The Cleddau Trail
Llwybr y Cleddau
Follow the Cleddau Trail to discover the wildlife and history of Pembrokeshire’s beautiful rivers
Dilynwc Lwybr y Cleddau i ddarganfod bywyd gwyl y a hanes afonydd hardd
Sir Benfro

Pembrokeshire Rivers Trust’s Cleddau Trail is a two-part ‘Source to Sea’ road journey which features 20 sites to visit throughout the Cleddau rivers catchment.

Although famous for its spectacular coastline, Pembrokeshire's countryside is also beautiful, especially its rivers. Designated as a Special Area of Conservation (SAC) the Cleddau rivers provide a haven for wildlife. Migratory fish, otters and a wide variety of birdlife are attracted by rich habitats such as shallow gravel beds, tidal creeks and pills, marshes, mudflats and steep wooded banks.

Throughout the Cleddau catchment there are public footpaths and riverside trails, providing a wealth of opportunities for discovering the history of the area and its wonderful wildlife.

Pembrokeshire Rivers Trust is a charity dedicated to protecting the wildlife habitats of rivers, lakes and wetlands.

Much more information about the Cleddau Trail can be found at www.pembsrt.org/the-cleddau-trail

Rivers can be hazardous! Stay safe and beware of unstable river banks near fast-flowing water.

The Western Cleddau Trail
Starting from the Cleddau river tributary at Scleddau village near Fishguard, the Western Cleddau Trail tracks the river through its catchment via Haverfordwest and beyond to the Daugleddau estuary and Milford Haven. This river provides ideal spawning and nursery grounds for migratory fish such as salmon and sewin (sea trout), which make their way upstream from the sea each Autumn.

The Eastern Cleddau Trail
The Eastern Cleddau Trail begins at Mynachlog-ddu, a village in north-east Pembrokeshire, where natural springs and regular rainfall help form the Eastern Cleddau river. Water from the catchment is stored in reservoirs at Rosebush and Llys-y-frân. At Canaston Bridge Dŵr Cymru Welsh Water abstract river water which goes on to supply homes and business across Pembrokeshire.

The Daugleddau
The Eastern and Western Cleddau rivers, together with the Carew and Cresswell rivers in south-east Pembrokeshire, form the tidal estuary known as ‘Y Daugleddau’. The Welsh name aptly describes the shape of the rivers, which appear as ‘two swords’ carved into the Pembrokeshire landscape.

Salmon Life Cycle
Migratory Salmon spend their adult life at sea, returning to freshwater rivers to spawn. Their eggs hatch into tiny Alevins, which need clean gravel beds and oxygen-rich, unpolluted water to survive. Alevins develop into small fish known as Fry, then grow on to become Parr. Up to 3 years old, as Smolts, they head out to sea.