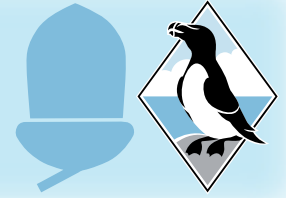


Pembrokeshire Coast National Park

Trefin

Half Day + Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 4.0 miles (6.5 km) 2 hours

PUBLIC TRANSPORT: Service bus Trefin 413,
*Strumble Shuttle 404 (*seasonal, hail & ride)

CHARACTER: Rugged coastal terrain, fields and livestock, reasonably level walk, stiles

LOOK OUT FOR: Carreg Sampson Cromlech • Trwyn Llwyd quarry and Aberfelin Mill

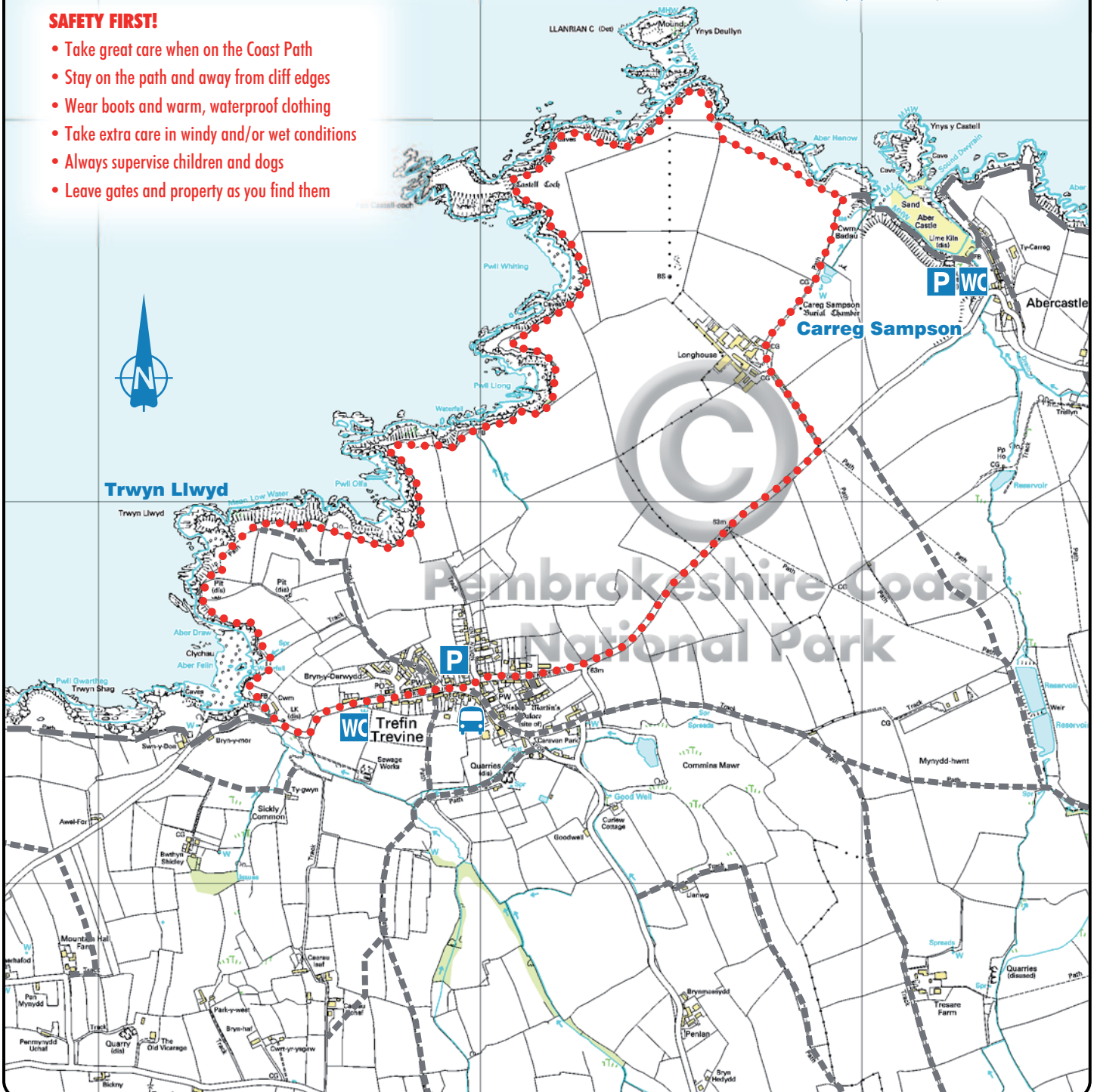
CAUTION: Limited parking at Aberfelin & Abercastle

KEY

- Circular Route
- Pembroke Coast Path National Trail
- - - Public Right of Way
- P Car Park
- WC Public Toilets
- 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



Trefin

Half Day + Walk

Duration: 2 hours 30 minutes

Length: 4.0 miles (6.5 km)

Public transport: Service bus Trefin 413, *Strumble Shuttle 404 (*seasonal, hail & ride).

Grid ref: SM835325



A tranquil and unspoilt walk rich in history.

Look out for: Carreg Sampson Cromlech, Trwyn Llwyd quarry and mill.

Rugged but lonely, quiet and unspoilt with beautiful convoluted cliffs (watch out for the natural rock arch near Pen-Castell Coch) and beaches - the coastline near Trefin is especially rich archeologically.

The Carreg Sampson Neolithic burial site or cromlech (about 3000 BC) is world famous. According to legend the biblical Samson lifted the capstone into place with his finger. Nearby, Ynys-y-Castell has the Grave of Samson's finger - earlier this century the sides of the monument were filled in and it was used as a sheep shelter. The ruined watermill at Trefin used for grinding wheat and barley ceased trading in 1918 and has recently been restored and made safe.

Character: Rugged coastal terrain, fields and livestock, reasonably level walk, stiles.

Caution: Limited parking at Aberfelin & Abercastle.

Text provided by the BBC