

15 Cleddau Woodlands, Pembrokeshire

How hard is it? 3 miles; easy; woodland and riverside trails, short stretch of road

The Cleddau waterways run through Pembrokeshire Coast National Park, meeting to form the Daugleddau Estuary, flowing into Milford Haven and out to sea. This walk loops the headland at Lawrenny, bounded by tidal creeks and salt marsh on one side and ancient woods on the other. Look out for egrets, herons and wigeons.

Map OS Explorer OL36

Start Lawrenny Quay, SA68 OPR (SN010061)

Getting there Trains to Pembroke or to Saundersfoot (there are no buses to the route). Road — take the A4075 north from Carew, then back roads west from Cresselly via Cresswell Quay to Lawrenny Quay.

Walk Head away from the quay, past the Quayside Tearooms and through the boatyard, following footpath signs left into trees. Walk up the river, after about ½ mile follow the path right up Garron Pill to the road. Turn right onto the road into Lawrenny. Pass church and bear right onto Lawrenny Quay road then follow this back to the start.

Lunch Quayside Tearooms, Lawrenny, SA68 OPR (@quayside_tearoom on Instagram)

More information Visit Pembrokeshire (visitpembrokeshire.com)

