

# 20 PEMBROKESHIRE CWM GWAUN

▶ Distance: 5 miles/8km ▶ Time: 3 hours ▶ Grade: Easy

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FEATURE  
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Woodland walking  
in Cwm Gwaun.

PHOTO: TOM BAILEY



### CHOSEN BY...

#### JENNY WALTERS

Pembrokeshire is rightly famed for its

coast, but it hides treasures inland too. Cwm Gwaun is a deep valley incised by glacial meltwater through the hills east of Fishguard and its steep sides prickle with dense forest. Every autumn, the turning leaves of the oaks, beeches, hazels and chestnuts – to name just a few of the wood's broadleaf species – flood the cwm with colour. This walk explores from Pontfaen in the heart of the valley, a hamlet that's home to one of Wales' best-loved pubs, The Dyffryn Arms. Also known as Bessie's, it's been run by the same landlady for 45 years and is a

traditional taste of how pubs used to be - and perfect for a post-walk pint.

### 1 Start

Leave car park on footpath into Pontfaen woods, heading east along valley with River Gwaun to your L. Continue ahead past turn to R to reach a second junction of paths. Go ahead again (ignoring turn to R) to head gently downhill, then down steps and past a turn to L, to reach footbridge.

### 2 1 mile/1.5km

Cross bridge and turn R on track on other side to walk short distance to path junction. Go straight ahead on path just to R of gate (ignore bridleway track up to R) to continue

## PLAN YOUR WALK



## ROUTE

**Start/parking** Car park by bridge in Pontfaen, grid ref SN024339

**Is it for me?** Good paths through woodland; a couple of climbs

**Stiles** 1

## PLANNING

### Nearest town

Fishguard/Abergwaun

### Refreshments

Dyffryn Arms in Pontfaen (drinks and snacks only; no meals)

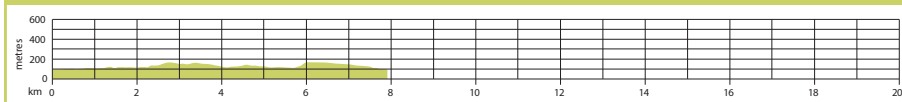
### Public toilets

None

**Public transport** None  
**Maps** OS Explorer OL35; Landranger 145

along valley. After about 0.4 miles, drop down to wider track running to your L. Keep straight ahead past stile/path on L. At next junction, fork R to climb uphill through trees, crossing stile halfway up. The path levels off to run along top edge of woodland with

## GRADIENT PROFILE



20 PEMBROKESHIRE  
CWM GWAUN▶ OS Explorer map OL35 ▶ Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

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DATE WALKED  
□ □ □ □ □ □ □ □ □ □TIME TAKEN  
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gorgeous views across the valley treetops, to reach a stream above a waterfall – you'll hear it tumbling away to your L.

**3** 2 miles/3.4km  
Step across stream, go ahead to waymark and turn L, passing pond to R. Fork L as signposted before reaching house, cross mossy bridge and walk past top of steps dropping steeply to L to base of falls. Follow broad path ahead as it contours round to

R and through farm gate. Walk downhill to path junction and turn sharp L. Follow permissive path downhill through woods to lichen-clad gate.

**4** 2½ miles/3.9km  
Go through the gate (ignore turn to R) and follow path over tiny stream and then slightly broader stream. Continue on path through woods until you reach the junction from earlier, where you forked uphill. Go straight ahead along the valley floor,

passing the turn/stile to the R and retracing your outward route back over footbridge and up steps to path junction. Turn L here to climb uphill – quite steeply in places – to path junction at top.

**5** 3¼ miles/6km  
Turn R and walk along the top edge of the woods, passing the turn to the R and keeping ahead until you reach a road. Turn R to go downhill and return to the car park in Pontfaen. **CW**



PHOTO: TOM BAILEY

**VIEW THE WALK ON OS MAPS ONLINE:**  
[lfto.com/cwroutes](http://lfto.com/cwroutes)

IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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