



STRUMBLE HEAD An Invigorating Trundle

A walk in the coast's wildest countryside.

8 miles/12.9km 3hrs 30min **Ascent** 920ft/280m **Difficulty** 2

Paths Coast path, grassy, sometimes muddy tracks, rocky paths, 13 stiles **Map** OS Explorer OL35
North Pembrokeshire **Grid ref** SM 894411 **Parking** Car park by Strumble Head Lighthouse

- 1 Walk back up road and cross gate on **L** on to coast path. Pass above bays of Pwll Bach and Pwlluog, then drop steeply to footbridge behind pebble beach of Porthsychan.
- 2 Follow coast path waymarkers around Cnwc Degan and down to bridge, where 2 footpaths lead from coast. Continue along coast, passing cottage on **R** before reaching obelisk at Carregwastad Point.
- 3 Follow main path inland and cross stile on to farm track, where you turn **R**, away from coast path. Continue with this path, which is vague in places, up through gorse to wall, then turn **R** on to good track. Take this through gates and around **L-H** bend.
- 4 Ignore track to **R** and continue up cattle track, eventually bearing **R** into farmyard where you follow walkway past livestock pens before swinging **L**, after buildings, to road. Turn **R** and follow road past large house to waymarked bridleway on **L**. Pass Trenewydd and go through gate on to green lane. Follow this up

to another gate and on to open ground.

5 Turn **R** and follow wall to another gate. This leads to walled track which you follow to road. Turn **L** and climb up to car park beneath Garn Fawr. Turn **R**, on to hedged track, and follow this up, through wall gap, and over rocks to trig point.

6 Climb down and cross saddle between this tor and the slightly lower one to south. From here head west towards even lower outcrop and pass it on **L**. This becomes clear path that leads down to stile. Cross this and turn **L**, then **R** on to drive that leads to road.

7 Walk straight across and on to coast path. Bear **R** and cross stile to drop down towards Ynys y Ddinas, small island ahead. Navigation is easy following coast path north, over Porth Maenmelyn and up to cairn.

8 Continue along coast, towards lighthouse, until you drop to footbridge above Carreg Onnen Bay. Cross stile into field, then another back on to coast path and return to car park.