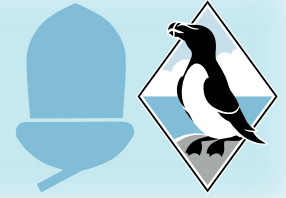


Freshwater East

Short Walks



SCALE: 0 200 400 m

DISTANCE: FRESHWATER EAST, BEACH - 0.9 miles (1.4 km)

FRESHWATER EAST, DUNES - 0.7 miles (1.2 km)

FRESHWATER EAST, LEACH VALLEY - 0.5 miles (0.8 km)

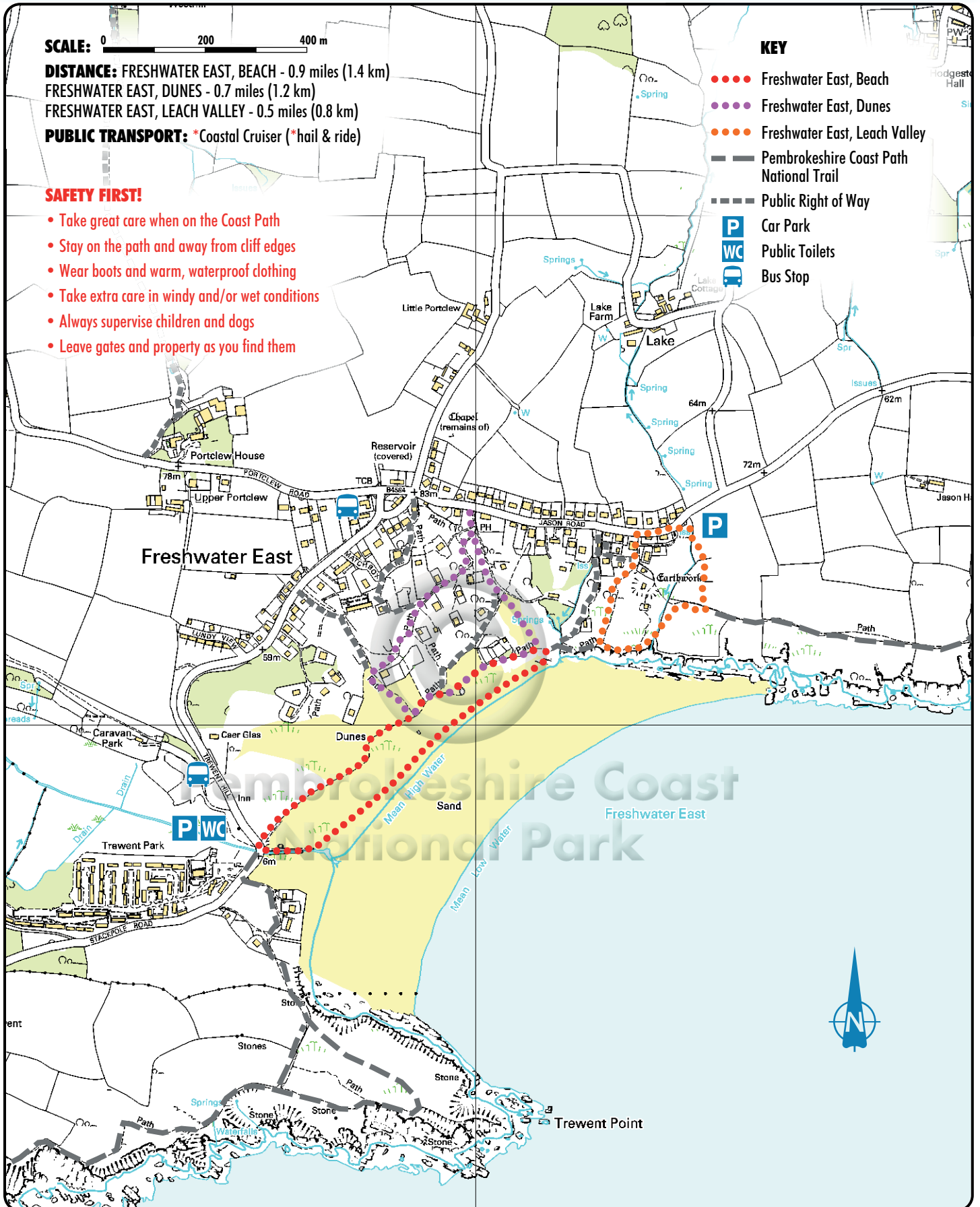
PUBLIC TRANSPORT: *Coastal Cruiser (*hail & ride)

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

KEY

- Freshwater East, Beach
- Freshwater East, Dunes
- Freshwater East, Leach Valley
- Pembrokehire Coast Path National Trail
- - - Public Right of Way
- P Car Park
- WC Public Toilets
- Bus Stop



Freshwater East

Short Walks

Public transport: *Coastal Cruiser
(*hail & ride)

Freshwater East, Beach

Distance: 0.9 miles (1.4 km)

Grid ref: SS021981

Character: Dunes and beach.

No stiles. Short flight of steps, sand.

Leave car park at end closest to the beach and cross road. Walk towards beach for a few yards, then turn left on to track towards gate. Go through gate and follow Coast Path through dunes, through another gate, continuing straight ahead. Follow path up to viewpoint, then downhill through trees. At end of trees, turn right towards beach, then turn right at bottom of steps and walk back along the beach until reaching stream. Turn right on to concrete path and cross road back to car park.

Freshwater East, Dunes

Distance: 0.7 miles (1.2 km)

Grid ref: SS018980

Character: Natural paths through dunes.

No stiles. Sandy surfaces, steep gradients.

Take the track downhill at fingerpost next to the Freshwater Inn. Continue down track to two fingerposts. Ignore first fingerpost and turn right at second along grassy path, which turns sandy. At fingerpost turn right on to Coast Path and continue straight on at next fingerpost. At bottom go through gate and turn right uphill, then at fingerpost, near white bungalow, turn right. Follow main track, through gate to the left of garden, and continue uphill, ignoring paths to left and right. On reaching tarmac track, turn left at

fingerpost and follow track uphill back to starting point.

Freshwater East, Leach Valley

Distance: 0.5 miles (0.8 km)

Grid ref: SS023981

Character: Fields and livestock, dunes, sea views, gradients.

No stiles. Steps, steep gradients.

Turn left out of car park on to road and turn left at fingerpost 'to the Coast Path'. Follow track downhill to fingerpost by Leach Memorial Park sign. Leave track and follow footpath downhill. At fingerpost turn left on to Coast Path, following it up steps, then turn left just before stile. Follow path, which becomes concrete, back to car park.

