It's good to walk, so why not step out and sample some of the walks your town has to offer. This pleasant and interesting circular walk between Goodwick and Fishguard is one of a number of town walks which have been produced by Pembrokeshire County Council.

Enjoy this walk which mixes stunning sea views with sites of historical and architectural interest. A short diversion from the walk takes you into the picturesque harbour of Lower Fishguard - location for the 1970s film of Dylan Thomas’s ‘Under Milk Wood’ that starred Richard Burton.

Walking Pembrokeshire
Circular Marine Walk (Goodwick - Fishguard)
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1. Begin the walk in the free car park on Goodwick Parrog from where the first of many stunning seaviews can be enjoyed.

2. Walk along the Parrog past Ocean Lab towards a series of beautiful mosaics inlaid on the path.

3. Each one tells a unique story from the Victorian town of Goodwick’s fascinating history.

4. Continue to the end of the Parrog until you reach a waymarker pointing you up a steep hill between two houses.

5. At the top of this hill turn left along the cliff top lane although you may like to take time out and enjoy the view and read the information board at this lovely spot.

6. The lane soon narrows into a grassy, undulating cliff top path which curves around the headland, affording you more superb seaviews, until it flattens out and the harbour of Lower Fishguard comes into sight.

7. The path then begins a fairly steep, zig-zag descent into woodland. As you exit the trees the path forks, keep left until you reach a second fork.

8. Here you can take the left fork for a short diversion to Lower Fishguard or the right fork to continue the walk.

9. If continuing, follow the steeply rising path, keeping right at a third fork, until you reach the main road where more seaviews can be enjoyed as well as the architecture of Fishguard itself and the lower town. Shortly before reaching the main road, there is another information board relating aspects of the area’s history, including its role in the Rebecca Riots.

10. Turn right and walk for approximately 100 metres until you reach a fascinating stone circle. This is not a prehistoric monument but one erected in modern times when the National Eisteddfod took place in Fishguard, but it is most impressive nonetheless.

11. Retrace your steps along the pavement towards a crossroads with West Street. You are now in Fishguard and it would be rewarding to spend some time admiring the historic buildings and shopfronts of this old seaport town.

12. Cross the road and head towards a fenced park where you must turn right onto a waymarked lane by a post box. In the park, on your left, is a second modern stone circle.

13. Walk up this lane taking the path to the right of a playing field, cross a road in a housing estate and onto a narrow, hedged green lane. Follow this lane as it descends towards a T-junction. Turn right and walk downhill towards a copse of fir trees. As you exit the copse you will see Goodwick Harbour below you. Ferries leave here for Rosslare in Eire.

14. Soon you will reach the main road. Cross with utmost care (it is often busy with ferry traffic) and head downhill along the cycle path. Round a sharp curve and Goodwick Parrog comes back into view. When you reach the bottom of the hill, turn left and back towards your starting point in the car park.
Walking Pembroke
Circular Marine Walk
(Goodwick - Fishguard)

How to get there

Walking: The start is in easy reach of the town centre of both Goodwick and Fishguard.

Bus: 410 (Fishguard Town Service) - alight at Goodwick Square. 411 (Fishguard-St Davids-Haverfordwest) - alight at Goodwick Harbour Garage. 412 (Cardigan-Fishguard-Haverfordwest) - alight at Goodwick Square www.pembrokeshire.gov.uk/bustimetables

Train: Nearest station is at Goodwick and connects with bus services 410, 411 and 412 National Rail Enquiries: 08457 484 950 www.nationalrail.co.uk

Road Map: Multimap website www.multimap.com Search for “Fishguard”

Parking: Free car parking on Goodwick Parrog.

Refreshments / Toilets: Available at the start and finish on Goodwick Parrog and in Fishguard Town centre at the walk’s midsection.

Walk overview

Start / Finish: Goodwick Parrog

Distance: 3.5 miles - 2 hours (approx)

Terrain: Tarmac and grass. Some paths can be muddy after rain. Only the section along Goodwick Parrog is suitable for wheelchairs and prams.

Stiles: 0

Gates: 0

Steps: 50

Bridges: 0

Car Park: 1

Views: 5

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