

21 PEMBROKESHIRE ANGLE PENINSULA

Distance: 9 1/4 miles / 14.8km Time: 5 hours Grade: Moderate



Angle Bay, from between Points 1 and 2

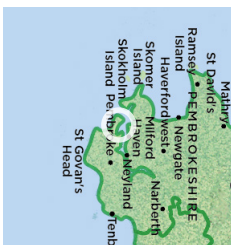
PHOTO: FIONA BARLTROP



CHOSEN BY... FIONA BARLTROP

Situated on the southern side of the entrance to Milford Haven, one of the deepest natural harbours in the world, the Angle Peninsula has long been of strategic importance. Over the centuries, forts were constructed to defend it. The oldest, East Blockhouse, was built by Henry VIII in 1539 (there's another, West Blockhouse, on the opposite side of the estuary). During Victorian times, other defences were built, including Thorn Island Fort and Chapel Bay Fort. The latter, passed on the last leg of this clockwise circuit of the peninsula, now houses a

PLAN YOUR WALK



ROUTE

Start/parking Considerate parking in Angle, near church, SA71 5AP, grid ref SM866029. Or Freshwater West car park, mile from Pt 3, or West Angle bay car park, Pt 4

Is it for me? Waymarked coast paths. Exposed cliff top S side of peninsula. Shortcut from Pt 4

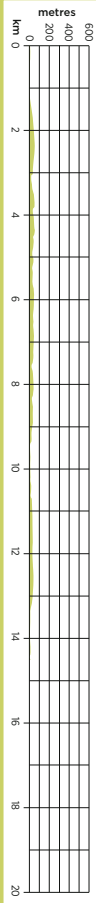
PLANNING

Nearest town Pembroke Dock
Refreshments The Old Point House (01646 792100) and Hibernia Inn (01646 641517). Angle; Wavcrest Café, West Angle Bay (01646 641457)
Public toilets Angle and West Angle Bay
Public transport 387/388 Coastal Cruiser buses, Pembroke Dock-Angle (limited timetable)
Maps OS Explorer OL36; Landranger 157

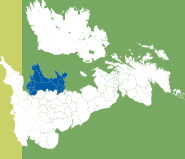
Start

With back to church turn L along road keeping ahead at junction to end of road. Continue along private drive by shoreline of Angle Bay.

GRADIENT PROFILE

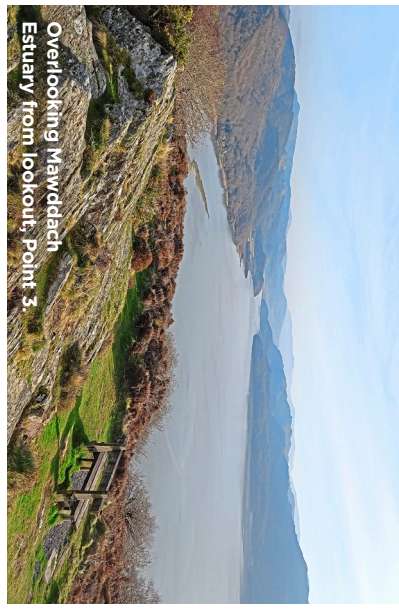


WALES



22 GWYNEDD BARMOUTH

Distance: 6 1/2 miles / 10.6km Time: 3-4 hours Grade: Moderate



Overlooking Mawddach Estuary from lookout, Point 3

PHOTO: MATTHEW PIKE



CHOSEN BY... MATTHEW PIKE

Snowdonia (Eryri) National Park describes Barmouth's Panorama Walk on its website as 'not popular'. If this is true, it's farcical. It should be on every visitor's to-do list. Once you've grunted your way up a steep flight of steps, the views over the Mawddach Estuary are utterly superb. With a bird's eye view over Barmouth harbour, Fairbourne's spit and the rickety Barmouth Bridge, and with the Cadair Idris massif as a backdrop, you could spend hours enjoying the viewpoints. Our route then heads over the hill and drops down to the

PLAN YOUR WALK



ROUTE

Start/parking Barmouth Main Car Park, off The Promenade (£3.50 for up to 12 hours), grid ref SH613156, postcode LL42 1NG

Is it for me? Three ascents - one sharp, one long. Mostly clear tracks and paths, though one faint grass path on ascent

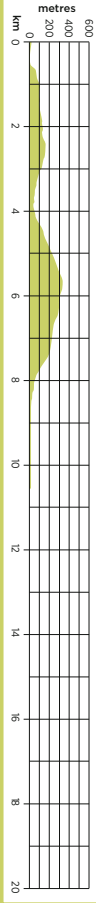
PLANNING

Nearest town Barmouth
Refreshments Plenty in Barmouth, including Celtic Cabin (07775 531241)
Public toilets Marine Parade and The Quay, both in Barmouth
Public transport Trains Barmouth-Birmingham, Wolverhampton, Telford and Shrewsbury, TrawsCymru T3 buses run from Wrexham, Bala and Dolgellau
Maps OS Explorer OL25; Landranger 124

Start

Head to car park entrance and turn L along road, which then swings L. Turn R at T-junction. When road starts to ascend, take footpath L up steep steps. At the top of the steps, take sharp R, following arrow and passing lookout benches. When the path drops into gully, join another path and follow L of wall, through gate. On reaching wall ahead (when path joins from L), take gate R, then take surfaced track L.

GRADIENT PROFILE



WALES

WALES

22 GWYNEDD BARMOUTH

OS Explorer map OL23 Buy maps at: ordnancesurvey.co.uk/shop

2 $\frac{3}{4}$ mile/1km
Take L fork at houses, signed 'To Panorama'. Turn R at path T-junction, then soon drop R through gate, following sign R. Turn L at another gate to road, and continue. After 400 yds, follow footpath sign R. Immediately after gate in wood, turn R through another gate and follow main path to viewpoint (keeping L at fork on ascent).

3 $1\frac{1}{2}$ miles/2.6km
Continue past viewpoint. Path swings R and descends, rejoining main path back through gate. Turn R here, and continue through wood for more than a mile. Turn L up lane. After ascent, take middle of three tracks ahead, then take R fork passing below former chapel. At path T-junction, turn L. Ascend path through wood, through gate, then up lane to road.

4 **3 miles/4.9km**
Turn L, then, on first L bend, fork R along footpath. Keep wall on L. With transmission tower on R, follow arrow R, passing L of transmission tower and crossing step stile. Continue with wall on R. When wall stops continue straight, following faint grass path to go almost directly uphill and through gate in wall at top. Clearer path continues, soon running alongside wall on the L.

5 **3 $\frac{3}{4}$ miles/6.1km**
Turn R at T-junction with track. After $\frac{1}{2}$ mile go through gate, then head L following track between stone walls. When walls stop, turn L and descend grass track between walls. Eventually see two gates on L. Head through second gate in corner, and descend through long narrow field that swings R. Ignore paths R, and keep L through gate and down path between walls.

6 **5 miles/8km**
Turn L at buildings, then R

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DATE WALKED

TIME TAKEN

YOUR RATING

VIEW THE WALK ON OS MAPS ONLINE:
walk1000miles.co.uk/cw/routes

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WALES

21 PEMBROKESHIRE ANGLE PENINSULA

OS Explorer map OL36 Buy maps at: ordnancesurvey.co.uk/shop

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YOUR RATING

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When it bears away to R keep ahead along path through trees for a short distance, then turn R up track to road. (The private gated drive joins road from R.)

2 **$\frac{3}{4}$ mile/1.2km**
Walk up lane to junction with B4320 and turn L. Take next footpath on R (70m further along road is Rocket Cart House – the tower once served as a lookout. When a vessel was in difficulty a cart was hauled to the nearest accessible point and a line fired out to the sailors). Path follows hedge on R, then heads slightly L across next field to gate. A few paces down, path turns R beside little valley down to Coast Path (CP).

3 **$1\frac{1}{4}$ miles/3km**
Route-finding is now very simple: turn R and follow CP for rest of walk. Look back to enjoy views of Freshwater West. Sea here is noted for its strong waves and currents and is one of Wales's top surfing locations. CP winds its way along cliffs, with quite a number of ascents/descents, effort rewarded by impressive cliff scenery. Look out for the natural arch of Guttie Hole. Beyond it you pass Sheep Island and further on ruins of 16th-century East Blockhouse.

4 **$6\frac{1}{4}$ miles/10km**
There's a car park and large sandy beach at low tide at West Angle Bay. Continuing along CP you pass close to Thorn Island (used as a hotel

at one time) and further along Chapel Bay Fort. Along this north side of the Angle Peninsula you can't avoid the views across the waterway to the refineries, though hedges and trees hide them some of the time. Approaching Angle Point you pass the lifeboat station (below) and beyond the point the 16th century Old Point House inn. Do have a look at the 14th-century Tower House in Angle before you leave. OS