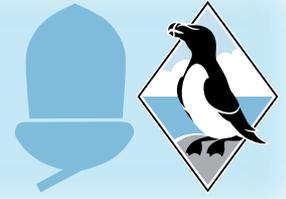


Pembrokeshire Coast National Park

Llanwnda

Half Day + Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 4.1 miles (6.6 km) 2 hours

PUBLIC TRANSPORT: *Strumble Shuttle 404 (*seasonal, hail & ride)

CHARACTER: Relatively easy walking, fairly steep ascent/descent at Cwm Felin, shortcut can be muddy in places, superb coastal views, livestock, 0.6 mile (1.0 km) minor road walking

LOOK OUT FOR: Seals • porpoises • wild flowers • ancient Llanwnda village and church
Carregwastad - point of French Invasion • Trehowel Farm - headquarters of French General Tate

KEY

- Circular Route
- Pembroke Coast Path National Trail
- - - Public Right of Way
- P Parking
- Bus Stop

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



Llanwnda

Half Day + Walk

Duration: 2 hours

Length: 4.1 miles (6.6 km)

Public transport: *Strumble Shuttle 404 (*seasonal, hail & ride).

Grid ref: SM922399

The superb wild scenery of Strumble Head makes any walk on the headland a thrill. It is a striking landscape created by dramatic geological events between 500 and 440 million years ago.

At that time volcanoes were active in the area and lava flows cooled to form super-hard igneous rocks. In places the volcanic upwelling of molten rock did not reach the surface, but cooled slowly below the ground.

Over millions of years these intrusions have resisted erosion to become the rocky crags - Garn Fawr, Y Garn, Garn Gilfach and Garnwnda - that are the backdrop for this walk.

The crags were important to the first communities of the area. Both Garn Gilfach and Garnwnda have Neolithic tombs on them while Garn Fawr is topped by an Iron Age fort.

Carreg Wastad Point was the setting for one of the most fascinating episodes from Pembrokeshire's history - the invasion by French forces in 1797. An ill-fated army led by an American called Tate climbed the cliffs and then secured Trehowel Farm as its headquarters.

At the farm the soldiers found a good stock of drink that was ready for a wedding. So, they were drunk during much of the time they spent in the area before surrendering at nearby Goodwick two days later.

One of their few 'military' operations was to storm Llanwnda's St Gwyndaf's Church and steal silver plate.

On the coast take time to scan the sea for dolphins and porpoises which are often seen passing close to Strumble Head. Also look out for grey seals which are often as interested in passing humans as we are in them.