

# Strumble Head

WALK  
23

Strumble Head

**Start** Garn Fawr. Take unsigned lane ½ mile (800m) north of hamlet of Harmony, which is between St Nicholas and Goodwick (lane leaves road about 200 yds (183m) west of Harmony chapel)

**Distance** 7 miles (11.3km)

**Approximate time** 4 hours

**Parking** Car park at Garn Fawr

**Refreshments** None

**Ordnance Survey maps** Landranger 157 (St David's & Haverfordwest), Explorer OL35 (North Pembrokeshire)

*Strumble Head is one of the wildest and loneliest parts of the Pembrokeshire coast. The walk begins just below the prehistoric fort of Garn Fawr on the western side of the headland and follows it round before turning inland and heading across fields and open moorland to return to the start. There is plenty of 'up and down' work but none of the paths is particularly difficult or strenuous, and the glorious coastal views and sense of isolation more than repay the effort spent.*

Begin by taking the signposted path at the side of the car park, heading up towards the Iron Age fort of Garn Fawr. At a waymark either continue ahead over the top of the prehistoric fort of Garn Fawr, enjoying the superb

*Strumble Head, one of the wildest and most remote stretches of the Pembrokeshire coast*



view along the coast from picturesque St David's Head to Cemaes Head, passing the triangulation pillar and descending on the far side, or turn left and follow the grassy path that curves right around the base of the rocky outcrop to join the other path. At the path junction, keep ahead if coming from the top of Garn Fawr or turn left if rounding its base, and head down to farm buildings. Climb a stile, turn left to a tarmac track, turn right along it to another tarmac track, cross over and follow a track ahead for a few yards to a coast path sign A.

Here turn right to join the coast path and keep along it for nearly 4 miles (6.4km) as it curves around the beautiful, wild, lonely Strumble Head, one of the most rugged sections of the Pembrokeshire coast. There are lots of stiles, plenty of ascents and descents and superb views all the way. As you round the head itself, the lighthouse

can be seen on an islet; this and several nearby islets create a sort of lagoon.

On reaching a tarmac lane by a car park, turn right along it and where it bends to the right keep ahead over a stile B to continue along the coast path. Now you are heading eastwards, and views open up along another rugged stretch of coast looking towards Dinas Head, with Carningli and the Preselis on the horizon. Walk around the large inlet of Porthsychan, ignore the first public footpath sign to the right and continue along the coast path as far as a collection of footpath signs just before reaching a bungalow C.

Here bear right to climb a stile and keep ahead across a field, passing through a gap in the wall and continuing across a boggy area, parallel to a wire fence on the left, to a stile. Climb it, keep ahead to join a track and bear right along it. Follow this winding track through several gates, later heading steadily uphill to go through a metal gate onto a lane. Turn left along it, turn right D through the second farm gate, which bears the farm's name Trenewydd, and, passing to the right of the farmhouse, go through a metal gate and continue along an uphill, hedge-lined track. The track first bends right and later bends left to a metal gate; go through it and keep ahead for a few yards to a T-junction of paths and tracks.

Turn right onto a path that keeps along the bottom edge of open grassy moorland, roughly parallel with a hedge-bank on the right. At first keep in a straight line but later the path bends first to the left and shortly afterwards to the right to continue between hedge-banks, with a striking view of Garn Fawr in front. Finally, head through an area of bracken to a footpath sign and onto a lane E. Turn left uphill for just over ¼ mile (400m) to return to the starting point.



