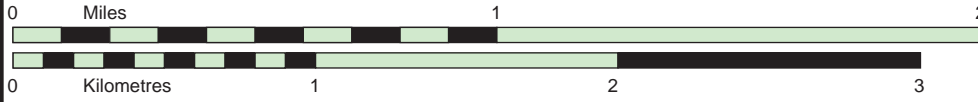


pe100 Abercastle & Careg Sampson from Trefin

Trefin is on minor roads NE of Croes-goch and E of Porthgain



The walk shown is for guidance only and should not be attempted without suitable maps.

Details	
Distance:	15km (9½ miles)
Total Ascent:	533m (1748ft)
Time:	5hrs Grade: 6
Maps:	OS Landranger® 157 or OS Explorer Map™ OL35
Start/Finish:	Trefin, Pembrokeshire, Wales
Grid Ref:	SM839325

Superb coastal scenery

➊ Go E through Trefin and then SE (right) at a junction signed 'Croesgoch' past the Youth Hostel to reach a campsite. Just before the campsite go E (left) on a waymarked track through trees to reach a lane at a bend. Continue E on the lane for 100m until it bends N. Leave the lane and continue E on a track to a gate. Go through and bear SE (half-right) with the track into a field. Leave the track (which heads E to Mynedd-hwnt and bear SE by a concrete wall to reach a stile. Ignore the stile and continue SE for 50m before bearing E across the field to reach a waymarked stile on the edge of a wood in the SE corner. (1½ km)

➋ Continue E on a clear path through the trees to emerge at Rhoslanog. Follow the access road ESE to reach a junction. Go N (left) on a track past some cottages and through a gate. Bear E (right) on the track beyond and follow it across fields to reach a lane at Trefelyn. (1½ km)

➌ Go SE (right) on the lane for 500m and then NNW (sharp left) at a waymark to follow an overgrown path to emerge in a field by a gate. Continue N by the field boundary until forced E (right) into a field narrowing and a gate. Bear NE across the field beyond to a 2nd gate. Bear N in front of Carnachen-lwyd farm to reach a track. Go E (right) ignoring all side paths until you reach a waymarked crossing path at 3 gates. Go N (left) through the left-hand gate and follow the path beyond until it joins the Pembrokeshire Coast Path (PC) above Aber Mawr Beach. (3km)

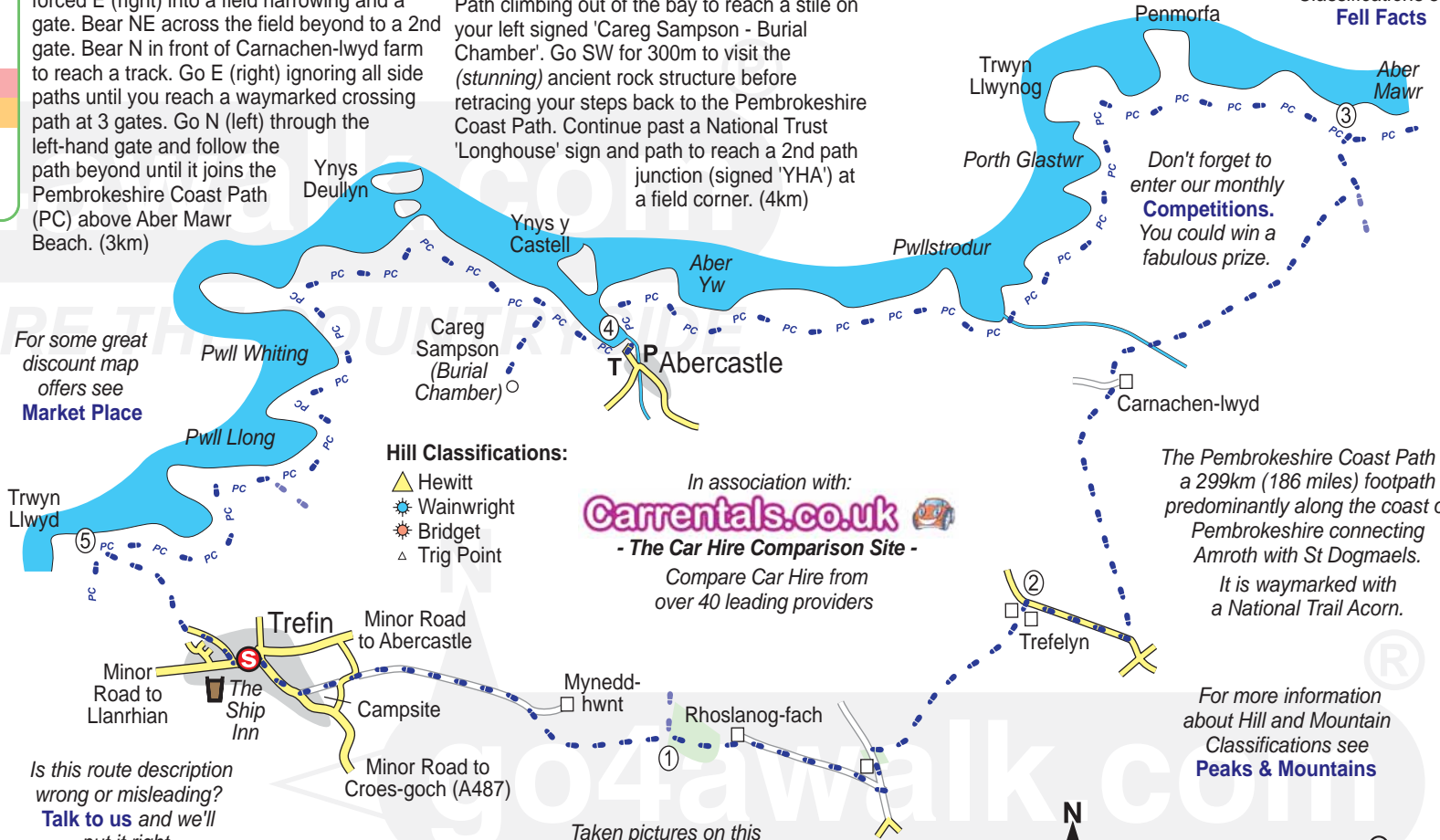
➍ Go W (left) and follow the well marked Pembrokeshire Coast Path to the striking inlet bay at Abercastle. (4km)

➎ Continue NW on the Pembrokeshire Coast Path climbing out of the bay to reach a stile on your left signed 'Careg Sampson - Burial Chamber'. Go SW for 300m to visit the (stunning) ancient rock structure before retracing your steps back to the Pembrokeshire Coast Path. Continue past a National Trust 'Longhouse' sign and path to reach a 2nd path junction (signed 'YHA') at a field corner. (4km)

➏ Leave the Pembrokeshire Coast Path and follow a clear path SE to reach a lane. Go SE (right) on the lane to return to Trefin and the start. (1km)

For more information about Hill and Mountain Classifications see **Fell Facts**

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Hill Classifications:

- ▲ Hewitt
- ⚙ Wainwright
- ☀ Bridget
- △ Trig Point

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The Pembrokeshire Coast Path is a 299km (186 miles) footpath predominantly along the coast of Pembrokeshire connecting Amroth with St Dogmaels. It is waymarked with a National Trail Acorn.

For more information about Hill and Mountain Classifications see **Peaks & Mountains**

Is this route description wrong or misleading? **Talk to us** and we'll put it right.

Taken pictures on this walk? Send them in and we'll put them in the **Photo Gallery**



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