

# Narberth Circular - Station Walk



**Distance:** 6.8 miles

**Difficulty:** Leisurely

**Walking time:** 3 hours

**Accessibility:** Not suitable for wheelchairs or buggies.

**Facilities:** There are public toilets in the Town Moor car park. There are lots of food and drink places to visit in the town centre either at the start or end of your walk.

**Overview:** This walk takes you out of the town of Narbeth to Canaston Woods where you can take more time explore. Our route then continues across rolling countryside and takes in part of the Knights Way.

1. As you leave the train station head up the road and go right at the junction. Follow this road along and then take the next left. You'll pass houses as you start to enter the town and take the right turn near a statue of a cross and **next to the Kirkland pub**. Follow this road past the sports ground on your right to reach a crossroads in the town centre. Head straight over this area to **enter the Town Moor car park**.
2. Walk through the car park and after the toilets **take the signed 'shared use path' on the left**. Follow this path downhill with trees alongside and eventually **wide expansive views**. Continue around a sharp left bend and over a bridge to reach a junction. Go **right up the hill to reach a road**.
3. Go right here walking along the road passing a crossroads of a bridleway and footpath to then take the **next signed footpath on your left**. Go through the **kissing gate heading to your left** to pass through another gate as you enter **Canaston Wood**. Follow this path as it starts to climb **to reach a large track**. Go straight over this track.
4. Shortly you'll reach **a fork of paths**. Go right here and follow this path around through the trees to eventually **reach a junction of paths**. Continue ahead to reach another wide forestry track. Cross this track and **go left down the sunken lane** – you have now **joined the Knights Way, keep an eye out for the waymarker**.
5. Follow this lane downhill **ignoring paths on your right and left** and over a stream to eventually arrive at a **farm and a small bridge**. Cross this bridge and follow the lane away from the farm, you eventually again have wide and expansive views surrounding you. **At the next crossroads go left**.
6. Follow the road downhill **passing a house on your left** and as the road climbs again **take the bridleway on your left**. Follow this to reach a road and cross this to **take the footpath through a kissing gate into a field**. Walk ahead over a bridge and then left to follow the path around the **back of the water treatment works to enter another field**.
7. Head uphill across two fields to **arrive next to the church**. Pass through the farmyard here out in front of the church and follow the road ahead to reach a junction. You are now back in **the town of Narbeth**. Go left here walking uphill where there are **lots of shops and food and drink options**. Our route continues up hill to where the Town Moor car park is, and then retraces its steps heading out of the town on the **Cardigan road (A478)**.

