



Pendine to Amroth



Looking towards Gilman Point



Birds Eye View of Morfa Bychan



Marros Beach



Why Walk?

A linear route with sometimes challenging walking along a very attractive stretch of Carmarthen bay and the Wales Coast Path.



How Long?

The route is approx. 8.5km long (5.3 miles) with 374m (1,227ft) of ascent.



How Hard?

There are some very steep sections which some walkers may find difficult, and the path follows rough grassy tracks for much of the way. There are shops, pubs and cafes in the villages at both ends of the walk but none in between and no shelter. **Walkers need to wear appropriate footwear and clothing.**



Starting point - Car Park, Pendine



Public Transport - ✓



Refreshments - ✓

- 1 The stunning view along the coast and countryside is a fitting reward for the strenuous climb to the top of the hill.
- 2 In summer, the bright yellow flowers of ragwort are easy to spot alongside the path, a plant poisonous to both horses and cattle, but the food plant of the yellow and black Cinnabar moth caterpillars which become poisonous to birds which soon learn to ignore them.
- 3 The defensive banks and ditches of an **Iron Age hillfort** can still be seen at Gilman Point. A gang of smugglers once lived near here and used the caves in the area to store their contraband goods.

Points of Interest



- 4 The battered slab of concrete at the mouth of **Morfa Bychan valley** was built for a secret Second World War training exercise, code named "Exercise Jantzen". Troops in landing craft and tanks stormed the beach in practise for the Normandy landings.
- 5 "When gorse is in flower kissing is in season" is a romantic saying known throughout Britain. Common Gorse and Western Gorse often grow together, between them they flower throughout the year. Gorse was used to heat bread ovens, milled to make fodder for horses, the flowers collected as confetti or boiled to make a medicine to ease the pains of tonsillitis.
- 6 The **5000 year old peat beds** on Marros beach form part of a Site of Special Scientific Interest. Please take care not to damage them.
- 7 The remains of a wall built from beach pebbles and an overgrown mill pond is all that now remains of **Marros Mill**, mentioned in an estate survey dating back to 1307.
- 8 At **Top Castle** are the extensive remains of an Iron Age hillfort.
- 9 **Teagues Wood** - Local legend has it that Teagues Wood was the place where the last wild wolf in Wales was killed.
- 10 **Carmarthen Bay** is recognised as one of the most important sites in Britain for Common Scoter, a type of sea duck, that can be seen from late summer and through the winter before leaving for their breeding grounds in Scandinavia and Russia.