

Dinas Circular Walks

Cwm yr Eglwys to Aberfforest

Terrain: First section is coast path then paths and tracks, occasionally muddy. Some short steep gradients but moderate overall.

O.S. Map - 1: 50,000 - **No. 157**

Distance: 5.6 km (3½ miles)

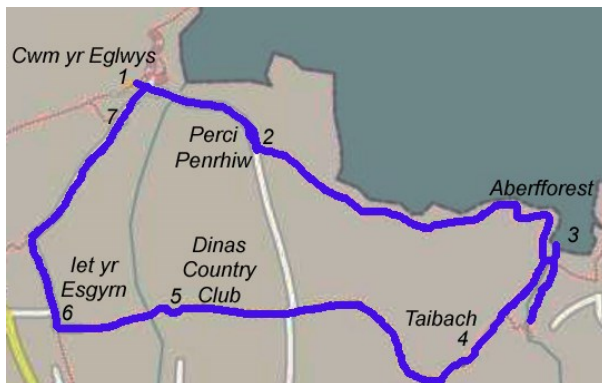
Duration: 1¾ hours

Public Transport: Hourly bus service along the main road - A487 - Richards Service Bus No. 412 - between Cardigan, Newport, Fishguard and Haverfordwest - alight at The Cross, by Gedeon Chapel [*not Kiel House*] and follow the signposted minor road to Cwm yr Eglwys - 0.8km (½ mile).

Poppit Rocket - Bus No. 405 - Fishguard to Poppit Sands stopping at Kiel House, Brynhenllan and Pwllgwaelod. Seasonal hail and ride service - 3 times daily. From Pwllgwaelod take the all-weather path to Cwm yr Eglwys - 1.2 km (¾ mile)

Car Park: Cwm yr Eglwys

Toilets: Cwm yr Eglwys and Pwllgwaelod



1. Start at Car Park in Cwm yr Eglwys (GR SN 015 401)

Walk through the car park into the graveyard, where only the west wall and double-arched bell-cote of the old Norman Church remain after the 'Royal Charter' storm of October 1859 destroyed most of the building. Before construction of the sea wall in 1882, bones and coffins were exposed by the rushing waves and the beach level was 1 - 2 metres higher. At the entrance to the graveyard is a model of a coastal trader which brought goods into the hamlet for centuries.



2. Coastal Path - On leaving the graveyard turn left up the steep minor road signed to the coastal path. Half way up the hill is a lovely panorama of Cwm yr Eglwys.

At Perci Penrhiw, turn left on to the coastal path. This is a good surface with some re-alignment where the path has been diverted away from the cliffs due to erosion. Lovely views eastwards towards Newport Bay and Carningli mountain.



3. Aberfforest - The sandy and shingle beach is suddenly revealed as a rocky inlet. As the path approaches the cove, the route bears right, but a short detour left continuing on the coastal path down to the beach is worthwhile. Cross the bridge and note the well preserved lime kiln at the back of the beach, built of slate in the 'Pembrokeshire style'.



Follow the river up the valley and cross the stepping stones where the path emerges in front of an impressive waterfall and pool.



Retrace your steps along the river and bear left over the bridge and left again at the marked junction.



4. Taibach - The path goes inland along a lovely wooded valley and past a nature reserve. After passing Taibach on the left, the path becomes a steep concrete farm track. Proceed along it to the minor road, then cross this road on a sharp bend onto another farm track which is straight ahead.



5. Dinas Country Club - After passing through a couple of gates, the path enters Dinas Country Club. This house was the 'Old Rectory' for the church at Cwm yr Eglwys for hundreds of years. The path bears right downhill over a grassy area marked with white stones. The lane eventually enters the hamlet of 'let yr Esgyrn'.



6. let yr Esgyrn - The narrow road bears right and leads to a 'T' junction with the old road to Cwm yr Eglwys. Carry straight on down this road and at Penllain bear right where the sign says 'Unsuitable for Motors'. There is a lovely view of Dinas Island from this point.



7. Cwm yr Eglwys - The minor road steepens on to very sharp bends just before the bottom of the hill. Follow the old road back to the car park at Cwm yr Eglwys.



Points of interest:

- Pretty coves and bathing beaches
- Historic remains of Norman Church
- Traditional cottages and Lime Kiln
- Fine coastal and mountain views
- Scenic waterfall and riverside walk



Pembrokeshire Coast
National Park

Visit Wales

Yr Hen Ysgol

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