

level; Please read our terms & conditions

GRADE DESCRIPTION FITNESS REQUIRED EXAMPLE

Green: easy Blue: Moderate Red: Challenging Purple: Strenuous Black: Super Strenuous

- 1 Easy: walks for anyone who does not have a mobility difficulty, a specific health problem or is seriously unfit. Able to walk at 2.5 miles per hour
- 2 Moderate: walks for hikers with a good level of fitness and at least a little country walking experience. May include unsurfaced rural paths. Able to walk at 2.5 miles per hour
- 3 Challenging: walks for experienced hikers with excellent level of fitness. May include some steep paths and open country, and may be at a brisk pace. Able to walk at 3 miles per hour
- 4 Strenuous: walks for experienced, determined hikers, with excellent level of fitness level. May include hills and rough country, and may be at a brisk pace. Able to walk at 3 miles per hour
- 5 Super Strenuous: walks for specialist long distance hikers. Supreme level of fitness. May include hills and rough country. Able to walk at 4 miles per hour

theWelsh1000walk: 2.5 miles per hour for Grades 1& 2 (3 miles per hour for Grades 3 & 4)(4 miles per hour for Grade 5)plus 30 minutes for 1000ft gained in elevation

Walk No.	Walk & Route start point	Finishing point	Distance Miles	Elevation Feet	Approx. walking time (hours & Mins)	Total Stops (hours & mins)	Approx. Total time (hours & mins)	Grade	Description	Start Point	End Point	Notes
1	Cardiff Bay	Barry Island	12.75	681	6:15	1:30	7:45	2	Moderate	Senedd	Harbour Road car park	
2	Barry Island	Nash Point	18	1279	6:27	1:30	7:57	4	Strenuous	Harbour Road car park	Nash Point Lighthouses car park	
3	Nash Point	Porthcawl	14.97	1143	5:24	1:30	6:54	3	Challenging	Nash Point Lighthouses car park	Esplanade car park	
4	Porthcawl	Aberavon	15.82	1029	5:37	1:30	7:07	3	Challenging	Esplanade car park	Car park at Aberavon Lifeboat Station	
5	Aberavon	Mumbles	15.31	429	5:08	1:30	6:38	3	Challenging	Car park at Aberavon Lifeboat Station	Mumbles Pier car park	
6	Mumbles	Port Eynon	16.32	2124	6:20	1:30	7:50	3	Challenging	Mumbles Pier car park	Port Eynon beach car park	
7	Port Eynon	St Madoc	12.96	1445	6:40	1:30	8:10	2	Moderate	Port Eynon beach car park	St Madoc Christian Youth Centre	Private property - will need to arrange access for vehicles
8	St Madoc	Loughor	19.67	1141	6:55	1:30	8:25	4	Strenuous	St Madoc Christian Youth Centre	Loughor Boating Club car park	Private car park - will need to arrange access for vehicles
9	Loughor	Pembrey	13.1	219	6:00	1:30	7:30	2	Moderate	Loughor Boating Club car park	Pembrey Country Park car park	
10	Pembrey	Ferryside	13.63	760	6:40	1:30	8:10	2	Moderate	Pembrey Country Park car park	Ferryside car park	
11	Ferryside	Llansteffan	17.48	1651	6:28	1:30	7:58	3	Challenging	Ferryside car park	Water Lane car park, Llansteffan	
12	Llansteffan	Laugharne	15.31	1513	5:41	1:30	7:11	3	Challenging	Water Lane car park, Llansteffan	Laugharne Castle car park	
13	Laugharne	Saundersfoot	13.65	2308	5:34	1:30	7:04	3	Challenging	Laugharne Castle car park	Saundersfoot Harbour car park	
14	Saundersfoot	Freshwater East	14.95	2610	6:09	1:30	7:39	3	Challenging	Saundersfoot Harbour car park	Freshwater East beach car park	
15	Freshwater East	Freshwater West	15.28	1495	5:41	1:30	7:11	3	Challenging	Freshwater East beach car park	Freshwater West beach car park	Via Castlemartin Range East - check with Range Officer
16	Freshwater West	Pwllcrochan	14.14	1556	7:00	1:30	8:30	2	Moderate	Freshwater West beach car park	Small car park at inlet	Narrow access lane and limited parking / turning area at end point
17	Pwllcrochan	Milford Haven	17.16	1557	6:19	1:30	7:49	3	Challenging	Small car park at inlet	Tesco car park	
18	Milford Haven	Dale	10	1053	5:10	1:30	6:40	2	Moderate	Tesco car park	Dale waterfront car park	
19	Dale	Martin's Haven	10.22	1632	5:35	1:30	7:05	2	Moderate	Dale waterfront car park	National Trust car park	
20	Martin's Haven	Newgale	16.51	3205	6:57	1:30	8:27	4	Strenuous	National Trust car park	Newgale beach car park	
21	Newgale	St Justinian	15.21	2508	6:10	1:30	7:40	3	Challenging	Newgale beach car park	St Justinian car park	
22	St Justinian	Trefin	13.37	2626	5:38	1:30	7:08	3	Challenging	St Justinian car park	The Ship Inn car park	Private car park - may need to arrange to leave vehicles
23	Trefin	Strumble Head	12.27	2807	5:22	1:30	6:52	3	Challenging	The Ship Inn car park	Strumble Head car park	
24	Strumble Head	Pwllgwaelod	13.06	2984	5:43	1:30	7:13	3	Strenuous	Strumble Head car park	Pwllgwaelod car park	
25	Pwllgwaelod	Newport	5.9	1331	3:30	1:30	5:00	1	Easy	Pwllgwaelod car park	Parrog car park	
26	Newport	St Dogmaels	16.11	3762	7:05	1:30	8:35	4	Strenuous	Parrog car park	High Street car park	
27	St Dogmaels	Tresaith	14.82	2365	5:59	1:30	7:29	3	Challenging	High Street car park	Tresaith beach	Very limited parking / turning area. More parking available at top of hill.
28	Tresaith	New Quay	11.42	3194	7:00	1:30	8:30	2	Moderate	Tresaith beach	New Quay beach / harbour car park	
29	New Quay	Llanrhystud	14.57	1336	5:22	1:30	6:52	3	Challenging	New Quay beach / harbour car park	Llanrhystud beach car park	
30	Llanrhystud	Aberystwyth	9.1	1825	5:10	1:30	6:40	2	Moderate	Llanrhystud beach car park	Aberystwyth long stay car park (Park Avenue)	
31	Aberystwyth	Furnace	14.03	1726	5:24	1:30	6:54	3	Challenging	Aberystwyth long stay car park (Park Avenue)	Furnace car park	
32	Furnace	Aberdovey	19.75	3856	8:19	1:30	9:49	4	Strenuous	Furnace car park	Aberdovey harbour car park	
33	Aberdovey	Llwyngwrlil	11.9	1019	6:00	1:30	7:30	2	Moderate	Aberdovey harbour car park	The Garthangharad pub car park	Small private car park - may not be possible to leave cars. Limited further parking at Llwyngwrlil rail station, approx. 250m
34	Llwyngwrlil	Tal-y-bont	13.72	1207	5:02	1:30	6:32	3	Challenging	The Garthangharad pub car park	Car park opposite Tony's Pizzeria	
35	Tal-y-bont	Harlech	11.79	295	4:25	1:30	5:55	2	Moderate	Car park opposite Tony's Pizzeria	Morfa Stores car park	
36	Harlech	Penrhyndeudraeth	16.53	2384	6:32	1:30	8:02	4	Strenuous	Morfa Stores car park	Pool St car park	
37	Penrhyndeudraeth	Pwllheli	21.88	941	7:31	1:30	9:01	4	Strenuous	Pool St car park	Pwllheli rail station car park	
38	Pwllheli	Hell's Mouth	17.24	1956	6:32	1:30	8:02	4	Strenuous	Pwllheli rail station car park	Porth Neigwl (Pentowyn) car park	
39	Hell's Mouth	Mynydd Mawr	16.06	2472	6:25	1:30	7:55	4	Strenuous	Porth Neigwl (Pentowyn) car park	Mynydd Mawr viewpoint car park	
40	Mynydd Mawr	Porth Colmon	9.43	1430	5:00	1:30	6:30	1	Easy	Mynydd Mawr viewpoint car park	Porth Colmon car park	
41	Porth Colmon	Nefyn	13	1144	6:25	1:30	7:55	2	Moderate	Porth Colmon car park	Llyn Maritime Museum car park	
42	Nefyn	Aberdesach	13.99	2479	5:46	1:30	7:14	3	Challenging	Llyn Maritime Museum car park	Aberdesach beach car park	
43	Aberdesach	Caernarfon	12.48	250	5:35	1:30	7:05	2	Moderate	Aberdesach beach car park	Caernarfon Castle car park	
44	Caernarfon	Beaumaris	13.8	1040	4:58	1:30	6:28	3	Challenging	Caernarfon Castle car park	Beaumaris Castle car park	
45	Beaumaris	Benllech	15.37	1071	5:29	1:30	6:59	3	Challenging	Beaumaris Castle car park	Benllech beach car park	
46	Benllech	Amlwch	15.55	1839	5:56	1:30	7:26	3	Challenging	Benllech beach car park	Amlwch harbour car park	
47	Amlwch	Church Bay	19.26	2151	7:18	1:30	8:48	4	Strenuous	Amlwch harbour car park	Church Bay car park	
48	Church Bay	Holyhead	14.49	471	6:25	1:30	7:55	2	Moderate	Church Bay car park	Holyhead Maritime Museum car park	

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49	Holyhead	Trearddur Bay	11.54	1842	6:25	1:30	7:55	2	Moderate	Holyhead Maritime Museum car park	Trearddur Bay car park	
50	Trearddur Bay	Aberffraw	22.74	960	7:48	1:30	9:18	4	Strenuous	Trearddur Bay car park	Aberffraw Bridge car park	
51	Aberffraw	Newborough	14.28	521	6:25	1:30	7:55	2	Moderate	Aberffraw Bridge car park	Marram Grass car park (Penlôn)	
52	Newborough	Menai Bridge	13.84	847	6:45	1:30	8:15	2	Moderate	Marram Grass car park (Penlôn)	Anglesey Arms car park	Private car park - may need to arrange to leave vehicles. Additional parking available at adjacent Waitrose.
53	Menai Bridge	Penmaenmawr	15.61	998	5:32	1:30	7:02	3	Challenging	Anglesey Arms car park	Penmaenmawr seafront car park	
54	Penmaenmawr	Rhos-on-Sea	18.92	1928	7:04	1:30	8:34	4	Strenuous	Penmaenmawr seafront car park	Rhos Fynach pub (car park available 50 yds - Abbey Road)	
55	Rhos-on-Sea	Prestatyn	15.89	302	5:16	1:30	6:46	3	Challenging	Rhos Fynach pub (car park available 50 yds - Abbey Road)	Nova Centre car park	
56	Prestatyn	Flint	18	368	5:59	1:30	7:29	3	Challenging	Nova Centre car park	Flint Castle car park	
57	Flint	Chester	12.17	115	5:10	1:30	6:40	2	Moderate	Flint Castle car park	Chester Racecourse car park	
58	Chester	Bodfari	12.18	2325	5:06	1:30	6:36	3	Challenging	Nova Centre car park	Forge Stores bus stop	Very limited parking for drop-off / pick up only, probably not possible to leave vehicles. May be feasible to arrange parking at nearby ostrich farm (approx 200m NW on A541)
59	Bodfari	Llandegla	18.08	4210	7:58	1:30	9:28	4	Strenuous	Forge Stores bus stop	Ffynnon Tegla car park	
60	Llandegla	Pontcysyllte	11.09	1725	6:00	1:30	7:30	2	Moderate	Ffynnon Tegla car park	Telford Inn or Anglo Welsh Waterways car park	Private car park with restricted opening hours - may need to arrange to leave vehicles.
61	Pontcysyllte	Llanymynech	18.6	2997	7:30	1:30	9:00	4	Strenuous	Telford Inn or Anglo Welsh Waterways car park	Car park at rear of Dolphin Inn	Private car park with restricted opening hours - may need to arrange to leave vehicles.
62	Llanymynech	Buttington Cross	10.73	121	5:00	1:30	6:30	1	Easy	Car park at rear of Dolphin Inn	Green Dragon pub car park	Private car park - may be necessary to arrange to leave vehicles.
63	Buttington Cross	Brompton Bridge	11.93	1710	6:25	1:30	7:55	2	Moderate	Green Dragon pub car park	Blue Bell Hotel	Very limited private parking - probably not possible to leave vehicles.
64	Brompton Bridge	Knighton	15.17	3547	6:41	1:30	8:11	4	Strenuous	Blue Bell Hotel	Larkey Lane car park	
65	Knighton	Kington	13.66	2479	5:40	1:30	7:10	3	Challenging	Larkey Lane car park	Hergest Croft Gardens car park	Private car park - may be necessary to arrange to leave vehicles.
66	Kington	Pandy	30.76	2315	10:00	1:30	11:30	5	Super Strenuous	Hergest Croft Gardens car park	Park Hotel car park	Private car park- may be necessary to arrange to leave vehicles
67	Pandy	Monmouth	16.87	1493	6:11	1:30	7:41	3	Challenging	Park Hotel car park	Glendower car park	
68	Monmouth	Sedbury Cliffs	16.59	3471	7:06	1:30	8:36	3	Strenuous	Glendower car park	Drill Hall car park	
69	Sedbury Cliffs	Goldcliff	18.36	478	6:09	1:30	7:39	3	Challenging	Drill Hall car park	Farmers Arms car park	Private car park - may be necessary to arrange to leave vehicles.
70	Goldcliff	St Brides Wentlooge	14.99	153	6:40	1:30	8:10	2	Moderate	Farmers Arms car park	Lighthouse Inn car park	Private car park - may be necessary to arrange to leave vehicles.
71	St Brides Wentlooge	Cardiff Bay	11.88	90	4:20	1:30	5:50	2	Moderate	Lighthouse Inn car park	Senedd	