

the woof guide

Pembrokeshire **dog** walks



holidays your
dog would
choose!

#MyDogLoves





A **dog's life** in Pembrokeshire...



Pebbles @ Little Haven - Jon Clay

Welcome to Pembrokeshire and **thewoofguide.com**

The Woof Guide is a very special part of the Coastal Cottages of Pembrokeshire portfolio and was born out of both our guests and our own love of dogs and the need to find dog friendly cottages in this very dog friendly part of the County.

We thought long and hard about what you, as a dog owner, would want and choose not only to provide information on dog friendly cottages, but also pubs, restaurants, indoor and outdoor activities and lots of examples of the all important dog walks.

But we didn't stop there, we went further to provide you with a totally unique cottage grading system related to the type of dog you have. Cottages are graded with a paw rating for each type of dog under the categories of high energy, nervous and timid, puppies and young dogs, water loving and elderly and infirm. Our aim is to help you to identify the right cottage for you and your dog and also help you plan what you will do during your stay.

In this booklet we have handpicked some of the top walks around Pembrokeshire that we are sure you and your dog will love.

Enjoy the read and we hope to see you soon!

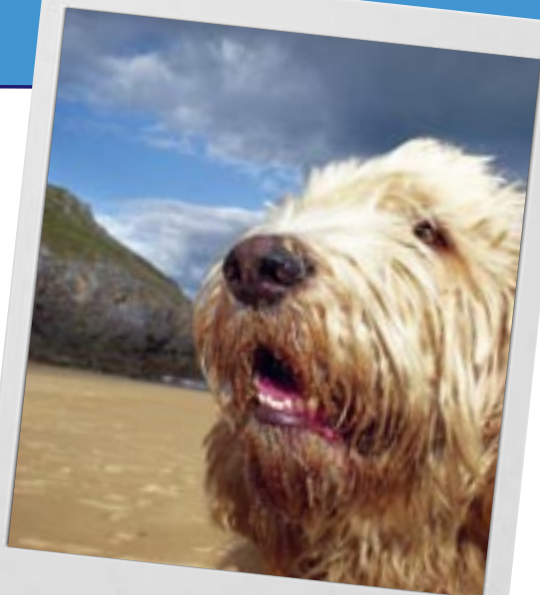
Have fun

The Woof Guide Team



In January 2013 we held a Facebook competition where our guests sent in pictures of their dogs enjoying Pembrokeshire, we were absolutely overwhelmed by the response and have included a lot of these photos in this booklet. For example, Tess and Oscar digging up Barafundle Bay aren't actors, they are real dogs having a great experience in our lovely County!

The three joint winners of the competition were Tali and Morgan at Doves Cottage in Abercastle, Winston at Barafundle Bay and Saffy jumping in the rock pools at Broad Haven.



Winston



Tali & Morgan



Saffy

How to use the website

Welcome to The Woof Guide, a website that has been specially designed to make finding a holiday cottage for you and your dog simple and relaxed.

A cottage holiday gives you all the freedom you need and bringing your dog gives you the perfect opportunity to get your walking boots on and really discover the true beauty of this breathtaking County; from enchanted woodland walks, rolling hills, the stunning Coastal Path and of course the fantastic sandy beaches. There is something for everyone, dog and owner alike!

Booking online is easy. You can browse our cottages in your own time using our cottage search and select options by dog type, party details, holiday dates or location. Your search results will also highlight dog friendly pubs, restaurants, walks and attractions near to cottages so you

can choose not only a cottage, but the location that is right for you and your dog!

Just to give you a little further insight into the dog types for the cottages, we have created five different personalities; high energy, nervous and timid, puppies and young dogs, water loving dogs, elderly and infirm. The cottages are carefully reviewed according to these categories and are given a paw rating on suitability for the dog type. For example a high paw rating for a high energy dog, would mean a spacious cottage with a large, enclosed garden and walks nearby.

We hope you enjoy discovering our wide range of dog friendly cottages and remember if you need any help or assistance please pick up the phone and give us a call on 01437 772742 where our friendly team will be ready to help you. We all live in the area, know it well and will be delighted to help you with any queries.

Happy Holidays!





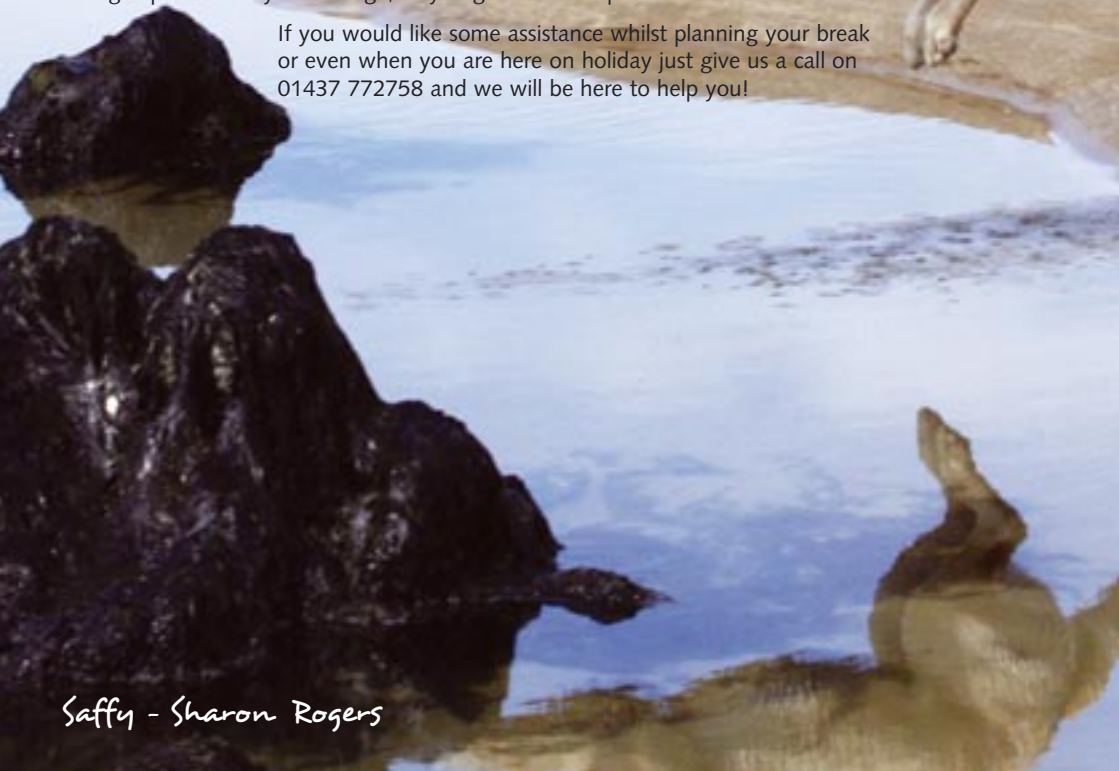
Holiday planning made easy!

To help you have the best holiday possible we have a dedicated Concierge Team who have searched Pembrokeshire high and low to provide you with all the information that you will need to plan your holiday around you and your dog. We have a wealth of dog friendly cottages, pubs, restaurants and never ending walks that are guaranteed to make you love Pembrokeshire as much as we do!

Our solitary aim is to ensure that both you and your dog have a happy and memorable holiday! Everyone here in the office lives locally and has an excellent knowledge of Pembrokeshire. We have walked the walks, eaten in the restaurants, drunk in the pubs and visited the attractions so recommendations come easily.

We can help you to plan your holiday itinerary in advance, from giving helpful friendly advice, booking tickets for dog friendly activities to organising a private dining experience in your cottage, so you get an extra special treat!

If you would like some assistance whilst planning your break or even when you are here on holiday just give us a call on 01437 772758 and we will be here to help you!



Saffy - Sharon Rogers

Travel tips for dogs

When you travel with your best friend it's only natural to want to make the journey as comfortable and enjoyable as you can - for you and your dog.

- Schedule in some stops along the way (every couple of hours should be ok) for a little walk around and the toilet
- Bring water and a bowl
- Pets travel better on empty stomachs so don't feed them less than 2 hours before setting off
- Put the dog's cage in the car - if you have to brake suddenly they will be safer
- If you don't have a cage then use a harness (do not use their collar) and a lead secured to a head rest
- Make sure there is plenty of fresh air in the car
- Don't let the car get too hot inside - especially if you are parked up





Out in the country with your best friend

Please remember to observe the Countryside Code and make sure that you and your dog are on your best behaviour at all times!

- Leave gates as you find them
- Carry a mobile phone if you have one
- When you are walking on cliff paths keep away from the edge
- Keep your dog under close control at all times - especially on cliff paths
- If farm animals attack you, it is safer to let your dog go
- Be wary of aggressive birds (swans). They are not afraid of inquisitive dogs
- Take particular care during lambing season and nesting seasons for ground birds
- Clean up after your dog and dispose of the mess responsibly



Cadw... a moment in history

Good news for all historians holidaying to Pembrokeshire with their pet is that these sites all welcome dogs, making them all impressive places to visit.

St Davids Bishop's Palace

This prominent palace oozes presence with the surviving buildings dating from the 13th and 14th centuries.

Cilgerran Castle

A pair of distinctive round towers are included in the dramatic remains which date back to the first half of the 13th century.

Lamphey Bishop's Palace

The bountiful remains lie here of a lavish retreat built by the Bishop of St Davids.

Llawhaden Castle

First created as a ring work in the 12th century it was totally rebuilt mainly in the 14th century.

Pembroke Castle This Castle has a long and fascinating history, dogs are welcome in the grounds and inside the castle.

Pentre Ifan Burial Chamber

Dating from the Neolithic period, this chambered tomb is of the so called 'portal dolmen' variety.

St Dogmaels Abbey

The abbey was founded for Tironian monks with substantial remains dating from the 12th to 16th centuries.



Bentley & Co @ Pembroke Castle - Lesley Prior



The Pembrokeshire Coastal Path

With 130 circular walks in 186 miles of the breathtaking Pembrokeshire Coastal Path, there is no denying that Pembrokeshire is the perfect holiday destination for you and your pooch! Our spectacular coastline inhabits over 50 beautiful beaches and 15 picturesque harbours, just waiting to be explored by the adventurous tourist. With the coast surrounding almost the entire Pembrokeshire border, no matter where you stay, you are never more than a short drive away from the sea!

There are many beautiful walks to enjoy in our County with your dog! The south offers spectacular walks and this area

of the Coastal Path has been described as being less strenuous than the North. The Bosherton Lilly Ponds are not to be missed, with a 3 mile circular woodland walk following the perimeter of the Lily Ponds. Halfway around your walk, greeting you and your dog is the spectacular Broadhaven South beach that is dog friendly all year round! In the surrounding area, you can extend your walk to St Govan's Chapel and Stack Rocks. See the mythical 'Huntsman's Leap' and count the ever changing steps down to the Chapel.

If you want to experience magnificent views in breath-

taking seclusion, then head up north and see what Pembrokeshire has to offer! Discover the depths of Abereiddy's Blue Lagoon or for a high energy dog a race along Newport Sands is bound to satisfy! Alternatively, Pembrokeshire also plays proud owner to the Preseli Hills, one of the most historic and mysterious areas in Britain. If you feel really energetic, why not climb up to the highest point where at 1760 feet, you can see as far as Ireland and Snowdonia!

There really is something for every age and ability - you can choose as little or as much as you want to walk!



Toby @ Abermawr - Steve Carter

Into the enchanted wood

Pentre Ifan Burial Chamber (2.82 Miles)

Pentre Ifan burial chamber lies on the slopes of the Preseli Mountains in Pembrokeshire and is reputed to be one of the best examples of an early Neolithic tomb in the UK.

On this particular dog friendly walk, there are some hard surfaced lane walking, woodland tracks, bridleways and footpaths over fields. There are a number of stiles and 'kissing' gates. Some sections can be very muddy after heavy rainfall. From the car park, follow the concrete track south toward the Pentre Ifan Centre. Take the first turning right indicated by a bridleway sign. Follow the track that skirts the buildings keeping on this track until you reach a

footbridge crossing a stream. Soon after, take the right hand track and continue straight ahead through Pentre Evan Wood.

Turn left at a bridleway sign, and continue to a wooden gate on the right. Go through the gate and turn left before the second gate, and continue to follow the path.

You will eventually re-enter woodland, 'The Ugly Wood', where you continue to follow blue arrows up the hill and go through a wooden gate and make your way up a rocky sunken track and go through a 5-bar wooden gate. Turn left and walk along the lane, over a cattle grid and turn sharp left onto a hard surfaced lane. Continue ahead until you reach the Pentre Ifan

Burial Chamber sign on the road. Turn left through the wooden gate and proceed to the Burial Chamber.

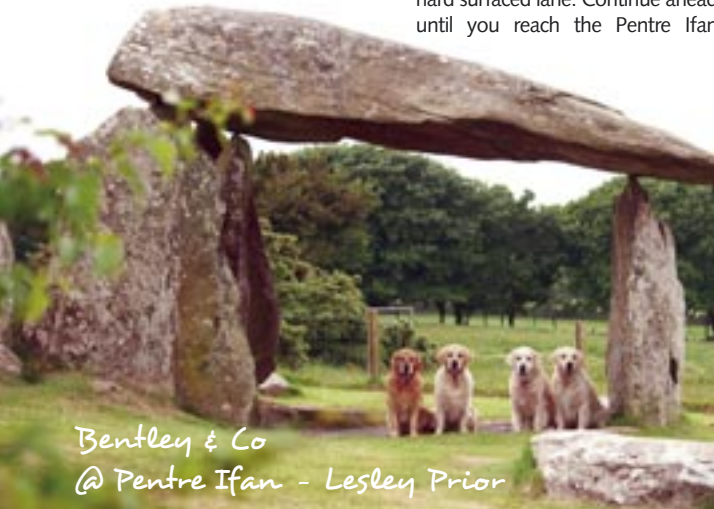
After visiting the Burial Chamber, retrace your footsteps back to the lane and turn left. Continue, until you come to two metal field gates on your left. The second one has a public footpath sign hidden in the hedge on the left and indicates the way you should go. Keep to the left edge of the field and continue down and go through another field gate across a farm track.

Across the track on your right go through the field gate and turn sharp left, heading across the field to a stile that crosses a stonewall. Please note: This stile may be difficult for the bigger or older dog to cross.

After the stile, continue straight ahead and turn left at a yellow wooden sign and continue to a stile on your left into woodland. Cross the stile and turn left at a footpath sign, follow the path, crossing a small stream over stone stepping stones.

At the other side, follow the woodland path until you come to a footpath sign and broad forest track.

Turn right down the track and continue until you pass Pentre Ifan Centre once again. Turn left up the concrete track to return to the car park.



Bentley & Co
@ Pentre Ifan - Lesley Prior

How to find it: Pentre Ifan is about 3kms from Newport and can be reached by taking the A487 east of Newport for about 2km. Then turn right towards Brynberian and Pentre Ifan Burial Chamber car park is approx 1.4kms down this lane on the right. If you are coming west from Cardigan on the A487 go through Felindre Farchog. Approx 400 metres from Felindre Farchog take a left hand fork up a small country lane. After 500 metres you will come to a cross roads, the car park is immediately opposite.

Parking: Car park. **Start/Finish:** Car park.





A historians delight

Riverside Hamlet of Nevern (3 Miles)

This 3 mile ramble is a pleasant journey, taking you to the church of St Brynach and all its history, passing through an abundance of unspoilt countryside following neat woodland and riverside paths.

One of the ancient yew trees within the churchyard grounds is known as 'the bleeding yew' because blood red sap oozes out of a broken branch. It is said that it will continue to do so until a Welshman re-occupies the Castle on the hill above.

Dogs are welcome into the beer garden of the village pub, the Trevern Arms where you can enjoy a bite to eat.

Toilets are by the village school.

From the main gate of the church take a right and follow the footpath between a stream and the churchyard wall. Take a left by a cottage and cross a small footbridge over the stream and head along the stony track.

As you come to the road, turn right and continue uphill where at a bend, keep straight to follow a path signposted 'Pilgrims Cross'. You will reach the cross carved on the rock face to your right after around 50yds.

Continue along the path which is pleasantly shaded by overhanging

trees. Proceed over the stile and continue through the wooded valley. Ensuring the fence is to your left, cross a stile and proceed through the trees.

Following a ledge cut into the hillside, ascend a few rock steps to reach a stile, to go across a field and then left through a metal gate.

Head down the stony track towards a building, looking out for a path going down to the right. The path leads down to a small footbridge spanning a stream. Keep straight on across a concrete drive going to the left of a garage and then to the right of a cottage.

Head through the trees - just above the river. On coming to

Pont Newydd Farmhouse, take a left to follow a track. Soon you will cross a stone bridge and on joining a surfaced lane, keep going past Llangwynmair Manor Hotel.

Just past the derelict farm buildings, take a left turn up a footpath and proceed through the gate.

Once you reach three gateways, take the middle path as you skate between high banks with an abundance of flowers.

Continue over the stile and through a field to cross another stile, taking a left turn along a road leading you over a stone bridge, returning to the church.



Milo @ Amesbury - Helen Burton

How to find it: Leave the A487 at Velindre and follow the B4582 down to the hamlet of Nevern.

Parking: Park on the roadside by Nevern Church.

Start/Finish: Nevern Church.



Coastal explorer

Dinas Island (7 miles). Shorter circuit of Dinas Head (3 miles)

The full walk around Dinas Island – which isn't actually an island at all – will take you through Dinas, Pwllgwaelod, Dinas Head and Cwm yr Eglwys. It's called an island; however it is in fact headland partially separated from the mainland after being formed by Ice age melt-water.

Along the walk you will spot many coastal wildflowers including Foxglove, Heather, Thrift, Orchids and in the spring, Bluebells! Enjoy taking in the rugged coast and breathtaking views. From the high cliffs on Dinas Head you can see the Preseli Hills back inland and Newport Sands in the north, Dolphins and Porpoises can also be seen from the headland.

Dinas is famous for its birds so don't forget your binoculars! In the summer Razorbills, Fulmars, Shag and Guillemots breed on the cliffs and in the winter Chough, Herring, Greater and lesser Black Backed Gulls and also Ravens can be seen.

The 7 mile walk will take you approximately 3 hours 30 minutes or the 3 mile circuit approx 1 hour 30 minutes.

Max @ Dinas Head - Alyson Jackson

How to find it: Head towards Dinas from either Fishguard or Newport and then follow signs for Pwllgwaelod or Cwm yr Eglwys, depending on where you choose to start your walk.

Parking: You can park at both Pwllgwaelod and Cwm yr Eglwys, both have public toilets.

Start/Finish: Either car park.





The secret valley

The Gwaun Valley & Bessie's Pub (3 Miles)

The Gwaun Valley is a magical, secret wooded valley near Fishguard. It is truly magical and enchanting to witness such beauty within our Pembrokeshire National Park. This superb and relaxing walk is not complete without a visit to the unique Dyffryn Arms, more affectionately known as 'Bessie's Pub'. Sit back and relax in the 'sitting room' and be served original, real ale through a hatch, one not to be missed.

Bessie welcomes your pooch to cosy up with her by the fire during the chillier months too!

The distinct track on leaving the car park is the most obvious route to take, so please precede along this

path aside the edge of the greenery of Pontfaen Woods. On reaching a track crossroad stay straight ahead as it descends, taking a left turn around a few farm buildings. You will notice a stile ahead, which you are not required to jump, instead take a right, crossing a footbridge alongside a ford to follow a lane. Turn right aside a bridleway taking no notice of the gate and stile, which appears ahead. Continue to progress up the climbing hill, shifting left and reaching a signpost!

As you turn right here, continue along the track and few steps heading straight for the Afon Cwmau where you will eventually

meet the Afon Gwaun at the below valley. Traverse along the footbridge, up a few more steps and take a right turn carrying on through the rustling trees and waterfalls to your right. You will come across two posts, which both indicate a shorter, alternative walk but however tempting, continue to proceed past these posts to steadily progress ahead. Finally you will reach the road having past the second of the shorter route alternatives and turn right to return to the car park. If you wish, you can instead take a left turn, which will lead you to pay a visit to the small, St Brynach Church.

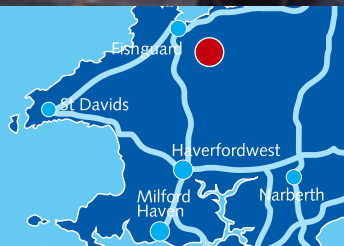


Milly - Kelly Bishop

How to find it: From Fishguard head east along the B4313 to Pontfaen.

Parking: In car park.

Start/Finish: Car park.



Muddy fun

Cwm Gwaun Fishguard (2.2 Miles)

This short walk is superb for admiring fantastic river and sea views, incorporating woodland walks and an abundance of bird life. The views from the harbour car park are great, so you may spend a little time here before heading off on your walk. This walk is known for becoming quite wet and muddy pretty much all year round, so ensure you bring your wellies and doggie towel!

After admiring the fantastic sea views from the harbour car park walk towards Lower Town Bridge. Cross the bridge turning left onto a lane, making sure you take care upon crossing the A487, as this is a busy road.

Following this lane you will be walking pleasantly alongside the flowing river, where it does narrow and becomes muddy. Cross the stream and be greeted with woodland and keep walking on this path as you pass by a ruined building, proceeding up a slope keeping the stone wall to your left.

This path will stray from the riverside and here are some more great views to capture down the valley and towards Lower

Fishguard. You will meet the river once more, rising alongside it upon a 'river terrace'. Descending towards to the river again, pass by a second building in ruins and meet back with the river.

The best part of this walk is you get to see it all over again, as you turn on your heels and head back the same way you came!



Perry @ Coast Path, Fishguard - Alison Griffiths

How to find it: From Fishguard town centre, down Tower Hill reach the harbour car park in Lower Town.

Parking: Ample parking is available down at the Lower Town harbour car park.

Start/Finish: Lower Town harbour car park, Fishguard





Pembrokeshire's hidden delights

Maenclochog to Rosebush (2 Miles)

With three different routes, you can choose the walk most suited to you and your dog, allowing you to discover the beauty of this area as you wish. It is a very versatile and intriguing walk for all to enjoy, where there are many magnificent view points throughout, allowing you to admire the many delights of Pembrokeshire's hidden history within this area.

The following route is of the main walk from Maenclochog to Rosebush, but the two other alternative routes consist of following the path from the North of Maenclochog to the edge of the Coastal Path or simply exploring the variety of footpaths and bridleways that wander the Preseli Hills of which Maenclochog is an obvious base to begin your expeditions of these paths.

Leave the Castle car park heading north following the pavement past the Chapel and Castle Hotel, towards St Mary's Church through the village, taking a right after the very last house onto a lane.

Continue following this lane which offers opportunities to view the Preseli's, which will lead you onto a newer path which is situated alongside a stream taking you into woodland. You will come to a gate which you need to pass through, and then follow the boarded walkway across the wetlands until you come to another gate which takes you onto a minor road.

You could turn around at this point heading back to the village, but the continued route would be left onto the road, then a right through a farm gate onto an uphill winding pathway. Take the time to witness the views from this path as they are spectacular.

Upon reaching the top of the hill, go over the stile and cross the bridleway over another stile which leads you down into Rosebush. Once you come to the main road, take the right into the village and go straight on at the Old Post Office which leads you onto an array of pathways through the forestland. Take the pathway to the left which takes you down to Tafarn Sinc. Tafarn Sinc is your turning point to head back the way you came.



Mist - Sally Thomas

How to find it: Reach Maenclochog Castle car park which is located to the south of the village.

Parking: Castle car park and picnic site

Start/Finish: The Castle car park and picnic area in Maenclochog.



Head for heights

Plumstone Mountain Circular Walk (4 Miles)

This is a fantastic walk that is I suppose fairly strenuous in places, so definitely one for the more agile and enthusiastic dogs and their owners to undertake! Although challenging with steep slopes, this walk will not disappoint and each climb will be rewarded, showcasing spectacular views of North Pembrokeshire from the Mountains.

From the car park you need to follow the lane that you have driven up, admiring the panoramic views across the Preseli Hills and upon reaching the B4330, take a right turn and head downhill to Lady's Cross (this road can be busy) where you will need to turn right once again to join a bridleway.

Upon reaching the end of this lane go straight on through a gate (where the lane forks), then a second gate and turn left following

a marked pathway. You are now walking across the southern edge of Plumstone Mountain, ensuring you are keeping left wherever forks may occur. You are walking towards Causeway Plantation which can be seen at a distance, admire the spectacular views.

You will be led to another gate which opens onto a widened lane; this lane taking a left will bring you to Causeway Plantation. Exit the Plantation and turn right onto a lane, then take a right again walking past a farmhouse and up a steep footpath with conifer trees to your right. Once the conifers come to an end, climb the stile to your left and take a right into a field. Towards the north of the field there is another stile to climb continuing through a gate onto land which is to the south of Dudwell Mountain.

Distant glimpses to the west are of Roch Castle and St Brides Bay, here making a nice viewpoint for a little while (and a deserved rest) and when you are ready take the path downhill passing a pile of rocks heading towards the Plantation again.

Continue through the gate which leads you onto the bridleway which takes you to yet another gate which brings you back onto the common. Take the footpath which evidently crosses over the bridleway which leads you on the climb back up to Plumstone Mountain. Upon reaching the ridge, turn right walking up to the outcrop of the mountain.

Head past the obvious stack of circled rocks (great views here, if you have time to stop) and you are back to the car park.



Lucy, Kim & Tag - Jeanette Wells

How to find it: Plumstone Mountain can be found to the north of Haverfordwest, on the B4330 to Croesgoch.

Parking: Car park at Plumstone Mountain.

Start/Finish: Car park at Plumstone Mountain.





Paws for thought!

Whitesands & St Davids (4 Miles)

Whitesands Bay is at the head of the St Davids peninsula and is an unspoilt, sandy beach that is appreciated by so many visitors to Pembrokeshire throughout the year. The city of St Davids is an inviting place surrounded by a stunning coastline and inhabits an intriguing Cathedral, which has claimed a dominant presence within the City and welcomes locals and visitors all year round.

Follow the Coastal Path north with the rolling waves appearing to your left hand side and continue to follow the path around Porth Lleog approaching a gate leading you onto National Trust land. Follow through the gate along

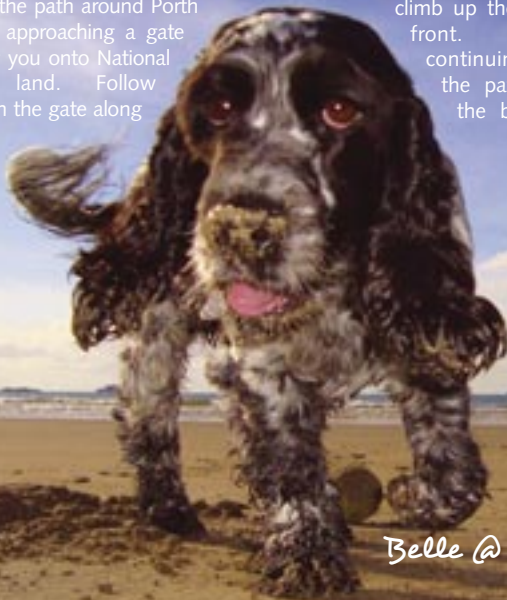
the path aside the sandy cavern of Porthmelgan edging you onto the headland. If you wish to take a walk around St Davids Head, then exit the Coastal Path heading west. Decipher your way amongst the rocks and blend once more with the path, continuing for a time before eventually sloping to a junction, which is signposted.

At the junction take a right turn (directed to the Youth Hostel) and continue along the track, bending left at an old wall, bending right revealing a climb up the hill in front. Keep continuing up the path over the brow of

the hill, bearing right and going downhill aside the stonewall, passing the Youth Hostel entrance to your left and continue.

Disembark to a track at a T Junction, which you will need to take note of as you will need to be reappearing here on your return. Take a right and soon after, next to a National Trust stone sign take another right leading onto an evident pathway heading towards the 'summit' of Carn Llidi, passing through two rusty appearing posts and continue up the concrete lane to reach the foundations of an old defensive installation. Follow the jagged pathway to the summit if you would like the additional trip.

Remember the T Junction I asked you to bear in mind? Well I need you to return there please and carry on over the stile and pass between the farm buildings. Drift along the pathway and begin downward on the track veering right followed by a left, to join a road where you will turn right and revisit your car park.

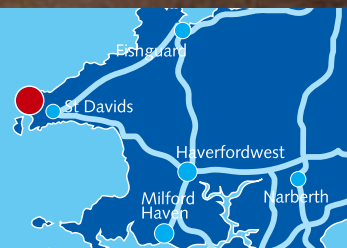


Belle @ Whitesands - Scott Cairnes

How to find it: From leaving St Davids head onto the B4583 west. Nice and easy really as all directions are signposted along the way!

Parking: Large car park at Whitesands Bay in front of the beach. Please note that this car park does charge.

Start/Finish: The car park.



Little Haven duo

Little Haven Inland Walk (1.6 miles) & Little Haven, Strawberry Hill (1 mile)

Little Haven Inland Walk

Head out of the car park via the pedestrian exit, past the public toilets, turning right onto the road and then turn right again onto Wesley Road. Follow this road until the end where you will need to cross a stone stile. Continue straight ahead along the edge of the field, keeping the hedge on your left, aiming for the stile in the top right corner of the last field.

After crossing this stile and a stream, continue straight ahead aiming for a waymark post at the top of the slope. Turn left at the top. Aim for the second telephone post from the left at the far end of the field – keep the brambles on your left. When it is visible, aim for the kissing gate. After passing through the gate turn right onto the lane, continue along the lane until it turns right. Carry on straight ahead towards 'Woodlands', stay on the tarmac

lane until you reach a footpath sign at Woodvale Bungalow. Here, turn right following the path. Just before the metal field gate turn right over the stile and follow the windy path down the hill. After crossing the bridge and gate, turn right and at the crossing turn right again heading back into the village.

Little Haven, Strawberry Hill

Head out of the car park and turn left onto the road, continue on out of the village, past the 30miles/hour sign and look for a gate set back in the hedge on your right.

Follow the worn path to the brow of the hill and turn right onto the Coast Path. Turn left at the waymark post and simply follow the Coastal Path back to Little Haven. Please note that at two points the path seems to fork. On both occasions take the left path closest to the sea. Go down the steps and continue straight on.

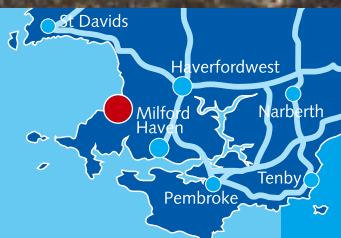
After a green house, turn right. Turn right again at the post office to head back to the car park.

Lucy @ Little Haven - Gem Tuckey

How to find it: Follow signs for Little Haven!

Parking: Public car park with toilets in the centre of Little Haven.

Start/Finish: Little Haven car park.





A dam fine walk!

Llys-Y-Fran Country Park & Reservoir (6.5 Miles)

A visit to Llys-y-Fran Country Park and Reservoir has long been one of Pembrokeshire's favourite days out.

There's such a wide variety to interest the whole family, from a short stroll to a full stretch walk, or simply enjoying the spectacular views of the 100ft high dam and the surrounding countryside, the list is endless and we're sure you'll want to come back again and again.

Very occasionally the Restaurant and Tea Room may be closed to accommodate a private function or meeting, but whenever possible, alternative arrangements will be made to avoid inconvenience to park visitors.

As you leave the car park, you will notice the Restaurant and Gift Shop on your right. You can begin your walk by either taking a left or right turn.

You are able to enjoy either a short stroll to the 6.5-mile walk right around the reservoir, with plenty of points at which to stop and take in the beauty of the surrounding countryside.

There are a few challenging steep points during the walk, but a

relief for you all, as they do not last for too long!

Dogs are welcome, but in the interest of other visitors should be kept on a lead at all times.

Picnic areas are located near the children's playground. Dan-y-Coed Monument is near a fantastic viewpoint during the walk if you wish to have a restful break.

If you require something to eat or drink on your return or before you begin your walk, then refreshments are available in both the Restaurant and Tea Room with beautiful views and sun patio, (open during Summer months).

A Gift Shop is located near the Visitor Centre offering souvenirs to suit all pockets!

Llys-y-Fran is open 365 days a year from 8am, (though a bit later during Winter months) until dusk. The Shop and Restaurant are open every day from March-October and restricted hours during November and December.

Note: Llys-y-Fran is host to one of Wales' finest trout fisheries and a favourite spot for enthusiasts or beginners who just want to 'have a go!' All the tackle you need can be hired at the Llys-y-Fran shop and tuition is available on site, but rod licenses must be obtained at a Post Office beforehand.



Lemmy - Dean Reynolds

How to find it: Llys-y-Fran Country Park (Parc Gwledig Llys-y-Fran) is about 10 miles northeast of Haverfordwest. Just follow the brown and white directional signs off the A40, B4313 or B4329.

Parking: Ample parking is available in a large Pay and Display car park adjacent to the Shop and Restaurant.

Start/Finish: Car Park.



Out of town

Haverfordwest Race Course (3 Miles)

Haverfordwest Race Course is suitable for all dog types. It is mostly flat, however there are some gentle slopes giving plenty of exercise for both you and your dog.

To begin, go through the Race Course gates and walk across the meadow. Once you reach the top of the slope, it naturally bends left revealing a great view across the north straight leading you to the B4327 again where you need to cross the road. This road can be busy so ensure you take care.

Through a gate, head into the south part of the Race Course wandering along passing through woodland.

Upon reaching this section of the walk, you can choose a short cut continuing around the Race Course taking you back to the Cricket Club or turn right through a white kissing gate in the hedge for the longer walk.

To continue with the longer walk, take the white kissing gate in the hedge leading you to a tarmac road of which you cross, passing through another white kissing gate taking you through a shaded lane, gradually descending into the valley. This

lane will continue for some time, until you reach a tree growing in the path where you will need to turn left here over a bank.

You then continue with your walk along a little path pleasantly following alongside a stream, which you always keep to your right.

You will come to a stile leading you to a corner of a field, to your right see another stile which takes you to follow the path alongside the stream, which doesn't continue for much longer as you come to a tarmac road, where you need to turn left and ascend quite rapidly.

At the T-junction turn left once again and follow this road uphill, upon reaching the top you come to another T-junction where you will meet with the kissing gate you passed through earlier, taking you back to the Race Course.

Turn right after going through the gate, following the natural curve and walking up the final grass straight with the hedge kept to your right hand side. At the end here through the gate, you will reach the car park where you started.

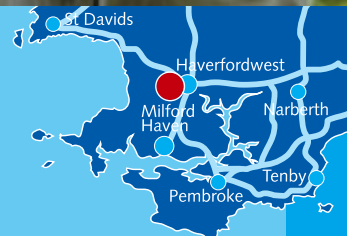


Kenny - Helen Burton

How to find it: From Haverfordwest head out on the Dale Road B4327, Haverfordwest Cricket Club is on your right.

Parking: A car park opposite Haverfordwest Cricket Club.

Start/Finish: Haverfordwest Cricket Club, Dale Road.





Boat & bird spotting

Brunel Quay, Neyland to Haverfordwest (9 Miles)

Part of the National Cycle Network, Brunel Quay Cycleway is a purpose built, off road path following the disused railway from Neyland Marina to Johnston, and then a gently undulating route on into Haverfordwest.

Dogs are welcome along the cycle path, but must be kept under control at all times.

The cycleway is a popular, shared path, so please expect to encounter cyclists, walkers (and four legged friends!) and wheelchair users.

There are a number of road crossings that you shall encounter on your way, but they all are clearly marked by specially designed 'A' frame gates to ensure that they keep other vehicles off the cycleway and to warn users of the path of the approaching junctions. All the junctions are minor roads clearly marked.

The path is ample and well surfaced with a plenteous of wildlife existence in the undisturbed banks on either side of the cycle route.

From the furthest car park at the end of the road, turn right and there you shall begin your trail. You will find the hard surfaced

path easy to walk on throughout the route.

Follow the picturesque Cleddau Estuary, leading through Westfield Pill Nature Reserve, a sheltered inlay from the Cleddau Waterway providing a sanctuary for birds and rare plants, before continuing along the disused railway path to Johnston.

Continuing through Johnston, the cycle path progresses through Bolton Hill Woods and the water meadows of Cinnamon Grove.

As you reach the end of the section, you will notice the famous McDonalds outlet to your right, and may spot the beautiful coloured donkeys in the field to your right!

Here, you may wish to turn around and retrace the route back to Neyland Marina, unless you fancy a sneaky visit to McDonalds first!

In returning to your starting location at Brunel Quay, why not enjoy a break for light refreshment for yourselves and your dog at the Marina.

You will have noticed the Brunel Cafe to your right driving to the car park, where you are more than welcome to enjoy the beautiful views across the Cleddau over



Bob

popular homecooked dishes.

Dogs are more than welcome to join you on the wooden benches on the large patio at the front of the Cafe. Food and drinks are served here.

Located above the Cafe, is home to an extremely popular Bar and Bistro, serving intriguing dishes and alcoholic beverages (for you to indulge in a beer or two!) throughout lunchtime and evenings. Dogs are welcome on the patio area overlooking the Marina and Cleddau waterway, making terrific photo opportunities.

The booking office for Shearwater Safaris is located at the Marina, offering spectacular wildlife adventures where well-behaved dogs are welcome free of charge. Well worth a trip for a unique marine wildlife experience.

How to find it: From the A477, Honeyborough roundabout, follow the signs for 'Neyland Marina' down through the Neyland High Street. As you approach the Marina entrance, you will see a green wooded area on your left. Turn left through the two anchors and keep going straight past the boat yards to the end of the road. If this car park is full, then you can park in either of the car parks you have passed on your right hand side located by the dog friendly Brunel Cafe and Bar/Restaurant.

Parking: Neyland Marina. **Start/Finish:** Neyland Marina.



Beautiful birds and splendid views

Lawrenny Quay (2.5 Miles)

Lawrenny Quay and Garron Pill is an absolutely stunning, circular and very easy dog friendly walk through beautiful oak woods along the shores of the Daugleddau.

Located along the way for your admiration in addition to the scenic route, is one of Pembrokeshire's finest and most charming historic churches, St Cradoc's.

Please Note: Dogs are to be kept on a lead around the near by caravan site at all times.

During your walk, please keep to the country code, ensuring that you control your dog, so that it does not disturb or scare farm animals or wildlife.

Begin your walk from the entrance of the Church turning right.

From turning right, follow the lane signposted to Lawrenny Quay, passing the Sailing Barge wreck. Continue to follow the path past the Yacht Station and turn right. You will need to take a left turn in the boating park and continue ahead.

Crossing a stile will allow you to witness the astounding beauty of the National Trust woodland which is superbly situated along the banks of the Daugleddau.

Continue to follow the confined path, weaving through Lawrenny Wood.

In meeting and crossing a stile, progress down the declining steps, revealing the water side at Garron Pill, turn right, and take a gentle stroll along the shore. In reaching the road and turning right shall revert you back to the village.

So now, if you are in need for a light refreshment or a pint or two of beer, then below are details of near

by dog friendly cafes and pubs for your reference.

Lawrenny Quayside Tea Rooms. Dogs are welcome at the Tea Rooms. Outside on the lawned area overlooking the Estuary and moored boats, there are a number of wooden benches, where you are welcome to enjoy a bite to eat and a cup of tea!

Just up the road past the chalet accommodation on your left, is home to the newly refurbished Lawrenny Arms. Here, dogs are more than welcome on the hard surfaced area and lawned area at the front of the establishment. Again, seating is supplied on the areas, and do feel free to enjoy a meal and alcoholic beverage whilst admiring the beautiful surroundings.

A few miles from Lawrenny you will find Cresswell Quay, an extremely popular location all year round, rain or shine. Friendly and welcoming, Cresswell Quay has idyllic surroundings with a traditional riverside pub, The Cresselly Arms. No food is served here, but do go along and try their celebrated and famed Fire Water!

The pub welcomes dogs on concrete and lawned areas to the front of the pub.

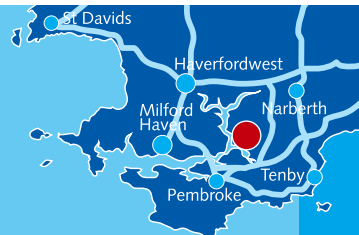


Angus -
Malcolm Rutter

How to find it: from A4075, follow back roads from Whitehill or Cresselly, via Cresswell Quay.

Parking: Park near the entrance to the church in Lawrenny. Alternative parking is also available outside of the Lawrenny Quayside Tea Rooms if need be.

Start/Finish: Lawrenny Quay.





Fine castle views

Pembroke Mill Pond (3 Miles)

The pleasant walk around Pembroke's Mill Pond is very popular. You and your dog can enjoy a mixture of both the medieval past of Pembroke and it's prominent Castle and town walls, as well as capture the flora and fauna evident in the eastern sector of this circular walk.

From the Foundry car park begin your walk over the footbridge taking you towards the medieval walls. Take a right and keep walking alongside the walls, bearing left up Gooses Lane.

East End Square greets you as you get to the top of Gooses Lane, turn left and continue walking down Holyland Road. At the bottom of Holyland Road where the pavement ends, take a left turn into a small car park.

Straight ahead of you here is the start of the Mill Pond walk, to your left here is where the ruins of the old toll bridge lay. Continue through the entrance and experience walkways into reeds, marshland and woodland. Along here you will come across information points providing details on the wildlife that occupies this area.

This walkway comes to an end as you go through a gate onto a lane; you turn left here and walk

uphill underneath the railway bridge. You need to take a left immediately alongside a school leading onto a narrow path.

This is the western section of the Mill Pond walk which is heavily dictated by the imposing Barnard's Tower, keep walking along the Mill Pond with the medieval walls to your left. You will be able to admire the abundance of swans across this path.

You will come out onto the Mill Bridge, make sure you use the pedestrian crossing to cross the road and turn right, but turning immediately left outside The Cornstore. This is a lovely part of the walk where you have fine views of the Castle all around.

Upon reaching the main road, take the left crossing Monkton Bridge and again immediately left onto a path, so you are adjacent to the Castle; this takes you back around the Mill Pond. As you approach Pembroke Quay, head right up the hill passing the Royal George pub and taking another right back towards the Castle entrance and continue walking past the Castle.

The road you reach can be very busy, so please be aware and take

care here to cross the road, turning left onto The Parade. The lane you follow here will take you back down to The Commons and upon reaching the footbridge on your right, cross the stream once more and collect your car from the Foundry Car Park.



How to find it: From Pembroke Dock the main A4319 into Pembroke.

Parking: The Foundry Car Park on The Commons.

Start/Finish: The Foundry Car Park, The Commons, Pembroke.



An adventure for little-legged dogs

Carew Castle & Tidal Mill (1 Mile)

The beautifully located dog friendly Carew Castle and Tidal Mill walk is a mile round walk, where dogs are welcome on leads.

On arriving to the Carew Castle car park, (where there is sometimes an ice-cream van on warm, sunny days!), you will find the entrance to the Castle not too far away, or if you would like to take a walk around The Mill, then you can do so by taking a left out of the car park.

As mentioned, it is a round walk on a flat concrete surface, with fantastic photo opportunities on the way! As you approach the Mill Car Park, you will find the surface will change to a gravelled path leading to the peaceful picnic area.

If you begin your walk from the Mill Car Park, then take a right on leaving towards the Tidal Mill, which is open to visiting. You will then find the Castle (and the ice-cream van if your lucky!) at the other end!

Carew Inn is located only a minutes walk across the road opposite the Castle, home to a beer garden, marquee area, bar and restaurant.

Picnic Sites: The main picnic site is situated on the north side of the Millpond. However, all are welcome to picnic on any grassed areas open to the public.

Guided Tours: Dogs are welcome on leads. Tours of the Castle are provided free of charge at 2.30pm daily. Other tours take place according to staff availability or by prior arrangement.

Toilets: Main public toilets are situated at Carew Castle reception. (Please note: there are no public toilets at Carew Tidal Mill).

Gifts: Shops are situated at both the Castle and Mill receptions open 10am-5pm (during main season) selling publications and gifts.

Refreshments: Nearby local home-cooked food is on offer at The Carew Inn, offering sandwiches and baguettes during lunchtime, as well as their fantastic main menu.

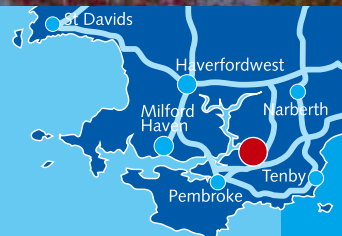
Dogs are allowed in the beer garden, marquee, bar area and front seating area of The Carew Inn. You are more than welcome to eat in the mentioned areas, but in regards to the bar, you are only allowed to dine in that area throughout lunchtimes.



How to find it: On A4075, signposted off A477, 5 miles east of Pembroke.

Parking: There is ample parking for both coaches and cars. You are able to park in either the Castle car park, or alternatively, in the Mill car park.

Start/Finish: Carew.





Whisky and wildlife galore

Angle And The Old Point House (3.5 Miles)

West Angle Bay itself is a remote bay of wilderness, home to a sand and muddy appearance, a breeding ground for an abundance of wildlife. Along this walk you will learn to admire the busy Cleddau waterway and shore of Milford Haven, enjoy the vision of Thorne Island and Chapel Bay Fort whilst appreciating the historic and picturesque village of Angle.

West Angle Bay is a secluded bay that welcomes dogs all year round!

Turn left from leaving the car park and take the second track to the left hand side and keep following the Coastal Path, which offers views across to Thorne

Island. Continue through the stile and beyond, admiring the views of the sea activity towards the shore of Milford Haven.

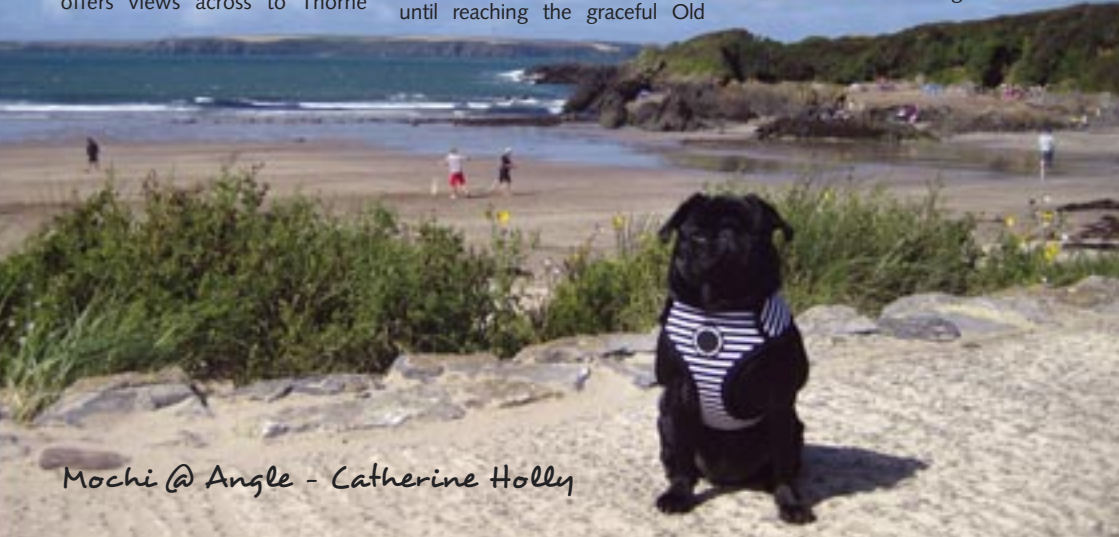
Next you will need to continue through the gate by Chapel Bay Fort and carry on straight ahead. Yet another stile/gate appears to join a path to which you continue along, proceeding past a pair of cottages, leaving you to conform to the evident path, crossing numerous stiles upon reaching the Lifeboat Station. Continue aside the RNLI container and cross the road leading to a headged path around Angle Point. You will proceed over a few further stiles until reaching the graceful Old

Point House Inn, appealing in a white stone face to passers by.

The Old Point House welcomes dogs into the garden area.

Here brings an optimum chance to grab a bite to eat and refreshing drink, admiring the views across the estuary.

Upon (finally leaving) the Old Point House to return to your car, continue to make your progression beside the bay, passing the Church a little further down the route and reach the road where you will be required to turn right. Your car will be awaiting your arrival at the end of the main street of Angle.



Mochi @ Angle - Catherine Holly

How to find it: From Pembroke, take the B4320 and follow the signposts to Angle.

Parking: By the shore at West Angle Bay. Toilet stop is here before you head off.

Start/Finish: Angle Village.



Wildlife, water and a few surprises

Bosherston Lily Ponds & St Govan's (4.4 Miles)

This scenic route visits the remarkable St Govan's Chapel, standing just above the golden beach at the bottom of 75 steps. You then enjoy grand views from St Govan's Head before returning beside the hushed waters of Bosherston Lily Ponds.

This route enters the Castlemartin Firing Range area - and are therefore advised to ring 01646 662 367 after 4.30pm the day before you visit to check access for your safety. Please ensure that you obey all notices displayed regarding the Castlemartin Firing Range.

Make a right turn from the car park and then take a left to walk through Bosherston village. Ignore a road which branches to the left, and continue straight ahead, to reach the car park by the Ministry Of Defence range entrance.

In leaving this car park, walk past the sign towards the sea, departing to the right to visit St Govan's Chapel, which is situated at the bottom of 75 steps. After visiting the Chapel, return to the top of the numerous steps and veer right, to walk past the sea,

appearing on your right hand side, and pass through a gate to pursue the Coastal Path. If you do have the time to spare, the beautiful scenery and views surrounding St Govan's Head are well worth experiencing. Fantastic photo opportunities for your album!

The Coast Path continues through a gate, leading you to cross a stile, ultimately revealing steps descending to Broadhaven beach and its glistening golden sands.

If you then walk across the back of Broadhaven beach, veering left to cross a footbridge, and continue straight ahead, neglecting a path to your left, to walk around the blue waters found at Stackpole Warren.

Cross another footbridge, turning left and continuing ahead, to cross yet another footbridge and continuing ahead as before. Finally you reach a third footbridge, which you cross to follow the path, which shall lead you back to the car park where you began.

You are also able to turn left at the beginning of the walk

instead of right, and simply stroll around the Bosherston Lily Ponds if you do not wish to visit St Govan's Chapel.

If you feel in need of a light lunch, or cold beverage, then St Govan's Country Inn is a few minutes walk away, (you will have passed it on your way round).

Dogs are welcome in a room located at the back of the restaurant, and also in the seated area at the front of the Inn. You are welcome to eat in both areas.



Wally - Tara Aylward

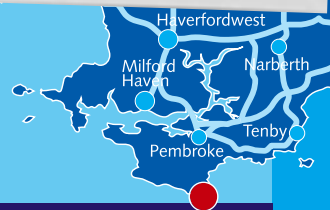
Merle @ Broad Haven South - Michael Nash

How to find it: Head out of Pembroke on the B4319. Follow signs for Bosherston. Park in the car park.

Parking: Parking is available in Bosherston National Trust car park.

Start/Finish: Bosherston.

Bosherston Nature Reserve: Dogs should be kept under control, so as not to cause disturbance to other people, wildlife or livestock.





A world-class walk

Barafundle Bay & Stackpole Quay (2 Miles)

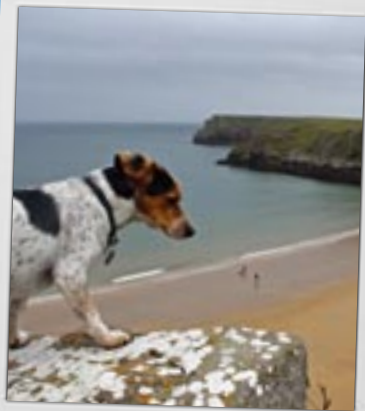
Between Stackpole Quay and Stackpole Head is the sandy beach of Barafundle Bay, voted by many as one of the top 10 beaches in the world. The pristine, clear water and gorgeous golden sands of Barafundle, fringed by dunes and cliffs displays the natural beauty of a truly unspoilt bay.

Barafundle is only accessible by the cliff path from the Stackpole Quay car park which is followed by a steep walk down to the bay winding through the dunes, but is certainly worth the effort so please take the time to visit, our beautiful Pembrokeshire Coastline will not disappoint you! Barafundle is around a half a mile through the National Trust Stackpole Estate

from the Quay.

To the south of the bay along the breathtaking length of Coastal Path leads you to Stackpole Head.

Whilst you are in the area remember to take a look at the Stackpole Quay itself, one of the smallest harbours that you may ever find. Superbly located are the Stackpole Quay Boathouse Tea Rooms, so on your way back head for a light refreshment and take a well earned rest! The tea rooms are just by where you have parked the car.



*Kenny @ Barafundle
- Helen Burton*

If you would like a spot of pub grub and feel as though you have a little life left in those legs, then only 15 minutes away you will find The Stackpole Inn who welcome dogs in the bar area where their delicious food is served.

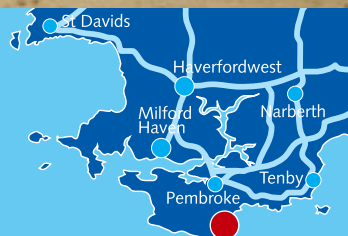


Tess & Oscar @ Barafundle - Emma Jackson

How to find it: From Pembroke (A4139), turn left onto St Daniel's Hill – B4319 towards Castlemartin and continue to bear right onto B4319. Turn left, then left again and finally turn right.

Parking: Stackpole Quay car park.

Start/Finish: Stackpole Quay.



High Energy!

Freshwater West Beach (0.7 Miles)

Freshwater West is a beautifully exposed beach and has got to be one of Pembrokeshire's most delightful doggie beaches, as not only is it long, sandy and have excessive golden dunes (SSSI), it is dog friendly all year round!

From either car park the direction you take is entirely up to you and your dog. Explore the dunes, chase ball along the long stretch of beach, and take a doggie dip

in the sea or head for the rocks to sharpen your claws!

On a high tide the beach is sand (of course) with a scattering of pebbles. The blue waters here are immaculate and natural, where you will find an abundance of birdlife, seals and fish.

Please do respect Freshwater West beach, take your litter home and clean up after your pooch.



Bonnie & Benson -
Marie Harrison



Harvey @ Freshwater West - Anne Beegan

Important MOD Information:

Please be aware that the beach lies adjacent to a MOD live firing range (Castlemartin). Apparent are red flags and signs to show the start of the range, which also extends into the sea. Note that this area is dangerous, it contains live material and should not be entered unless under agreement with the MOD.

Other Useful Information:

There is exposed barbed wire in the dunes. Please also let your pooch know that reptiles such as adder, grass snake, lizard and slowworm can be found, so please keep your eyes peeled!

If you wish to extend your walk from the beach there are two routes that will lead you to join the Coast Path. Signposts for the route are placed behind the dunes.

How to find it: From Pembroke, turn left onto Bridgend Terrace (Monkton/Hundleton) the B4320, and continue to bear right onto the B4320 towards Angle. Turn left onto the B4319 towards Casltemartin and arrive at Freshwater West.

Parking: Free car parks at north and south end of the beach.

Toilets: Public toilet block in south car park. (An emergency telephone to the side of toilet block).

Start/Finish: Freshwater West.





Old Town Trails

Tenby town & beaches (2 Miles)

This is a great out of season walk allowing you full access to the wonderful beaches that surround the quaint walled town of Tenby.

Your exploration of the beautifully characteristic town of Tenby begins from North Beach car park. There are fantastic photo opportunities overlooking the Historic Harbour, once an important trading centre.

The rounded building situated on the Harbour, known as The

Cabin is where the famous author Roald Dahl holidayed every Easter with his family.

Standing tall, the prominent Goscar Rock catches every eye and the ancient headland of Castle Hill provides hidden history. You pass part of the old battlement wall, which 10 centuries ago protected the town. Witness the newest version of the Lifeboat Station which has history going back 150 years.

Admire amazing views across to the monastic island of Caldey and the imposing fort on St Catherine's Island, dating back to 1867, which adjoins South Beach.

Between the sandy shores lie paths that tell a thousand stories, breathtaking seascape and coloured buildings; you can see why every man and dog loves Tenby.



Molly @ Tenby South Beach - Rob Jennings

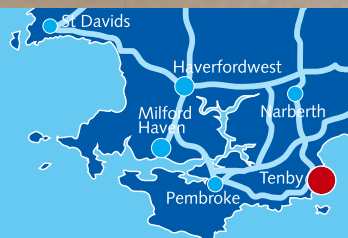
Mylo @ Tenby - Barbara Newman



How to find it: Head into Tenby on the A478, follow signs for the North Beach car park.

Parking: At North Beach car park.

Start/Finish: North Beach car park.



A hike along the coast

Tenby to Lydstep (6 Miles)

From South Beach car park, begin your walk by turning right to cross the long stretch of sandy beach and admire the blue waters and great views across to Caldy Island.

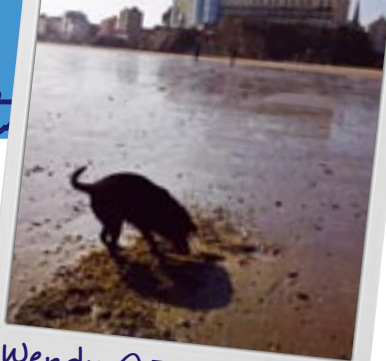
At the end of the beach, cross a pebbled and rocky area where you will notice a few steps hidden within the hill that you will need to climb in a second! You will notice that as you walk through this area, how wonderfully peaceful it is! Follow the sandy, pebbly track up the hidden steps that I have just mentioned to you, this part can be a little bit of a climb; a very quiet, sheltered area. Follow the sign for the Coastal Path at the bottom of the hill, continue up to a first flight of steps and bend left up to the second flight. Ignore the permissive path, keep left continuing to progress on to a sandy track – lovely views here.

At the top of your little climb, stop and take a breather and admire the views across to Mumbles. Continue along on the sandy path, take a fork to the right and note the signpost at the top of the fork for the Coast Path. At the wooden signpost, turn left across a grassy hilltop onto another sandy track. Continue to follow the same track heading towards Caldy Island with St Margaret's Island to your right; you are standing at Giltar Point.

Continue around the flat headland with Lydstep in the distance to reach Penally Firing Range.

Reach a wooden gate (entrance to firing range) where dogs are required to stay on a lead. Please at this point take note on the white information sign just inside the gate to the right hand side.

Continue to follow the Coastal Path across the headland, where in the first two sections there are horses grazing loose in the field. Continue to follow through another three wooden gates following the



Wendy @ Tenby - Janet Watkiss

Coast Path. At the flag posts you will find a coloured map outlining your walk so far, continue along the 'Manorbier' direction, you are now out of the firing range. Notice along this section the steep rock faces, please be careful and keep your dog on a lead at all times.

Meet with a stile, which requires you to hop over and your pooch to skip through on the left hand side by pulling up the post! Must keep to muddy/sandy track here and beware that you may come across a few stray sheep!

You will next approach another stile, this one of which has no dog access unlike the previous stile; however, dogs are allowed to pursue the path. Continue on a rocky, narrow path where sections can be close to the cliff edge and descend steeply or require you to climb up a few steps. Along this path you will have brilliant views across to the Lydstep Caravan Park and Bay.

Descend down to Lydstep Haven, a sand and shingle combination beach that does carry dog restrictions at certain times of the year. Lydstep Haven is a beautiful stretch to explore and enjoy a rest before turning around and heading back to Tenby!

On your return, within Tenby town centre enjoy a friendly atmosphere from the locals, some top wholesome grub and a relaxing venue for a well-earned rest. Humans, you can have a sit down too!

How to find it: From Sageston (Carew) roundabout take the second exit onto the B4317. Turn left at the junction and pass the Tenby Leisure Centre on your left hand side. At the mini roundabout take the second exit signposted 'Town Centre' and continue up the hill into Tenby town on the A4139. Follow signs for South Beach car park.

Parking: Chargeable April – September. At the South Beach car park there is a dog-waste disposal facility where you can also pick up waste bags for your walk.

Start/Finish: South Beach car park.





This Pebbly Heaven

Saundersfoot to Wiseman's Bridge (1 Mile - time to play!)

The mile walk from the harbour town of Saundersfoot, a town with a remarkable past to Wiseman's Bridge follows the flat route of the railway that used to carry coal from Wiseman's Bridge to the harbour at Saundersfoot.

This walk is perfect for dogs with plenty of energy and who enjoy nothing more than trotting and bouncing along the sand and splashing in the sea.

The walk begins from the main shopping street, The Strand, in Saundersfoot that runs parallel to the sea; taking you through three of the old railway tunnels, the first one being at the end of the road.

The short tunnel brings you to the small sandy beach at Coppet Hall which welcomes dogs where they can enjoy a good run or a spot of rock pooling at low tide. As you emerge from the third tunnel, the welcoming sight of Wiseman's Bridge appears before you. Here the beach changes from large rocks to sand in a few metres! This pebbly heaven is open to dogs all year round.

The Wiseman's Bridge Inn, on the beachfront, offers the perfect place to admire unspoilt views across Carmarthen Bay with a drink and good food in the beer garden.

You can return to Saundersfoot along the flat path or via the beach to Coppet Hall at low tide. Back at Saundersfoot, a stroll around the working harbour is an enjoyable end to the walk. Take advantage of the harbour taps to wash off sandy paws!



Boe @ Saundersfoot - Robert Miley

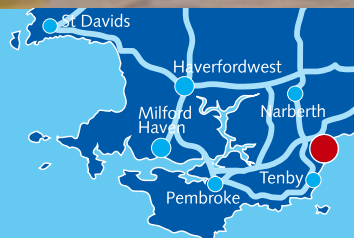


Stan @ Amroth - Carol Reardon

How to find it: Take the A478 towards Tenby. There is a left turning for Saundersfoot in Pentlepoir or continue to the roundabout at New Hedges for the main road into the town.

Parking: The best place to park is at the Harbour car park, SA69 9NL (chargeable) as it is right next to the beach.

Start/Finish: Saundersfoot.



Still Got Itchy Paws?

See Pembrokeshire by dog friendly bus

If you are the kind of dog walker who likes to see where the day takes you, the Pembrokeshire Coastal Bus Service is an absolute eco-friendly must.

There are services all around the coast and you can get on and off as you please. Walk a bit, ride a bit.

It is a brilliant way of seeing beautiful beaches, coastal villages, traditional pubs and some fabulous scenery.

Dogs are more than welcome too.

On the way you'll ride on buses with names like the Poppit Rocket and the Puffin Shuttle. Sounds great doesn't it? It is.

For timetables and routes, get in touch.



Emma @ Druidston



Polly on the Puffin Shuttle - Bym Welthy



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Join the conversation [#MyDogLoves](https://twitter.com/hashtag/MyDogLoves)

Read our Blog blog.coastalcottages.co.uk

Download our iPhone App from www.coastalcottages.co.uk/app



#MyDogLoves



Winston @ Barafundle Bay - Selina Latimer

Doggy Links

While you're on holiday with your dog, we want to make sure you have a great time that's why our website thewoofguide.com carries a wealth of information on great places to take your dog including pubs, restaurants, walks, indoor and outdoor activities, vets, kennels and of course the all important beach guide.

Check out the links below to really discover Pembrokeshire in a dog friendly way.

Dog friendly restaurants	thewoofguide.com/restaurants
Dog friendly pubs	thewoofguide.com/pubs
Dog friendly walks	thewoofguide.com/walks
Dog friendly indoor activities	thewoofguide.com/indoor
Dog friendly outdoor activities	thewoofguide.com/outdoor
Vets in Pembrokeshire	thewoofguide.com/vets
Kennels in Pembrokeshire	thewoofguide.com/kennels
Dog friendly beaches	thewoofguide.com/beaches



Newton @ Newport - Karen Reed

Tali & Morgan at Doves Cottage - David Lewis



**The Woof Guide, in association with
Coastal Cottages of Pembrokeshire**

Coastal House, Narberth Road, Haverfordwest, Pembrokeshire SA61 2XG

01437 772742

info@coastalcottages.co.uk

thewoofguide.com