

127. Pembrey Forest

Distance **11.5 miles/18km**

Ascent **112 metres**

Start/Finish **Burry Port Harbour, SA16 0ER**

Starting at the harbour, a short distance south of the railway station, take the Wales Coast Path west to the beach at Pembrey Country Park. Run on the beach or through the dunes in a north-west direction until you reach a path heading inland at SN 376024 (5.3 miles/8.5km). Still on the Wales Coast Path, turn R into Pembrey Forest to the second main R at SN 383029 (5.8 miles/9.4km). Turn R here, leaving the coast path and trending L on tracks through Pembrey Forest Nature Reserve to the south-easterly edge of the woodland. Skirt the edge of the wood into Pembrey Country Park then turn L onto St Illtyd's Walk. At the edge of the country park turn R at the track junction, returning to the coast path and the outbound route. Turn L here to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the Wales Coast Path west to the beach at Pembrey Country Park. Run on the beach or through the dunes in a north-west direction until you reach a path heading inland at SN376024.
5.3	8.5	Still on the Wales Coast Path, turn right into Pembrey Forest to the second main right turn at SN383029.
5.8	9.4	Turn right here, leaving the coast path and trending left on tracks through Pembrey Forest Nature Reserve to the south-easterly edge of the woodland.
8.1	13	Continue south-east and skirt the edge of the wood into Pembrey Country Park to a path junction with the St Illtyd's Walk.
8.6	13.8	Turn left and follow this path to the edge of the Country Park where you turn right and follow a byway south to the coast path.
9.3	14.9	Turn left and follow the coast path back to the start.