

Dinas Circular Walks

Pwllgwaelod to Aberbach

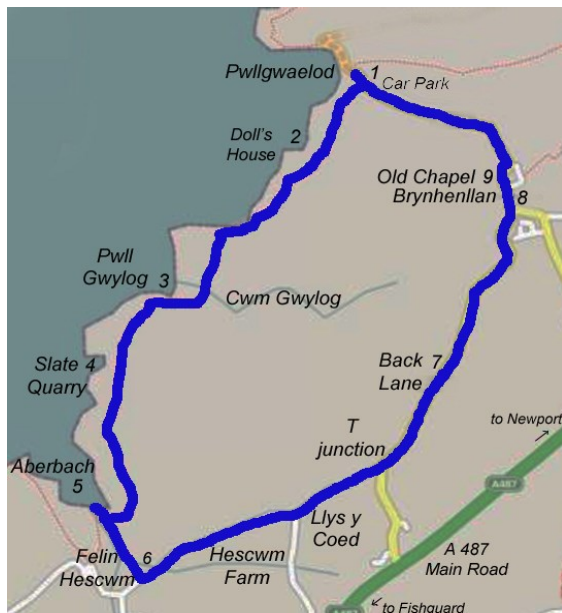
Terrain: First part is cliff and coast with steep gradients and steps. Second part is firm surfaces along country lane. **O.S. Map - 1: 50,000 - No. 157**

Distance: 6.4 km or 4 miles **Duration:** 2 hours
Public Transport: Hourly bus service along the main road - A487 - Richards Service Bus No. 412 - between Cardigan, Newport, Fishguard and Haverfordwest - alight at Kiel House mini market, Dinas, and follow the signpost to Pwllgwaelod - 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.

Car park: Pwllgwaelod (free)

Toilets: Pwllgwaelod and Cwm yr Eglwys



1. Start at **Pwllgwaelod** car park (GR - SN 005 400) Note the 19th century circular lime kiln, where limestone was burnt and converted to quicklime for farming and building, and the Old Sailors Tea Rooms and Restaurant - formerly known as the Sailors Safety, where a lantern guided sailing ships. Turn left from the car park to the signed 'Coastal Path'. Climb the steep steps up to the first stile. Good view of Pwllgwaelod and eastwards along the glacial meltwater valley to Cwm yr Eglwys and Newport Bay.



2. Keep to the edge of the field. About 30 metres beyond the second stile, look down the cliff, where a 'doll's house' is built on the rocky promontory. Beyond the next stile, the path follows the grassy edge of the field. Keep dogs under control, particularly in the lambing season. Note the sweeping views across Fishguard Bay towards Dinas Island.

3. **Cwm Gwylog and Pwll Gwylog** - The valley and cove of Pwll Gwylog suddenly appear beyond the gorse-strewn headland - a lovely curve of sand backed by dramatic blocks of sea-weathered slates. This is a quiet and secluded place to bathe on a hot day.



After the steep descent to the bottom of the valley go over the bridge for the steep ascent on the other side. In spring this valley is carpeted with bluebells.

[Note: access to beach is treacherous]

4. Beyond the stile overlooking Pwll Gwylog, the path hugs the edge of the field in which sheep are usually present. You will then encounter stiles and a small bridge before emerging round the headland, where the old slate quarries can be seen only to reveal a lovely view of Aberbach.



5. Aberbach - On the west side of the bay is the dramatic headland of Carreg Penlas. In spring the headlands above Aberbach are covered with spring flowers, including the purple common orchid. Aberbach is a shingle beach with sand at low tide and is suitable for bathing. In the 1870s there was a thriving slate quarry on the headland and a lime kiln on the western side of the valley. At the back of the beach there is a fine slate seat to admire the view. Turn left off the coastal path at this point and follow the signpost inland to the old corn mill at Felin Hescwm.

The path passes through the old mill, which has been beautifully restored, and the pit for the old water wheel can still be seen. Proceed along the vehicular track to the minor road where the bridge crosses the stream

6. Minor Road - Turn left along this narrow road bounded by high hedge banks. Pass Hescwm Farm on the right and climb the steep hill and then follow the winding lane past Llys-y-Coed on the right to a 'T' junction with another minor road. Look through the gateway at the panoramic view of Fishguard Bay and Fishguard Harbour.



7. Back Lane - Carry straight on following the sign to Pwllgwaelod. This tranquil lane is flanked by high hedgebanks of gorse, blackthorn and hawthorn. After a sharp bend, the road enters a 30 mph zone before reaching the hamlet of Brynhenllan.

8. Brynhenllan - This may be the site of a pre-Norman Church before that built at Cwm yr Eglwys. On the left are Llwyn Hendy and Hafod Lwyd - impressive examples of 1870s sea captains houses. At the 'T' junction on the green, note the old cottages on the left. Go straight on down the hill, signposted to Pwllgwaelod.

[Note: Turning right at the 'T' junction will take you up Feidr Fawr to the Main Road (A487) for the Richards Bus service No. 412 at Kiel House mini market]



9. Brynhenllan CM Chapel - On the left is the old Methodist Chapel, now a private dwelling. Continue down the steep hill, noting the gorse-clad flanks of Dinas Island and, to the right, magnificent views along the Cwm Valley and Newport Bay beyond. The final descent brings you back to the starting point at Pwllgwaelod.

Points of interest:

- Coastal walk with fine views.
- Dramatic bathing coves.
- Sandy beaches and slate cliffs.
- Seabirds and spring flowers.
- Narrow lanes with high hedge banks.
- Old mill and historic buildings.
- 'U'-shaped glacial valley.



*Pembrokeshire Coast
National Park*



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Yr Hen Ysgol