

## Walking Pembrokeshire

### Mill Pond Circular Walk (Pembroke)



It's good to walk, so why not step out and sample some of the walks your town or village has to offer. This pleasant and interesting circular walk which starts and finishes outside the old Foundry on The Commons, Pembroke is one of a number of town and country walks which have been produced by Pembrokeshire County Council.












Enjoy this walk which mixes a stroll around the Mill Pond alongside the river in lovely deciduous woodland teeming with wildlife such as swans, bats and even otters, with sites of historical and architectural interest, including Pembroke Castle and the medieval walls of Pembroke Town itself.



**PEMBROKE MILL POND MAP**  
 Also use Ordnance Survey Map: Explorer OL36 (South Pembrokeshire)



**Key:**

-  Start/Stop
-  Stiles
-  Gates
-  Steps
-  Bridges
-  Car Park
-  Views
-  Description Points
-  Slope Down
-  Bus Station
-  Train Station

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## Mill Pond Circular Walk (Pembroke and Pembroke Dock)

Pembroke Mill Pond was divided in two by a railway embankment in the mid 19th century and a walk around the two halves affords very different but interesting experiences. The eastern sector teems with fascinating flora and fauna whilst the western section lies at the heart of medieval Pembroke which is dominated by the Norman Castle.



**1** Begin the walk outside the old Foundry on The Commons and walk over a small footbridge towards the medieval walls. In front of you is the part restored Gazebo

Tower. Turn right here and walk along the walls, then bear left at Gooses Lane.



**2** At the top cross East End Square and turn left down Holyland Road. Just past the last house, where the pavement ends, turn left into a small car park.



**3** Ahead of you is the entrance to the Mill Pond walk but before setting out on this section explore to your left where the ruins of the old toll bridge into Pembroke can be seen.



here - check the 'island' viewpoints and associated information boards.



**4** The Mill Pond walk continues on walkways into the reeds and marsh grass as well as through deciduous woodland. There is a great deal of wildlife to be seen

**5** Eventually the path leads out onto a lovely lane by means of a gate.

Turn left here and walk uphill, underneath a railway bridge, and turn left immediately again alongside a school.



the medieval walls on your left.



**6** A narrow path then takes you down to the western section of the Mill Pond which is dominated by the impressive Barnard's Tower. Walk along the Mill Pond with

**7** At the Mill Bridge, cross the road using the pedestrian crossing and turn right.



**8** Turn left immediately outside The Cornstore and walk around this final section of the Mill Pond towards the sluice gates and beyond.

There are superb views of Pembroke Castle from this path.

At the main road, turn left, cross Monkton Bridge and left immediately onto a path that takes you back around the Mill Pond, this time directly adjacent to the castle. When you reach Pembroke Quay, turn right up hill past the Royal George public house then right again back towards the imposing castle entrance.

Walk past the castle. Across the road are some interesting medieval buildings. Cross this road with care (it is very busy) and where these buildings end by the town's old West Gate (now destroyed), turn left onto The Parade.



**9** This lane follows the course of the medieval walls and has great views of open country to the south. The lane eventually drops down to The Commons.



**10** When you reach the footbridge on your right, recross the stream to The Foundry car park.

Walking Pembrokeshire

# Mill Pond Circular Walk

## (Pembroke and Pembroke Dock)



### How to get there

**Walking:** The Foundry on the Commons is a short walk from Pembroke town centre.

**Bus:** 333, 349, 356, 357, 358, 362, 387, and 388 - these all serve Pembroke. Alight at East End Square. [www.pembrokeshire.gov.uk/bustimetables](http://www.pembrokeshire.gov.uk/bustimetables)

**Train:** Nearest station is at Pembroke. National Rail Enquiries: 08457 484 950 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Road Map:** Multimap website [www.multimap.com](http://www.multimap.com) Search for "Pembroke"

**Parking:** There is a small, free car park The Foundry.

**Refreshments / Toilets:** These are available throughout Pembroke town centre, which is only a few hundred metres from The Foundry.

### Walk overview

 <b>Start / Finish:</b>	The Foundry, The Commons, Pembroke
<b>Distance:</b>	3.1 miles (5kms) - 1½ hours (approx)
<b>Terrain:</b>	A broad mix of tarmaced minor road, lanes and paths plus gravel paths and wooden walkways. Most of this walk is easily accessible, especially the town section of the Mill Pond.
 <b>Stiles:</b>	0
 <b>Gates:</b>	1
 <b>Steps:</b>	6
 <b>Bridges:</b>	1
 <b>Car Park:</b>	1
 <b>Views:</b>	5

