

# Pembrokeshire Coast National Park

## Llanwnda/Goodwick

### Half Day + Walk



**SCALE:** 0 400 800 m

**DISTANCE/DURATION:** 4.9 miles (7.9 km) 3 hours

**PUBLIC TRANSPORT:** Service bus Goodwick 413, 410 (Fishguard Town Service),  
\*Strumble Shuttle 404 (\*seasonal, hail & ride), Railway terminus at Ferry port

**CHARACTER:** Rugged coastal walk, farmland

**LOOK OUT FOR:** Carregwastad site of French invasion (1797) • Llanwnda Celtic Church  
• seals • re-introduction of coastal grazing

#### KEY

- ● ● ● Circular Route
- — — — Pembrokeshire Coast Path National Trail
- - - - Public Right of Way
- P** Car Park
- WC** Public Toilets
- Bus Stop
- Railway Station

#### 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



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**Length:** 4.9 miles (7.9 km)

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**Grid ref:** SM935395

**Visit the site of a foiled French invasion.**

**Look out for:** Carregwastad site of French invasion (1797), Llanwnda Celtic Church, seals, re-introduction of coastal grazing.



Great views of Llanwnda inland with Ciliau Moor and Garnwnda behind as you round Carn Farthach; along the coast the view across the headlands to Carregwastad is breathtaking. On the coastal heath, traditional grazing has been reintroduced (ponies and livestock) to improve the habitat for wildlife. Seals can often be seen on the rocky headlands and sheltered coves.

At Carregwastad a pillar commemorates the abortive French Invasion of 1797. The story of the local women subduing the invasion force is intimately tied to the landscape of Pembrokeshire itself. Apparently, the French invaders mistook the women of the area, dressed in their red tunics and long black hats, for British army Redcoats. At that time, lichen found on local moorland rocks, which produced a red dye called crotal was used to give the tunics their vivid red colour - and so probably helped to foil the invasion.

The Llanwnda Celtic Church is dedicated to St Gwyndaf, a Breton saint.

**Character:** Rugged coastal walk, farmland.