

Pembrokeshire COAST PATH

96 large-scale walking maps (1:20,000)
& guides to 47 towns and villages

PLANNING – PLACES TO STAY – PLACES TO EAT
AMROTH TO CARDIGAN

JIM MANTHORPE & HENRY STEDMAN





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Pembrokeshire Coast Path

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A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions that should be included in the next edition of this book, please write to Trailblazer (address above) or email us at  info@trailblazer-guides.com. A free copy of the next edition will be sent to persons making a significant contribution.

Warning: coastal walking and long-distance walking can be dangerous

Please read the notes on when to go (pp12-15) and outdoor safety (pp53-6). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

Updated information will be available on:  trailblazer-guides.com

Photos – Front cover and this page: Looking down on Marloes Sands (see p143).

Previous page: On the cliffs between Freshwater West and Angle.

Overleaf: Freshwater West.

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INTRODUCTION

*I must go down to the sea again, for the call of the running tide,
Is a wild call and a clear call that may not be denied;
... And all I ask is a windy day with the white clouds flying,
And the flung spray and the blown spume, and the seagulls crying.*

*I must go down to the sea again, to the vagrant gypsy life,
To the gull's way and the whale's way where the wind's like a whetted knife;
... And all I ask is a merry yarn from a laughing fellow-rover,
And quiet sleep and a sweet dream when the long trick's over.*

John Masefield (1878-1967) – *Sea Fever* (selected lines, post-1902 version)

The Pembrokeshire coast is not generally well known, yet in its obscurity it is outstanding. More and more people are discovering this magnificent coastline on the extreme western point of Wales. What better way to explore it than to pull on your boots and walk the cliff tops and beaches of this superb 186-mile (299km) route.

The Pembrokeshire Coast Path begins in the seaside village of Amroth and takes you across the contorted sandstone cliffs of south Pembrokeshire past the colourful houses set above Tenby Harbour and on to the dramatic limestone cliffs at Stackpole. Around every corner the cliffs surprise you with blowholes, sea caves and spectacular natural arches such as the famous Green Bridge of Wales. Then it's on across the immaculate sands of Freshwater West and through the patchwork fields around the lazy waters of the Daugleddau estuary to the town of Pembroke with its Norman castle and ancient town walls.

North of the estuary everything changes. The scenery is wilder and the walking tougher. The path leaves the Norman south and enters true Welsh country, crossing spectacular beaches at Broad Haven and Newgale to reach the beautiful village of Solva; its busy little harbour tucked in a fold in the cliffs.



There are markers at Amroth (above) and St Dogmaels (below), useful for the obligatory photos.





Above: The brightly-painted houses and wide sandy beach of Tenby (see pp80-6).

Next is St David's, the smallest city in Britain, where you can hear the bells of the cathedral echoing across the wooded valley while paying homage to the patron saint of Wales. Leading towards the most westerly point at St David's Head the path takes you past Ramsey Island, a haven for dolphins and seals, and up the rugged heathery coastline to the curious little fishing village of Porthgain. At Fishguard you can learn about the Last Invasion of

Britain, or catch a ferry over to Ireland from Goodwick.

The final stretch takes you beneath the shadow of the Preseli Hills, blue-stone country, the source of some of the raw material for Stonehenge. Continuing over the highest, most spectacular cliffs in West Wales brings you to the end of the path at St Dogmaels, near Cardigan.

Below: On the cliffs between Dale and Little Haven. Pembrokeshire's coast exhibits greater geological variety than any other coastline of this length in Britain and its geology was one of the main reasons for the creation of the national park.





There are several grand Norman castles to visit along the trail, the most impressive being Pembroke (**above**, see p115) built in the 11th century.

The Pembrokeshire coast has everything – from seemingly endless, sandy beaches and rugged cliffs festooned with wild flowers to lonely hills and sleepy waterways; a beautiful blend of sand, sea and scents.

History

It was in 1952 that the Pembrokeshire coast received National Park status. At the same time naturalist Ronald Lockley proposed a long-distance footpath that would provide an uninterrupted walking route through the length of the park. But it was not until 1970 that the coast path was finally opened.

A number of problems arose when choosing the best route for the path, particularly around the, quite frankly, ugly industrial stretches among the power stations and oil refineries on either side of the Milford Haven estuary. In fact, many walkers quite justifiably choose to leave out the uninspiring section between Angle and Milford Haven. For the rest of its length the path hugs the coastline where possible but inland diversions are inevitable to avoid private land, geographical obstacles and the artillery range at Castlemartin.

The official length of the path has changed over the years. It presently stands at 186 miles (299km) but the distance that any one person walks really depends on how many detours or shortcuts they choose to take.



St David's Cathedral dates back to 1181 and contains the shrine to St David, the patron saint of Wales (©BT).



Most reasonably fit people should be able to complete the walk. It's a long walk, though, and there are numerous ascents and descents, such as **above**, on the Fishguard to Newport section.

How difficult is the path?

This is not a technically difficult walk and most reasonably fit people should be able to tackle it without any problems. However, the distance should not be underestimated; although it is not a mountainous path there are many steep up-and-down sections. On completion you will have ascended more than the height of Everest.

The southern section is tamer than the northern stretch with its mighty cliffs where the sense of exposure is more marked and the distances between villages are greater. Always be aware of the ever-present danger of the cliff edge. Accidents often happen late in the day when fatigue sets in and people lose their footing. Be aware of your capabilities and limitations and plan each day accordingly. Don't try to do too much in one day: taking it slowly allows you to relax, see a lot more and you'll enjoy the walk without becoming exhausted.

How long do you need?

Most people find that two to three weeks is enough to complete the walk

find that two to three weeks is enough to complete the walk and still have time to look around the villages and enjoy the views along the way. Alternatively the

This depends on your fitness and experience. Do not try to do too much in one day if you are new to long-distance walking. Most people

entire path can be done in 11 days or fewer if you are fit enough.

If you're camping don't underestimate how much a heavy pack laden with camping gear will slow you down. It is also worth bearing in mind that those who take it easy on the path tend to see a lot more than those who sweat out long days and only ever see the path in front of them. When deciding how long you need remember to allow a few extra days for side trips or simply to rest. On pp32-4 there are some suggested itineraries covering different walking speeds.

See pp32-4 for suggested itineraries covering different walking speeds

If you have only a few days available concentrate on the best parts of the coast path; there is a list of recommended day and weekend walks on p34-5.

When to go

SEASONS

Pembrokeshire is subjected to the full force of the weather sweeping in from the Atlantic so you can expect rain and strong winds at any time of the year. Equally you can be blessed with blazing sunshine; the climate is unpredictable. The main walking season in Pembrokeshire is from Easter to the end of September.

Right: Hikers on Stackpole Head (see p96). These precipitous limestone cliffs are also popular with climbers.





Above: The translucent waters of Aber Grugog (see p194), near Fishguard.

Spring

Walking in Pembrokeshire from March to June has many rewards, the greatest of which is the chance to appreciate the spectacular wild flowers which come into bloom at this time. Spring is also the time of year when you are most likely to have dry weather. Easter can be a busy time since it is the first major holiday of the year but at other times the path is relatively quiet.

Summer

Unsurprisingly, summer is when every man and his dog descend on the countryside with July and August, when the heather colours the hillsides purple, being the





Above: Ruins of the church at Cwm-yr-Eglwys (see p195), near Dinas Head.

Below: The last invasion of Britain took place in 1797 near Fishguard (see p184). The pillaging French force landed at Carreg Wastad but was soon overpowered by the locals. It's commemorated in an impressive 100ft tapestry now on show in Fishguard Town Hall.



PLANNING YOUR WALK

1

Practical information for the walker

ROUTE FINDING

This should not be a problem since the path is well trodden and obvious. The entire length is waymarked with 'finger-posts' bearing an acorn symbol.

For the most part the path hugs the coastline, although detours are sometimes necessary due to erosion of the cliff. Every year at least one large cliff section gives way but the park authorities are usually very quick to realign the path.

Check the tide times (see p55) to avoid lengthy detours around bays and estuaries. You will need to carefully plan crossing the river mouths at Sandy Haven and The Gann, just to the north of Dale, as they are flooded at high tide (see box on p131 for further details).

One other area for confusion is the Castlemartin Ministry of Defence (MoD) range. When firing is taking place a detour must be taken along farm tracks and roads (see p99).

Using GPS with this book

Whilst modern Wainwrights will scoff, more open-minded walkers will accept that GPS technology can be an inexpensive, well-established if non-essential, navigational aid. In no time at all a GPS receiver, given a clear view of the sky, will establish your position and altitude in a variety of formats to within a few metres.

Most of the maps in this book include numbered **waypoints** from Amroth to St Dogmaels. These correlate to the list on pp216-19 which gives the longitude/latitude position in a decimal minute format as well as a description. You'll find more waypoints where the path is indistinct or there are several options as to which way to go.

You can download the complete list for free as a GPS-readable file (that doesn't include the text descriptions) from the Trailblazer website: trailblazer-guides.com (click on GPS waypoints). It's also possible to buy **digital mapping** (see pp40-1) to import into



© Henry Steedman

The Pembrokeshire Coast Path is waymarked with the national trail symbol: an **acorn (above)**; the carved woodpecker is a local addition to this post). The **shell symbol (right)** marks the 870-mile (1400km) Wales Coast Path.



❑ HOW COVID-19 COULD AFFECT COAST PATH WALKERS

This edition was walked and researched before COVID-19 but has been checked as much as possible. At the time of writing, many businesses were open again, but we don't know what the situation will be when you are planning your walk, or indeed walking. Things to bear in mind are:

Most **accommodation** along the Coast Path was back open in the summer of 2020, albeit with some changes. The exception was the YHA hostels (see below). Virtually all the campsites were open but shared shower/toilet facilities were often closed. Some B&Bs/guesthouses had reduced the number of rooms that they were letting out at any one time and only let rooms which share facilities to families because of the problems of cleaning between guests.

The majority of **pubs, restaurants and cafés** were open but they were having to adapt to comply with any restrictions. In general these mean reduced opening hours and a limited menu; booking a table in advance and table service only (though some were only offering takeaway or meals served outdoors). It may still be necessary to wear a face mask when you go into (or move around) a pub, café or restaurant but not when you are sitting down.

At the time of writing most **train and bus services** had reduced timetables but hopefully by summer 2021 they will be back to normal. However, it is likely face coverings will still be required on (or in) all forms of public transport.

Social distancing shouldn't be a problem when you are **walking** except perhaps where you are passing through a town or village. You will need to open and close gates but if you are concerned, you might like to wear a glove to do this, or take a small bottle of hand-sanitiser with you.

Museums and galleries may require booking (especially for tours) and also restrict the number of people inside at any one time.

For further information visit [📄 gov.wales/coronavirus](https://www.gov.wales/coronavirus).

Many of the campsites are signed up to the Greener Camping Club ([📄 greenercamping.org](https://www.greenercamping.org)); you have to pay a membership fee of £10 to join for the year; this can be done online through the website.

Cool Camping Wales by Punk Publishing selects some of the finest places to pitch your tent and includes a number of sites relevant to the coast path.

Hostels

YHA hostels (see also box opposite) are, despite their name, for anyone of any age and provide cheap accommodation so enable you to travel on a budget without having to carry cumbersome camping equipment. YHA hostels vary greatly in style but they are good places to meet fellow walkers and in many cases are just as comfortable as B&Bs. However, at the time of writing, due to COVID-19, the hostels on the latter part of the path are open for exclusive hire only.

Those that are open have rooms (either en suite or shared facilities) as well as dorms and a self-catering kitchen (though the shared facilities and kitchen may not be available). All provide bedding so there is no need to carry a sleeping bag; towels can be rented. Most hostels have a sitting area and a drying room, wi-fi and internet access; some also have a games room/tv lounge.

There are two **independent hostels** which are similar but have fewer rules.

Local beers and breweries

Many of the pubs promote **real ales**. There are plenty of the well-known labels from across the border but look out for the Welsh ales:

- **Brains** ( sabrain.com), a Cardiff-based brewery, which has been in business for more than 125 years, is synonymous with Wales and covers the south-east of the country. The rich, nutty, copper-coloured **Brains SA** is the staple drink for many people and one of the country's best-known beers; the initials stand for Special Ale but it is more colloquially and alarmingly known as Skull Attack. Their legendary **Dark** is a velvety smooth, treacle-coloured mild that has hints of liquorice and freshly ground coffee. The latest addition to their cask range is SA Gold, a full-flavoured, hoppy golden ale that's very refreshing. Their **Reverend James** bitter is named after one of the original owners of the Buckley Brewery, the recipe for the full-bodied, spicy, satisfying beer dates back to 1885.

- **Felinfoel Brewery** ( felinfoel.com), based in the town of the same name close to Llanelli, is an independent family business that distributes to almost all the southern half of the country. Look out in particular for their **Double Dragon** bitter, an aromatic, malty ale with a rich colour and a smooth balance. Also worth trying is their **Felinfoel Stout**, which tastes of roast barley and has a thick creamy head.

of farm animals have relieved themselves, not to mention the probable presence of farm pesticides.

Drinking-water taps and fountains are marked in the trail guide, as are public toilets (the tap water from these is perfectly OK to drink). Where these are thin on the ground you can usually ask a friendly shop, café or pub to fill your bottle for you; of course they would appreciate it if you had bought something.

MONEY

On some sections of the coast path there is a distinct lack of banks. There are no banks along the 53-mile (85km) stretch between Tenby and Pembroke (though there is an ATM in a shop at Manorbier); and between Milford Haven and St David's, a distance of 47 miles (76km), there's only the post office at Broad Haven where money can be taken out. See also the village and town facilities table, pp30-1.

Some Link ATMs ( link.co.uk/consumers/locator) are 'pay to use' though the charges are clearly displayed. It is a good idea therefore to carry plenty of **cash** with you, maybe keeping it in a money belt for security.

A **debit card** is the easiest way to withdraw money from either a bank or an ATM (cash machine) and a **credit/debit card** can be used to pay in larger shops, restaurants and hotels. Supermarkets and pubs will sometimes advance cash against a card (known as 'cashback') as long as you buy something at the same time – you may have to spend a minimum of £5 – and they have some spare cash.

A **cheque book** is occasionally useful for walkers with accounts in British banks as a cheque will often be accepted where a card is not, such as at B&Bs

outdoor equipment shops, launderettes, internet access, pharmacies/chemists, and tourist information centres (see box on p41).

WALKING COMPANIES

For walkers wanting to make their holiday as easy and trouble-free as possible there are several specialist companies offering a range of services from accommodation booking to fully guided group tours.

Accommodation booking

- **Byways Breaks** (☎ 0151-722 8050, 🌐 byways-breaks.co.uk; Liverpool)
- **Walkalongway.com** (☎ 01834-869997, 🌐 walkalongway.com; Narberth)

Both companies provide an accommodation-booking service along the whole path, or any section of it.

Baggage carriers

- **Byways Breaks** (see above) They also provide a luggage service along the whole path, or any section of it. Contact them for details.
- **Luggage Transfers** (☎ 01326-567247, 🌐 luggagetransfers.co.uk; Cornwall) The charge is from £18 per transfer for two bags (and £17 for one bag), then £4 for each additional bag.
- **Walkalongway.com** (see above) Rates for luggage transfer start from £18 per bag/per transfer (£20 for two bags); their service runs from March to October.

Some of the **taxi** firms listed in this guide (see Part 4) can also provide a baggage-transfer service within a local area. **B&B proprietors** may also be willing to take your luggage to your next destination for a small charge.

Self-guided holidays

Self-guided holidays are customised packages for walkers which usually include detailed advice and notes on itineraries and routes, maps, accommodation booking, daily baggage transfer and transport arrangements at the start and end of your walk. Some include meals but not all, so consider this if comparing prices. If you don't want the whole all-in package some companies may arrange the accommodation-booking or baggage-carrying services on their own.

The following companies provide self-guided holidays but most will also tailor-make a holiday if requested.

- **Absolute Escapes** (☎ 0131-610 1210, 🌐 absoluteescapes.com; Edinburgh) The whole route (13-16 days) as well as North, Central and Southern sections.
- **British & Irish Walks** (☎ 01242-254353, 🌐 britishandirishwalks.com; Cheltenham) An 8-day holiday along some of the most beautiful stretches.
- **Byways Breaks** (see above) They will plan a walk for as long or as short as you want.
- **Celtic Trails** (☎ 01291-689774, 🌐 celtictrailswalkingholidays.co.uk; Chepstow) Itineraries from 3 to 16 days covering a section or the full walk.
- **Contours Walking Holidays** (☎ 01629-821900, 🌐 contours.co.uk; Derbyshire) The complete path (13-19 nights) and sections (3-8 nights).

B&B prices can be as little as £25 in a shared room but are usually nearer £35-40. This will almost always include breakfast. Add on the price of a packed lunch, pub evening meal, drink and other expenses and you can expect to need around £55-65 per day, and probably more if you are walking on your own. If staying in a **guesthouse** or **hotel** expect to pay £60-80 per day.

Don't forget all those little things that stealthily push up your daily costs: entrance fees, souvenirs, beer, ice-creams, internet use, buses here, buses there, laundry and getting to and from the trail in the first place; it all adds up!

Itineraries

This guidebook has been divided into stages but these should not be seen as rigid. Instead, it's structured to make it easy for you to plan your own itinerary. The Pembrokeshire Coast Path can be tackled in any number of ways, the most challenging of which is to do it all in one go. This does require around two weeks, time which some people just don't have. Most people do the walk over a series of short breaks coming back year after year to do a bit more. Others just walk the best bits, avoiding the ugly industrial stretches around the Milford Haven estuary while others use the path for linear day-walks using public transport.

To help you plan your walk see the **colour maps** (at the back of the book) and the **table of village/town facilities** on pp30-1; the latter gives a run down on the essential information you will need regarding accommodation possibilities and services. The **suggested itineraries** in the boxes on p32, p33 and on p34 may also be useful; they are based on the main accommodation types – camping, hostels and B&Bs – with each one divided into three alternatives depending on your walking speed. They are only suggestions; adapt them to your needs. **Don't forget** to add your travelling time before and after the walk.

There is also a list of recommended linear day and weekend walks on pp34-5; these cover the best stretches of the coast and those which are well served by public transport. The **public transport map and table** are on pp45-7.

Once you have an idea of your approach turn to **Part 4** for detailed information on accommodation, places to eat and other services in each village and town on the route, plus summaries to accompany the detailed trail maps.

WHICH DIRECTION?

There are several advantages in tackling the path in a south to north direction. An important consideration is the prevailing south-westerly wind which will, more often than not, be behind you, helping rather than hindering you.

On a more aesthetic note the scenery is tamer in the south, while more dramatic and wild to the north, so there is a real sense of leaving the best until last.

(cont'd on p32)

Place name (places in brackets are a short walk off the path)	Distance from previous place		ATM/ bank ✓* = charge applies	Post office	VILLAGE AND
	approx miles	approx km			Tourist information centre/point National Park Centre
(Kilgetty)			✓	✓	
Amroth	3	5			
Wiseman's Bridge	2	3			
Saundersfoot	1	1.5	✓	✓	TIC
Tenby	4	6.5	✓	✓	TIP
Penally	2½	4			
Lydstep	4	6.5			
Manorbier	4	6.5	✓*	✓	
Freshwater East	4	6.5			
Bosherston	6½	10.5			
Merrion	8½	13.5			
Angle	12	19.5			
Hundleton	9	14.5			
Pembroke	2½	4	✓	✓	TIC
Pembroke Dock	3	5	✓	✓	TIP
Neyland & Hazelbeach	4	6.5		✓	
Milford Haven	5½	9	✓	✓	TIC
Sandy Haven (& Herbrandston)	4	6.5			
(St Ishmael's)	2½	4			
Dale	3	5			
Martin's Haven (& Marloes)	8	13		✓	
Little Haven	12	19.5			
Broad Haven	½	1	✓*	✓	
Druidston & Nolton Haven	3½	5.5			
Newgale	3½	5.5			
Solva	5	8		✓	
Caerfai Bay	4	6.5			
(St David's)	1	1.5	✓	✓	NPC/TIC
Porthclais	1½	2.3			
St Justinian's & Porthselau	5	8			
Whitesands Bay	2	3.2			
Aberiddy	7½	12			
Porthgain	2	3			
Trefin	2	3			
Pwll Deri & Strumble Head	9½	15.5			
Goodwick & Fishguard	10½	17	✓	✓	TIC
Pwllgwaelod (& Dinas Cross)	4½	7		✓	
Parrog & Newport	7	11	✓	✓	
Ceibwr Bay (for Moylgrove)	9	14.5 (+ ½ mile for Moylgrove)			
Poppit Sands	5	8			
St Dogmaels	2	3		✓	
(Cardigan)	1	1.5	✓	✓	TIC
TOTAL DISTANCE	186 miles (299km)				

EXTENDING YOUR WALK

If you want to extend the Pembrokeshire Coast Path, there are options at either end. In the south is Carmarthenshire – the 7-mile section between Pendine and Amroth is particularly fine. In the north there are 60 miles of the Ceredigion Coast path from Cardigan to Borth, north of Aberystwyth.

More adventurously, the official **Wales Coast Path** (walescoastpath.gov.uk; 870 miles/1400km) means it is possible to walk the entire coastline of Wales and, if you take on the Offa's Dyke National Trail too (for details of Trailblazer's *Offa's Dyke Path* guide see trailblazer-guides.com), you can walk right round the whole country; over 1000 miles (1610km). Of course, you can just pick and choose the best bits or walk the whole path in stages over as many months or years as you like.

What to take

Deciding how much to take with you can be difficult. Experienced walkers know that you should take only the bare essentials but at the same time you must ensure you have all the equipment necessary to make the trip safe and comfortable.

KEEP YOUR LUGGAGE LIGHT

Carrying a heavy rucksack really can ruin your enjoyment of a good walk and can also slow you down, turning an easy 7-mile day into an interminable slog. Be ruthless when you pack and leave behind all those little home comforts that you tell yourself don't weigh that much really. This advice is even more pertinent to campers who have added weight to carry.

HOW TO CARRY YOUR LUGGAGE

The size of your **rucksack** depends on where you plan to stay and how you plan to eat. If you are camping and cooking you will probably need a 65- to 75-litre rucksack which can hold the tent, sleeping bag, cooking equipment and food.

Make sure your rucksack has a stiffened back and can be adjusted to fit your own back comfortably. This will make carrying the weight much easier. When packing the rucksack make sure you have all the things you are likely to need during the day near the top or in the side pockets, especially if you don't have a bum bag or daypack (see opposite). This includes water bottle, packed lunch, waterproofs and this guidebook (of course). Make sure the hip belt and chest strap (if there is one) are fastened tightly as this helps distribute the weight with most of it being carried on your hips.

Rucksacks have many seemingly pointless straps but if you adjust them correctly it can make a big difference to your comfort while walking.

Outer layer

A **waterproof jacket** is essential year-round and will be much more comfortable (but also more expensive) if it's also 'breathable' to prevent the build up of condensation on the inside. This layer can also be worn to keep the wind out.

Leg wear

Whatever you wear on your legs it should be light, quick-drying and not restricting. Many British walkers find polyester tracksuit bottoms comfortable. Poly-cotton or microfibre trousers are excellent. Denim jeans should never be worn; if they get wet they become heavy and cold, and bind to your legs. A pair of shorts is nice to have on sunny days. Thermal **longjohns** or thick tights are cosy if you're camping but are probably unnecessary even in winter. **Waterproof trousers** are necessary most of the year. In summer a pair of wind-proof and quick-drying trousers is useful in showery weather. **Gaiters** may come in useful in wet weather when the vegetation around your legs is very wet.

Underwear

Three changes of what you normally wear is fine. Women may find a **sports bra** more comfortable because pack straps can cause bra straps to dig painfully into your shoulders.

Other clothes

Always have a **warm hat** and **gloves** with you; you never know when you might need them. In summer you should also carry a **sun hat**, preferably one which covers the back of your neck. Another useful piece of summer equipment is a **swimsuit**; some of the beaches are irresistible on a hot day. Also consider a small **towel** – essential if you are camping or staying in hostels; quick-dry micro-fibre towels are particularly useful as they pack up very small.

TOILETRIES

Only take the minimum: a small bar of **soap** in a plastic container (unless staying in B&B-style accommodation) which can also be used instead of shaving cream and for washing clothes; a tiny tube of **toothpaste** and a **toothbrush**; and one roll of **loo paper** in a recyclable bag. If you are planning to defecate outdoors you will also need a lightweight trowel for burying the evidence (see pp50-1 for further tips). In addition a **razor**; **deodorant**; and a high-factor **sun screen** (these latter two are available as wipes, saving on space and weight) should cover all your needs.

FIRST-AID KIT

Medical facilities in Britain are excellent so you only need a small kit to cover common problems and emergencies; pack it in a waterproof container. A basic kit should contain: **aspirin** or **paracetamol** for treating mild to moderate pain and fever; **plasters/Band Aids** for minor cuts; **Moleskin**, **Compeed**, or **Second Skin** for blisters; a **bandage** for holding dressings, splints or limbs in place and for supporting a sprained ankle; elastic **knee support** (tubigrip) for a weak

RECOMMENDED READING

Some of the following books can also be found in tourist information centres in Pembrokeshire:

The Rough Guide to Wales is a useful general **guidebook**. Lonely Planet also produce a guide to the country.

For **background reading**, *I never knew that about Wales* by Christopher Winn (Ebury) is full of fascinating facts and quirky vignettes for all 13 counties of Wales. John Davies' *A History of Wales*, published by Penguin, looks at the political, cultural and social development of the lands now known as Wales from the Ice Age to the modern day. Jan Morris' *Wales: Epic views of a small country* (Penguin) is the master travel writer's introduction to the country, its literature, folklore, buildings and landscapes.

If a **field guide** is what you're after, the AA's *Field Guide to the Birds of Britain and Europe* is one of many excellent bird guides that can fit inside a rucksack pocket. *Where to watch birds in Wales* by David Saunders (Helm) has a comprehensive chapter on the best birding sites in Pembrokeshire. The National Park Authority published a small booklet highlighting the more common species along the coastline called *The Birds of the Pembrokeshire Coast* by Peter Knights; it's out of print now but you may be able to find a copy online. There are also several **field guide apps** for smartphones, including those that can aid in identifying birds by their song as well as by their appearance. One to consider is:  merlin.allaboutbirds.org.

Pembrokeshire is famous for its wild **flowers** so a guidebook on these may come in handy. Wolfgang Lippert's *Wild Flowers of Britain and Europe*, published by Harper Collins, is an excellent pocket-sized guide that categorises flowers according to habitat.

Welsh publisher Graffeg produce an attractive, illustrated introduction to *Skomer* by Jane Matthews.

Getting to and from the Coast Path

A glance at any map of Britain gives the impression that Pembrokeshire is a long way from anywhere and hard to get to. In reality road and rail links with the coast path are better than we have any right to expect with Kilgetty, close to the start of the coast path, lying on both the national rail network and the National Express coach network.

Travelling to the start of the coast path by public transport makes sense. There's no need to worry about the safety of your abandoned vehicle while walking, there are no logistical headaches about how to return to your car when you've finished the walk and it's also one of the biggest steps you can take towards minimising your ecological footprint. Quite apart from that, you'll simply feel your holiday has begun the moment you step out of your front door.

Richards Brothers (☎ 01239-613756, 🌐 richardsbros.co.uk)

- 400 Puffin Shuttle** St David's to Pentref Marloes Village via Solva, Newgale, Nolton Haven, Druidston Haven, Haroldston West, Broad Haven, Little Haven, St Brides, Marloes Village & Martin's Haven, late May to mid Sep daily 3/day (services from Marloes Village continue to Goodwick & Fishguard 1/day; services also connect with Edwards' 315 at Marloes), late Sep to early May Thur & Sat 2-3/day
- 404 Strumble Shuttle** Fishguard to St David's via Goodwick, Strumble Head, Abercastle, Trefin, Porthgain & Abereiddy, mid May to mid Sep daily 2/day + 1/day to/from Newport via Dinas Cross; rest of year Thur 2/day
- 405 Poppit Rocket** Cardigan to Fishguard via St Dogmaels, Poppit Sands, Moylgrove, Newport, Parrog, Pwllgwaelod & Dinas Cross, mid/late May to early/mid Sep daily 3/day; rest of year to Newport only, Thur 3/day
- 408** Cardigan circular route via St Dogmaels, The Moorings & Poppit Sands, Mon-Sat 8-9/day
- 410** Fishguard town service via Goodwick, Mon-Sat gen 1/hr plus Fishguard to Fishguard Harbour Mon-Sat 2/day
- 430** Narberth to Cardigan, Mon-Sat 3/day (this connects with Taf Valley's 381 service from Tenby)
- 460** Cardigan to Carmarthen (bus & rail stations) via Newcastle Emlyn, Mon-Sat approx 1/hr (some services operated by First Cymru)
- T5** Aberystwyth to Haverfordwest via Cardigan, Eglwysrwr, Newport, Dinas Cross, Lower Fishguard, Fishguard, Mon-Sat approx 1/hr, Sun & bank hols early May to end Sep 2/day plus 1/day to Fishguard
- T11** Haverfordwest to Fishguard via Newgale, Penycwm, Solva, St David's, Trefin & Goodwick, Mon-Sat 9-10/day

Sarah Bell (☎ 07828-940955)

- 403 Celtic Coaster** (Peninsula Shuttle Service, circular route) St David's (Caerfai Rd near Oriol y Parc car park) via Porthclais Harbour, St Justinian's & Whitesands Beach, early Apr to late Sep daily 1/hr, additional service (1/hr) late May to end Aug

Train services

Transport for Wales (🌐 tfwrail.wales)

Note: not all stops are listed

- Newport/Cardiff/Swansea to **Fishguard Harbour (Goodwick)** via Carmarthen, daily 1/day (plus 1/day from Carmarthen)
- Cardiff to **Fishguard Harbour** via Swansea, **Carmarthen, Fishguard & Goodwick**, Mon-Sat 3/day, Sun 1/day from Carmarthen
- Manchester Piccadilly to **Tenby** via Cardiff, Swansea, Carmarthen, Whitland, Narberth & **Kilgetty** (request stop only), Mon-Sat 1/day
- Swansea to **Pembroke Dock** via Carmarthen, Narberth, **Kilgetty** (request stop only), **Saundersfoot, Tenby, Penally, Manorbier**, Lamphey & **Pembroke**, Mon-Sat 3/day plus 1/day from Carmarthen, Sun 2/day plus 1/day from Carmarthen
- Manchester to **Milford Haven** via Newport, Cardiff, Swansea, Carmarthen & Haverfordwest, Mon-Sat 4/day, Sun 3/day plus 1/day each from Newport & Cardiff

MINIMUM IMPACT & OUTDOOR SAFETY

Minimum impact walking

ECONOMIC IMPACT

Support local businesses

Rural businesses and communities in Britain have been hit hard in recent years by a seemingly endless series of crises. Most people are aware of the Countryside Code (see box on p52); not dropping litter and leaving gates as you find them are still as pertinent as ever, but in light of the economic pressures that local countryside businesses are under there is something else you can do: **buy local**.

Look and ask for local produce (see box on p22) to buy and eat. Not only does this cut down on the amount of pollution and congestion that the transportation of food creates (the so-called ‘food miles’), but also ensures that you are supporting local farmers and producers; the very people who have moulded the countryside you have come to see and who are in the best position to protect it. If you can find local food which is also organic so much the better.

Money spent at local level – perhaps in a market, or at the green-grocer, or in an independent pub – has a far greater impact for good on that community than the equivalent spent in a branch of a national chain store or restaurant. While no-one would advocate that walkers should boycott the larger supermarkets, which after all do provide local employment, it’s worth remembering that businesses in rural communities rely heavily on visitors for their very existence. If we want to keep these shops and post offices, we need to use them.

ENVIRONMENTAL IMPACT

A walking holiday in itself is an environmentally friendly approach to tourism. The following are some ideas on how you can go a few steps further in helping to minimise your impact on the natural environment while walking the Pembrokeshire Coast Path.

Use public transport whenever possible

Public transport in Pembrokeshire is pretty good and in many cases specifically geared towards the coast-path walker. By using the local bus you will help to keep the standard high. Public transport is always preferable to using private cars as it benefits everyone: visitors, locals and the environment.



● **Leave no trace** Move on without leaving any sign of having been there: no moved boulders, ripped up vegetation or dug drainage ditches. Make a final check of your campsite before departing; pick up any litter that you or anyone else has left, so leaving the place in a better state than you found it.

ACCESS

Britain is a crowded cluster of islands with few places where you can wander as you please. Most of the land is a patchwork of fields and agricultural land and the Pembrokeshire Coast National Park is no different. However, there are countless public rights of way, in addition to the coast path, that criss-cross the land. This is fine, but what happens if you feel a little more adventurous and want to explore the beaches, dunes, moorland, woodland and hills that can also be found within the national park boundaries?

Right to roam

The Countryside & Rights of Way Act 2000, or ‘Right to Roam’ as dubbed by walkers, allows greater public access to areas of countryside in England and Wales deemed to be uncultivated open country. This essentially means moorland, heathland, downland and upland areas. In the case of Pembrokeshire Coast National Park this implies the Preseli Hills and the wild country around St David’s peninsula. It does not mean free access to wander over farmland, woodland or private gardens. See box opposite.

Lambing

Around 80% of the coast path passes through private farmland much of which is pasture for sheep. Lambing takes place from **mid March to mid May** when **dogs should not be taken along the path**. Even a dog secured on a lead is liable to disturb a pregnant ewe. If you should see a lamb or ewe that appears to be in distress contact the nearest farmer. For further details about taking a dog along the coast path see p28, box opposite and also pp219-20.

Outdoor safety

AVOIDANCE OF HAZARDS

With good planning and preparation most hazards can be avoided. This information is just as important for those out on a day walk as for those walking the entire coast path. If you have **children** or a **dog** with you, always keep them close by on cliff tops and beaches.

Ensure you have suitable clothes to keep you warm and dry, whatever the conditions, and a spare change of inner **clothes**. A compass, whistle, torch and first-aid kit should be carried and are discussed on p39. The **emergency signal** is six blasts on the whistle or six flashes with a torch. A **mobile phone** may also be useful, although be aware that mobile phone signals are extremely unreliable

along much of the coast path. Take plenty of **food** as you will eat far more walking than you do normally so make sure you have enough for the day, as well as some high-energy snacks (chocolate, dried fruit, biscuits) for an emergency. Also take at least one litre of **water** although more would be better, especially on the long northern stretches. Try to fill up your bottle/pouch whenever you pass through a village.

Stay alert and know exactly where you are throughout the day. The easiest way to do this is to **check your position regularly** on the map. If visibility suddenly decreases with mist and cloud, or there is an accident, you will be able to make a sensible decision about what action to take based on your location.

If you choose to walk alone you must appreciate and be prepared for the increased risk. It's a good idea to **leave word with someone** about where you are going and remember to contact them when you have arrived safely.

In an **emergency** dial ☎ 999 (or ☎ 112) and ask for the coastguard.

Safety on the cliff top

Sadly every year people are either injured or killed walking the coast path. Along the full length of the path you will see warning signs urging you to keep well away from the cliff edge. They are there for a reason. Cliffs are very dangerous. In many places it is difficult to see just where the edge is since it is often well hidden by vegetation. Added to this is the fact that, in places, the path is extremely close to the edge. Always err on the side of caution and think twice about walking if you are tired or feeling ill. This is when most accidents happen. To ensure you have a safe walk it is well worth following this advice:

- Keep to the path – avoid cliff edges and overhangs
- Avoid walking in windy weather – cliff tops are particularly dangerous in such conditions
- Be aware of the increased possibility of slipping over in wet or icy weather
- Wear strong sturdy boots with good ankle support and a good grip rather than trainers or sandals.

Safety on the beach

Pembrokeshire's beaches are spectacular in any weather but it's when the sun is shining that the sweaty walker gets the urge to take a dip. The sea can be a dangerous environment and care should be taken if you do go for a swim and even if you're just walking along the beach. Follow this common-sense advice:

- If tempted to take a shortcut across a beach be aware of the tides to avoid being cut off or stranded



Don't disturb farm animals



Take note of signs warning of dangerous cliffs

Hypothermia is easily avoided by wearing suitable clothing, carrying and eating enough food and drink, being aware of the weather conditions and checking the morale of your companions. Early signs to watch for are feeling cold and tired with involuntary shivering. Find some shelter as soon as possible and warm the victim up with a hot drink and some chocolate or other high-energy food. If possible give them another warm layer of clothing and allow them to rest until feeling better.

If allowed to worsen, strange behaviour, slurring of speech and poor co-ordination will become apparent and the victim can quickly progress into unconsciousness, followed by coma and death. Quickly get the victim out of wind and rain, improvising a shelter if necessary.

Rapid restoration of bodily warmth is essential and best achieved by bare-skin contact: someone should get into the same sleeping bag as the patient, both having stripped to their underwear, any spare clothing under or over them to build up heat. Send urgently for help.

HYPERTHERMIA

Heat exhaustion is often caused by water depletion and is a serious condition that could eventually lead to death. Symptoms include thirst, fatigue, giddiness, a rapid pulse, raised body temperature, low urine output and later on, delirium and coma. The only remedy is to re-establish water balance. If the victim is suffering severe muscle cramps it may be due to salt depletion.

Heat stroke is caused by failure of the body's temperature-regulating system and is extremely serious. It is associated with a very high body temperature and an absence of sweating. Early symptoms can be similar to those of hypothermia, such as aggressive behaviour, lack of co-ordination and so on. Later the victim goes into a coma or convulsions and death will follow if effective treatment is not given. To treat heat stroke sponge the victim down or cover with wet towels and vigorously fan them. Get help immediately.

SUNBURN

Even on overcast days the sun still has the power to burn. Sunburn can be avoided by regularly applying sunscreen. Don't forget your lips and those areas affected by reflected light off the ground; under your nose, ears and chin. You may find that you quickly sweat sunscreen off, so consider wearing a sun hat. If you have particularly fair skin wear a light, long-sleeved top and trousers.

DEALING WITH AN ACCIDENT

- Use basic first aid to treat the injury to the best of your ability.
- Work out exactly where you are. If possible leave someone with the casualty while others go to get help. If there are only two people, you have a dilemma. If you decide to get help leave all spare clothing and food with the casualty.
- Telephone ☎ 999 and ask for the coastguard. They will assist in both offshore and onshore incidents.

THE ENVIRONMENT & NATURE

3

Flora and fauna

The Pembrokeshire coast is not just about beaches and the sea. The coast path takes you through all manner of habitats from woodland and grassland to heathland and dunes providing habitats for a distinct array of species. The following is not intended to be a comprehensive guide to all the wildlife that you may encounter, but serves as an introduction to the animals and plants that the walker is likely to find within the boundaries of the national park.

MAMMALS

The Pembrokeshire coast is a stronghold for marine mammals and no trip to the region is complete without spotting a **grey seal** (*Halichoerus grypus*). From late August to October the downy white pups can be seen in the breeding colonies hauled up on the rocks. The best places to spot them are around Skomer Marine Nature Reserve (see box on p144) and in Ramsey Sound (see p166); your chances of a sighting increase should you take a boat trip to one of the islands. Look out too for schools of **common porpoise** (*Phocoena phocoena*), a small slate-grey dolphin which can be seen breaking the surface as they head up Ramsey Sound, and the **bottle-nosed dolphin** (*Tursiops truncatus*) which can be found in Cardigan Bay.

Further inland in woodland and on farmland, particularly around the Preseli Hills, are a number of common but shy mammals. One of the most difficult to see is the **badger** (*Meles meles*), a sociable animal with a distinctive black-and-white-striped muzzle. Badgers live in family groups in large underground setts coming out to root for worms on the pastureland after sunset. The much-maligned **fox** (*Vulpes vulpes*) inhabits similar country to the badger. Unlike its urban cousins, in Pembrokeshire the fox is wary and any sightings are likely to be brief. Keep an eye out for one crossing fields or even scavenging on the beach, day or night if it's quiet.

The cliff tops are home to the **rabbit** (*Oryctolagus cuniculus*) where their warrens can prove to be quite a safety hazard to the careless walker.

The **otter** (*Lutra lutra*) is a rare native species which is slowly increasing in numbers thanks to long-running conservation efforts. It's



walking boots. Except in spring when the cold can make them sluggish, they quickly move off the path when they feel the vibration of feet. The non-venomous grass snake is longer and slimmer with a yellow collar around its neck.

BIRDS

Without doubt Pembrokeshire is a hot spot for ornithologists. The cliffs, and more especially the islands, are important breeding grounds for a number of species such as the razorbill (see below) which has been adopted as the symbol of the national park authority. Away from the rolling waves other species, adapted to completely different habitats, can be spotted in the woodland, farmland and heathland that covers the cliff tops and valleys. Sightings of **red kites** (*Milvus milvus*) are becoming more common; they can be seen almost anywhere on the coast path and at any time of the year.

Islands and cliffs

The islands of Skomer and Skokholm are home to the **manx shearwater** (*Puffinus puffinus*), an auk which lives in huge colonies of thousands, breeding in burrows along the cliff top. They can be identified by their dark upperside and paler underside with slender pointed wings and a fast swerving flight across the surface of the sea. Boat trips (see box on p144) at dusk can be taken to watch the spectacular displays as the birds leave their burrows to look for food.

The **razorbill** (*Alca torda*) is an auk that breeds on the cliff tops. It is black with a white belly and has a distinctive white stripe across its bill to its eye. Similar in appearance to the razorbill but with a much more slender bill is the **guillemot** (*Uria aalge*). It stands more upright than the razorbill and is less stocky. They nest in huge colonies on cliff-face ledges and are often seen in small groups flying close over the surface of the sea with very fast wing beats.

The third and most popular species of auk in Pembrokeshire has to be the **puffin** (*Fratercula arctica*) with its lavishly coloured square bill. Like the manx shearwater, puffins breed in burrows or under boulders. They can often be seen with a bill full of fish on their way back to their burrows. Skomer Island is Puffin Central but remember that they come to the island only during the breeding season (April to early August), spending the winter out at sea. You are far less likely to spot a puffin on the mainland.

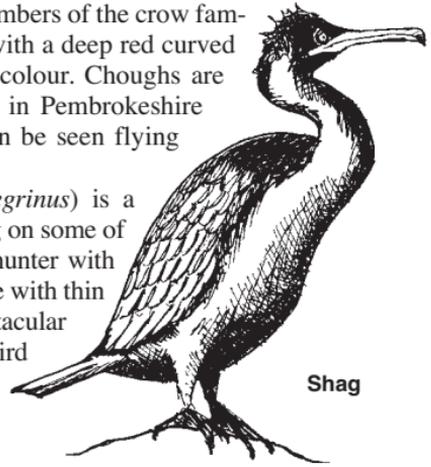


Puffin

Of the numerous gulls the most common include the **herring gull** (*Larus argentatus*), a large white gull with grey wings tipped with black, a bright yellow bill with a red spot at the end and yellow eyes. It is not a shy bird and can often be seen around harbours where it is something of a scavenger. Some other gulls which you may spot include the **great black-backed gull** (*Larus marinus*), similar to the herring gull but with black wings and the **lesser black-backed gull** (*Larus fuscus*) which is, not surprisingly, smaller. The **black-headed gull** (*Larus ridibundus*) spends a lot of time feeding in large flocks on

The **chough** (*Pyrhocorax pyrrhocorax*), pronounced 'chuff', is one of the more attractive members of the crow family; slender and elegant in appearance with a deep red curved and pointed bill and legs of the same colour. Choughs are often found in mountainous areas, but in Pembrokeshire they breed on the coast where they can be seen flying acrobatically around the cliffs.

The **peregrine falcon** (*Falco peregrinus*) is a beautiful raptor that can be found nesting on some of the sea cliffs. It is a lean and efficient hunter with slate grey plumage and a white underside with thin black barring. It kills its prey with a spectacular dive known as stooping, in which the bird closes its wings and plummets from the sky like a small missile, stunning its prey on impact. It's a fantastic sight.



Beaches and mudflats

A distinctive bird that can often be seen running along the shingle and sandy beaches is the **ringed plover** (*Charadrius hiaticula*). This stocky little bird, the size of a thrush, has a white belly and brown upper-parts with a pair of characteristic black bands across its face and throat. Its legs and bill are both orange.

Similar in size is the **common sandpiper** (*Actitis hypoleucos*), a small bird that can be found on rocky shores. It has white under-parts with a light brown breast and upper-parts. White bars can be seen on its wings when it is in flight.

Also to be found on the beach and often feeding on inland fields is the **oystercatcher** (*Haematopus ostralegus*). It is quite common and easily identified by its distinctive black upper-parts and white belly. It has a sharp stabbing orange bill used for probing the ground when feeding and a distinctive shrill call.

The **lapwing** (*Vanellus vanellus*) with its long legs, short bill and distinctive long head crest also feeds on arable farmland. Sadly, this attractive bird is declining in numbers. The name comes from its lilting flight, frequently changing direction with its large rounded wings. It is also identified by a white belly, black and white head, black throat patch and distinctive dark green wings.

Inhabiting the sand dunes, moors and bogs is the **curlew** (*Numenius arquata*), a brown mottled bird with a very long slender bill which curves downwards. It has an evocative far-reaching call that reflects its name: 'Koor-lee'. In the winter it groups in large flocks on open ground such as fields and mudflats.

Scrubland and grassland

On open ground you may be lucky enough to see the **short-eared owl** (*Asio flammeus*) which, unlike other owls, often hunts during the day. Skomer is a good place to look out for it. It is quite large with fairly uniform dark streaks and bars over an otherwise golden-brown plumage. Its pale face is a typical round owl's face with golden eyes ringed by black eye patches.

A more common sight is the **stonechat** (*Saxicola torquata*), a colourful little bird with a deep orange breast and a black head. Its name comes from its call

rapae) and **large white** (*Pieris brassicae*), both of which boast brilliant white wings with black tips. **Painted ladies** (*Vanessa cardui*), which have orange-brown wings with black and white spots, tend to congregate in open areas with plenty of thistles. Whilst most of the above species are widespread and common, the **grizzled skipper** (*Pyrgus malvae*), which has black or brown wings with a mass of white spots and the smaller, slightly duller **dingy skipper** (*Erynnis tages*) are becoming increasingly rare. They can still occasionally be spotted in sunny habitats such as coastal dunes, though.

FLOWERS

The coast path is renowned for its wild flowers. Spring is the time to come and see the spectacular displays of colour on the cliff tops while in late summer the heather on the northern slopes turns a vibrant purple.

The coast and cliff-top meadows

The coastline is a harsh environment subjected to strong winds, wind-blown salt and tides. Plants that colonise this niche are hardy and well adapted to the conditions. Many of the cliff-top species such as the pink flowering **thrift** (*Armeria maritima*) and white **sea campion** (*Silene maritima*) turn the cliff tops into a blaze of colour from May to September.

On shingle beaches and dunes you might see the poisonous **yellow-horned poppy** (*Glaucium flavum*), which has preposterously long, horn-shaped seed pods in late summer. On the cliff top and track sides you might encounter the straggly stems of **fennel** (*Foeniculum vulgare*), a member of the carrot family which grows to over a metre high.

Other plants to look for are **spring squill** (*Scilla verna*) and delicate white **scurvygrass** (*Cochlearia officinalis*) in spring, and in saltmarshes and estuaries **sea-lavender** (*Limonium vulgare*) and **sea aster** (*Aster tripolium*).

Woodland and hedgerows

The **wood anemone** (*Anemone nemorosa*), the **bluebell** (*Hyacinthoides non-scripta*) and the yellow **primrose** (*Primula vulgaris*) flower early in spring, with the bluebell and wood anemone covering woodland floors in a carpet of blue and white. The bluebell and primrose are also common on open cliff tops. **Red campion** (*Silene dioica*), which flowers from late April, can be found in hedgebanks along with **rosebay willowherb** (*Epilobium agustifolium*) which also has the name fireweed owing to its habit of colonising burnt areas.

In scrubland and on woodland edges you will find **bramble** (*Rubus fruticosus*), a common vigorous shrub, with blackberry fruits that ripen from late summer to autumn. Fairly common in scrubland and on woodland edges is the **dog rose** (*Rosa canina*) which has a large pink flower, the fruits of which are used to make rose-hip syrup.

Other flowering plants to look for in wooded areas and in hedgerows include the tall **foxglove** (*Digitalis purpurea*) with its trumpet-like flowers, **forget-me-not** (*Myosotis arvensis*) with tiny, delicate blue flowers and **cow parsley** (*Anthriscus sylvestris*), a tall member of the carrot family with a large globe of white flowers which often covers roadside verges and hedgebanks.



Above, clockwise from top left

- 1.** Painted Lady. **2.** Dark Green Fritillary. **3.** Chough. **4.** Common buzzard.
5. Razorbill (©BT). **6.** Grey seals sunbathing on rocks. **7.** Herring gull. **8.** Puffin (©BT).

C4 Common flora of Pembrokeshire



Foxglove
Digitalis purpurea



Rosebay Willowherb
Epilobium angustifolium



Thrift (Sea Pink)
Armeria maritima



Bell Heather
Erica cinerea



Heather (Ling)
Calluna vulgaris



Common Poppy
Papaver rhoeas



Common Fumitory
Fumaria officinalis



Common Vetch
Vicia sativa



Forget-me-not
Myosotis arvensis



Rowan (tree)
Sorbus aucuparia



Old Man's Beard
Clematis vitalba



Red Campion
Silene dioica

4 ROUTE GUIDE & MAPS

Using this guide

The trail guide and maps have been divided into stages. However, these should not be seen as rigid daily stages since people walk at different speeds and have different interests.

The **route summaries** describe the trail between significant places and are written as if walking the path from south to north.

To enable you to plan your own itinerary **practical information** is presented clearly on the trail maps. This includes walking times for both directions, places to stay, camp and eat, as well as shops where you can buy supplies. Further service details are given in the text under the entry for each destination.

For **map profiles** see the colour pages at the end of the book. For an overview of this information see the itineraries on pp32-4 and the village and town facilities table on pp30-1.

TRAIL MAPS

Scale and walking times [see map key p215]

The trail maps are to a scale of 1:20,000 (1cm = 200m; 3¹/₈ inches = one mile). Walking times are given along the side of each map and the arrow shows the direction to which the time refers. Black triangles indicate the points between which the times have been taken. See box below on walking times.

The time-bars are a tool and are not there to judge your walking ability. There are so many variables that affect walking speed, from the weather conditions to how many beers you drank the previous evening. After the first hour or two of walking you will be able to see how your speed relates to the timings on the maps.

Up or down?

The trail is shown as a **dotted red line**. An arrow across the trail indicates the slope; two arrows show that it is steep. Note that the arrow

Important note – walking times

Unless otherwise specified, **all times in this book refer only to the time spent walking**. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc. When planning the day's hike count on 5-7 hours' actual walking.



points towards the higher part of the trail. If, for example, you are walking from A (at 80m) to B (at 200m) and the trail between the two is short and steep it would be shown thus: A — — — >> — — — B. Reversed arrow heads indicate a downward gradient.

GPS waypoints

The numbered GPS waypoints refer to the list on pp216-19.

Other features

Features are marked on the map when pertinent to navigation. In order to avoid cluttering the maps and making them unusable not all features have been marked each time they occur.

ACCOMMODATION

Apart from in large towns where some selection of places has been necessary, almost every place to stay that is on or within easy reach of the trail is marked. Details of each place are given in the accompanying text.

For **B&B-style accommodation** the number and type of rooms is given after each entry: **S** = single room (one single bed), **T** = twin room (two single beds), **D** = double room (one double bed, or two single beds zipped together), **Tr** = triple room and **Qd** = quad. Note that many of the triple/quad rooms have a double bed and either one/two single beds, or bunk beds – thus in a group of three or four, two people would have to share the double bed but it also means the room can be used as a double or twin.

Rates quoted for B&B-style accommodation are **per person (pp)** based on two people sharing a room for a one-night stay; rates are usually discounted for longer stays. Where a single room (**sgl**) is available the rate for that is quoted if different from the rate per person. The rate for single occupancy (**sgl occ**) of a double/twin may be higher, and the per person rate for three/four sharing a triple/quad may be lower. At some places the only option is a **room rate**; this will be the same whether one or two people (or more if permissible) use the room. Unless specified, rates are for bed and breakfast; see p20 for more information on rates. Most B&B-style accommodation options require a **deposit**; B&Bs often don't accept **credit/debit cards** but some guesthouses and hotels do.

Your room will either have en suite (bath or shower) facilities, or a private or shared bathroom, or shower room, just outside, or near, the bedroom.

The text also indicates whether the premises have: **wi-fi (WI-FI)**; if a **bath** (♫) is available either as part of en suite facilities, or in a separate bathroom – for those who prefer a relaxed soak at the end of the day; if a **packed lunch (L)** can be prepared, subject to prior arrangement; and if **dogs** (🐕 – see also pp219-20) are welcome, again subject to prior arrangement, either in at least one room (many places have only one room suitable for dogs), or at campsites. Most places will not take more than one dog in a room, or one dog at a time in their premises. Many make an additional charge (usually per night but occasionally per stay).

KILGETTY (CILGETI) MAP 1

If you are coming by train or coach Kilgetty is the closest stop to the start of the coast path at Amroth three miles (5km) away. Kilgetty is pleasant enough but there is not much to keep you here so it would be best to head straight to the start of the trail proper.

Services

The Co-op **supermarket** (Mon-Sat 7am-10pm, Sun 10am-4pm) is a good place to get some last-minute supplies, as is the smaller **Bridge Stores** (Mon-Wed & Fri 6.30am-6.30pm, Thur & Sat to 6pm, Sun 7am-1pm); this also houses the **post office**, which is open similar hours. There is a free-to-use **ATM** outside the Co-op.

If you are already worried about blisters head for the **chemist** (Mon-Fri 9am-6pm, Sat to 5pm). **Kilgetty Laundry Services** (Mon-Fri 8.30am-6pm, Sat to 5pm, Sun 10.30am-3pm) will do your laundry.

Transport

[See pp45-8] Kilgetty is a request stop so trains only stop at the **railway station** if you

let the driver or guard know before you get on; otherwise you will end up in Tenby, missing the first seven miles (11km) of the coast path.

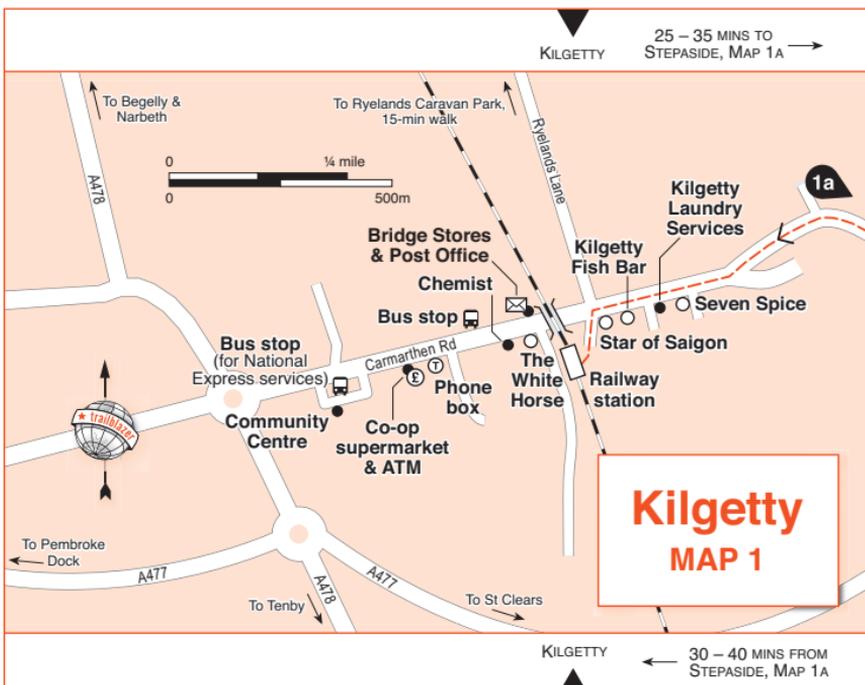
Taf Valley's **bus services** (351, 352 & 381) and Pembrokeshire County Council's (361) stop near the post office.

The **bus stop** for the National Express coach (NX528; see p44) service is at the far western end of the village by the community centre.

Where to stay

The only accommodation options here are two **campsites**.

For hikers the better of the two is **Ryelands Caravan Park** (☎ 01834-812369, or ☎ 07826-033133; **fb**; 🐾; mid Mar to end Oct); it is about half a mile up Ryelands Lane to the north of the village – the only downside is that the last part of the walk is along a road with no footpath. They charge around £8 per person. The site has washing and shower facilities as well as water points.



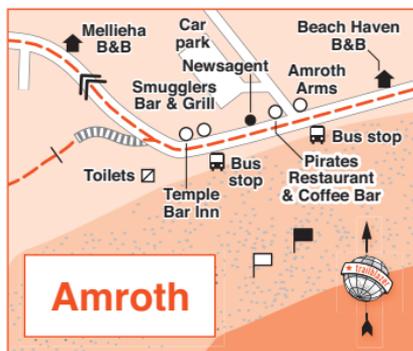
(☎ 01834-813310, ✉ ruthseaside@hotmail.co.uk; 1S/1T/1Tr, en suite or private facilities; ♿; WI-FI; ⓧ; 🍷; Feb-Oct), a friendly place which charges from £30pp (sgl occ £40) for room only.

On the steep road leading down to the village from Summerhead is **Mellieha** (☎ 01834-811581, ✉ mellieha.co.uk; 1S/3D/1T, all en suite; ♿; WI-FI). It's quite a plush place, but also very welcoming towards walkers; **B&B** costs £42.50-55pp (sgl from £68, sgl occ rates on request).

If you feel like a break before you've even started, **New Inn** (see Map 1b; ☎ 01834-812368, ✉ newinnamroth.co.uk; ♿; WI-FI; 🍷 bar area; **food** summer school hols daily noon-8.45pm, rest of year generally daily noon-2.30pm & 5.30-8.30pm but variable in winter months) is ideally placed to distract you from the walk. It's a pretty spot with a garden by a stream at the very beginning of the coast path. It's a good place for a pint and they have an extensive menu including curries and lunchtime baguettes.

Another popular spot is **Temple Bar Inn** (☎ 01834-812486, ✉ templebaramroth.co.uk; ♿; WI-FI; 🍷; **food** daily 9am-9pm, Nov-Mar Mon-Fri from noon), in the centre of the village, with full meals for £8-12.

Next door is **Smugglers Bar & Grill** (☎ 01834-812100; ♿; **food** Easter-Sep Sun-Thur noon-8pm, Fri & Sat to 8.30pm, rest of year days/hours variable; WI-FI) with a choice of burgers (from £9.95).



For something cheap and cheerful try the popular **Pirates Restaurant and Coffee Bar** (☎ 01834-812757; ♿; WI-FI; 🍷; Apr-Sep daily 9.30am-6pm, to 7pm in high season, Mar & Oct daily 9.30am-5pm, Nov-Dec & Feb Thur-Tue 9.30am-3pm); it offers toasties, paninis and fish & chips, as well as coffee and ice-cream, and also has terrace seating out front. They are very dog-friendly here.

Amroth Arms (☎ 01834-812480, ✉ amrotharms.com; WI-FI; 🍷 but not Fri or Sat after 5.30pm, or on Sun at lunchtime; **food** Mon-Sat noon-2.30pm & 6-8.30pm, to 8pm in winter, Sun noon-2.30pm only) has reopened and is drawing in the crowds, particularly in the morning (Mon-Sat 10am-noon) when their bacon-roll-and-a-coffee-for-a-fiver deal really pulls them in.

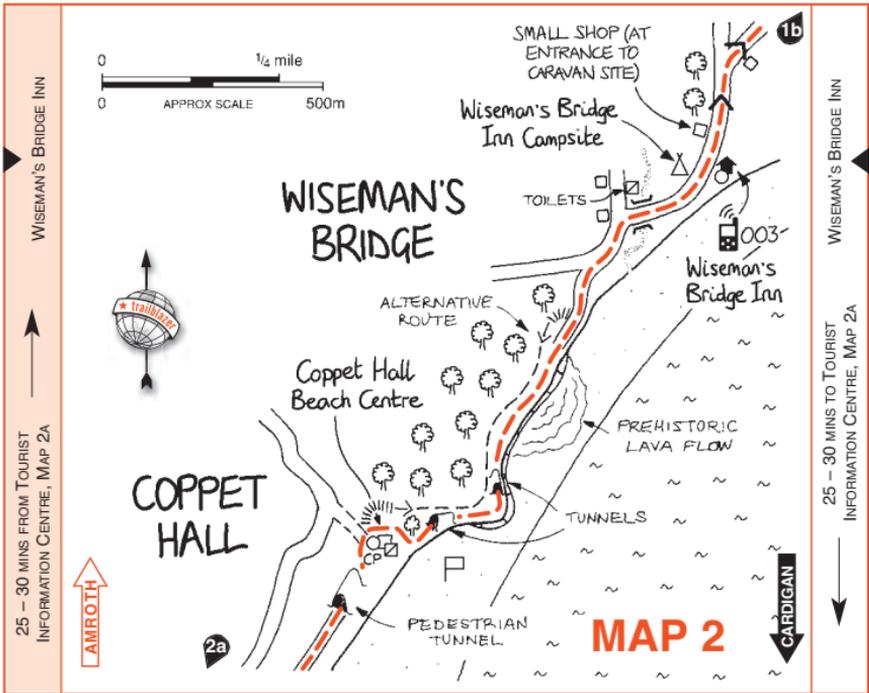
The Pembrokeshire Coast Path

AMROTH TO TENBY

MAPS 1b-3, 3a

These first **seven miles (11km; 3¼-4½hrs)** pass through beautiful and varied scenery, mixing cool cliff-top woodland with small sandy beaches and coves which can be spied through the trees. Don't underestimate this stretch; although not as rugged as the coastline further north there is enough up and down to make this a tiring introduction especially if you have been slacking in the training!

The path leaves Amroth at its western end where some steps lead up through the trees taking you into a meadow above the cliffs and along a dirt track to **Wiseman's Bridge**.



WISEMAN'S BRIDGE MAP 2

This is a great spot for a morning break, or lunch if you started from Kilgetty. The hamlet, which hugs a sandy bay, comprises a scattering of houses, public **toilets** and, at the entrance to the caravan site, a small **shop** (daily 9am-6pm) selling bread, cereals and tinned food.

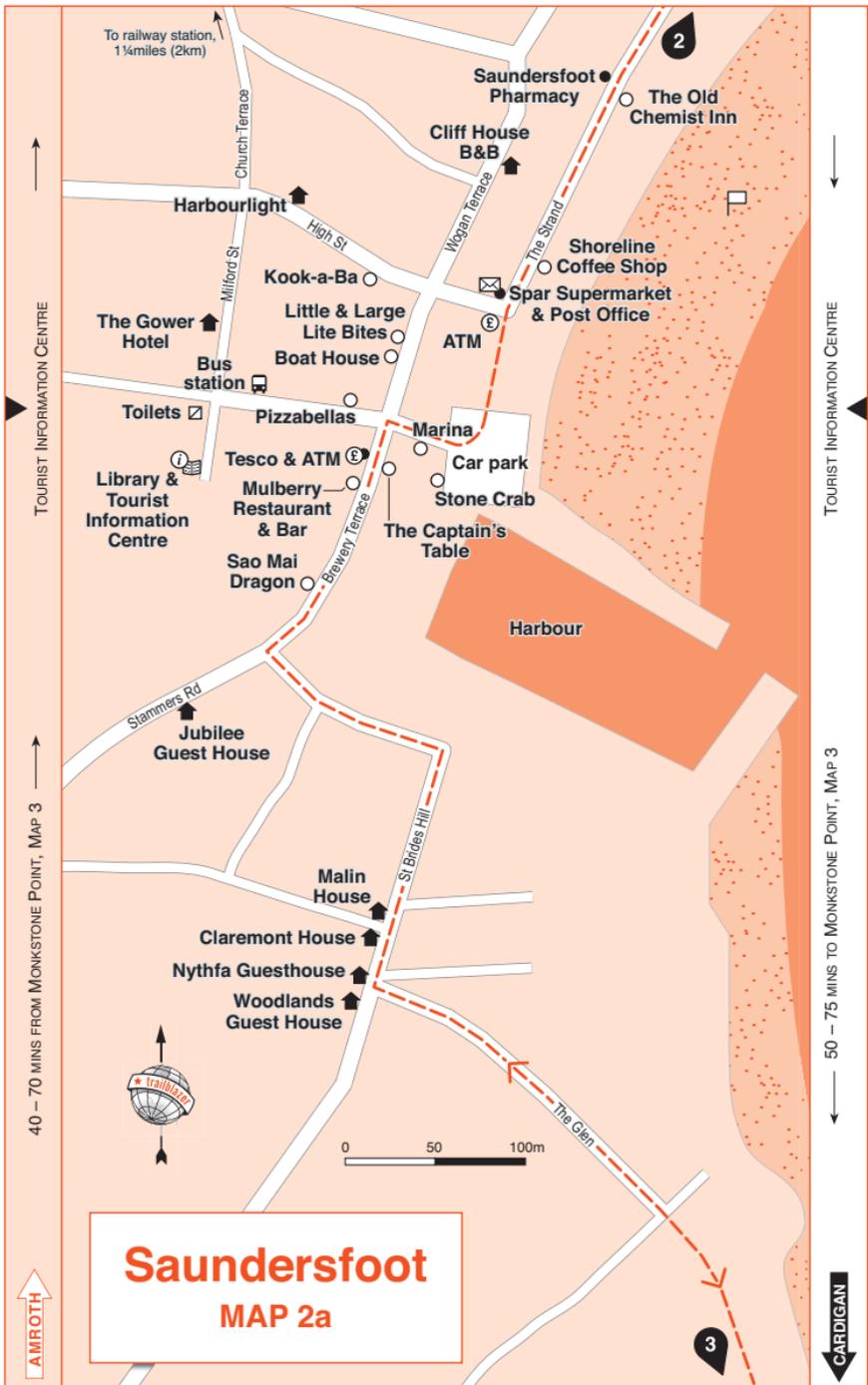
Taf Valley's 351 **bus** service calls here; for details see p46.

En route to Wiseman's Bridge you pass **Pinewood** (Map 1b; ☎ 01834-811082, 📧 pinewoodholidaypark.co.uk; 3D/1T, all en suite; 📶; WI-FI; 📶), where **B&B** costs from £37.50pp (£57.50 sgl occ). They also

own the neighbouring caravan park but that doesn't have camping facilities.

Wiseman's Bridge Inn (☎ 01834-813236, 📧 wisemansbridgeinn.co.uk; 1T/3D/2Tr/2Qd, all en suite; 📶; 🐾 bar & campsite only) charges £42.50-65pp (sgl occ £65-95) for its selection of smart rooms. They also have a **campsite** (Mar-Jan) where they charge £20-25 per tent, apart from July and August when it's a whopping £35 per tent. Booking is recommended. The inn does good **food** (daily noon-2.30pm & 6-9pm) and is often very busy in the summer.

From here the path follows the route of an **old colliery railway** passing through two old tunnels. The railway dates from 1834 when coal from the Stepside colliery was transported by horse-drawn trams, and later steam engines, to Saundersfoot where it was shipped to the continent. As you walk this stretch look out for the interesting fan-shaped rock formation on the beach. This was produced by wave erosion acting on a fold (anticline in geological terms) in the coal measure strata.



Place on this section) are a whole string of eateries. The pick of them include **Little & Large Lite Bites** (☎ 01834-813686; fb; w-f; 🍷; daily 9am-5pm) for those who've brought their family with them (and their dog). Serving sandwiches (from £4.50), paninis (£4.95), pizzas (from £6.99), it's not the most sophisticated menu but that's not the point, and what it does it does well.

Virtually next door, **Boat House** (☎ 01834-811890; fb; w-f; food daily noon-3pm & 5.30-8.30pm, winter hours may

vary) does a nice line in burgers (from £13) and steaks (from £20); vegetarian/vegan options (from £13) are also available.

Finally, just round the corner, for takeaway food, **Pizzabellas** (☎ 01834-812345, 🌐 www.pizzabellas.co.uk; daily 11.30am-late) has pizzas starting at a tenner for a 10" margarita, rising to £14 for 'Bellas special' on a 14" base. They have several special offers and can deliver to your B&B or campsite.

In **Rhode Wood** (Map 3), south of Saundersfoot, keep an eye out for red squirrels. At **Monkstone Point** you have the option of a 10-minute detour to the wooded headland. The path to the right after the steps leads to Trewayne Farm Campsite; see p76.

The final stretch takes you through more woodland and fields, and also passes the track to Meadow Farm Campsite (see p82), eventually entering Tenby above the immaculate sands of North Beach.

TENBY (DINBYCH Y PYSGOD)

MAP 3a, p83

Dinbych y Pysgod (the Little Fort of the Fishes), as Tenby is known in Welsh, has grown from being just a fishing port to a delightful holiday town.

In many respects it is typical of the great British seaside resort, yet it retains a certain charm and sophistication, having more-or-less resisted stumbling down the road to cheap tackiness as some other seaside towns have done. Immaculate expanses of sand almost surround the town attracting throngs of holidaymakers in the summer. Colourful houses perch above the harbour and South Beach, while the wonderfully well-preserved **medieval town walls** hide a maze of crooked streets.

One of the original three gateways and seven of the original twelve towers which make up the town wall still remain. It was probably built in response to attacks on the town in 1187 and 1260. In the 12th century the Normans built a **castle** on the promontory and though there is little left of it today, built into part of it is **Tenby Museum & Art Gallery** (☎ 01834-842809, 🌐 tenby-museum.org.uk; Apr-Oct daily 10am-5pm, Nov-Mar Tue-Sat to 4pm; £4.95, ticket valid for 12 months, accompanied children

free; Castle Hill) where they have two art galleries and exhibitions covering everything from local maritime and social history to displays on archaeology, geology and natural history. They also trace the history of the town from the 10th century, as well as a 'pirate's cell'.

Look out for the National Trust's **Tudor Merchant's House** (☎ 01834-842279, 🌐 nationaltrust.org.uk/tudor-merchants-house; Feb half-term daily 11am-3pm, Mar weekends only 11am-3pm, Apr-end Oct 11am-5pm; £6, children £3), an old townhouse tucked into tiny Quay Hill near the harbour. It dates back to the 15th century and still has the original roof beams and a herb garden.

Tenby Lifeboat Station (📧 tenby-lifeboat.co.uk) is also open to visitors (viewing gallery Mon-Fri 8.30am-5pm) and has a small shop (mid Mar-Dec daily 10.30am-5pm, Dec to mid Mar Sat & Sun 11am-4pm). Tenby is also the place to catch the boat over to the monastery on **Caldey Island** (see box opposite).

Services

At the time of writing the tourist information centre had just closed but leaflets are

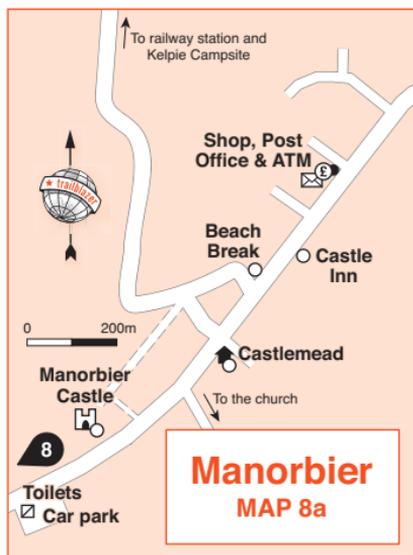
(about one mile) and services are not very frequent so overall it is not that convenient.

Where to stay and eat

Castlemead (☎ 01834-871358, 📧 castlemeadhotel.com; 5D or T/3D/1Qd, all en suite; 🍷; WI-FI; 📶; 🐾), a restaurant with rooms, is the first building on the right as you enter the village by the lane from the beach. It's a luxurious option and **B&B** costs £55-80pp (sgl occ from £90). Their **restaurant** is open to non-residents in the evenings (Mar to mid Nov daily noon-2.30pm & 6-8.30pm); booking is preferable for the evening and Sunday lunch.

If you are **camping** there is a small and quiet caravan and camping site about half a mile north of Manorbier: **Kelpie** (☎ 01834-870189, 📧 www.kelpietentsandtours.co.uk; 🐾) has showers and toilets and sells disposable BBQs for use in designated 'fire pits'. The rate for coastal walkers is from £5pp.

Castle Inn (☎ 01834-871268; **fb**; daily noon-2.30pm & 5-8.30pm, winter from 6pm; WI-FI; 🐾), on the right-hand side past Castlemead, is an atmospheric and cosy place serving typical pub grub that's good-value: sandwiches & hot rolls for around £6 at lunchtime and in the evening mains start at £10 for the vegetarian chilli; cod & chips are £12.95.



On the other side of the road is **Beach Break** (☎ 01834-871709; **fb**; daily school summer holidays 9am-5pm, mid Feb-Jul & Sep-Oct generally 10am-4pm but hours vary; WI-FI), a very pleasant tearoom/café, serving soups, baked potatoes & baguettes (both from £6.95), cakes and coffee. It's licensed too.

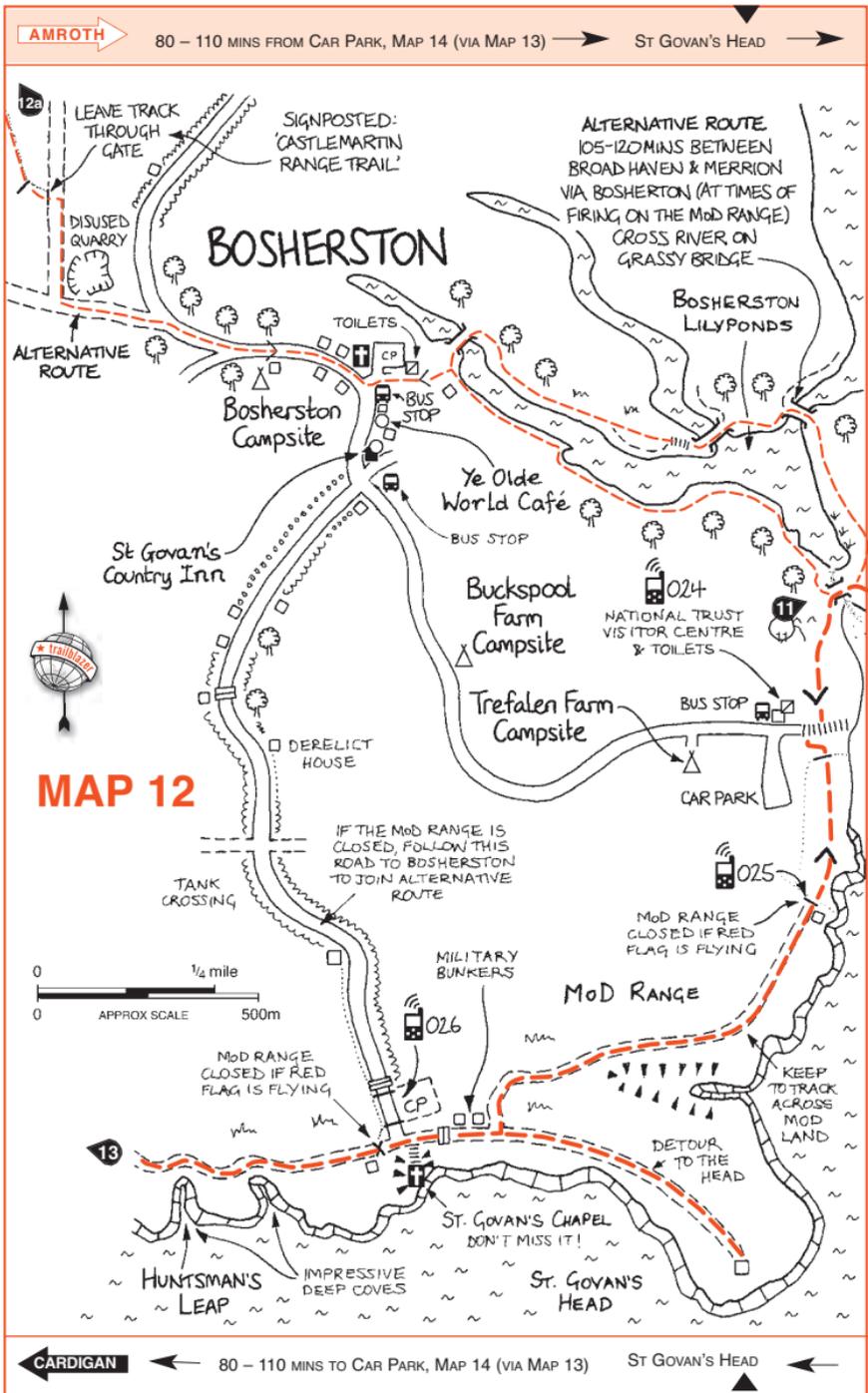
🏰 Manorbier Castle

History is visible everywhere you go in Pembrokeshire, from standing stones and Iron-Age hill-forts to the numerous castles dotted around the countryside.

The birthplace of Gerald of Wales, a 12th-century scholar who described Manorbier as 'the pleasantest spot in Wales', this fine castle stands in a wonderful location close to the beach, just off the coast path. Life-size wax figures help visitors get a feel for what the castle and its pleasant walled gardens must have been like in Gerald's day. If the castle seems vaguely familiar that could be because it has been used as a set in various films including *I Capture the Castle* and the 1989 version of *The Lion, the Witch and the Wardrobe*.

Visitors to Manorbier Castle (☎ 01834-870081, 📧 manorbiercastle.co.uk; end Mar to end Oct daily 10am-5pm; £5.50; 🐾 on leads) can explore the castle, including the turrets and dungeons. However, it may be closed for private functions so check in advance. There's a licensed **café** (daily 10am-4pm) inside the grounds. The walled garden is also perfect for picnics. If you fancy treating yourself to a regal rest (at king-size prices), enquire about staying in the castle's chalet, which sleeps up to 12 people and is available for week-long or weekend stays.

Map 8, p91



There are more camping options, B&B accommodation and food at **Bosherton** (15-20 mins from Broad Haven if walking on the western side of the ponds), which is on the alternative detour route (see opposite for both).

BROAD HAVEN TO MERRION

MAPS 12-14

There is a choice of routes here. The route proper continues across the cliff tops through the **Castlemartin MoD firing range**, said to be one of NATO's most important training areas in Europe. Covering 5880 acres it also hides some of the finest limestone cliff scenery in Britain. Unfortunately it is closed to the public when firing is taking place, which is most weekdays. It is well worth checking the opening times (☎ 01646-662367) since the detour is much less interesting. There are two points where the path may be closed (indicated by a red flag). The first is just above Broad Haven beach and the other is at St Govan's. At both points there are roads which take you to Bosherton and on to the alternative road route described opposite.

Whichever route you take note that accommodation is very thin on the ground for this section so if you're not staying in Merrion (see p100) you'll have a 17- to 20-mile (27-32km) walk from Broad Haven/Bosherton to Angle. Alternatively, from Castlemartin (see p102) you can get a Coastal Cruiser bus (387/388; see p46) to Angle, but note that services are limited.

Via Stack Rocks

Maps 12, 13, & 14

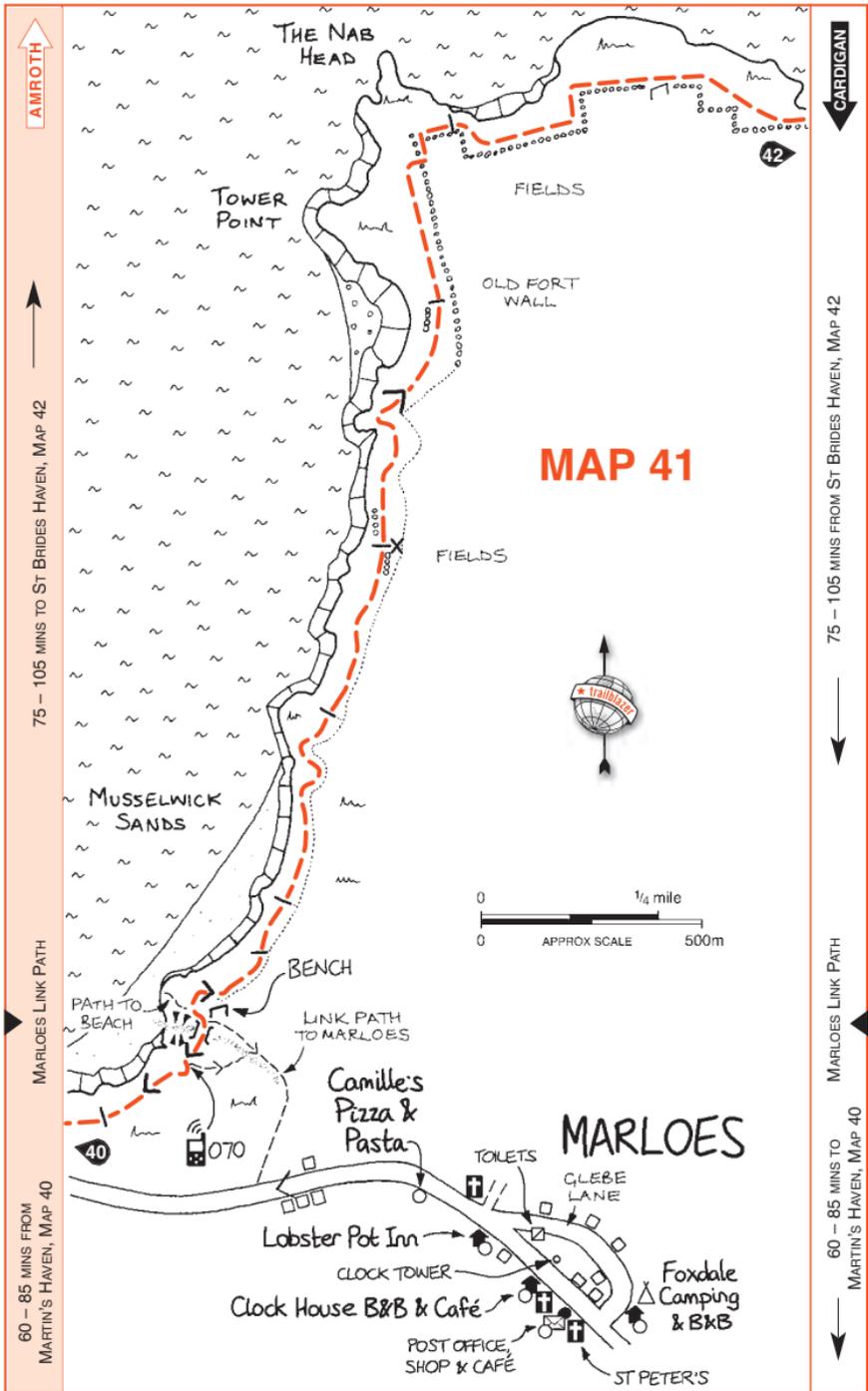
If the range is open it is **8½ miles (13.5km; 2¾-3¾hrs)** to Merrion, following the jeep track along the flat limestone cliff tops. The cliffs, when you can see them, are spectacular but signs along the track warn you to stick to the path through the firing range. There are many rewards to walking this route as opposed to the road detour, the first of which is at St Govan's.

St Govan's Chapel (Map 12, p97), sitting just before the sentry box into the MoD range, should not be missed. It's in an extraordinary location hidden down some steep stone steps in a cleft. A tiny stone chapel, cold, dark and empty inside, it is squeezed between sheer rocky cliffs which seem to prevent it from falling into the heaving sea below.

On entering the Castlemartin firing range follow the jeep track across open grassland and scrubland with vertical limestone cliffs to your left all the way to the dead-end road at **Stack Rocks** (Map 14) or **Elegug Stacks**, two impressive sea stacks sitting a short way offshore.

A little further on, past the car park, is the natural arch known as the **Green Bridge of Wales**, a spectacular sight when the waves are crashing around it and the gulls are wheeling above the cliff tops. It's only a three-minute detour from the coast path.

From here you must follow the lane which takes you inland across the firing range to the main B4319 road. En route you'll pass **Flimston Chapel** which reputedly has its origins in the 5th century, although the present building was restored in 1903 by the Lambton family as a memorial to their sons who were killed in the Boer War. At the main road turn right and walk for a quarter of a mile if staying in the **Merrion** area (see p100).



3pm; wi-fi; 🐾 conservatory only), part of the B&B. Dog-friendly, family run, and with an outdoor terrace, this place pretty much has all bases covered for trekkers.

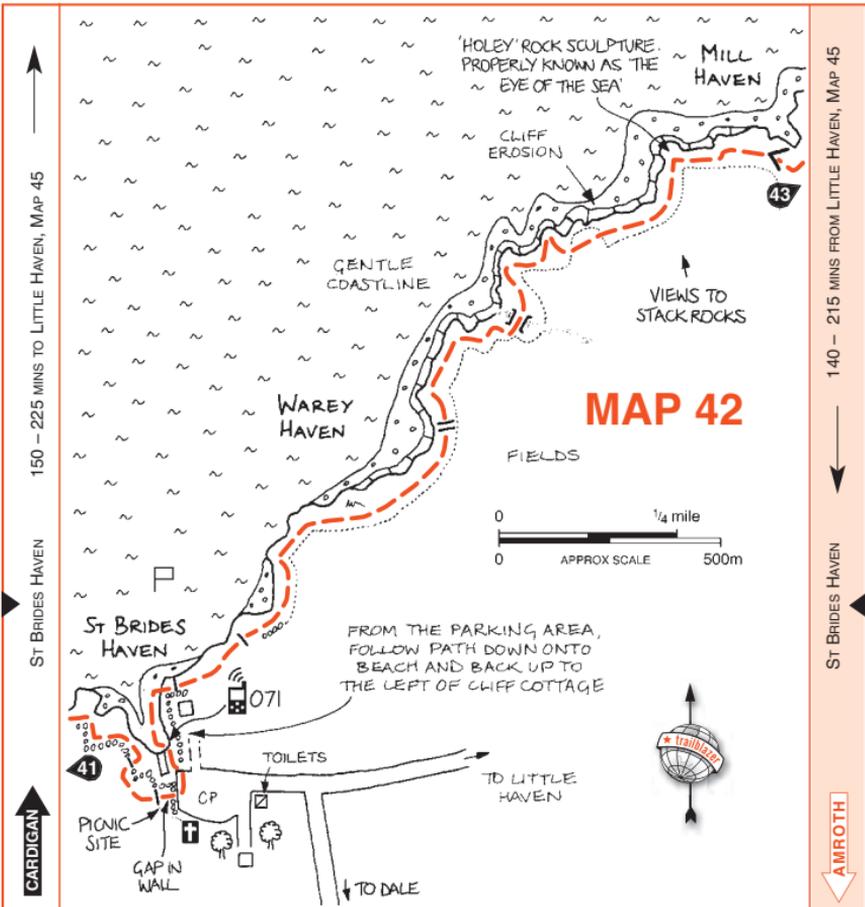
More popular with the locals is the *café* attached to Marloes Village store (see p146), which does breakfasts, sandwiches, Cornish pasties and sausage rolls, and light

lunches too; there is also a garden at the back. Another option too now, at least on some evenings, is *Camille's Pizza and Pasta* (☎ 07966-350462; 📅; Thur-Sun 5-8pm). They offer 10 different pizzas (from £7) as well as a pasta of the day using homegrown produce where possible.

MUSSELWICK SANDS TO BROAD HAVEN

MAPS 41-45

It is **8½ miles (14km; 3¼-5½hrs)** from the link path for Marloes village to Broad Haven following the easy path above the cliffs. The next port of call is **St Brides Haven** (Sainffraid; Map 42), a sheltered little bay where you will find **toilets**, a church and a cluster of houses. There are some picnic tables here too. The extravagant-looking castle across the fields is actually the stately home of the St Brides estate.



PWLL DERI TO FISHGUARD

MAPS 63-68

The coast along these **10½ miles (17km; 4¼-6hrs)** is wild and in places rough going. The cliffs are less sheer and sometimes relatively low but they are rugged and hide countless rocky coves and bays.

The path begins by crossing through wild country of rocky hillocks, grass and heather, passing a barren headland with fine views all around. Parts of the trail here can be boggy when the weather is bad. Just past a narrow cleft in the cliffs the path comes to the car park at **Strumble Head** (Map 64) where the white lighthouse, built in 1908, can be seen on the island just off the headland. There's also a large **lookout shelter** here (perfect for a rainy-day picnic), with notices giving information on the local sea life. The Strumble Shuttle **bus** (404; operated by Richards) stops at the car park; see box on p47 for details.

The path continues through heathland and bracken to **Porthsychan Bay**, three miles (5km) further east, where a footpath heads inland for **Fferm Tresinwen** (Map 64; ☎ 01348-891621) where walkers can **camp** (from £5pp; 🏠) and can use the shower and toilet facilities in the flat attached to the main house. Alternatively follow the road inland from Strumble Head for about a mile. At **Carreg Wastad Point** (Map 65) make sure you take the quick detour to the top of the heathery hill to see the stone commemorating the last invasion of Britain (see box below).

Around the bay of **Aber-Felin**, a great spot for seal-spotting, the path passes through some pretty woodland, before winding its way up and over rough hillocks with the cliffs becoming less severe, eventually tapering to gentle heathery slopes at **Penanglas** (Map 66). Here the path swings southwards through a number of old fields before joining the residential road, New Hill.

As the road starts to descend more steeply, a zig-zagging path drops down onto Quay Rd. Taking a right here, a second footpath then leads you across a bridge over the harbour to the waterfront, and from there into the centre of **Goodwick** (see p187).

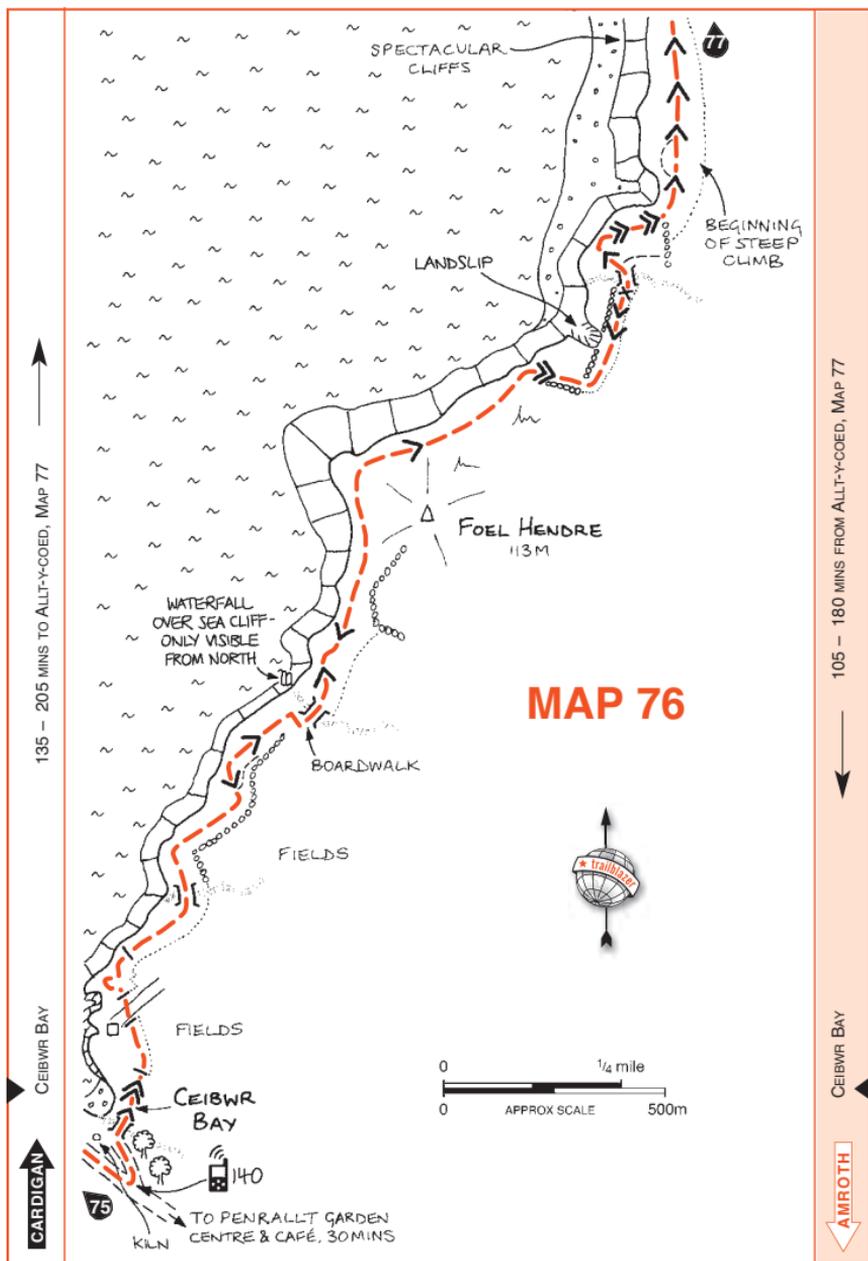
❑ The last invasion of Britain

On 22 February 1797 four French sailing vessels, led by the American Colonel Tate, anchored off Carreg Wastad Point, west of Fishguard. This was the beginning of the last invasion of Britain, a somewhat half-hearted and short-lived affair. The 1400 or so Frenchmen occupied the stretch of coast around Strumble Head for a grand total of two days. The story goes that they got so drunk on stolen beer that the locals soon overpowered them, and they finally surrendered on the sands of Goodwick on 24 February 1797.

The hero of the whole affair was one Jemima Nicholas who, to this day, is something of a local legend. Armed with her pitchfork she single-handedly rounded up 12 Frenchmen who then surrendered. She is now honoured by having a local ale named after her. A memorial stone to the last invasion stands at **Carreg Wastad Point** (see Map 65). The event is also commemorated by an invasion tapestry in the style of the Bayeux tapestry. Taking four years to stitch, the 100ft long work by 77 local people was completed in 1997 for the 200th anniversary of the invasion, and is now on display in the library in Fishguard town hall (see p189 and Fishguard map, p192).

Thomas. There are some public **toilets** next to the **RNLI shop** (daily 11am-5pm), which sells souvenirs, beach gear and a few snacks. The very popular **Poppit Sands Café** (Mon-

Fri 11am-5pm, Sat & Sun 10.30am-5pm, later in the summer holidays) serves baguettes, toasties and jacket potatoes; lunch will set you back about £10 including drinks.



the public in 2015 after a £12 million restoration project. The castle dates back 900 years and is the birthplace of the Eisteddfod, Wales's largest cultural festival, held here for the first time in 1176. You can explore the castle ruins and the museum displays inside its Georgian mansion, or take a free tour in the school summer holidays if a volunteer guide is available.

Services

There's no tourist information in town any more, though the entrance to Cardigan Castle (see opposite) has a **Tourist Information Point** – essentially, a collection of brochures about the region that are mostly of negligible practical use. Thankfully, the lady who worked for years in the former information centre is now on the desk at the castle, so you can, for the time being, pick her brains.

There are several **banks** with **ATMs** along High St as well as the **post office** (Mon-Fri 9am-5.30pm, Sat 9am-12.30pm) and a couple of **pharmacies** including a Boots (Mon-Sat 8.30am-5.30pm). You can get your laundry done at **Cardi Launderette** (Mon-Fri 8.30am-7.30pm, to 6pm Sat & Sun).

For a **supermarket** there is an Aldi about 500 metres north of the Castle on the main drag but if you can't be bothered to hike all that way – and after all you've done over the past week or two, why should you? – there's a Premier mini-supermarket on Priory St (Mon-Sat 7am-10pm, Sun 8am-10pm).

The library (Tue-Fri 9am-1pm & 2-5pm, Mon to 6pm, Sat 9am-noon), on the junction of Morgan St and Priory St on the way to Finch Square Bus Station, has free **internet** access and wi-fi.

Transport

[See box on p47] Cardigan is on a number of **bus** routes and the all-essential bus stop is on Finch Sq. Richards' Poppit Rocket (405) calls here, as do their T5, 408, and 430. Both Richards & First operate the 460 service to Carmarthen; Carmarthen provides the best rail connections for travelling to England.

Where to stay

If you fancy rewarding yourself at the end of your epic hike, how about staying inside the grounds of a 900-year-old castle on your final night? There are four rooms at **Cardigan Castle** (see opposite; 3D/1Qd, all en suite; wi-fi) as well as four self-catering options. Rates start from as little £30pp for room only; sgl occ £60) or £45-70pp (sgl occ room rate) including breakfast; this is served in the restaurant ('1176', see Where to eat), but if arranged in advance a continental breakfast can be delivered to the room.

Most other B&Bs are at the top end of town, on and around North Rd.

Llety Teifi (☎ 07813 892431, ☒ lletyteifi-guesthouse.co.uk; 1S/5T/4D, all en suite; ☹; wi-fi; ♿) is a raspberry-coloured boutique-style guesthouse. Two of the doubles have a Jacuzzi bath to soothe away your aches and pains. Rates start from £32.50pp (sgl/sgl occ £40/50) for room only; breakfast is not served.

A short walk beyond here is the more affordable **Brynhryfd Guest House** (☎ 01239-612861, ☒ brynhryfdbandb.co.uk; 2S/1T/1Tr share facilities, 3D all en suite; ☹; wi-fi); rates are from £30pp (sgl £30-45, sgl occ £38-55). To get there walk up Gordons Terrace, then turn left along Gwbert Rd.

Just past this, on the opposite side of the same road, is the rather smart, but still well-priced **Ty-Parc Guesthouse** (☎ 01239-615452, ☒ ty-parc.com; 3D/2T, all en suite; wi-fi; ☹); B&B here costs £30-40pp (sgl occ room rate).

Where to eat and drink

There are numerous **cafés** in town. The friendliest of the lot (especially if you have a dog) is **Castle Café & Cellar Bar** (☎ 07818-056599; wi-fi; ♿; summer daily 8.30am-3pm, winter hours variable). A sign outside says: 'Dogs: Bring your humans; get a free sausage.' They also serve breakfasts (from £4.95), sandwiches and coffee. **The Cellar** below the café used to host live music but is closed at the time of writing.

Further up the High St, **Belotti's** (☎ 01239-621713; fb; Mon-Sat 9.30am-5pm, in winter they may close earlier on a Wed)

is an Italian-Welsh deli and café, with tasty made-to-order sandwiches and plenty of lunchtime pasta options. **Coffee #1** (☒ coffee1.co.uk/locations/cardigan; Mon-Sat 8.30am-5.30pm, Sun 8.30am-5pm) is a coffee specialist with cakes and pastries.

Further still along the High St, **Food for Thought** (☒ 01239-621863; fb; daily 9am-5pm; wi-fi) is a wildly popular café, serving serving home-cooked main meals from £8.95 as well as cakes, coffee and ice-cream. They always have a vegan special and a gluten-free option. Almost next door is **Pendre Café** (fb; daily 10.30am-9pm), a

sit-down fish & chip restaurant with coffee and ice-cream to boot. There's another **fish & chip shop** just off the High St.

For takeaway snacks, including particularly tasty cakes, try **Queen's Bakery** (fb; Mon-Sat 8am-5pm).

Close by is **Happy City Chinese** (☒ 01239-612273, ☒ happycitychinese.co.uk; daily 5-10pm, also Fri & Sat noon-2pm).

Inside the castle grounds, **1176** (☒ 01239-562002, ☒ cardigancastle.com/dining; summer Sun-Fri 8.30am-4pm, Fri 5-9.30pm, Sat 8.30am-9.30pm, rest of year days/hours variable so check web-



at and kill any dogs that they consider are worrying their sheep. During lambing, most farmers would prefer it if you didn't bring your dog at all. The exception is if your dog is being attacked by cows. The advice in this instance is to let go of the lead, head speedily to a position of safety (usually the other side of the field gate or stile) and call your dog to you.

● **On National Trust land**, where it is compulsory to keep your dog on a lead.

● **Around ground-nesting birds** It's important to keep your dog under control when crossing an area where certain species of birds nest on the ground. Most dogs love foraging around in the woods but make sure you have permission to do so; some woods are used as 'nurseries' for game birds and dogs are only allowed through them if they are on a lead.

What to pack

You've probably already got a good idea of what to bring to keep your dog alive and happy, but the following is a checklist:

● **Food/water bowl** Foldable cloth bowls are popular with walkers, being light and taking up little room in the rucksack. You can get also get a water-bottle-and-bowl combination, where the bottle folds into a 'trough' from which the dog can drink.

● **Lead and collar** An extendable one is probably preferable for this sort of trip. Make sure both lead and collar are in good condition – you don't want either to snap on the trail, or you may end up carrying your dog until a replacement can be found.

● **Medication** You'll know if you need to bring any lotions or potions.

● **Bedding** A simple blanket may suffice, or you can opt for something more elaborate if you aren't carrying your own luggage.

● **Tick remover** See p219

● **Poo bags** Essential.

● **Hygiene wipes** For cleaning your dog after it's rolled in stuff.

● **A favourite toy** Helps prevent your dog from pining for the entire walk.

● **Food/water** Remember to bring treats as well as regular food to keep up the mutt's morale. That said, if your dog is anything like mine the chances are they'll spend most of the walk dining on rabbit droppings and sheep poo anyway.

● **Corkscrew stake** Available from camping or pet shops, this will help you to keep your dog secure while you set up camp/doze.

● **Raingear** It can rain!

● **Old towels** For drying your dog.

How to carry it

When it comes to packing, I always leave an exterior pocket of my rucksack empty so I can put used poo bags in there (for deposit at the first bin we come to). I always like to keep all the dog's kit together and separate from the other luggage (usually inside a plastic bag inside my rucksack). I have also seen several dogs sporting their own 'doggy rucksack', so they can carry their own food, water, poo etc – which certainly reduces the burden on their owner!

Cleaning up after your dog

It is extremely important that dog owners behave in a responsible way when walking the path. Dog excrement should be cleaned up. In towns, villages and fields where animals graze or which will be cut for silage, hay etc, you need to pick up and bag the excrement.

Staying (and eating) with your dog

In this guide the symbol  denotes where a hotel, pub, or B&B welcomes dogs. However, this always needs to be arranged in advance – many places have only one or two rooms suitable for people with dogs; in some cases dogs need to sleep in a separate building. Some places make an additional charge (usually per night but occasionally per stay), while others may require a deposit which is refundable if the dog doesn't make a mess. YHA hostels do not permit them unless they are an assistance (guide) dog, though there are independent hostels in Fishguard and Trefin where dogs are welcome. Smaller campsites tend to accept dogs, but some of the larger holiday parks do not; again look for the  symbol in the text.

When it comes to **eating**, most landlords allow dogs in at least a section of their pubs, though few cafés/restaurants do. Make sure you always ask first and ensure your dog doesn't run around the pub but is secured to your table or a radiator.

Henry Stedman

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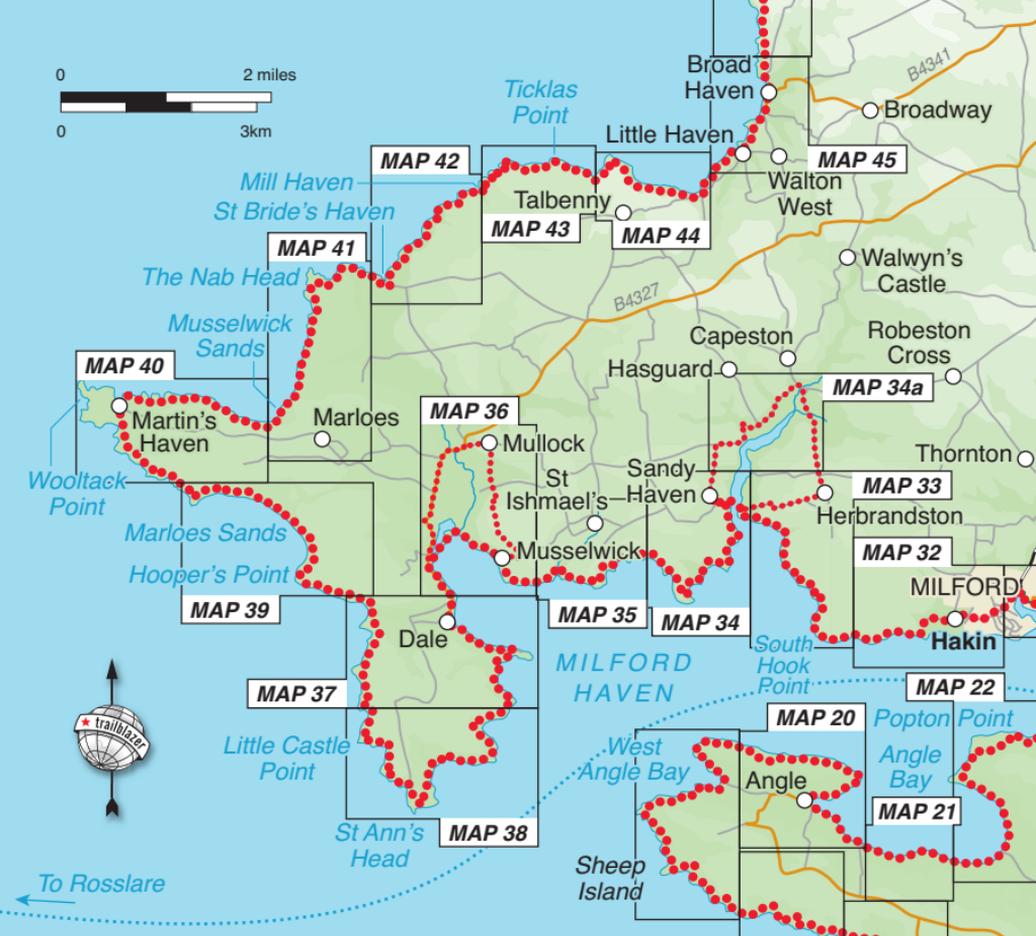


Maps 1-1b – Kilgetty to Start of PCP
 3 miles/5km – 1-1½hrs

Maps 1b-3a – Start of PCP to Tenby
 7miles/11km – 3¼-4½hrs

Maps 3a-8 – Tenby to Manorbier Bay
 10½ miles/17km – 3-4½hrs

NOTE: Add 20-30% to times given to allow for stops



**(Daugleddau Estuary walk –
 Maps 25-31 – Pembroke to Milford Haven –
 Maps 31-37 – Milford Haven to Dale –
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 Maps 41-45 – Musselwick Sands to Broad Haven –**

NOTE: Add 20-30% to times given to allow for stops



Maps 72-79 – Newport to St Dogmaels
 16 miles/26km – 6¼-9½hrs

Maps 79-80 – St Dogmaels to Cardigan
 1½ miles/2.5km – 30-35mins

NOTE: Add 20-30% to times given to allow for stops

Pembrokeshire Coast Path AMROTH – CARDIGAN

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6
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