



PEMBROKESHIRE GREENWAYS

Walk from... Haverfordwest to Llangwm

From the bustling country town of Haverfordwest, this walk leads along the tranquil banks of the Western Cleddau, via the National Trust owned woods at Little Milford and the riverside villages of Hook and Llangwm.

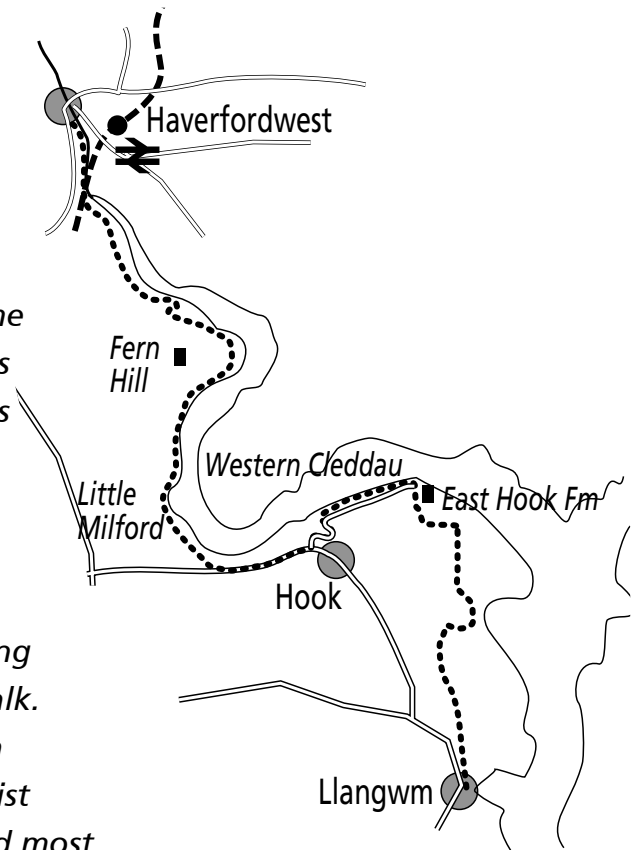
The route is 7.2ml/ 11.5km, 3.5-4hrs. It leads through woods and over roads, footpaths, fields and lanes -surfaces are generally firm with some muddy sections. Ascents 191mtrs/ 620ft, descents 196mtrs/637ft. Height difference 5m/16ft fall. There are 8 gates, 21 stiles, 2 sets of sleepers and 5 footbridges. Spring tides may affect this walk. Check tide tables which are available from tourist information centres and most local newsagents.

From Haverfordwest Station walk into town crossing the main road to the car park in front of the council offices. Walk between the offices and over the footbridge onto Quay Street.

HAVERFORDWEST

S,R,B,A,I,T,CP,SP. Train, buses 302, 308/9, 315, 322, 344, 349, 359, 381, 411, 412

Haverfordwest's medieval castle and Norman churches illustrate the early history of the town. In 1648 Cromwell ordered the castle slighted and that Haverfordwest replace Pembroke as county town, a role it holds to this day. Once a flourishing port



the riverside quay is today part of the Haverfordwest's busy shopping area, which extends through the town. A town trail leaflets is available.

Once in Quay Street, pass the old warehouses, turn left and walk down the street taking the stile on the left into the Priory grounds.

HAVERFORDWEST PRIORY

Managed by CADW, this 13th century Augustinian Priory has been recently excavated and includes the only surviving medieval garden in Britain.

Follow waymarks through the Priory grounds and back over the main road and railway line, turn down the lane to

the left, cross the bridge and take the stile on the left. Follow the waymarks through fields and out onto the grassland bordering the river. Follow the footpath round and back into the wood, climb up into the woods behind the quarry and turn left. Follow the track for 200mtrs/ 218yds taking the stile on the left leading down through the woods. Continue through fields and woods and along the shoreline to the footbridge over the inlet at Black Hill. Turn left onto the bridleway, and left again following the waymarks down to the shoreline. From here there is a good view down the valley towards Little Milford and Hook. Abandoned boats and slipways and derelict cottages serve as reminders of how the important the river and coastal trade in this area was. Follow the track leading up into the woodland and into a sunken lane. Follow this round to the head of the inlet at Little Milford and cross at the footbridge. Turn left onto the roadway and take the lane back towards Little Milford House turning right at the gates. Follow the track up 50mtrs/55yds to some cottages and veer left down towards the shore.

Take the path on the right leading up into the pine woods and then the first path on the left leading up onto the road at Hook just short of the New Anchor Inn.

HOOK S,R,SP. Bus 308/9

A small community on the banks of the Daugleddau, Hook once played a considerable role in Pembrokeshire's thriving coal mining industry. The village pit did not close until 1949.

Turn left and walk along the road, after 0.5m / 0.75km take the track on the left leading down to the old quay. Turn right and skirt the cottage to take the footpath leading along the shoreline. Follow this round to the cottages at Underwood and round the end of the last cottage turning right into a trackway. At the end of the trackway turn left onto the road. Follow the road as it leads round to East Hook Farm and climb over the stile ahead into the waymarked bridleway. 250m/275yds down the lane take the waymarked track to the left, cross the stile into a field and turn sharp right to find the stile leading out onto the shore of Sprinkle Pill. Take the path along the shoreline to a slipway, go

up the slipway to the road and turn left following the bridleway sign as the road peters out into a footpath. Cross the footbridge and take the gate to the right on the far side. Turn left and follow the fence line up the field to a gate leading into a sunken lane. Continue along the lane to the road. Turn right and walk along the road into Llangwm.

LLANGWM S,R,T,SP. Bus 308/9

Thought to have been a Flemish settlement in the middle ages, historically the village has been a base for coal mining and oyster and herring fishing.

**National Rail Enquiries on
08457 48 49 50
Public Transport
Information Cymru
0870 608 2608**

**The key to en-route
facilities**

**S - Shop, R - Refreshments,
B - Bank, I - Information,
A - Accommodation,
CP - Car Park, T - Toilet,
SP - Street Parking.**

**Walking Details and
Directions are shown
in italics. A copy of
Ordnance Survey 1:50
Landranger Sheet 158 or
1:25 Outdoor Leisure Sheet
36 are recommended. All
distances/times given are
approximate.**