

Pontfaen, Pembrokeshire Coast National Park

Start/finish Pontfaen village car park, SA65 9SE (nearest postcode)

Distance 5 miles

How hard is it? Easy, but can get muddy

The Gwaun Valley's steep banks are thickly wooded with ancient oak and echo with birdsong in summer, including wood warblers and willow warblers.

This run traces the banks of the Gwaun River, returning along the valley's upper reaches. Don't miss Pontfaen's church, dedicated to the 6th-century missionary St Brynach.

The run Follow the valley path with the Gwaun River to your left for about 1.5 miles. Continue on path up through the woods to Tregynon. Stay right on footpath uphill to path junction and house at Ty-gwyn. Turn sharp right, following a bridleway between fields, downhill and left through

Penralltddu Farm.

Turn right then left, following footpath along top edge of woodland back to Pontfaen, turn right on the road to finish.

Where to eat and drink The Dyffryn

Arms, a local institution.

Cash only. Pontfaen, SA65

9SE (no website or phone)



warbler