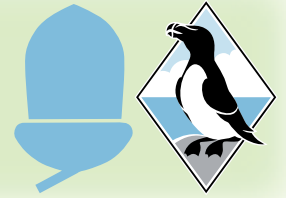


Longhouse to Pen Castell-coch

Gentle Stroll



SCALE: 0 200 400 m

DISTANCE/DURATION: 0.9 miles (1.5 km) 45 minutes each way

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

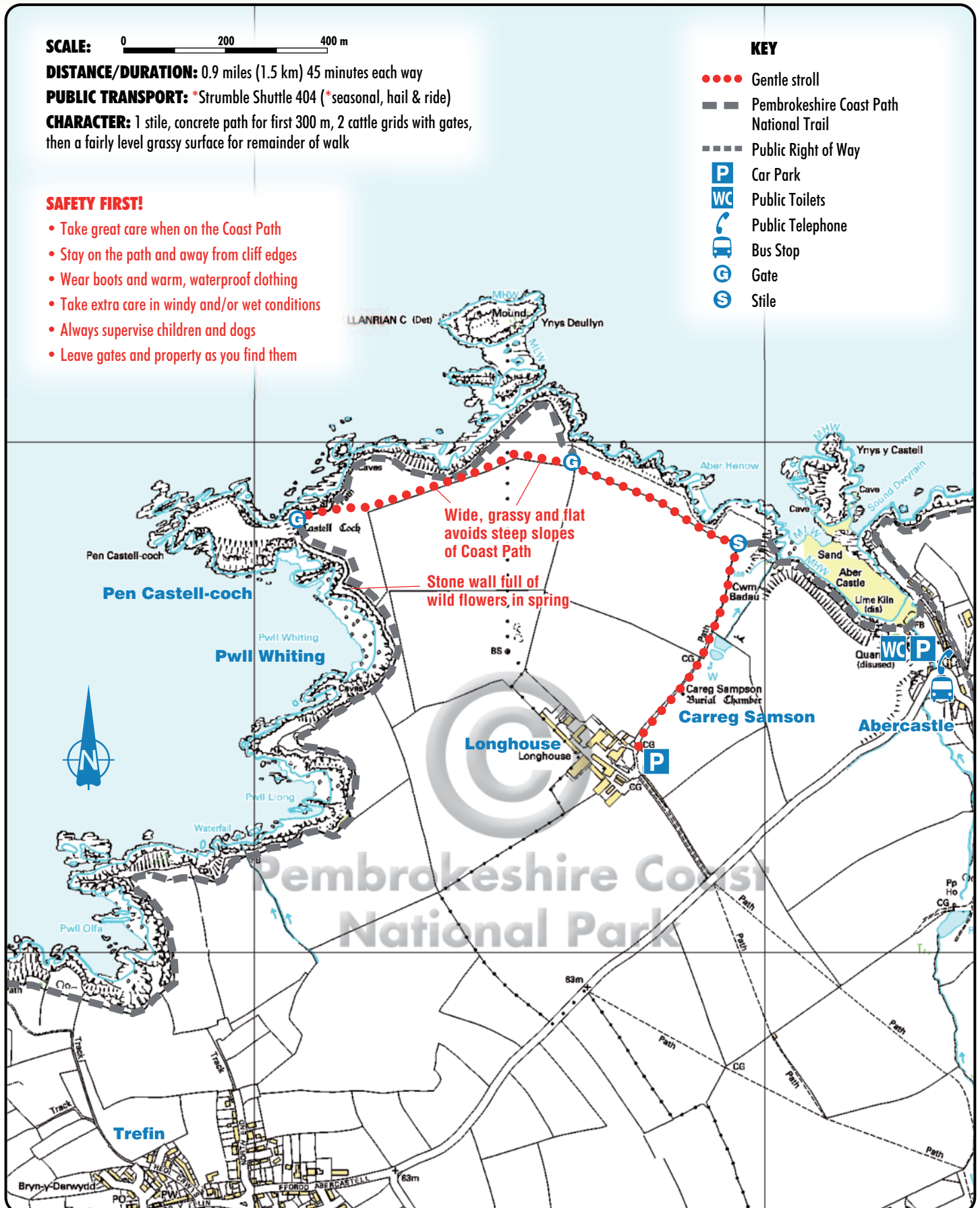
CHARACTER: 1 stile, concrete path for first 300 m, 2 cattle grids with gates, then a fairly level grassy surface for remainder of walk

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

- Gentle stroll
- ▬▬▬ Pembrokeshire Coast Path National Trail
- - - - Public Right of Way
- P** Car Park
- WC** Public Toilets
- Public Telephone
- Bus Stop
- G** Gate
- S** Stile



Longhouse to Pen Castell-coch

Gentle Stroll

Parking: Parking Longhouse farmyard (SM847333)

Length: 1500m each way

Grade: Flat and level

Surface: Wide grassy path

Toilets: Abercastle (SM854336)

Telephone: Abercastle (SM854336)
Trefin (SM838325)

Grid ref: SM847334

Park on the grass area on the right, at the end of the access road to Longhouse Farm. Take care not to block access for large farm vehicles.

From the farmyard follow signs on the right to Carreg Samson to a cattle grid and gate. Go through the gate and continue along the path.

The path is mainly flat, level and grassy, but the first 300m is a wide concrete path suitable for wheelchairs.

This leads to Carreg Samson, a Neolithic cromlech or burial chamber. Built around 5,000 years ago, it was probably used for at least 100 different burials. The capstone is over 5m (16ft) long and almost 3m (10ft) wide, resting on three of the six uprights.

The concrete path continues to the next cattle grid, changing to a narrow grassy path.

Cross the stile which has low steps and a top rail that lifts up making it relatively easy to negotiate. Where the path forks, take the higher one which stays close to the fence line. This is the most level and least steep of the paths to reach the Coast Path. Ahead are wonderful views towards Pwll Deri and Garn Fawr.

Turn left at the Coast Path which runs along the cliff edge, however, the National Trust which owns the land allows people to walk on the level area by the side of the field edge through the field gates.

Keep a look out for kestrels towards Pen Castell-coch.

The ditches and banks of Pen Castell-coch Iron Age promontory fort, which is a Scheduled Ancient Monument, can be seen after going through the final gate. A pleasant spot for a picnic, with a mass of flowers in spring. There are splendid views of the coast to the south west, with Penberry and Carn Llidi in the distance. You can also make out the white marker at the entrance to Porthgain Harbour.

Continue along the path, which remains flat and level until Pwll-llong, or return along the same route. The stone wall along the path is covered with wild flowers in spring and early summer.

