

# Beautiful woodland walk - 3 miles

## Lawrenny

Upstream from the busy port of Milford Haven lies a world of drowned wooded valleys with a wide expanse of salt marshes and mudflats. This scenic circular walk takes you through the steep-sided ancient oak woodland of Lawrenny, overlooking the main Daugleddau River and along the tidal creeks of Garron Pill and the Cresswell River. This is a fine walk in any season.

**Start, map & grid ref:** Lawrenny Quay, OS Landranger 157 & Outdoor Leisure Map 36, SN015065

### Getting there...

**Train:** Tenby  12 miles

**Foot:** Landsker Borderland Trail runs along the walk route and joins the Pembrokeshire Coast Path  $\frac{3}{4}$  mile from the start of the walk route

**Bus:** limited seasonal services only. Bloomfield Walkers Bus, Tuesdays and Fridays only, not yet in operation. Go to [www.pembrokeshire.gov.uk](http://www.pembrokeshire.gov.uk)

**Bike:** from A4075, follow back roads from Whitehill (SM054048) or Cresselly (SM064063), via Cresswell Quay

**Road/Car:** as cycling

**Facilities...** WC and tea-room at Lawrenny Quay

### Look out for...

#### Lawrenny Wood

Lawrenny Wood is a fragment of ancient oak woodland with a lower layer of rowan, holly and wild service tree. Heather, woodrush and bilberry form the ground cover. The woods along the waterway remain rugged and wild as they are too steep for cultivation.

#### Garron Pill

Garron Pill is a tidal creek notable for its estuary birds, including wigeon, greenshank, curlew and little egret.

#### Woodland and Salt Marsh

The National Trust woodland and salt marsh at West Williamston may be seen from point 7 across the Cresswell River. Limestone was formerly quarried from the tidal channels here.



The little egret, pictured here, is a small white heron that has recently colonised the British Isles. Most sightings occur in the south and the species did not breed in Wales until 2002. It is listed as a rare breeding species in the UK.

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The ancient trees around Lawrenny provide plentiful nest sites for hole-nesting birds, from redstarts and blue tits to jackdaws and tawny owls. The waters of the Daugleddau may be seen far below you through gaps in the trees along the path.

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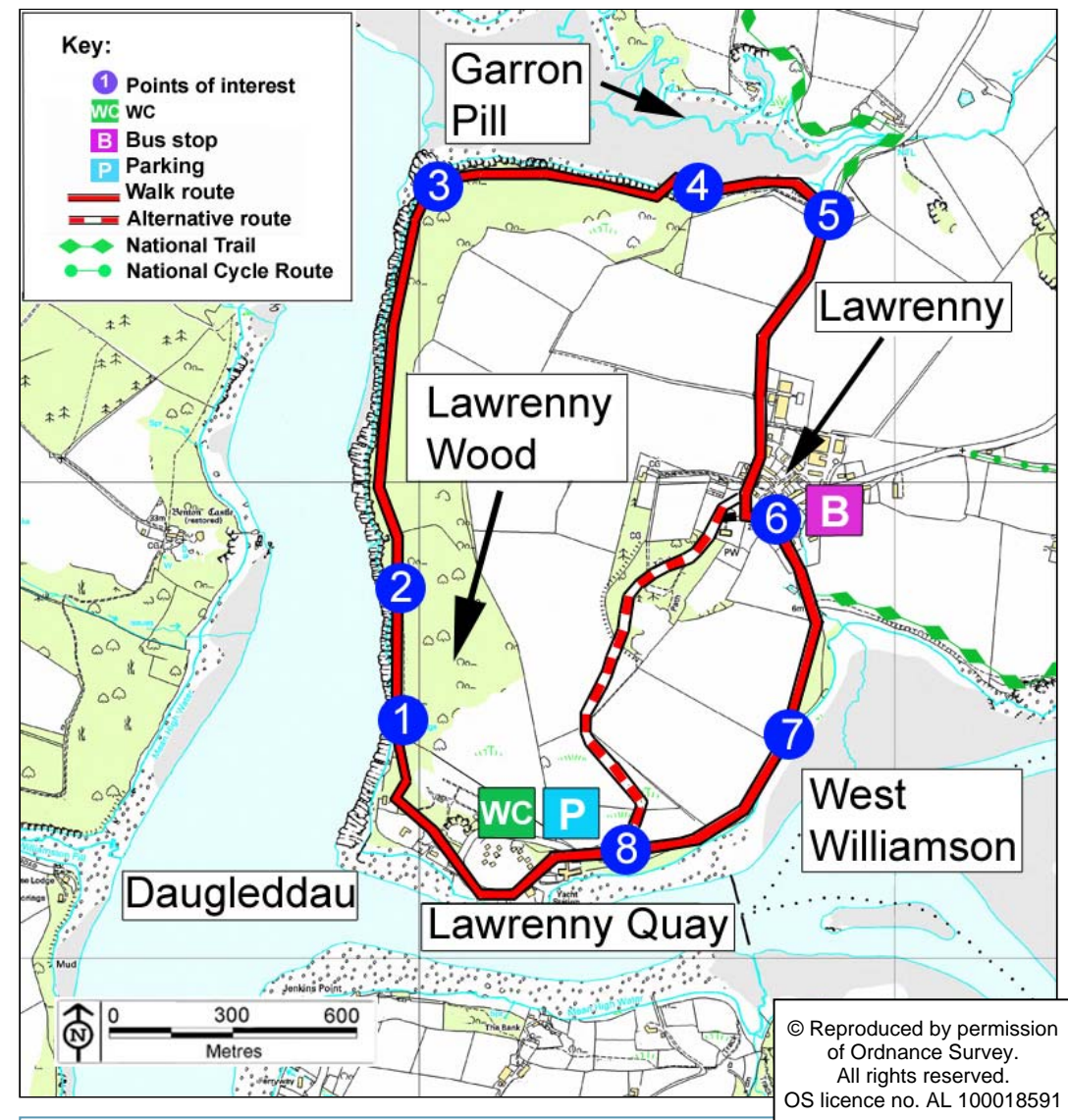


The leaf of the wild service tree, which you may spot on this walk. They are relatively rare in Britain and are now mostly confined to pockets of ancient woodland and occasionally hedgerow. The berries were once used to make an alcoholic drink called chequers!

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## Route

1. From Lawrenny Quay turn left, passing the Quayside Tearoom on your left. Follow footpath signs through the boat yard and into the trees, passing the caravan site on your right. Cross a National Trust stile into the ancient woodland. The path threads through the gnarled oak trees, with glimpses down to the river below.
2. In spring see if you can spot or hear the redstart, a bird which breeds in old oak woodlands. A few small, scattered wild service trees grow in the shrub layer below the path, indicating that this is ancient woodland.
3. The path swings to the right, passing a Scout hut. The point at the corner of the wood is a good place to scan the mudflats opposite. The village of Llangwm can be seen across the river to the north-west.
4. After 500 metres the path descends to the shore of Garron Pill and continues along the high tide line. Ancient oak trees, their roots partly undercut by the tide, overhang the shore. At low tide deep channels in the mud are used by feeding shorebirds.
5. Joining the road, walk uphill towards Lawrenny village. Pass a youth hostel on your right before descending to the centre of the village and the church.
6. Bear right through the village to rejoin the road to Lawrenny Quay. **Alternative route: A footpath across the field below the church and site of Lawrenny Castle is signposted from point 6. Beyond the castle site (with fine views across the estuary) the path enters National Trust woodland and descends to the road near the hotel.**
7. Look across the mudflats (or water, depending on the state of the tide) to West Williamston in the east. Here a system of narrow rocky creeks, which were once quarried for limestone, give way to saltmarsh and mudflats. The estuary is rich in wildfowl and shorebirds and in autumn you may even glimpse the occasional osprey hunting for grey mullet.
8. With woodland either side of the road once more, now mixed broadleaf, return to Lawrenny Quay.



### Walk terrain and accessibility

3 miles/5 km by both routes. Varied terrain; narrow woodland path, firm upper shore (can be slippery/muddy), road. High tide alternative route at Garron Pill. Dogs welcome; please clear up after your dog and keep them under control at all times.

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