

Visit the woodland gardens, sandy beaches and drowned forests of Amroth.

Look out for: Amroth Church, wooded valleys, storm beach.

Amroth's sand and pebble beach is famous for its drowned forest - at very low tides tree stumps can be seen poking through the sand and fossilised antlers, nuts, animal bones and Neolithic flints have been discovered. Amroth itself is a pleasant village with a wonderful beach.

In winter beware of the southerly storms which can strike the beach, picking up the pebble bank at the rear of the beach and throwing it across the road which runs the length of the bay. A row of cottages once stood by the road but were washed away by particularly heavy storms in the 1930s. Amroth church was granted to the Knights of St John in 1150.

Nearby, Colby Woodland Gardens boasts one of the best collections of rhododendrons and azaleas in Wales, with bluebells and daffodils in spring, hydrangeas in summer and wonderful autumn colours. The Woodland Gardens, owned by the National Trust, are open from April to November.

Libby Taylor, Senior National Park Ranger has done this walk. She says: "Walkers can see the submerged forest at low water on the beach and explore the pretty wooded valleys above the village. The walk passes by the lovely church at Amroth."

Character: Fields and livestock, bridleways, seafront. Includes 410 m of walking on minor roads.

