

**2015  
TOUR**

**Pembrokeshire  
Coast**

**GUIDE**



## Welcome to the 2015 NOPS Kit Kat Tour

Staying in Chapel House Penycwm we are ideally located to explore the Pembrokeshire coastline and rolling countryside. Known across the world for its awesome coastal scenery, protected by Britain's only coastal National Park, Pembrokeshire is the perfect photography destination; golden sands backed by towering cliffs teeming with wildlife. The Pembrokeshire coast path runs the length of the county and affords views to take your breath away. Crystal clear waters make it perfect for spotting dolphins or seeing seals hauled up in secret coves. They should be pups in September. There is no end of choice; hills, castles, boats, harbours, woods, ancient monuments, lighthouses and pubs that will all offer stunning photographic opportunities.

The locations listed in the guide have been selected as popular areas to photograph. I have tried to be accurate with the postcodes but as many locations are rural, they are an approximation. They are not intended as an itinerary but as a starting point for a trigger-happy weekend.

Please take care and be respectful of the landscape around you. If you intend climbing or doing any other dangerous activities, please go in pairs (at least).



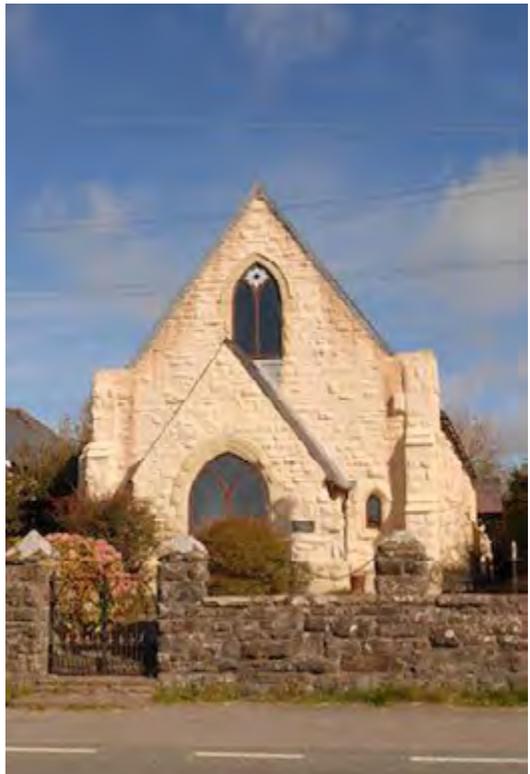
## **Our accommodation**

### **Chapel House, Penycwm, Pembrokeshire SA62 6AY**

The front door key is in a key safe attached to a drain pipe next to the back door the combination is: 1215 (please put it back there when you leave). You should find everything you need in the house. Please arrive after 15:00 to give Cottage cleaning our cleaning team time to get the Chapel ready for you.

Instructions regarding central heating and rubbish collection (please don't put bags outside before collection times as rubbish is very tempting for the seagulls!) are on a board in the kitchen and the dresser in the living room is full of information about the area. The new kitchen is finished and the pans for the new induction hob are in drawers under the cookers.

All bedding is provided, you just need to bring your towels. Please can you either pull back the duvets on the beds (or strip them if its easier) so that my cleaners know which beds to change. There are clear instructions for the TV and the gas stove. Please make sure that you switch off the gas to it when you aren't using the stove.



## Sun (Newgale)

Friday 4	06:37	20:01
Saturday 5	06:39	19:58
Sunday 6	06:41	19:56
Monday 7	06:42	19:54

## Moon (Newgale)

Friday 5	23:17	13:47
Saturday 6		14:52
Sunday 7	00:03	15:49
Monday 8	01:50	16:38

## Tide Times (Newgale)

	High	Low	High	Low	High	Low
Friday 4		04:54	10:54	17:17	23:21	
Saturday 5		05:42	11:45	18:11		
Sunday 6	00:17	06:41	12:48	19:22		
Monday 7	01:31	08:00	14:12	20:53		
Tuesday 8	03:01	09:28	15:38	22:14		

It would be worth checking tide times for the particular beach you may be visiting. See Tide times for details.





## Aberfforest & Waterfall

**Map Ref 1** SN 028 387

Aberfforest is a small, secluded cove between Dinas Head and Newport. The beach is shingle at the back, and some dark sand at low tide. About 200 yards away along the wooded valley behind the beach, is a waterfall which is definitely worth the short walk. A footpath on the left here will take you back to the farm road up to the A487.

### Access

Access is from the A487; a public footpath follows a wide farm road (with signs saying Aberfforest) almost all the way to the beach. There is a layby on the north side of the road a few yards east of this, and a further layby about 200 yards west as well as some space on the north side by an old milk stand (SN 028 387). Alternative access is along the coast path from Cwm-yr-Eglwys.



## **Blue Lagoon**

**Map Ref 2** SM 79724 31055 · Postcode SA72 6DY

The Blue Lagoon is a reminder of Pembrokeshire's industrial past, being the site of a former slate quarry. The lagoon was created when the outer wall was breached just over a century ago. On the walk from the nearby beach at Aberreiddi, you will also pass the ruined quarry buildings and slate-workers' cottages. The water has a very distinctive blue-green colour, which is caused by the build-up of minerals in the lagoon.

### **Access**

The Blue Lagoon is near Aberreiddi, off the A487 between St Davids and Croesgoch. There is a booking system for parking as the car park (SA72 6DY) can be crowded and uneven, we recommend the best way to get to the Blue Lagoon is by taking the Strumble Shuttle. Visit Pembrokeshire Greenways for timetables and more information about Coastal Buses. If you do travel by car, you can also take the narrower coastal road between St Davids and Trefin. Once at Aberreiddi, you can reach the viewpoint by following the acorn signs for the Pembrokeshire Coast Path National Trail. Alternatively, there is a path which leads over a bridge to the lagoon.



## **Bosherston Lakes**

**Map Ref 3** SR 977 962 · Postcode SA71 5DQ

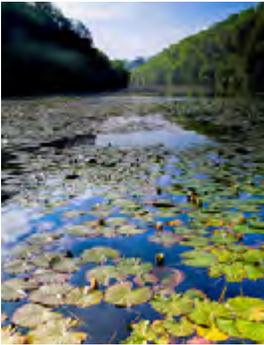
Three flooded limestone valleys best known for their covering carpet of lilies, which are at their best in June. A footpath winds its way around the banks to the spectacular beach at Broad Haven South.

These freshwater lakes are part of a National Nature Reserve and home to otters, wildfowl and dragonflies. The ponds also offer good coarse fishing and are well stocked.

### **Access**

SR 977 962 Lodge Park car park; SR 967 948 Bosherston car park; SR 976 937 Broadhaven South car park; SR 992 958 Stackpole estate.

Bosherston Lakes, Bosherston, Nr Pembroke SA71 5DQ. 01646 661359.



## Caerfai Bay

**Map Ref 4** SM 7617 2425 · Postcode SA62 6QS

A small rocky cove at high tide, sandwiched between towering cliffs 1 mile south of St Davids and close to the Chapel. The rocks around Caerfai are multi coloured with a mixture of grey, green and vivid pink. At low tide a sandy beach is revealed with plenty of rock pools to explore. Beware as there are strong currents in the sea off Caerfai.

### Access

Just before entering St David's on the A487 and turn left follow the local signs. The beach is accessed by a steep path. A free car park is situated above the cliff for about 50 cars. If you're planning to visit, check out the tide times so that you don't get cut off by the incoming tide!



## Carew Castle

**Map Ref 5** Postcode SA70 8SL

The magnificent Carew Castle has a history spanning 2,000 years. Set in a stunning location, overlooking a 23-acre millpond, the castle displays the development from a Norman fortification to an Elizabethan country house. The site incorporates an impressive 11th century Celtic cross, the only restored tidal mill in Wales, a medieval bridge and a picnic area, all linked by a delightful one-mile circular walk which enjoys uninterrupted views of the castle and an easy access path.

### Access

On the A4075, signposted off A477, 5 miles east of Pembroke. Tenby, Pembrokeshire SA70 8SL, 10:00 to 17:00 everyday (last admission at 16:30). Adult £5.00. Concession £4.25.



## Carreg Coetan Arthur

**Map Ref 6** SN 0603 3935 · Postcode SA42 0LT

Carreg Coetan Arthur is a delightful little chambered tomb sited incongruously within a 1980s holiday village. The tomb is 5000 years old and is situated in a fenced enclosure entered by a small gate. Not much taller than a person the remains of this tomb consist of four uprights, only two of which support a precariously balanced thick wedge shaped capstone tilted backwards with little trace of any of the cairn material that once covered the stones remaining – although a few large stones lay half buried within the well manicured lawn.

### Access

On foot from Newport Car Park Car Park, 17 Long Street SA42 0TJ. Head onto Long Street and turn right uphill to the crossroads (Post Office on your right), turn left and keep going until you see a sign for 'Feidr Pen-Y-Bont' (just past the Golden Lion Pub and Llys Meddyg Restaurant). Turn left here down the hill. After 500m you will see a series of bungalows on your left (opposite the entrance to Newport Business Park), take the entrance on your left and follow the road for 50m. On the right you will see a small gate and beyond the gate in the enclosure is Carreg Coetan Arthur.



## Carreg Samson

**Map Ref 7** SM 8483 3351 · Postcode SA62 5AN

Carreg Samson crouches low in a farmers field above the bay of Aber Castle gazing out across the Irish Sea. It is also known as 'Carreg Sampson', Samson's Stone and the 'Longhouse' is a fine example of a 5000 year old Neolithic Burial Chamber (cromlech) and the site of over 1000 burials. Located half a mile west of the Abercastle near the Pembrokeshire Coast Path. It is called 'Samson' because of a local legend that Samson placed it in position with his little finger. The whole burial chamber was once covered by a mound of earth or stones and once these were removed stones were used to block the holes in the sides of the tomb so that it could be used as a shelter for sheep.

### Access

West of Abercastle. SA62 5AN. Park in Abercastle. A short walk along the coast path to a signpost pointing uphill – quite accessible as steps have been laid.



## Castle Martin Range

### Map Ref 8 Map of area

A large part of the Castlemartin peninsula was taken over by the Royal Armoured Corps tank range in the late 1930s and developed during the Cold War period. Today Castlemartin is the only UK Army range available for armoured units for direct-fire live gunnery exercises. This area is not open to the general public but organised walks are operated by Pembrokeshire Footsteps ([www.pembrokeshirefootsteps.co.uk](http://www.pembrokeshirefootsteps.co.uk)) who get permission to take groups onto the MOD land.

### Access

The National Park car park here gives access to a view point overlooking the Green Bridge of Wales, but it is only open when the army are not firing. Access is available to the east along the Coast Path if Range East is open, but access onto the range to the west is strictly for permit holders only. (01646 662367 for access information). The Range is normally active Monday to Friday and two nights a week. During firing times red flags are flown, red lights are visible and access to Stack Rocks and St Govan's may be restricted. Warning: Do not pick up anything on the Range; it may explode and kill you.



## Cenarth Falls

**Map Ref 9** SN 268 416 · Postcode SA38 9JP

There has been a Mill at Cenarth at least since the 13th century when Cenarth Mill came into the possession of Edward I when he became Lord of the Manor of Cenarth. Cenarth is a fascinating village on the border of Pembrokeshire, Ceredigion and Carmarthenshire. The river is the heart of the village, famous for its falls and the salmon leap. It's a spectacular site in full flood. There is a Coracle museum and 13th century flour mill overlooking the falls. Cenarth has two pubs, the Three Horseshoes Inn and the White Hart Inn and a tea room serving traditional cream teas and meals.

### Access

Car park: Cenarth, Ceredigion SA38 9JP, off the A484



## Dale

**Map Ref 10** SM 809 057 · Postcode SA62 3RB

In the shadow of Dale Castle, the tiny unspoilt village of Dale is just four miles south of St Brides, in the heart of the National Park. Traditionally an agricultural and fishing community, there's plenty of wildlife including birds, seals, dolphins and porpoise. As the castle owns almost all of the land and houses, development has been prevented, creating a timeless and fabulous location.

### Access

A487 to Haverdordwest then B4327 all the way to Dale. No car parks so I assume parking on street. The Griffin Inn SA62 3RB.



## The Dyffryn Arms

**Map Ref 11** SN 02 34 · Postcode SA65 9SG

The pub at Pontfaen, The Dyffryn Arms, is run by the formidable Bessie Davies, a real local character. The pub is a time capsule of a bygone era. The bar is the front room of Bessie's house and the beer is served through a hatch straight from the barrel. It's well worth a visit for the experience but don't expect anything fancy. Beer is all you'll get. The route to Newport behind her house that she recommends is a steep single track but the views to Dinas Head & the sea are well worth it.

### Access

Gwaun Valley Road, Pontfaen, SA65 9SG (Off B4313). 01348 881305.



## **Dyfi National Nature Reserve & Ynyslas Sand Dunes**

**Map Ref 12** SN 608 894 · Postcode SY24 5HX

Situated where mouth of Afon Leri joins the Dyfi Estuary at Ynyslas. The Reserve is made up of three parts: Cors Fochno, a peat bog; Dyfi Estuary, a feeding ground for wading birds; Ynyslas, beach and dunes. The dunes grow day by day providing a home for rare plants, insects and birds such stonechats, linnets and larks shelduck. When you look out to sea, you may see dolphins and porpoise. At low tide the remains of an ancient submerged forest with stumps of petrified oak, pine, birch, willow and hazel are exposed on the beach and is associated with the legend of Cantr'e'r Gwaelod (English: The Lowland Hundred), a sunken kingdom that occupied fertile land between Ramsey Island and Bardsey Island in Cardigan Bay. It has been described as a 'Welsh Atlantis' and has featured in folklore, literature and song. Borth has a sandy beach and is a holiday seaside resort used for windsurfing, surfing and kiting both on the seafront and in the estuary.

### **Access**

Turn off A487 towards Borth. Open via the beach road. Information centre, Ceredigion, SY24 5JZ. 09:00 and 17:00. Toilets from 09:00 and dusk. Parking available on edge of beach at the end of the road from Borth.



## **The Best Fish & Chips in Wales**

**Map Ref 13** Postcode SA62 5SB

'Something's Cooking' is, according to my family, the best fish and chips in Wales. It is a family run restaurant staffed by local people, most of whom grew up as customers. Good service and attention to detail are an essential part of dining out and owner Trevor is on hand to ensure a warm welcome, with fine food and award-winning takeaway being served up with a friendly smile. Something's Cooking has received numerous awards and holds the prestigious 5 Star Fish & Chip Quality Award from the National Federation of Fish Friers.

### **Access**

Situated on the A40 between Fishguard and Haverfordwest. The Square, Letterston, Haverfordwest, Pembrokeshire, SA62 5SB. 01348 840621. Opening Hours: Tuesday to Saturday, 10:00 to 22:00.



## **Fishguard**

**Map Ref 14** SM 955 375 · Postcode SA64 0BT

Fishguard is a small market town high above Fishguard Bay and is the main shopping and commercial town in north Pembrokeshire. The Last Invasion Tapestry commemorates the last invasion of mainland Britain. The tiny picturesque harbour at Lower Town, the oldest part of Fishguard, has been used as the setting for many films including Dylan Thomas' 'Under Milk Wood' starring Richard Burton, Peter O'Toole and Elizabeth Taylor. Lower Town harbour provides a beautiful backdrop for the moorings of local yachts. The Cafe on the Quay is a great place for fresh lobster or crab.

### **Access**

Lower town parking:

Skirmisher, Bridge Street SA65 9HN or Fishguard Fort, A4971 SA64 0BT

Goodwick/harbour:

Goodwick Moor, The Parrog SA64 0DE



## Green Bridge & Stack Rocks

**Map Ref 15** SR 92 94 · Postcode SA71 5EB

The Green Bridge of Wales is a natural arch within the Pembrokeshire Coast National Park. Like the nearby Elegug Stacks it is a popular visitor attraction and can be accessed by walkers from the Pembrokeshire Coast Path. With a height of around 80ft, the Natural Arch and Bridge Society describe it as 'probably the most spectacular arch in the United Kingdom'. The site lies at the extreme west of the eastern sector of the Ministry of Defence's Castlemartin military training area but access for the public is normally available.

### Access

Follow the B4319 out of Pembroke following the signs for Castlemartin. After approximately 6 miles turn left onto Longstone Lane and then, after about 200 yards, turn right. This will take you to the car park. From here you can follow the Pembrokeshire Coast Path south to Stack Rock or take the path from the car park that leads out to the Green Bridge of Wales. Please call to check if the range is open to the public: Pembroke Visitor Centre 01437 776499 or Castlemartin Range 01646 662367.



## Haverfordwest

**Map Ref 16** SM 955 155 · Postcode SA61 2JP

Haverfordwest is a bustling medieval market town with narrow streets. The oldest part of the town is near the 12th-century castle, which is now a shell and home to the museum. There are several churches, many splendid Regency and Victorian buildings, and plenty of galleries, shops and places to eat. The centre of Haverfordwest is dominated by the Western Cleddau that runs through the middle of the town and the castle that towers above it. The award winning Haverfordwest Farmers Market is held on the riverside every Friday. Produce includes fresh fish, crabs & lobster, organic meat and vegetables, artisan cheeses and traditional-recipe cakes. Might be worth a visit before arriving at the Chapel.

### Access

A487 from the Chapel to Haverfordwest. Several free car parks on the edges of town. Cheap (£1) in the centre: Perrotts Road, Swan Square SA61 2JP. Riverside MSCP, Cartlett Road SA61 2ND. Also Morrisons where the parking is free with a purchase in store Bridge Meadow Lane SA61 2EX.



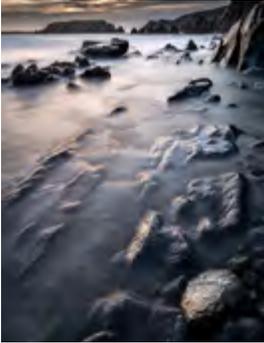
## Marloes Sands

**Map Ref 17** SM 779 082

One of Pembrokeshire's finest beaches. The geology is spectacular, both sandstones and volcanic rocks with folds, faults and jagged rocks. The rock strata has divided the beach up into numerous little 'bays'. Low tide reveals an expanse of sand with rocks, interesting cliff formations, and rockpools at the western end of the beach. Climb over the rocks at the western end to discover Albion Sands, a perfect little sandy beach. At low tide you can see all that's left of a wrecked ship sticking out of the sand; its prop shaft. At high tide the Marloes Sands beach can disappear so check out the tide times to make sure you don't get cut off by the incoming tide! There is an iron age fort on Gateholm overlooks the beach. Marloes Mere is a birdwatching hotspot attracting a number of waterfowl.

### Access

B4327 from Haverfordwest, follow signs for Marloes and Martin's Haven Embarcation. Left in Marloes Village for Marloes Sands; straight through village for Martin's Haven – follow signs. Car parking at the National Trust car park 0.5 mile from the beach SM 779 082 or Martin's Haven SM 763 089 £5.



## Milford Haven Refineries & Beaches

**Map Ref 18** SM 868 059 · Postcode SA73 3ST

Kilroom Bay is a little-known beautiful beach of sandstone rocks and pebbles situated north of South Hook Point and next to the oil refineries of Milford Haven. There are streams, rockpools, and it's very sheltered. At low tide you can walk westwards around to another sandy cove. Access is by a steep narrow path from the coast path and follows a stream down to the shore. Longoar Bay is a remote beach on the eastern side of Great Castle Head. It consists of sand, rocks and rockpools bordered by cliffs.

### Access

Kilroom Bay: Sandy Haven SA73 3ST or Herbrandston village – Follow the narrow lane taking a footpath on the right 70m after the Sandy Haven turning. This leads to the coastal path east of Sandy Haven beach from where Kilroom is a walk of about 0.75 mile east.  
Longoar Bay: A bridleway leads north from Great Castle Head across fields to meet the Sandy Haven – St Ishmaels road at SM 846 072 (roadside parking). Alternative parking is at St Ishmaels (see Lindsay Bay). The route down is a steep, overgrown path, centre of the bay, which is easily missed. You need to look for a narrow gap in the blackthorn bushes, from where the path leads down onto the rocks at the back of the beach.

**Longoar Bay**



**Kilroom Bay**



## Nevern & the Celtic Cross

**Map Ref 19** SN 082 400 · Postcode SA42 0NF

Now a quiet and picturesque village, Nevern was an important administrative centre in medieval times. It has a wealth of historic monuments, including the remains of a motte and bailey castle above the village and an ancient bridge. The site of Nevern Castle is on the north side of the village alongside the back road to Moylegrove. The earthen banks and the mound of the Motte can be seen in the woods today. The Norman church of St Brynach is on the site of St Brynach's 6th century 'clas'. The Nevern Cross on the south side of the church dates from the 10th century. An avenue of 700 year old yew trees leads you through the churchyard. One of them is the famous bleeding yew tree; some say it bleeds for the wrongful hanging of a young man many years ago, others say it will bleed until there is a Welsh prince on the seat at Nevern Castle and another legend says it will bleed until the world is at peace. There is a Pilgrim's Cross cut into the rock on the roadside between the village and the castle.

### Access

2 miles west of Newport, on the B4582. Nearest postcode (for satnavs) is SA42 0NF



## Newport Parrog Beach

**Map Ref 20** SN 055 395 · Postcode SA42 0RW

A delightful stretch of coastline. The Coast Path twists and turns its way round to the old lifeboat station, sometimes on the beach, sometimes on the road and at one point crosses a fantastic causeway built of slates laid in a herringbone pattern. It's possible to wade across the river near the yacht club to Newport sands. The walk back round the 'long way' takes you alongside the estuary to the bridge. Part of the Nevern Estuary, Newport Parrog beach is sandy at low water, check out the tide times. Newport town has a compact but varied shopping centre with most facilities including bank, post office, a wide range of retail premises and ancient buildings including the castle which is undergoing restoration work. Near here is Carreg Coetan ([link](#)), an exposed burial chamber.

### Access

Large car park at Parrog, Newport, Pembrokeshire SA42 0RW



## Pembroke Castle

**Map Ref 21** SM 981 015 · Postcode SA71 4LA

Pembroke Castle is largely intact and sits on the banks of the estuary. Birthplace of Henry VII and idyllically set on the banks of the river estuary, this mighty fortress is steeped in British history. Once the seat of a succession of major barons, Pembroke Castle has often had a leading role in shaping Britain's history. On your visit you can explore the labyrinth of passageways and towers, take in the views from the 75ft high Great Keep and descend into Wogan Cavern. Its keep has a 'massive cylindrical tower with an unusual stone dome'. Enjoy a stroll or a picnic in the castle grounds, walk around the medieval town walls and millpond. Pembroke also has a popular town trail, a museum, a daily indoor market and plenty of craft and gift shops.

### Access

A487 to Haverdwest then pick up the A4076 then A477 to Pembroke. Car parks: South Quay, Northgate Street SA71 4NT; The Common, Common Road SA71 4EA; Long Entry, The Parade, SA71 4LA. September 10.00 to 17.00 (last entry 16.15). Adults £6.60. Seniors (65+) £5.50.



## **Pentre Ifan**

**Map Ref 22** SN 099 370 · Postcode SA41 3TZ

Pentre Ifan is the name of an ancient manor in the civil parish of Nevern, Pembrokeshire, Wales. It contains and gives its name to the largest and best preserved neolithic dolmen in Wales. As it now stands, the Pentre Ifan Dolmen is a collection of 7 principal stones. The largest is the huge capstone, 5m long, 2.4m and 0.9m thick. It rests on the tips of three other stones, some 2.5m off the ground. There are six upright stones, three of which support the capstone. Of the remaining three, two portal stones form an entrance and the third, at an angle, appears to block the doorway. Also in the area the Celtic Cross, Nevern and Ty Canol Wood.

### **Access**

1km south of Pentre Ifan hamlet, in Pembrokeshire Coast National Park, Pentre Ifan, Narberth, Pembrokeshire. Access is via a gravel footpath. Limited parking within 300m of the monument. Open daily 10.00 to 16.00. Last admission 30 minutes before closing.



## Pen-y-cwm & Newgale Sands

**Map Ref 23** SM 849 234 &

The beach that you access from across the road at our BnB Chapel is stunning and very sheltered, which makes it enjoyable whatever the weather! At low tide it feeds into the beautiful Newgale sands (there is a tide time table in the coast to coast magazine in the house). It only takes 10 to 15 minutes to walk down and suits all tastes as there is beach, stones and rock pools. The big beach at Newgale is also worth a visit and there is a great cafe called 'The Sands' at Newgale which does tasty baguettes.

### Access

Fall out of the Chapel whenever you are ready, turn left, then first right and walk down the access road to the beach. Alternatively take the car and turn left onto the A487 and follow the road into Newgale where there appears to be parking by the beach, at The Sands cafe or at the Duke of Edinburgh Inn.



**Pen-y-cwm Beach**

## Picton Castle & Gardens

**Map Ref 24** SN 011 135 · Postcode SA62 4AS

Picton Castle is a medieval castle near Haverfordwest in Pembrokeshire, Wales. Originally built at the end of the 13th century by Sir John Wogan and is still inhabited by his descendants, the Philipps family (see Baron Milford and Viscount St Davids). Award-winning Picton Castle and Gardens is situated within the stunning Pembrokeshire Coast National Park. An RHS Partner Garden, it comprises 40 acres of some of the most beautiful woodland gardens and grounds in West Wales. Stroll beneath some of the largest and oldest trees in West Wales and discover woodland walks with their abundance of wild flowers blended with unusual woodland shrubs from all over the world, our Walled Garden and Fernery, a Jungle Garden, a Maze and an Adventure Playground.

### Access

Follow the brown tourist signs to Picton Castle that are located on the A40, 3 miles east of Haverfordwest. Castle Tour, Garden & Gallery £9.60 Senior Citizens £9.00. Garden & Gallery £6.60 Senior Citizens £6.00. 10.00 to 17:00.



## Porthgain

**Map Ref 25** SM 813 323 · Postcode SA62 5BN

Porthgain is a small coastal hamlet on the north coast of St Davids Peninsula. From around 1850 slate, then brick, and then granite were shipped from the harbour. The crushed granite road stone was dispensed from the massive brick built hoppers directly into small ships alongside Porthgain harbour. These and earlier slate quarrying related structures including the lime kiln, harbour and pilots house can still be seen. Recommended by our Air BnB host is The Sloop Inn (SA62 5BN) pre dates the quarrying (1743) and is one of the most iconic pubs in Pembrokeshire. And The Shed (SA62 5BN), once the machine shop for the engines that operated the brick works in Porthgain.

### Access

The Strumble Shuttle Coastal Bus Service connects Porthgain with St Davids and Fishguard and all the accessible stops on the coast in between. From St Davids take the A487 to Fishguard, turn left at the Atrumont Arms in Croesgoch. Continue on that road right down to the sea and Porthgain – you will cross straight over a crossroads at Llanrhian. On the satellite map there appears to be ample parking in the centre of the village.



## **Preseli Hills**

### **Map Ref 26**

The Preseli Hills rise up to 536m in the northern half of Pembrokeshire. The landscape is wild moorland, heath and grassland and home to a range of rare plants and invertebrates. For the best views in Pembrokeshire try Foel Eryr where the 360 degree panorama leads the eye across the sea to Ireland and Snowdonia on a clear day or Foel Drygarn (SN 1562 3346), Bronze Age stone ramparts, banks and ditches. The Golden Road is an 8 mile ancient track passing prehistoric remains, burial cairns dating back to the bronze age, Iron Age hill forts and an arrangement of stones in the shape of an eye known as Beddarthur SN1305 3251. Llanychaer is home to the famous 'Bessie's' pub where beer is still served from the barrel and Rosebush, with its local pub made of zinc.

### **Access**

One major road, the A478, crosses the eastern end of the range, reaching a height of 248m. Two B-class roads, intersecting at New Inn, cross the hills. SN 1653 3306 (near to Crymych) parking for Foel Drygarn. The walk to the top of Foel Eryr starts from a small car park just off the B4329, south of Newport.



## Ramsey Island

**Map Ref 27** SM 706 237 · Postcode SA62 6SL

This dramatic offshore island has cliffs up to 120 m high. Walk along the coastal heathland and enjoy the spectacular views. The island is awash with colour in September with pink thrift and purple heather. Choughs and peregrines nesting on the cliffs. Breeding season for grey seals and their white fur-clad pups on the beaches. Spot the large dark-skinned males patrolling just off shore.

### Access

From Cross Sq in St Davids, left onto Goat St. Sharp right onto Pitt St, left onto Feidr Treginnis and follow signs for St Justinians where road ends. Parking at St Justinians. Boats cross (weather permitting) from the Lifeboat Station at 10:00 and 12:00, returning at 16:00. Book tickets through Thousand Island Expeditions, located at Cross Sq, St Davids SA62 6SL. 01437 721721. sales@thousandislands.co.uk. Return boat: £12. Landing: RSPB members and Friends of Ramsey Free, adults £6, concessions £4.

Alternatively take a boat trip around the island: <http://www.ramseyisland.co.uk/boat-trips/ramsey-island-voyage/> The Voyage of Discovery boat trip takes 1 to 1.5 hours depending on season and logistics. Expect to see porpoises, seals, birds and some of the caves. Daily departures from 9am. £25 per person. 01437 721 911. Discounts available right up to the time of departure. Print this page (<http://www.ramseyisland.co.uk/booking/discounts-upgrades/>) and bring it with you or quote the ref WWW/JP416 if phoning.



## Rosebush, Quarries and Ruins

**Map Ref 28** SN 079 301

Rosebush is a village in north Pembrokeshire in the Preseli Hills area, about 1 mile north west of Maenclochog. Slate was extensively quarried nearby in the 19th century and the ruins of this industry make interesting photographic subjects. Rosebush slate quarry workings descend in tiers: it is no wonder that the large-scale slate production of this and the adjacent Bellstone quarry required a railway track to provide transport out. The Houses of Parliament in London are said to have been roofed with Rosebush slate.

There are numerous derelict buildings around Rosebush too: [www.welshruins.co.uk](http://www.welshruins.co.uk)

### Access

Rosebush is just south of the crossroad between the B4313 and B4329, on the B4313. A locally-renowned pub, Tafarn Sinc, SA66 7QU (01437 532214. Opening Hours: Monday closed. Tuesday to Sunday: 12:00 to 23:00) will get you to Rosebush and from there explore the area for ruins and the quarry.



## Shell House

**Map Ref 29** Postcode SA37 0EW

The Cilwendeg Shell House Hermitage is a most remarkable ornamental grotto, and a rare survival in West Wales. It was built in the late 1820s by Morgan Jones the Younger, who inherited the Cilwendeg estate upon the death of his uncle and created the Shell House in his uncle's honour. It was extensively restored by the Temple Trust. The walls and ceiling are entirely decorated in shells, and the floors are inset with the knucklebones of oxen and sheep.

### Access

Cilwendeg Park, SA37 0EW, is located to the east of the village of Boncath in Pembrokeshire off the B4332 (between Boncath and Newchapel).



## Skomer Island

**Map Ref 30** SM 809 057 · Postcode SA62 3BL

Skomer is a magical place to visit: off the coast of Pembrokeshire this island is surrounded by some of the richest waters for wildlife off the British Isles, from delightfully coloured sea slugs to magnificent cetaceans. The island itself attracts a huge array of wildlife which shelters in its bays and inlets. The Puffins will have left but there is still plenty to photograph in September with herring and lesser black-backed gulls often posing on rocky outcrops and large groups of ravens gathering. Explore the whole island to capture the landscapes around the coast. It is the seal pupping season from late August to October. Welsh photographer Andy Davies runs workshops at £95 for the day.

### Access

Parking SA62 3BJ (£5). Boats depart from Martin's Haven 10am, 11am and 12pm and return 3pm onwards. Skomer is popular so arrive two hours before the boats depart or go on weekdays. Weather can affect your chances of landing so we try to keep our Twitter feed up to date to let you know about the boats: Tweets by @skomer\_boatinfo. Landing fees paid at Lockley Lodge (visitor centre) and boat fare paid on the boat. Cash only. Adults Landing £10 and boat £11. Retired Landing £9 and boat £11.



## Solva

**Map Ref 31** SM 802 243

Solva is a harbour village on St Brides bay, Pembrokeshire. Nestled in the Pembrokeshire National Park, a few miles from St Davids, it boasts a bustling quay with plenty to do and a charming high street with cafes, craft shops and galleries. There's easy access to Pembrokeshire's award winning Blue Flag Beaches, and sublime walking both on the Pembrokeshire National Coast Path and inland in the secluded valley. There are plenty of places for a lunch ('35' is recommended) with spectacular views or riverside gardens to relax in. Solva Woollen Mill is the oldest working mill in Pembrokeshire 01437 721112 [www.SolvaWoollenMill.co.uk](http://www.SolvaWoollenMill.co.uk). Sailing and powerboats trips in St Bride's Bay 01437 720972 [www.solvasailboats.co.uk](http://www.solvasailboats.co.uk)

### Access

Solva is on the A487 between the Chapel and St Davids. There appears to be parking just off the A487 by the river mouth and the harbour.



## South Bishop Lighthouse

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### Map Ref 32

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The South Bishop Lighthouse is a lighthouse on South Bishop Island (also known as Emsger), a small rock approximately 5 miles (8 km) west of St Davids Head in Pembrokeshire, Wales.

The only way to get a reasonable shot of the lighthouse is from the sea although there may be long range shots from Ramsey Island ([link](#))

### Access

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See the lighthouse on a boat trip: <http://www.ramseyisland.co.uk/boat-trips/ramsey-island-voyage/> The Voyage of Discovery boat trip takes 2 hours. Daily departures from 9am. £25 per person. 01437 721 911. Discounts available right up to the time of departure. Print this page (<http://www.ramseyisland.co.uk/booking/discounts-upgrades/>) and bring it with you or quote the ref WWW/JP416 if phoning.



## St Davids

**Map Ref 33** SM 755 255

St Davids is the smallest city in Britain with a population of just over 1,600. St Davids is in the heart of The Pembrokeshire Coast National Park and The Coast Path walking is delightful. St Davids Cathedral is built from a local stone with a beautiful pink and grey colouring. It occupies the valley floor below the village. As you approach from The Square, you can't see the Cathedral until you get fairly close. Next door to St Davids Cathedral is the ruin of The Bishops Palace and well worth a visit. The newest facility which opened in 2008 is the Oriel y Parc Gallery. The National Park visitor centre has been extended to accommodate a state of the art gallery used to display national treasures. There is also a CK's Supermarket Ltd, 53 New St, SA62 6SW for supplies.

### Access

Turn right onto the A487 and St Davids is only a few miles away. There is also a regular bus service, the pufin bus, which along the coast and stops near the Chapel. Parking at Oriel y Parc Gallery SA62 6NW. Cathedral parking at Merrivale, Pit Street, SA62 6RJ.



## St Govan's Chapel

**Map Ref 34** SR 966 930 · Postcode SA71 5DR

A tiny hermit's cell built into the cliff at St Govan's, near Boshherston, South Pembrokeshire. Count the steps down and up again – legend has it that the number is never the same!

### Access

6 miles south of Pembroke. Approach via the B4319 and local minor road. Car park at St Govan's Head, Nr Boshherston SA71 5DR. Caution: Very steep steps down to chapel.



## Strumble Head Lighthouse

**Map Ref 35** SM 894 411 · Postcode SA64 0JL

Strumble is on the north west tip of Pembrokeshire, west of Fishguard. Perched on a tiny island just off the coast and reached by a small suspension bridge. The Lighthouse is automated now so there isn't any access onto the island. An old coast guard lookout nearby serves as a wildlife lookout. Strumble is one of the best places in Wales to see migrating seabirds. Viewing is particularly good soon after dawn in the autumn after a stormy period of weather. There are regular sightings of skuas, petrels, tern, gulls and shearwaters. Dolphin & porpoise watching is also popular here. Seals and their pups rest at the foot of the cliffs. Coast Path walking around Strumble is fantastic. A good circular walk starts at the historic hamlet of Llanwnda with its tiny church and Neolithic burial chamber.

### Access

Lighthouse Watch, Strumble Head, Fishguard SA64 0JL. Car park at this postcode.



## Tenby & Caldey Island

**Map Ref 36** SN 129 007 · Postcode SA70 7LS

Tenby is a walled seaside town on the western side of Carmarthen Bay. Notable features include 2.5 miles of beaches, the 13th century medieval walls and the Victorian revival architecture in a pastel colour scheme, making the town more Mediterranean feel. Make your way down Dead Men's steps which lead down to the harbour. They were so named because the town's former mortuary was behind the green door on the flight of steps. St Julian's is a tiny church in the harbour, built for fishermen to say a prayer before heading out to sea. another worthwhile visit is the tidal island of St Catherine's and its Victorian fort. No trip to Tenby is complete without a visit to Caldey island owned by Reformed Cistercian monks. Explore the ancient priory and sample the Caldey chocolate, fudge and perfume. Boat trips run regularly (except Sunday) from spring to late summer. Tickets can be bought from the harbour.

### Access

From the chapel take the A487 to Haverfordwest then take A40 until you reach the A478 which accesses the town. Tenby has a multi-storey car park which is located in the centre of town SA70 7LS.



# Ty Canol

## Map Ref 37

Ty Canol Wood is an ancient woodland south of Felindre Farchog between the Preseli Mountains and the north Pembrokeshire coast. The site is designated as a Site of Special Scientific Interest, National Nature Reserve and Special Area of Conservation. With trees over 800 years old, Ty Canol is one of the few remaining ancient woodlands in Wales. The site is important for its ancient oaks and the many rocky outcrops. Both trees and rocks are covered with mosses and nearly 400 species of lichen, many of which are rare.

## Access

From Fishguard take the A487 road in the direction of Cardigan until you reach the Nevern crossroads. Turn right onto a minor road towards Cilgwyn. After 1km turn right into a small car park. Walk down the track. Bear right when you come to buildings then bear left behind them and continue down the woodland track. At this point you are in Pentre Ifan Wood, which forms part of the Pembrokeshire National Coast Park. In order to reach Ty Canol woods bear to the left at the T-junction at the lowest point of the track.



## **Urbex in Wales**

### **Map Refs 38**

There are many ruined mansions and farm buildings in Pembrokeshire. Check out [www.welshruins.co.uk](http://www.welshruins.co.uk)

A couple of places to discover:

Pigeon House, Clynyfw Farm, Abercych, Boncath SA37 0HF on the estate of Cilwendeg Park is located to the east of the village of Boncath in Pembrokeshire off the B4332 (between Boncath and Newchapel).

Llanstinan House SM 953 321. Llanstinan House, a few miles south of Fishguard, for several centuries the centre of an estate of 3,200 acres, has been occupied by a succession of distinguished Pembrokeshire families. The double lime avenue was the grandest in Wales and the garden adjoining the house, one of the most interesting.

Tegfynydd, Llanfallteg, Carmarthenshire SA34 0UR.

### **Access**

Use common sense and discretion. Ask permission if possible.



**Pigeon House**



**Llanstinan House**



**Tegfynydd House**

## **The Witches' Cauldron**

**Map Ref 39** SN 102 450

The Cauldron is one of the finest blow holes (collapsed cave) along the coast has been formed by the collapse of a large cave. The Pembrokeshire Coastal Path crosses a natural arch that allows the sea into the cauldron on the other side. The crater still connects to the sea and is a popular place for seals and the more daring canoeist. At certain times of the year the chough, a rare species nationally, may be spotted. A century ago there was just one breeding colony of fulmars in Britain. They now nest in several places along the walk to the Cauldron, and their numbers are increasing.

### **Access**

Roadside parking at Ceibwr (SN 108 457). Start from the informal parking area where the road widens at Ceibwr. Go up the hill for 200m, right through an anti-vehicle barrier and walk along the Coast Path to the Cauldron.



## **Useful Websites**

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### **General**

[www.visitpembrokeshire.com](http://www.visitpembrokeshire.com)

[List of British Beaches](#)

[National Trust](#)

[Welsh Ruins](#)

[Parkopedia](#)

### **Attractions**

[Five secret beaches](#)

[Picton Castle](#)

[South Bishop Lighthouse](#)

[Fishguard](#)

[Aberfforest](#)

[Bedd Arthur](#)

[Ramsey Island Boat Trip](#)

### **Walks**

[St Govans to Stack Rocks](#)

[South Pembrokeshire Coast Path](#)

[Strumble Head Walk](#)

[Garn Fawr Strumble Head Walk](#)

[Witches Cauldron Walk](#)

[St Davids Head Walk](#)

[Pembrokeshire Coast Path](#)

[Porthgain/Abereiddi Walk](#)

[The Golden Road](#)

### **Food and drink**

[The Shed, Porthgain](#)

[The Sloop, Porthgain](#)

[The Best Fish & Chips in Wales](#)

### **Tide times**

[Newgale](#)

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