


# Narberth

<b>Start</b>	Narberth
<b>Distance</b>	5½ miles (8.9km)
<b>Approximate time</b>	2½ hours
<b>Parking</b>	Narberth
<b>Refreshments</b>	Pubs and cafés at Narberth
<b>Ordnance Survey maps</b>	Landranger 158 (Tenby & Pembroke), Explorer OL36 (South Pembrokeshire)

*From Narberth the walk follows a clockwise arc around the undulating and well-wooded terrain that lies to the south and west of the town. Much of the walk is along attractive, tree-lined footpaths and bridleways, there are some fine stretches of woodland and from several points there are views of the small hilltop town, dominated by its church tower and castle ruins.*

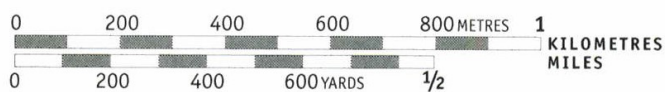
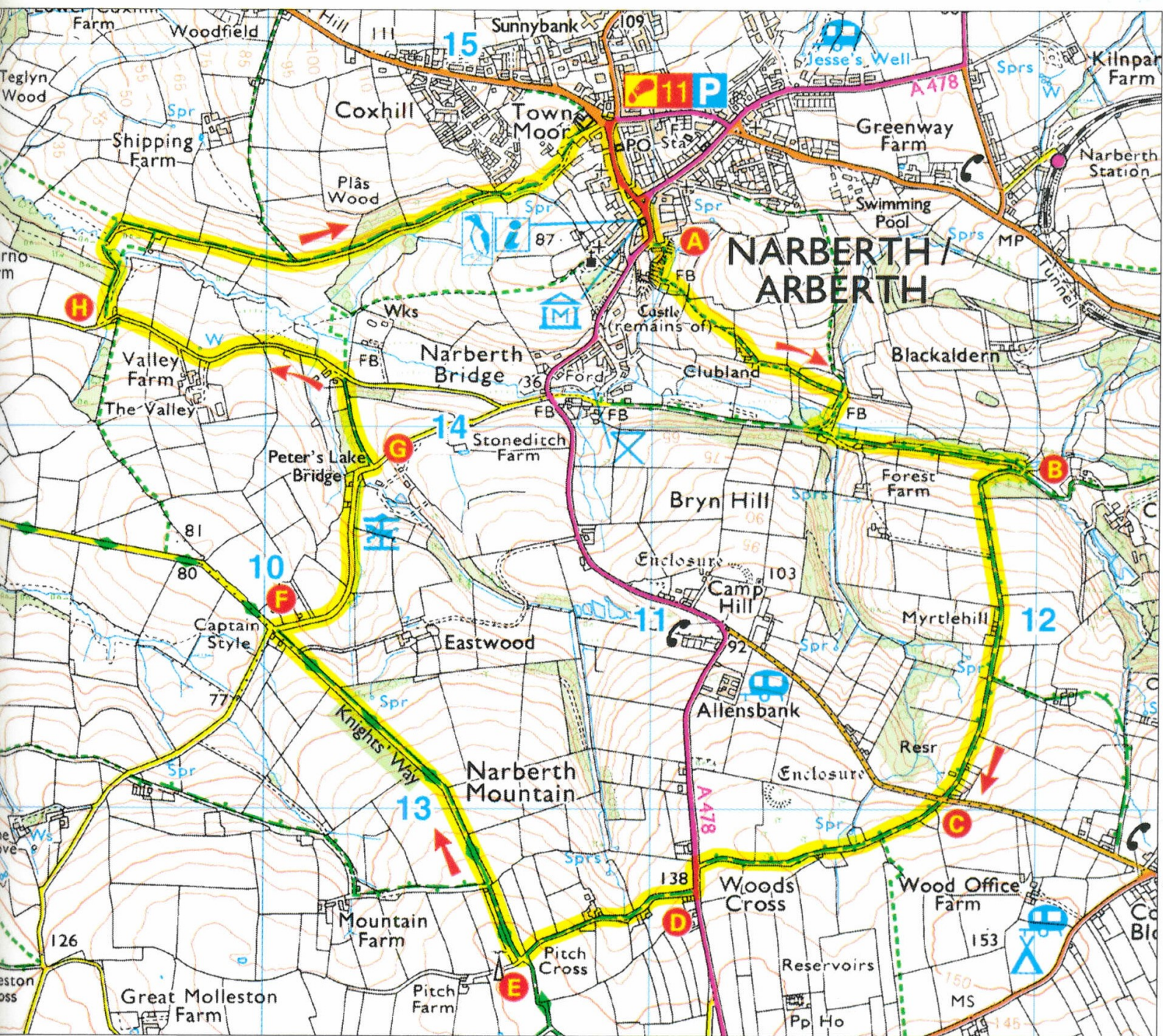
Many myths and legends from early Welsh history are based on Narberth, a rare example of a hilltop town, where the ancient princes of Dyfed reputedly held court long before the Norman conquerors erected the castle, of which just a few scanty ruins survive. It was one of the castles of the Landsker, the imaginary border between mainly Welsh-speaking north Pembrokeshire and English-speaking south Pembrokeshire. Information on the history of the Landsker and the early myths and legends of the area can be found in the visitors' centre housed in Narberth's attractive 18th-century town hall.

 From the car park at the top end of the town, walk down the main street, passing to the left of the town hall. Continue into Market Square and downhill towards the front of the castle, turn left **A** and after about 50 yds (46m), look out for a waymarked gate on the right. Go through and head down steps below the castle walls into a wooded valley. Turn left at the bottom to cross a stream and head uphill across

rough grass, bearing right to climb a stone stile in the top corner of the field. Keep ahead a few yards to climb another stile (this time of the conventional kind) and bear slightly right across a sloping field – there is no visible path – making for a metal gate and a stile.

Climb the stile, turn left along a wooded path, climb another stile and continue along a hedge-lined path to emerge onto a track to the left of a barn. Bear left along a track which soon becomes enclosed by hedge-banks and heads steadily downhill to a T-junction. Turn right to cross a footbridge over a stream and at the next T-junction turn left along a tarmac track. After a few yards and just after crossing another stream bear left off this tarmac track that leads to Forest Farm onto a tree-lined track, which is likely to be muddy. At a junction of paths and tracks ¼ mile (400m) ahead turn sharp right **B** along an uphill track, lined by steep banks, which eventually reaches a road **C**. To the right is a fine view of Narberth, with the church tower and the





jagged walls of the castle prominent.

Cross over the road and continue along a broad track which, after passing to the right of a bungalow, becomes another pleasant tree-lined route. On reaching a road, turn left along it for about 50 yds (46m) and in front of a house turn right along a track **D**. After passing houses and farms this track heads uphill between steep hedge-banks; at a junction turn right **E** to continue along a hedge-lined track, here joining the Knights' Way. There are more views here: ahead over the valley and to the right across to Narberth again. This is a particularly attractive section of the walk while the track, lined by fine old trees, steadily descends to a road **F**.

Turn right along the road for nearly  $\frac{1}{2}$  mile (800m), heading downhill and

rounding a left-hand bend to reach Peter's Lake Bridge. Cross the bridge, bear right uphill and, just before reaching the top, turn left **G** along a narrow, enclosed and tree-lined path. After a while the path descends to a lane; turn left along it, passing to the right of a mill building by a duck pond.

Follow the lane for  $\frac{1}{2}$  mile (800m) and, after rounding a slight left-hand bend, turn right **H** in front of a house along a broad track, heading downhill. Near the bottom, turn left at a public footpath sign, soon bear right to cross a stream and keep ahead along an uphill enclosed path, which soon curves right. Continue along this hedge- and tree-lined path, as gaps in the trees reveal views to the right over a wooded valley and then the path proceeds through woodland. It emerges from the trees and continues across a play and picnic area to return to the starting point. ●