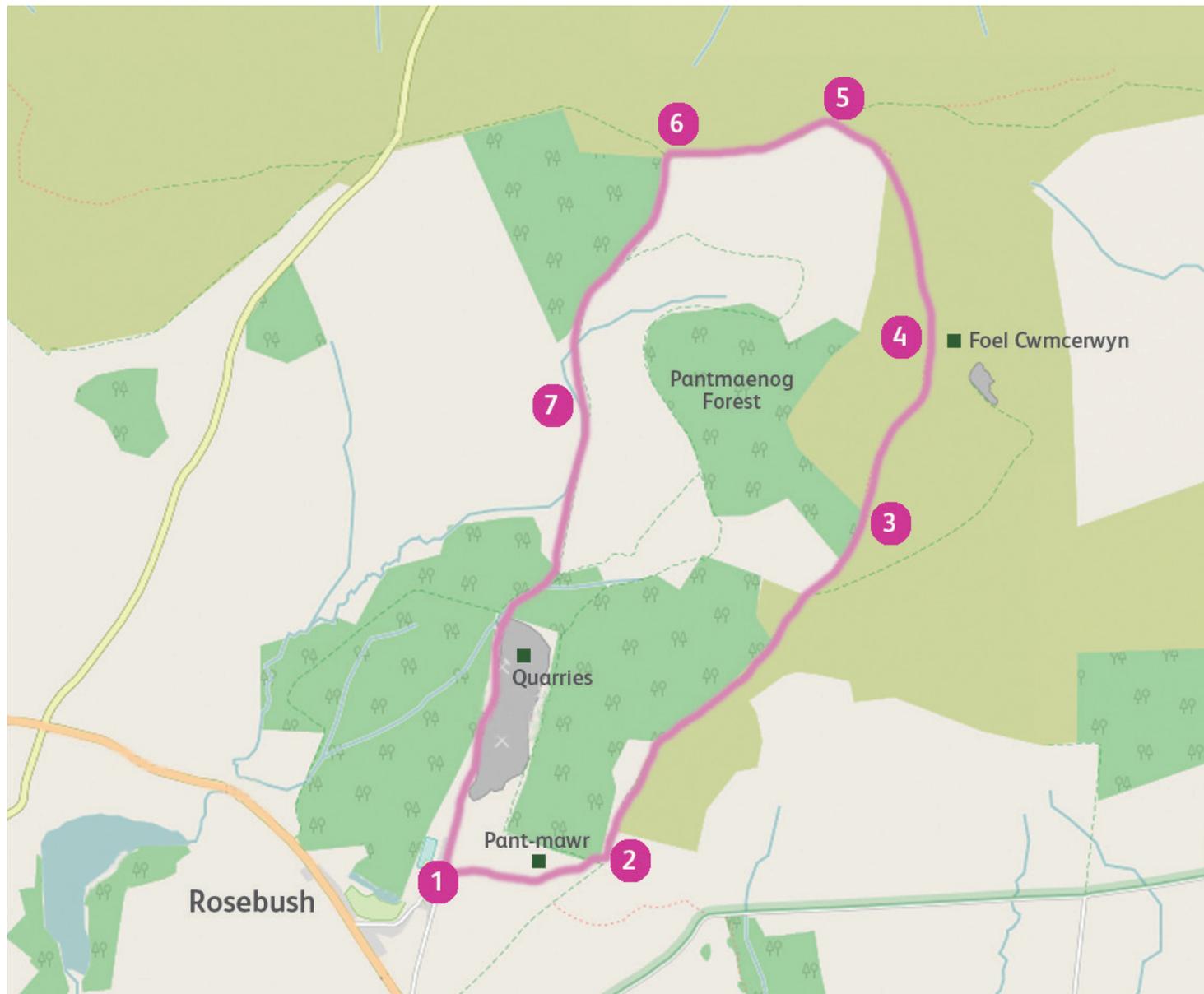


# Preseli Mountains

Distance - 8½ km (5¼ miles) Map: Ordnance Survey Outdoor Leisure 35, North Pembrokeshire, 1:25,000 Ascent 300m (985ft)

Walk 14



— - Walk

— - B4313



**Disclaimer:**  
This route was correct at time of writing. However, alterations can happen if development or boundary changes occur, and there is no guarantee of permanent access. These walks have been published for use by site visitors on the understanding that neither HPB Management Limited nor any other person connected with Holiday Property Bond is responsible for the safety or wellbeing of those following the routes as described. It is walkers' own responsibility to be adequately prepared and equipped for the level of walk and the weather conditions and to assess the safety and accessibility of the walk.

# Preseli Mountains

Walk 14

**Distance** - 8½ km (5¼ miles) Map: Ordnance Survey Outdoor Leisure 35, North Pembrokeshire, 1:25,000 Ascent 300m (985ft)

**Start/car parking** - Free car park in Rosebush, grid reference 075295. Rosebush is reached via Haverfordwest and the B4329 road to Cardigan. Turn right towards Narberth about two miles after passing through Tufton. Turn left into Rosebush village. The car park is on the left, below the bistro.

The Preselis form the high backbone of Pembrokeshire, not steep, not rocky, but great mounds of ancient rock covered by moorland and, in some areas, forests managed by the Forestry Commission.

This is superb walking country for those who appreciate wide open spaces, with few people and with enormous views.

The walk set out below is a prime circuit in this wonderful mountain country, starting and finishing at the former quarrying village of Rosebush and including the summit of Foel Cwmcerwyn, at 536m. (1759ft.) the highest in the range. The return route passes through part of the Pant Maenog forest and below the formerly great Rosebush quarries.

There is some swampy ground to be negotiated but stiles are minimal and, despite the mountain ascent, there are no unduly steep or rocky sections of the route.

**Note:** It would be a great help to future walkers if you could record any inaccuracies you come across during this walk and report them to reception so that appropriate amendments can be made.

Thank you for your help. **Happy walking.**

## WALK

Walk back up the car park access road. At the top of the access road go across the road and through a way marked gate. Cross the field, climbing past a way marked post to another way marked gate. Turn left and continue to ascend a rough track to a way marked farm gate.

1 At the next waymarked stile join a green lane, turning left. This track, (possibly an old drove road?) rises steadily for approximately one mile, lined with bilberry and with increasingly long and wide views. The summit of Foel Cwmcerwyn comes into view ahead; to the left an enormous area of the forest has been felled in recent times. Continue through a waymarked farm gate, now close to the edge of the woodland. As the forest fence bends to the left, go straight ahead, across a boggy area, aiming for the right-hand end of the forest ahead. Visible to the left is the summit of Cerrig Ladron. Bear right at a waymark on a fence post, soon reaching a waymarked gate at the top corner of the woodland.

2 From this point a clear track over grass heads straight for the summit, capped by a trig. point and a heap of stones.

3 Enjoy the views, which include much of Pembrokeshire, before continuing to the north, descending gently across rather featureless moorland. There are boggy sections and, although the path is not always entirely clear, the way is never in doubt. Reach the forest fence; walk beside the fence for a short distance, with great views to the north.

4 At a waymarked kissing gate turn left, now descending more steeply, still with a fence on the left. At a junction of paths at the end of the fence turn left; again with a fence on the left. There is some seriously swampy ground to be avoided before a signpost at a gate is reached. The gate gives access to Pant Maenog Forest.

5 Turn left, through the gate to follow a bridleway along a broad, descending, forest roadway. Go right at a signposted junction; Rosebush is in view, about two miles ahead. At the next signposted junction, carry on downhill. Cross a rushing stream.

6 As the forest road bends to the left, look out for a signpost and turn right, along a narrower track, descending along the edge of the forest. Enter the forest again, joining a forest road and turning right. As this road bends to the right, turn left at a signpost, over a bridleway step, soon passing the spoil heaps of the former Rosedale quarries, then an isolated house and the remains of several former quarry buildings. Enter Rosebush village by a long terrace of former quarrymen's cottages, turning right at the bistro to return to the car park.

**Refreshments** - Tafarn Sinc Inn (tin tavern!) and café in Rosebush.