

# THE RITEC WALK



**PLANED** 

## ***The Ritec Walk***

The Ritec Walk may be started from Penally or St. Florence, but parking is limited. Both villages are served by local bus services, and Penally has a railway station.

This 6 mile circular walk takes about 3 hours at a gently walking pace. The path offers easy walking along quiet lanes and across open countryside and farmland. Please note that the route may be wet, and strong shoes or boots should be worn.

**Penally Church (1)** This fine example of a 13th century Anglo Norman Church, typical of the type found in South Pembrokeshire, with its square, slender, castellated tower. Inside the church is a large stone pillar cross, dating from the 10th century, with intricate Celtic 'knotwork' carving. The Church is dedicated to St. Nicholas of Myra, patron saint of seafarers.

Walk northwards out of the village and turn left along Trefloyne Lane. After ½ mile a gateway into the woods on your left takes you up to **Hoyles Mouth Cave (2)**. This cave has been lived in by man at various times, the earliest finds of stone tools dating back about 20,000 years. At that time, the sea level was lower. One can imagine a Stone Age family sitting around a fire in front of the cave, looking out over the forest that extended for several miles out into what is now the sea. (Please DO NOT light fires yourself, or enter the cave, as it is now home to Greater and Lesser Horseshoe Bats which are easily disturbed by smoke or intruders). Also in the cave, remains of now extinct animals such as the Cave Bear, Woolly Mammoth, and Hyena have been found.

Return to the road, and look out on your right for the pools and woodlands at **Penhoyle (3)**. This area is open to the public, and you may see various species of duck on the ponds, and possibly a Kingfisher.

Return to the road. Continue until you see a footpath sign on your right. From here, a footpath crosses fields past Roberts Wall Farm, and joins the track to Carswell Farm.

Continue over a stone stile through East Tarr Farm, to the ruins of **St. Florence Mill (4)**. Formerly a thatched corn mill, driven by a water wheel, it was in use until the mid nineteenth century. A panel in the Mill gives more information.

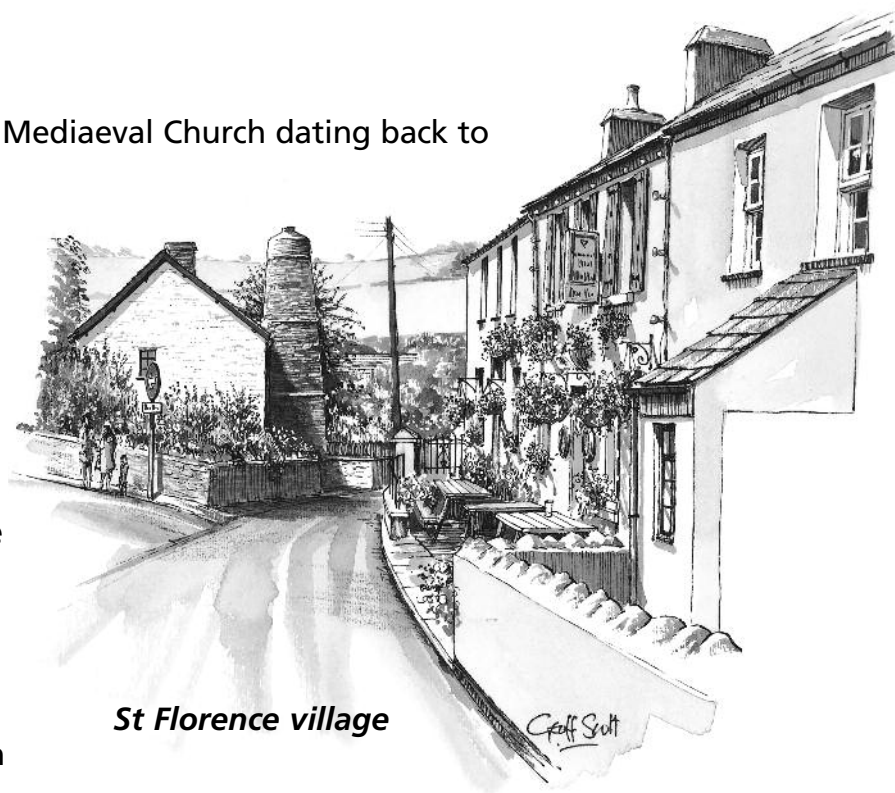
Walk up into the village, looking out for the large 'Flemish Chimneys'.

These round chimneys were built on the outside of 16th and 17th century houses in the area. Although there was an influx of Flemish people into the area in the 12th century, there is little to connect them with these chimneys.



***St Florence Mill***

**St. Florence Church (5)** is another fine Mediaeval Church dating back to the 13th century, but like most local churches, it was extensively restored in the 19th century. The vicar responsible for the restoration reported that, when he came to St. Florence "there were cocks and hens roosting in the church and a horse was kept in the porch...". Turn left down the hill and left again along the riverbank to the ford. Follow the surfaced path across the Course, back to the Mill. **'The Course' (6)** (probably a variation of the Welsh 'gors' meaning marsh) is an area of common land, with patches of Willow and



**St Florence village**

Reed beds, and an area of overgrown grassland. Many wetland plants are found here, including Great Hairy Willow Herb, Hemlock, Water Dropwort and Wild Iris. In the Reed beds, Sedge Warblers nest, and along the river you may see Pied and Grey Wagtails.

At the Mill, turn right along the road, past West Tarr Farm. The road winds its way between high hedge banks, with a profusion of flowers - Bluebells and Lesser Celandine in the early Spring, followed by Red Campion, Cow Parsley, Field Scabious, Foxgloves, and later in the year, Yellow Toadflax and Betony.

Continue to a sharp bend in the road, where a bridleway leads off to your right. This is **Quay Lane (7)**, an old road which at one time led from the Ridgeway down to the Ritec River, which was navigable until the early 19th century.

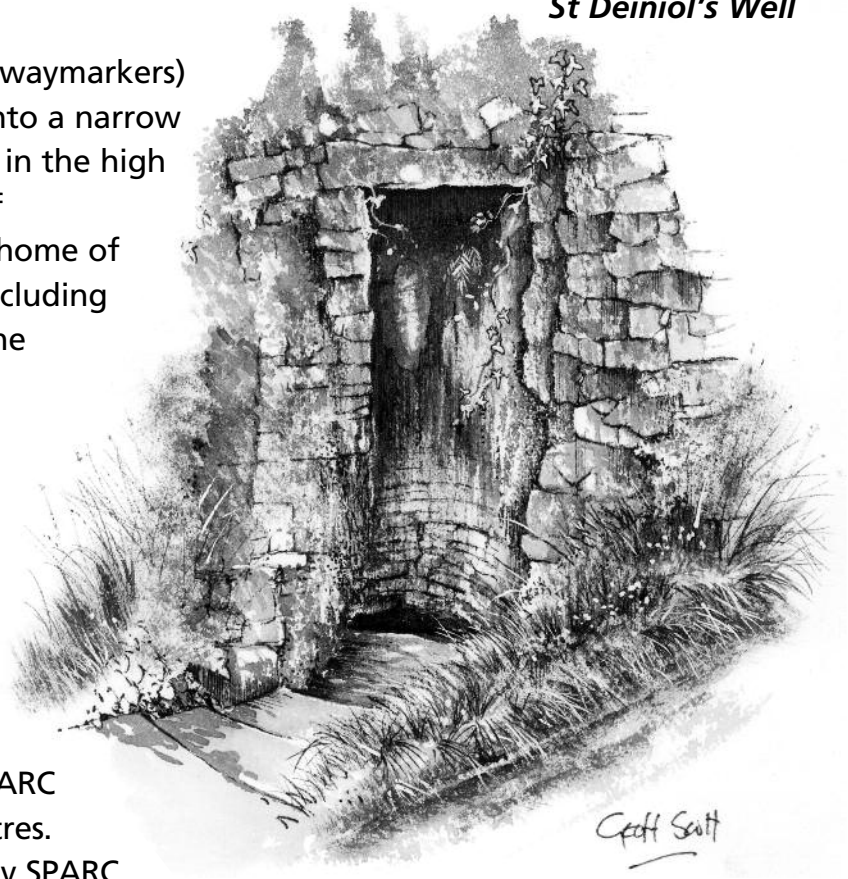


**Clapper Bridge, St Florence**

Follow the lane until you see a footpath sign on your left. The path passes through an area of woodland, past the remains of **Old Quay Cottage (8)** on your right. Follow the path towards Trefloyne, an 18th century farmhouse built on the site of an older Manor House, which was besieged during the Civil War.

The path continues through the woods and across a field to the **Ridgeway (9)**. This old road runs along a ridge of old Red sandstone, with excellent views northwards to the Preseli Hills and southwards to the coastal cliffs. Turn left along the road, and take the right fork at **Wheelabout Cottage (10)**, once an inn, and a turning place for wagons - hence the name. Continue down Strawberry Lane, until you see a footpath sign on your left.

Walk across the fields (follow the green waymarkers) until you come to a stone stile leading into a narrow lane. Look out for **St. Deiniol's Well (11)** in the high wall on your right. Before the coming of Christianity, wells were regarded as the home of pagan gods, and many of these wells (including probably this one) were taken over by the Christian church, and given Christian dedications. St. Deiniol was a Celtic missionary more usually associated with North Wales. There was possibly a chapel dedicated to him in the grounds of the Hotel opposite. Continue down to the village green and church.



**Further Information**

- Penally - village leaflet published by SPARC
- available from Tourist Information Centres.
- St. Florence - village leaflet published by SPARC.
- St. Nicholas Church Penally - historical booklet available in the church.
- Penally Nature Trail - booklet available from Penally Post Office.
- CADW Guide to Ancient Monuments in Dyfed - available from local bookshops.
- Many finds from Hoyles Mouth and other local historic sites can be found in Tenby Museum.

## Country Code

### Respect • Protect • Enjoy

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.