



MILFORD HAVEN Its Two Faces

The waters of Milford Haven and the coastline that forms its entrance.

9 miles/14.5km 4hrs **Ascent** 1,017ft/310m **Difficulty** 3

Paths Coast path and easy tracks over agricultural land, short road section, 9 stiles

Map OS Explorer OL36 South Pembrokeshire **Grid ref** SM 854031

Parking Car park at West Angle Bay

- 1** Facing sea, walk **L** out of car park and pass between café and the public conveniences to waymarked gate. Follow field edge along, passing through further gates, and eventually leading out on to coast, where **R** fork drops to ruined tower on slender headland.
- 2** Continue back up from this, pass through gates and then go down to footbridge. Climb up from this and pass Sheep Island on **R**.
- 3** Continue along coast, dropping steeply into succession of valleys and climbing back up each time. At northern end of Freshwater West, keep your eye open for footpath waymarker to **L**.
- 4** Cross stile and walk up floor of valley, swinging **L** to stile at top. Cross next field, and another stile, and continue to road (B4320). Turn **L** on to road and walk past houses to **R-H** turn. Follow this to coast and turn **L** on to coast path to merge on to drive.
- 5** Take drive to bridleway sign on **R**. If tide is low, you can cross the estuary here and continue along bank of pebbles to road on other side. If it's not, carry on along drive to join road that leads into Angle village and bear **R** by church to follow dirt track over bridge and around to **R**.
- 6** Continue around, pass Old Point House Inn on **L** and follow field edges to gravel turning point above lifeboat station on **R**. Keep straight ahead, through gate, and continue through fields into wooded area.
- 7** You'll join broad track that runs around Chapel Bay cottages and fort. Keep straight ahead to follow narrow path back above coast. This eventually rounds the headland by Thorn Island.
- 8** As you descend into West Angle Bay, path diverts briefly into field to avoid landslide. Continue downwards and bear **R** on to drive that drops you back to car park.