

Pembrokeshire Cycling Trails

Trail Grading Statement

All the listed Trails are considered suitable for leisure and family use. They are scenic and enjoyable routes which focus on exploring the area at a gentle pace. There are regular opportunities for breaks along the way at villages, viewpoints, historical sites and other places of interest. The Trails are generally confined to quiet lanes or traffic free paths with warning given if there is likely to be any increased exposure to motorised traffic or crossings of busier roads. Nevertheless, particular care needs to be taken on all trafficked highways, especially by groups with vulnerable people and children. The Trails sometimes feature undulating or rolling terrain and occasional moderate to steep climbs which are fine for people who are happy to take their time cycling and, if necessary, dismount and push their bikes up any sections they may find difficult. This provides an opportunity to enjoy the scenery and local fauna and flora which can be outstanding in spring or early summer.

Our Trail grading is somewhat subjective but will hopefully help to provide the information you require to choose a great trip. Each Trail has a Fact Sheet including distance, duration and total climb, together with a Trail overview, directions and points of interest along the way. Combining these aspects will give you a good insight into what to expect so that you can enjoy the ride. Trails are suitable for all bike types, unless advised otherwise alongside the Grade category in the Fact File.

- Easy** Up to about 12 miles (20 kms) on mostly level terrain with just a few shallow climbs and descents. A typical cycle ride may take about 2-3 hours at a leisurely pace with additional time needed to explore or relax. Ideal for everyone, especially families and groups with young children, newcomers to cycling or for those who haven't ridden a bicycle for a while. Suitable for bikes with child seats or trailers and bikes for those with disabilities.
- Moderate** Up to about 20 miles (32 kms) with some short sections of steeper climbs which may have to be walked. A typical cycle ride may take 3-4 hours at a leisurely pace with additional time needed to explore or relax. Ideal for people who occasionally cycle and have some experience of road use, and also for reasonably fit families and groups with children of 10 years or more riding solo.
- Active** Generally over 16 miles (26 kms) with a range of climbs of a slightly more challenging nature, some of which will need to be walked otherwise they may be too demanding for a leisure cyclist. A typical ride could take 4 or more hours at a leisurely pace with additional time needed to explore and relax. Ideal for regular cyclists (including families and groups with children over 12 years of age) with a slightly higher level of fitness and stamina. This category also includes a series of longer 60 mile trails for more experienced cyclists. These generally take most of the day to cycle, however part sections can be ridden if more time is required to visit attractions along the way. These longer trails link with railway stations and also with most of the shorter Cycle Pembrokeshire trails so route combinations can be followed dependent on personal fitness and interest.