

# PENALLY WALKS



*Church of St Nicholas & St Teilo*



Pembrokeshire Greenways  
Lonydd Glas Sir Benfro

*Naws am Le  
Sense of Place*

**PLANED**

## GREENWAYS

This is one in a series of free publications that detail walks which are accessible by public transport.

Other titles are available from local Tourist Information Centres, [www.planed.org.uk](http://www.planed.org.uk) or 01834 860965.

**Area Guides:** Walk & Ride, The Landsker Borderlands, South of the Landsker, the Preseli Circle Walking Trail and the Secret Waterway.

**Walking Guides:** Lampeter Vale Walks, Llawhaden Walks, the Ritec Valley Walk, The Frenni Trails, Three Walks in Newport Pembrokeshire, Walking Around St Dogmaels, Milford Haven Walks and the Llandissilio and Clunderwen Community Walks.

**Details of walks can also be found on:**  
[www.pembrokeshiregreenways.co.uk](http://www.pembrokeshiregreenways.co.uk)

## GETTING TO AND AROUND PENALLY BY PUBLIC TRANSPORT

### Buses

**349 Haverfordwest - Tenby** (Mon to Sat) (\*Sun) First 01437 763284

**358 Pembroke Dock - Tenby - Pembroke Dock** (\*Fri & Sat only) Silcox Coaches

**380 Tenby Town Service** (Mon to Sat) Silcox Coaches 01646 683143

\* Summer Service only

### Trains

There is a railway station at Penally.

Information from National Rail Enquiries 08457 48 49 50, Welsh Language 0845 60 40 500, Textphone 0845 60 50 600. [www.nationalrail.co.uk](http://www.nationalrail.co.uk) All Wales public transport information Service Traveline Cymru 0871 200 22 33 (minicom 0870 241 2216) [www.traveline-cymru.org.uk](http://www.traveline-cymru.org.uk)

### Facilities in Penally

Shop, Public Houses, Public Toilet, Accommodation, Car Park, Street Parking.

Four walking routes around Penally. Good walking shoes will be required for all of the walks as paths can be muddy in wet weather. Ordnance Survey Maps Explorer OL36 or Landranger 158 may be required.

## WALK A - THE PENALLY NATURE TRAIL

### *Green Waymarkers.*

The complete trail is approximately 2.6miles/4.3km, 5 Stiles, 4 gates, 1 footbridge. Ascents and descents 646ft/197metres.

The Trail begins at the village pump (1) follow the route marked on the map to the Parish Church of St. Nicholas and St Teilo (2). A Church leaflet gives an outline of its long history. The 10th century Celtic crosses in the South transept are of particular interest.

The palm trees around the churchyard reflect the comparatively mild winter climate. The tall trees in the Churchyard were once favourite nesting places of crows.

### *Penally Crows*

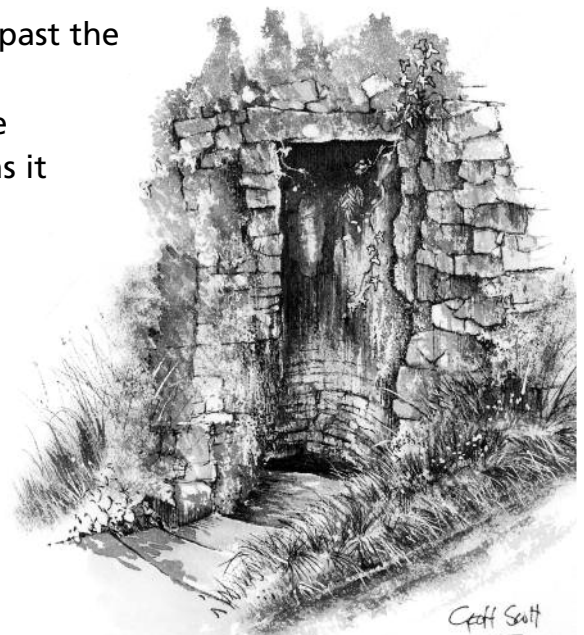


Penally people were sometimes referred to as Penally 'crows' to distinguish them from the Tenby 'sharks'!

Continue towards the 19th century Abbey Hotel (3) past the well kept greens. In the grounds are the ruins of St Deiniol's Chapel (4). A religious settlement may have existed in Penally in early Christian times. Legend has it that St. Teilo was born in Penally and the village is quoted as one of three possible places where he lies buried. On the left beyond the Abbey, is St. Deiniol's well (5). Together with the pump in the centre of the village this provided the water supply in times past.

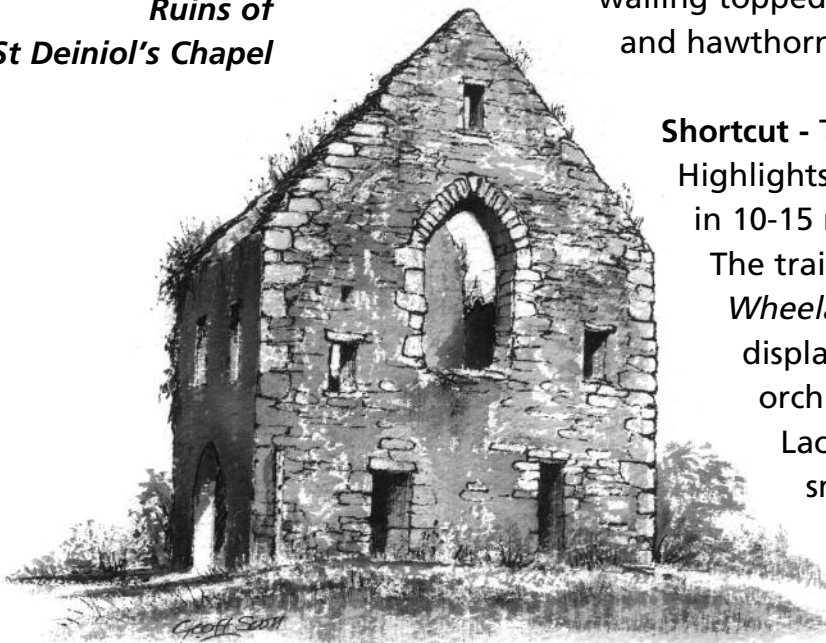
Before Penally Manor turn right onto a woodland path. Bluebells can be seen below the sycamore and hornbeam trees as well as numerous birds. Penally Manor (6) was the first house in the village to have electricity. The owner at the time Mr. Clement Williams also provided electricity for Penally Church.

At the top of the short woodland section note the old stone stile on the left. Follow the trail to the left through the fields until you meet the lane at *Highlights* on top of the hill. The views from these open fields towards Tenby and the sea and also towards the St. Florence Valley are quite superb. The hedges are fairly typical of Pembrokeshire hedges generally. The foundation consists of stone walling topped with turf and planted with sloe and hawthorn.



**St Deiniol's  
Well**

**Ruins of  
St Deiniol's Chapel**



**Shortcut** - Turning left along the lane at Highlights will take you back to the village in 10-15 minutes.

The trail continues right, past *Wheelabout*. The verges and hedges display blue-bells, pink campion, purple orchids, cowparsley (Queen Anne's Lace), meadow sweet and the like. A small stand of scented white violets is worth seeking. Look also for 'tunnels' and runs in the hedges where foxes, rabbits and badgers cross the road.

To the South-west there is nothing but the open Atlantic for 4,000 miles, hence the stunted, gnarled and knotted trees and bushes on the hedge banks. On a clear day, views of Caldey Island, Lundy and the Devon coast can be seen to the South and the Preseli Hills in the distance to the North.

Follow the Ridgeway a short distance then turn right across the field into Trefloyne Wood. Ploughed fields uncover the rich red soil of the old red sandstone belt. This, and the limestone outcrops, much intermingled, form the geological structure of the area. As you descend through the wood you will see Trefloyne House (7) on the right. Now a golf club, the present building is on the site of an old manor house, formerly called Trelwyn. It figured in the Civil War as a Royalist stronghold when it was garrisoned in 1643 by Lord Carberry, the King's Commander in South Wales. In 1644 the parliamentary forces led by Colonel Rowland Laugharne assaulted Trefloyne and brought about the surrender of the garrison there. Turn right onto the bridleway and then right onto the road.

Continue past Penhoyle Farm and you come to an extensive marshland and lakes. Before 1811 this was a tidal estuary and the sea reached as far as St. Florence. Between 1811 and 1820 Sir John Owen of Orierton built a sea wall and embankment. Breached by a storm in 1826 it was repaired in 1840 to create new pasture land. Thereafter the St. Florence Valley has gradually taken on its present appearance. The drier edge of the marsh supports willow and other trees with an undergrowth of reeds, sedges, yellow iris and marsh marigold. The yellow iris with its tough rhizome, additional roots and reed-type leaves is particularly well adapted to this watery habitat. The whole area is very rewarding for bird watchers.

Further on Hoyle's Mouth Cave (8) (**no public access**) is hidden in the woods.

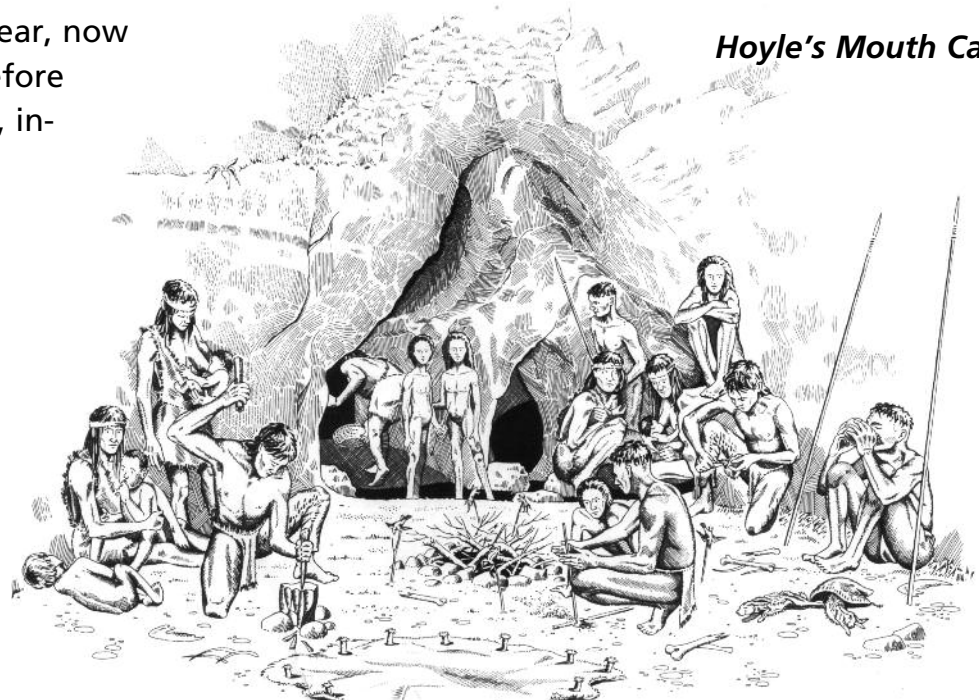
Archaeological examination was carried out from 1840 onwards by the Rev Gilbert Smith of Gumfreston and others. Small tools of flint and adinole were found, dating from Upper Paleolithic times, also bones of

animals like the cave bear, now extinct, dating from before 15,000 B.C. These finds, including a human jaw and teeth, are now housed in the Tenby Museum. The cave is home to colonies of lesser horse shoe and pipistrelle bats.

Join the Tenby-Penally road which takes you back into the centre of the village past the 16th century Holloway Farm

(9) now a public house on

your left, many well tended gardens on both sides of the road, the old village school (10), the fine 18th century building of the Old Vicarage (11) and returns to the village pump.



*Hoyle's Mouth Cave*

## **WALK B - COAST PATH WALK**

### *Yellow Waymarkers.*

4miles/6.5km. 7 gates. 1 Footbridge. Total ascents and descents 1174ft/358metres

**Take care on the Coast Path - it runs through rugged, natural terrain. Please follow the Coast Path Safety Code:**

**Keep to the path, away from the cliff edges and overhangs.**

**Always supervise children, especially near cliff edges.**

**Walking surfaces can vary considerably with the weather. Always wear strong footwear with a good grip.**

**Wear or carry warm and waterproof clothing.**

**Cliff top walking can be dangerous in high winds.**

**Beware of taking shortcuts across beaches - you may be cut off by the tide. Swimming can also be dangerous.**

**Do not sit under cliffs or climb them.**

**Keep dogs under control.**

From the village pump take Strawberry Lane uphill. Turn left onto the lane at the cross roads. Beyond the new houses below you is Penally Camp (12) whose lands were leased by the war office in 1859 from the Picton Castle Estate for the purpose of rifle practice. A camp was established to accommodate tents with stables for the cavalry. The land was sold to the War Office in 1909. Turn right after the first stile and before Crackwell Farm and follow the path to the road, the Ridgeway. Cross the road and take the path through Trefloyne Wood and turn left onto the bridleway back to the Ridgeway. Take the quiet lane opposite which leads under the railway bridge and past Whitewell Farm (13) where there are ruins of a Medieval Manor House, to the busy main road A4139, take care here. Turn right follow main road for a short distance turn left onto footpath through caravan site down towards the sea, which leads to the coast path. A variety of birds including chough, razorbill, fulmar, and gulls make their home in the limestone cliffs. Follow path to sentry box turn left, downhill under railway bridge, cross main road through field and turn right back to centre of the village.

## **WALK C - GILTAR POINT WALK**

### *Blue Waymarkers.*

2.3miles/3.8km. 2 gates. Total ascents and descents 406ft/ 124metres.

**Take care on the Coast Path. Please follow the Coast Path Safety Code. Please note a section of the Coast Path is closed when Penally firing range is in use, look out for the red flags.**

The trail begins at the village pump. Walk west along the road, 300 yards beyond the entrance to the caravan site turn left through kissing gate. Follow path across main road, under railway line. At the top of the hill on your left, is an area of land which was used in WWI to dig practice trenches (14) remains of which can still be seen. At sentry box turn left on to the Pembrokeshire Coast Path National Trail. Views to Caldey and St. Margaret's

island - even Lundy Island on a clear day - can be seen out to sea. To your left are views of Penally Village and over the dunes to Tenby. Further along the Coast Path look back to see views of Lydstep point with its caverns beneath and Skrinkle headland where the cliffs change from old red sandstone to limestone. From Giltar point you have wonderful views across the beach to Tenby, St. Catherine's Fort and the panoramic coast line from Pendine to Worms Head on the Gower Coast. On very clear days the Devon Coast can also be seen. Follow the coast path down to the beach. After about 500yards take the wooden steps and follow across the railway line and main road, through the farmyard into the village. In the farmyard note the old Court Leet building on the right. There is a linear section of this route which has a tarmac surface and is suitable for wheelchairs. Begin at the railway station and follow the track to the beach.

## **WALK D - KILN WALK**

### ***Red Waymarkers.***

1.4miles/2.3km. 2 gates. Total ascents and descents 190ft/58metres

Begin at the old school and follow the road right towards Tenby, take the next right into Four Winds Lane, turn left at main road cross at traffic lights. Take the path through the caravan site. On your right are the ruins of lime kilns (15) which were used to burn limestone. Lime was used on the fields as a fertilizer amongst other things. Follow the trail through the caravan park past the shops and follow the signs to the beach. After crossing the railway bridge you will see the remains of Black Rock Quarries on the left. From here you have the option to follow the path to South Beach across the sand dunes named The Burrows because of the rabbit population, or turn right and continue along the side of the railway line. Turn right and cross over the level crossing, cross the main road and follow the trail back to the old village school (10) which is now an education centre.

## **Country Code**

### **Respect • Protect • Enjoy**

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.