

# WALKING IN PEMBROKESHIRE

40 circular walks in and around the Pembrokeshire Coast National Park

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Guidebook to 40 circular walks in Pembrokeshire in Wales. Ranging from 1 to 12 miles, the walks provide something for everyone, from novices to experienced ramblers, and take up to seven hours. None of the walks demand technical skill and often incorporate places to visit or a welcoming pub or café.

The interesting and varied routes take in the dramatic beauty of the national park and its coast, the Daugleddau's hidden tidal reaches (once busy with coal barges) and the Preseli Hills (from which ancient man took the 'bluestones' for Stonehenge), while exploring wooded gorges (whose fast-flowing streams powered long-forgotten mills), prehistoric hillforts and medieval castles.

Each walk's detailed route description is accompanied by extracts from 1:50K OS mapping, and includes key information such as distance, ascent, terrain, parking and available refreshments. There is background information about some of the many interesting buildings, places and features encountered and a route summary table is also included.

## Key marketing points

- 1.1 million people holiday in the national park each year
- Introduction to the best walking in the national park

## About the author

Dennis and Jan Kelsall have long held a passion for countryside and hill walking. Since their first Cicerone title was published in 1995, they have written, contributed and illustrated over 50 guides to some of Britain's most popular walking areas and have become regular contributors to various outdoor magazines. Their enjoyment of the countryside extends far beyond a love of fresh air, open spaces and scenery. Over the years Dennis and Jan have developed a wider interest in the environment, its geology and wildlife, as well as an enthusiasm for delving into local history, which so often provides clues to interpreting the landscape.

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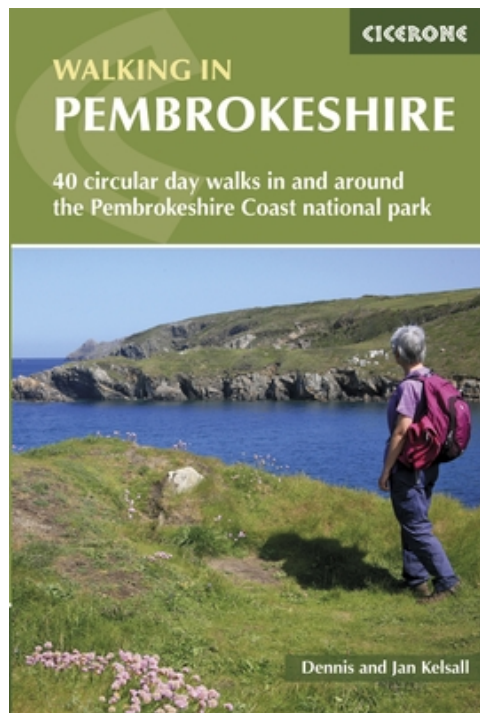
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