

# Pembrokeshire Coast National Park

## Lawrenny

### Short Walk



**SCALE:** 0 300 600 m

**DISTANCE/DURATION:** 2.8 miles (4.5 km) 1 hour 30 minutes

**PUBLIC TRANSPORT:** Bloomfield Dial a Ride (seasonal 0800 783 1584)

**CHARACTER:** Reasonably level, woodland/shoreline, 1.7 Km on quiet road with fine views

**LOOK OUT FOR:** Anglo Norman Church • wildfowl and waders • views of Daugleddau waterway

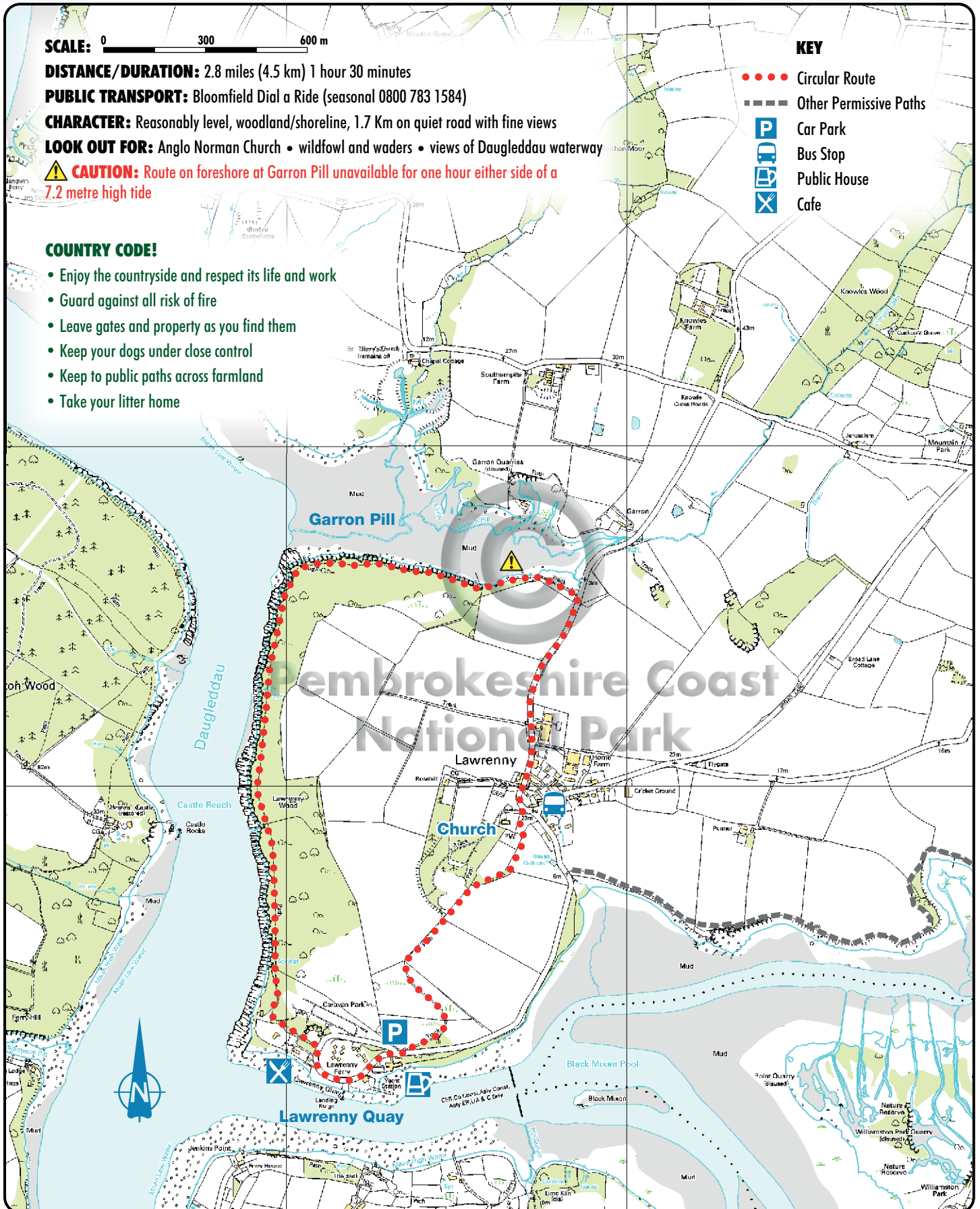
**CAUTION:** Route on foreshore at Garron Pill unavailable for one hour either side of a 7.2 metre high tide

#### 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

#### KEY

- Circular Route
- — — — — Other Permissive Paths
- P Car Park
- Bus Stop
- Public House
- Cafe



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**Grid ref:** SN015075

**Look out for:** Anglo Norman Church, wildfowl and waders, views of Daugleddau waterway.

Lawrenny is a picturesque village near the confluence of the Carew and Cresswell rivers and the Daugleddau. The twelfth century Anglo-Norman church of St Caradoc towers above the village and is well worth a peek. Lawrenny Quay was once a busy port but is now a well-known sailing centre.

The true attraction here though is the woodland: Lawrenny has one of the most well-preserved sections of the ancient woodland that once covered the whole of the Milford Haven drowned valley system. Mostly sessile oak, which are caked with over 200 species of lichen, the woods also contain holly, rowan and the rare wild service tree (a close relative of the rowan) which can be made out easily in autumn by its rich red foliage against the yellow and brown of the turning oak. Damp tolerant trees and shrubs abound with downy birch, ash and grey willow, and the woodland floor is festooned with ferns and mosses and, in the spring, bluebells.

The rich mud of the river banks is ideal for waders and there are nearly always heron, kingfisher and dipper.

**Character:** Reasonably level, woodland/shoreline, 0.7 km on quiet road with fine views.

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Text provided by the BBC

**Land of Legends**

Click on the icons below for a local legend, or go to [www.pembrokeshirecoast.wales/legends](http://www.pembrokeshirecoast.wales/legends)

