

## **Millennium Coast Park Llanelli**

OS Landranger 159 or Explorer 178

One of my favourite “easy” rides, where tranquillity and relaxation rules, is on the popular Millennium Coast Park path at Llanelli. The busiest section of this fantastic route is no doubt between the North Dock and Burry Port, but for me the best part is between Burry Port and Pembrey. It runs past the historic Pembrey Harbour and along the seaward side of the dunes to Pembrey Country Park and Cefn Sidan beach. Only around three miles on the flat, the trip is a magical mix of sea and tides, nature and solitude.

You could start from either Burry Port or Pembrey using their facilities, but I prefer a picnic on the beach in the evening and to be there as the tide comes in. There is an abundance of crabs and fish as the incoming tide streams in. Just the place to spend a few hours with the family, especially children, paddling in the shallows. Its not for swimming and can be a bit muddy in places, but that is part of the fun.

**David Judd**

