The Weatherman Walking maps are intended as a guide to help you walk the route. We recommend using an OS map of the area in conjunction with this guide. Routes and conditions may have changed since this guide was written. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.
Approximate distance: 10.5 miles
A linear trek along one of the most scenic stretches of the Pembrokeshire coast, from Trefin to Pwll Deri hostel.

1. The Ship Inn, Trefin
   51.94864° N, -5.14810° W
   From the Ship Inn head west, down through the village along Ffordd y Felin towards the coast and join the Pembrokeshire Coast Path.

2. Trefin Mill
   51.94834° N, -5.15319° W
   The ruins of the old mill sit above Aber Draw, with a small stream trickling down which once powered the large mill wheel.

3. Old ruined building
   51.95215° N, -5.15465° W
   Climb up a hill with loose shale underfoot and through a wooden gate towards an old ruined house on the top of the headland.

4. Longhouse Farm
   51.95815° N, -5.14176° W
   Pass a signpost for the farm which was once a hotspot for daffodil farming in the area but has now been taken over by the National Trust.

5. View over to sea arch
   51.96117° N, -5.144294° W
   Just north of here, cross into farmland and to your left is a wonderful example of a natural sea arch.

6. Carreg Sampson
   51.95835° N, -5.13300° W
   As you approach Abercastle, turn right and take a look at this magnificent Neolithic burial chamber, measuring 15 feet x 9 feet.
7. Abercastle
51.95971° N, -5.12686° W
Abercastle is a scenic old trading harbour which once exported local slate, grain, butter, honey, corn, and coal. Continue along the coastal path up behind the houses.

8. Pwll Trodur
51.96126° N, -5.10687° W
The track down to Pwll Trodur is steep on both sides. This dark sandy, pebble strewn naturist cove is best from mid to low tide.

9. Castell Coch promontory fort
51.96891° N, -5.09852° W
To the left of the path is an Iron Age promontory fort complete with a double embankment and intricate entranceway, which is now largely obscured by bracken.

10. Abermawr
51.96812° N, -5.08616° W
Head down the path to the beach at Abermawr where Brunel once proposed building a harbour and railway terminus.

11. Melin Tregwynt Mill
51.97213° N, -5.06747° W
At the end of the beach, follow a pathway leading up to the road and follow it for just under a mile to the mill. Return to the beach using the same road.

12. Aberbach
51.97319° N, -5.08203° W
Just before Abermawr, turn right onto a track leading down to Aberbach. At the northern end, cross over a stream and turn left up a steep track and keep going.
13. Pwllcrochan beach

51.98516° N, -5.08039° W

The cliffs at Pwllcrochan are spectacularly rugged but take care along this section as you walk down into a dip and then up along the cliff edge at the top.

14. Round stone shelter

51.99385° N, -5.09107° W

Follow the path along the cliff tops passing Pwlldawnau, Aber Cerrig-gwynion and Penbwchdy until you arrive at a roofless dry stone wall shelter.

15. Coastal views

51.99738° N, -5.08238° W

You’ll see some stunning coastal views along this stretch, towards Strumble Head Lighthouse and Garn Fawr to the north.

16. Dewi Emrys memorial stone

52.00623° N, -5.07098° W

Turn left onto the road passing Dewi Emrys’ memorial. This colourful local poet won the chair at the 1926 National Eisteddfod and wrote a poem about local characters around Pwll Deri.

17. Pwll Deri Hostel

52.00700° N, -5.07221° W

Walk along the main road and continue towards the hostel, perched on an idyllic cliff-top setting with lovely views.