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Amroth, Pembrokeshire

DISTANCE 7KM/4½ MILES **ASCENT** 188M/617FT
TIME 2 HOURS **TYPE** COAST AND WOOD

NAVIGATION
LEVEL
INTERMEDIATE

FITNESS
LEVEL
MODERATE

PERFECT
FOR
FAMILIES

NUMBER
OF STILES
NONE



Plan your walk

WHERE Circular walk from Amroth village, out along the Pembrokeshire Coast Path and back through the National Trust's Colby Woodland Garden.

START/END Amroth Arms (SN163070).

TERRAIN Woodland and tarmac paths. Some uneven terrain, steep steps and a stream crossing to negotiate.

MAPS OS Explorer OL36; Landranger 158.

GETTING THERE Bus 351 to Amroth from Pendine or Tenby (tafvalleycoaches.co.uk). Taxi from Kilgetty train station, about £8 (Colby Cabs, 07837 395774).

EATING & DRINKING Amroth Arms (01834 812480).

SLEEPING Amroth Arms (as above) has a large self-catering apartment overlooking beach.

VISITOR INFORMATION Saundersfoot Library and Information Centre, Regency Hall, Milford Street (01437 776050, pembrokeshire.gov.uk).

GUIDEBOOK *Walking in Pembrokeshire: 41 Circular Walks in the National Park* by Dennis and Jan Kelsall (£12.95, Cicerone, ISBN 978 1852844318).

LOCAL RAMBLERS GROUP Pembrokeshire Ramblers (07787 527222, ramblers.org.uk/pembrokeshire).

This circular route follows a short stretch of the Pembrokeshire Coast Path over the cliffs from Amroth to Wiseman's Bridge – or at low tide, you can walk along the beach. It then heads inland along the remains of a 19th-century railway line that once connected the area with the harbour at Saundersfoot. The return to Amroth passes through part of the delightful grounds of Colby Woodland Garden, a National Trust estate with a rich industrial history

ROUTE BY PAUL MILES

1 START From the Amroth Arms, turn R along seafront. At very low tide, it is possible to walk from Amroth to Wiseman's Bridge along the beach. At any other time, you will have to scramble over rocks for the last few yards. At high tide, to reach Wiseman's Bridge walk along to the end of promenade, R of public toilets and follow coast path up steps. In the field at the top you can either turn R through gate onto tarmac path and then L, or continue through field and then through a broken stile to join tarmac path. Turn L towards Wiseman's Bridge. The path eventually becomes a tarmac road, Cliff Road. Turn L at the end of this. At Wiseman's Bridge Inn, follow seafront to R.

2 At public toilets at far end of beach, turn R, following small brook and sign to Kilgetty and Stepside. Bear R at Tramway Cottage, following tarmac lane, the

former railway line that carried coal from up to a dozen collieries in this small valley.

3 After a mile, the lane joins a road opposite Mill House. To your L you will see the ruined remains of the Stepside Ironworks. Cross road and follow waymarked path through garden of Mill House, L of satellite dish. The path joins a pretty hollow way. After 50m, turn R at T-junction leading to a small road. Turn L, then R, heading gently uphill opposite Mill Hill House. After about four houses, opposite a house called Two Hoots, turn L, following a footpath on a farm track. After 100m, turn R through a kissing gate onto a pleasant woodland and wildflower path. After 400m you exit through a gate near Cwmrath Farm. Turn R.

4 At junction with road, turn R towards Summerhill. Just before the sign for Summerhill, turn

L following signpost for bridleway. Follow bridleway until you reach a farm, then bear R, continuing on bridleway, now more like a narrow footpath through trees. At second footpath junction, turn L, signposted to Colby Woodland Garden, owned by the National Trust and famed for its woodland garden of rhododendrons. When footpath approaches road, curve downhill to R, step across brook and follow path out onto road.

5 Follow road past Colby Lodge and then turn R onto a path signposted 'The Knights Way' which leads you past Colby Woodland Garden, passing the walled garden and a popular café with outside seating. Continue following this path for one mile back to Amroth. It exits onto a tarmac road that leads back down to the Amroth Arms.

Report a path problem
Via the Pathwatch app or at ramblers.org.uk/pathwatch



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