# Welcome to Castle Ely Mill

Red Roses
Whitland
SA34 0PJ

Tel: 01834 831636

Dear Guests,

Thank you for choosing Castle Ely Mill for your holiday. We have tried to do everything to ensure that you enjoy your time with us to the full.

To reduce the risk of transfer of any virus, we have transferred our information guide to this online version and removed the hardcopy from the cottage. We hope that you find this a useful source of information.

If you have any queries or problems, please call at the house and we will do all we can to help.

Suzie & Andrew Grimwood



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# General Information

We want your holiday to be as relaxing and enjoyable as possible, however there are a few rules that we ask you to abide by:

- For your children's safety, please do not allow them to play games or run around the lake area. Children MUST always be accompanied near the lake.
- If your party has more than 1 vehicle, please use the additional parking area at the top of the 2nd drive.
- Please do not wash clothing in the apartment - there is a laundry room provided for residents which is available 9am – 9pm Monday – Friday. These machines are coin operated (£1 for approximately 40 minutes electricity).
- If it has been particularly wet, please refrain from walking around the lake until the ground has had some time to dry out.

## WIFI

Wifi is available in your cottage.

Wireless SSID (login): castle ely mill

Wireless Key (password): cottages123

***Note 1:*** This is a shared internet connection so please refrain from downloading large files or streaming films etc.
***Note 2:*** Please also note that this is rural Wales and the broadband connection is not superfast – we cannot guarantee that you will be able to connect at all times.

Thank you for your cooperation and understanding.



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# Waste Recycling

We are obliged to recycle our waste and we would appreciate your help with this.

**Please ensure that all waste is placed into either a black or blue bag prior to placing into the main bins, as our dustmen will only take bagged waste!**

**BLUE WASTE**: Please place all clean plastic, paper and cans/tins into the bins containing the blue bags. Once full, blue bags should be tied closed and placed into the large blue wheelie bin opposite the main house.

**FOOD WASTE:** All food waste is to be placed in the brown food caddy provided. Once full the content should be transferred to the larger green food bins outside, adjacent to the wheelie bins. Please do not use plastic bags, but use the compostable bags provided, or wrap the food in newspaper.

**GLASS:** Please place all clean glass bottles and jars into the grey crate alongside the wheelie bins.

**GENERAL WASTE:** All other waste can be disposed of in the black bags in the bins within your apartment. When these are full please place into the large grey wheelie bin opposite the main house.

**NAPPIES:** Please place used nappies in nappy sacks and then in the silver bin next to the wheelie bins outside.

Many thanks for your co-operation.



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# Laundry Facilities

Coin operated washing and drying facilities are available for all guests to use Monday – Friday, 9am – 9pm. You will find the laundry room adjacent to the parking area.

**Each £1 = c.40 minutes of power**

If you require change then please knock at the main house.

The left-hand coin meter is for the washing machine, the right-hand one is for the tumble dryer.

## Washing Machine:

We do not provide washing powder/detergent (although some guests do leave part used boxes behind, which you are welcome to use), please provide your own. Where possible we ask that this is septic tank friendly,

Please ensure that you use enough coins for the wash cycle that you choose as the machine will stop mid-cycle if the power runs out.

## Drier

As well as the tumble drier, we have provided a couple of clothes-airers so you can hang your clothes outside to dry. Available on a first come first serve basis - please return to the laundry room after use.

## Ironing:

An iron and board are available in the laundry room – please help yourself but return after use for others to use.

Please remove your washing/drying as soon as possible to allow others access to the machines.



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# Barbeque

A barbeque is available for your use – it's usually located next to the games room – you will need to supply your own charcoal.

If you wish to use the barbeque please ensure that you empty the ash (after it has gone cold!) and leave the grill in a reasonably clean condition once you have finished with it for the benefit of the next guests - apologies if the previous guests have not extended this courtesy to you.

You will find barbeque utensils and cleaning equipment for the grill tray in the laundry room.

Please remember that this is a shared barbeque, for use by guests in all 3 cottages.



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# The Blue Plume – Games Room and Social Area

Adjacent to the lake is a games room/social area available for use by all our guests.

## Drinks

There is a fridge containing a variety of drinks (cans of beer and soft drinks) available for a small donation - £1 per can of beer, 50p per soft drink.

Please feel free to help yourself and place your donation in the pot provided.

## Pool Table

There is a coin operated pool table - a 50p piece is required to release the balls (we do provide a 50p piece which drops straight out to the floor for re-use). Please take care when playing as there is not too much space around the table (sorry, only short pool cues are provided).

## Books (in the chest of drawers)

Please replace books after use and do not leave in the cottage.

You may not complete the book during your stay and if this is the case then please take the book home with you – ideally if you could leave a replacement then that would be appreciated.

## Games/Jigsaws (in the chest of drawers)

Please make use of any of the games or jigsaws and replace after use. If you find that any parts/pieces are missing, please let us know so that the next people who want to use the game are not disappointed!

Once again, if you could ensure that you replace all games after use this enables everyone to have a wider choice during their stay.

Don't forget to "check-in" to The Blue Plume on facebook!



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# Departure Instructions

(Apartments must be vacated by 10am to allow access for cleaning)

We kindly ask that you:

- Leave your apartment clean and tidy – particularly the cooker, fridge and bathroom.
- Do not leave any food items in the kitchen – either dispose of them or take them home with you.
- Ensure your recycling is disposed of and all waste is placed in the correct bags and put in the outside bins.
- Strip all beds and place all bed linen and towels in the bags provided. Please close/tie the bags ready for us to collect.

## Early morning departure

If you are leaving early in the morning, please let us know the night before and leave the key in the cottage.

## Reviews

Please leave a review for us on our facebook page, on google and on the platform you have booked through (or all three!), or just drop us an email and we will add it to our website!

We sincerely hope that you have had an enjoyable holiday and we would love to welcome you back to Castle Ely Mill in the future. Don't forget, you get the best rates when you book direct!

Have a pleasant and safe journey home.

Best wishes
Suzie & Andrew



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# Shopping

Our nearest shop is at the petrol station on the A477 towards Pembroke (1/2 mile) – this sells basic items including bread, milk, newspapers and basic groceries. Open 8am – 8pm.

## Greenacre Market Garden, Llanteg (<2 miles)

A small family run Market Garden, where you can buy seasonal and local produce. An honesty payment system is operated out of hours, so this is available 24 hours a day. Adjacent to this is Dai's Dairy where you can buy fresh milk and flavoured milkshakes via a vending machine. Also our friends Iva & Martin run the onsite café (Jugy's Café) from May – November, where you can get great breakfasts, burgers, sweet treats, tea & coffee.

## KILGETTY (5 miles)

The nearest supermarket is the Co-op in Kilgetty. Head towards Pembroke then turn right off the A477 into Kilgetty and the Co-op is on your left after the railway bridge. Kilgetty also has:

- Post Office
- Fish & Chip Shop
- Seven Spice Indian Restaurant/Takeaway
- Chinese Takeaway
- Rib & Oyster restaurant/butcher/fishmonger (well worth a visit!)
- Chemist
- A few other small shops

## CARMARTHEN (15 miles)

This has a number of major high street retailers in addition to an interesting indoor market, plus there are large Tesco and Morrisons Superstores, plus Aldi and Lidl. There are also a number of restaurants and cafes and a multi screen cinema.

## NARBETH (8 miles)

If you are looking for something a little different to your average high street, then this is the town to visit. Although quite small, it boasts several independent shops and has a number of great restaurants and cafes.

## LLANELLI, SWANSEA, CARDIFF

If you are after some serious retail therapy then we suggest that you head to Llanelli, Swansea or Cardiff where you will find everything that you need!



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# Local Restaurants / Take-Aways

There are so many places to eat in the local area however we can personally recommend the following:

- **The New Inn** – Amroth Beach - 01834 812368
  https://www.facebook.com/New-Inn-Amroth-236075309840415
  *Never had a bad meal here – the portions are huge! – and they do kids and toddler meals too.*

- **Seven Spice** Indian Restaurant & Take-Away – Kilgetty - 01834 811 907
  https://www.facebook.com/groups/1610162595869241/about
  *Not what you would expect in a small village – excellent Indian food.*

- **The Dragon Palace** Chinese Restaurant & Take-Away – Pentlepoir - 01834 812483
  http://www.dragon-palace.co.uk/

- **Ultracomidia**, Tapas Restaurant – Narberth - 01834 861491
  http://www.ultracomida.co.uk/
  *A true taste of Spain great tapas – be prepared to queue as it's so popular!*

- **The Kraken Fish & Chips -** Brewery Terrace, Saundersfoot
  Facebook
  *The best fish and chips in Saundersfoot.*

- **The Cowshed at Cowpots** – Pen Back Farm, Whitland SA34 0NG - 01994 240434
  https://www.facebook.com/TheCowshedatCowpots
  *Lovely fresh pizzas and amazing Cow Pots ice-cream in so many flavours!*

- **Quayside Lawrenny Tearooms** – Lawrenny, SA68 0PR
  http://www.quaysidelawrenny.co.uk/
  *Wonderful location for lunch or afternoon tea. Great crab sandwiches!*

- **The Stackpole Inn** – Stackpole village – 01646 672324
  http://www.stackpoleinn.co.uk/
  *Definitely worth the drive out – especially if you like fresh fish, and great Sunday lunches.*

- **Neil's Fish & Chips** – St Clears
  https://www.facebook.com/Neils-Fish-And-Chip-Shop-271338469640556
  *Great fish and chips. Cheaper than at the beach!*



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- **The Corvus Inn -** St Clears
  https://www.facebook.com/corvusinn
  *Great takeaway (or eat in) available, including Sunday dinner. And their cheesecakes are to die for!*

- **Jeffreyston Inn** – Jeffreyston – 01646 651394
  https://www.facebook.com/Jeffreyston-Inn-277352955740369
  *Great pub food and huge Sunday lunches.*

- **Dexters Steakhouse & Grill** – Carmarthen – 01267 223000
  https://www.dexterswales.co.uk/
  *Fantastic steaks.*

- **Ferryman Deli** – Laugharne – 01994 427398
  https://www.facebook.com/Ferrymanlaugharne
  *Lovely food – leave enough room for a slice of cake, they are amazing!*

- **Poons Street Food** – Laugharne – 07967334657
  https://www.facebook.com/Poon-Street-Food-422995218188881
  *Genuine Thai food takeaway or eat-in*

- **Wrights Food Emporium** – Llanarthney - 01558 668929
  https://shop.wrightsfood.co.uk/
  *Exceptional food (with a difference) in a lovely relaxed environment. Also has a great deli too so you can bring back some of what you taste! It's worth leaving room for one of their cakes!*

- **Plum Vanilla** – Narberth, 01834 862762
  https://www.facebook.com/PlumVanilla-Caf%C3%A9-127647807274210
  *This little eatery aim to use organic, fairtrade and local produce as much as possible.*

- **Rib & Oyster** – Kilgetty, 07974 913386
  https://www.facebook.com/ribnoyster
  *A superb butchers & fishmongers, with a few tables to dine in – exceptional food, including huge surf and turf platters of local meats and amazing fish/shell fish. One not to be missed, if you can get a table!*

- **Carew Inn** – Carew, 01646 651 267
  https://www.carewinn.co.uk/meals.html
  *Adjacent to Carew Castle, a lovely pub/restaurant offering great food. Large beer garden too.*



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*Smoke & Dough – St Clears*
*Jugy's Café – Greenacre Market Garden, Llanteg*
*Rib & Oyster – Kilgetty*
*Stone Crab – Saundersfoot*
*St Brides Hotel – Saundersfoot*
*On George's – Tenby*
*Billycan – Tenby*
*Hunters Moon – New Hedges*
*Twelve - Tenby*



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# Days Out

There is so much to do and see in the area. Here are details of many of the attractions and activities for you – please remember to check opening times before setting off!

## Theme Parks & Adventure / Outdoor Activities

### Heatherton World of Activities

St Florence, nr Tenby, SA70 8RJ - 01646 652000
https://www.heatherton.co.uk/
Enjoy a fantastic family day out here at Heatherton World of Activities in beautiful Pembrokeshire, just 3 miles from Tenby in South West Wales. Discover a whole world of amazing indoor and outdoor activities for all ages, from family fun to adrenaline-pumping Pembrokeshire adventures…and we're even dog friendly! Whether you love the thrill of speeding round a go kart track, the adrenaline rush of a high ropes trail, the mental challenge of Escape Rooms or the fun of an ENTIRE zone dedicated to play, we have it ALL and more at Heatherton! Open all year round, whatever the weather.

### Manor Wildlife Park

St Florence, Nr Tenby, SA70 8RB – 01646 651201
https://www.manorwildlifepark.co.uk/
Over 200 species of animals, birds, fish and reptiles. A daily programme of events including falconry, snake handling, penguin feeding and bottle-feeding young animals. A great day out for all the family. Open Daily, 9am – 6pm

### Ocean Lab & Aquarium

The Parrog, Goodwick, SA64 0DE – 01348 874737
https://seatrust.org.uk/sea-mor-aquarium/
The Sea Môr Aquarium is a great rainy day activity for all the family. It is home to a variety of marine creatures, representing the diversity of life found in Welsh waters. Highlights include our moon jellyfish, spider crab, octopus and rock pool adventure tank, where children can touch starfish, anemones and small crabs. The aquarium allows close up views of the animals possibly only glimpsed in their natural environment. The guided tour, provided by Sea Trust marine biologists, is packed full of fun facts, creating an eye-opening experience for children and adults alike. The whole experience lasts around 45 mins. Guided tours only.



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**Folly Farm**
Begelly, Kilgetty, SA68 0XA – 01834 812731
https://www.folly-farm.co.uk/
One of Wales' biggest family attractions where you can touch and feed the animals. With a huge array of animals, both indoor and outdoor play areas and a vintage funfair, there is something for all the family. Open daily from 10am – 5pm. Don't forget to use Tesco Leisure vouchers for the best deal!

**Wood Park Off-Road**
New Moat, Clarbeston, SA63 4RD – 01437 532234
http://www.woodpark-offroad.com/
A 45 acre custom made site in a beautiful ancient woodland setting. Discover what a 4x4 can do with professional off-road driver training and experiences. Whatever your age, driving off-road for the first time is exciting. Choose from 2.5 hour, half day or full day packages. They offer experiences to drivers aged 13 years+ in dual-controlled vehicles.

**Dinosaur Park**
Gumfreston, Tenby, SA70 8RB – 01834 845272
https://www.thedinosaurpark.co.uk/
Dinosaur theme park with many indoor and outdoor attractions including an activity centre, a daily programme of activities, adventure playground and Dino's Play Den for younger children. Dinosaur themed restaurant, sun terrace café and snack bar.

**Ritec Valley Quad Bikes**
Penally, Tenby SA70 8NF - 01834 843390
https://www.ritec-valley.co.uk/
10km of routes with some of the finest terrain you are likely to find. Minimum age 11. Woodland trails and open countryside for a course based on speed and skill. Pre booking only. Instructor led at all times. Or just turn up - Flat Track riding around the largest circuits in the area. Minimum age 6. Perfect for beginners or seasoned quad addicts alike. Pre booking available but not essential.

**Dragon Activities – outdoor activities**
01437 720077 / 07809 717055 / 07826 356664
https://www.dragonactivityguides.co.uk/index.php
An award winning multi-adventure activity provider based in and around the beautiful Pembrokeshire coast, offering Pembrokeshire's favourites - Coasteering, Kayaking, Surfing, and Rock Climbing, for a half day or full day



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adventure. You can swim into hidden caves, try your hand at rock hopping, stand up on a wave for the first time or scale up sea cliffs.

**Good Trail Paddle-boarding**
Coppet Hall Beach, Tenby, SA69 9AJ – 07784 354400
https://good-trails.com/
Paddle boards available for hire or join one of the safaris in the estuary. Lessons also available, including taster sessions for complete novices. Bicycles also available to rent.

**Pembrokeshire Wake Park – Wakeboard / Aqua Park**
Cott Lane, Narberth, SA67 8AB – 01834 891511
https://www.pembrokeshirewakepark.co.uk/
Whether you want to try your hand at wakeboarding, or just want to jump around on a giant inflatable obstacle course, or give indoor rock climbing a go, this is a great way to spend a few hours in the water. Pembrokeshire Wake Park offers the latest wakeboarding facilities, which have been specifically designed and selected to suit both beginners and advanced rider – all gear and equipment provided.

**Hanger 5 Trampoline Park & Soft Play Centre**
Fishguard Road, Haverfordwest, SA62 4BY – 01437 700555
https://hangar5.wales/
Fun for all the family at Hangar 5… an awesome selection of activities come rain or shine in Pembrokeshire. Book a bounce session, take a relaxing break in our café or book a session for little feet in our recently launched soft play area. Please note the trampolines and soft play are separate activities.

## Castles

**Cilgerran Castle (National Trust)**
near Cardigan, Pembrokeshire, SA43 2SF - 01239621339
https://www.nationaltrust.org.uk/cilgerran-castle
Near to the northern border of Pembrokeshire, Cilgerran Castle stands majestically at the top of a large gorge overlooking the Teifi. Fishing by coracle used to take place in the river below and the coracle races each summer are worth a visit.

**Picton Castle and Woodland Gardens**
The Rhos, nr Haverfordwest, SA62 4AS – 01437 751326
https://www.pictoncastle.co.uk/



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Built in the 13th Century, the castle has been home to the Phillips family for generations and is set in 40 acres of magnificent gardens. Entrance to the castle is by guided tour only. There is an excellent café on site.

**Lawhaden Castle**

Llawhaden, SA67 8HL

Situated along the (imaginary) Landsker Line, which formerly divided the Welsh speaking north from the English speaking south of the county. This castle stands on the site of an earlier ring motte. Its purpose was to protect the estates of the Bishop of St Davids

**St Davids Cathedral**

St Davids, SA62 6RD

https://www.stdavidscathedral.org.uk/

Of all the ancient churches in Pembrokeshire, the great cathedral at St Davids is the crowning glory. Built in a hollow, the "Vale of the Roses", to conceal it from the Viking raiders, the cathedral is a majestic building set in a magnificent setting. Such was the importance of this 6th Century holy man that it was decreed in the Middle Ages that two pilgrimages to St Davids equalled one to Rome. In regular use as a place of worship, the cathedral also provides an unparalleled venue for fine concerts. Yearly festivals and craft exhibitions take place.

**Pembroke Castle**

Pembroke, SA71 4LA - 01646 681510

https://pembrokecastle.co.uk/

Pembroke Castle is a medieval castle. The castle was the original family seat of the Earldom of Pembroke. A Grade I listed building since 1951, it underwent major restoration during the early 20th century. A great day out for the wole family.

**Carew Castle and Tidal Mill**

Carew, Tenby, SA70 8SL -

https://www.pembrokeshirecoast.wales/carew-castle/

Carew Castle's rich history spans over 2,000 years and tells of knights of the realm, kingmakers, Elizabethan intrigue and Civil War devastation. Set in a stunning location overlooking a 23-acre Millpond, the Castle is one of the most architecturally diverse in Wales; from the west a Norman fortress, yet from the north a splendid Elizabethan mansion. The site also includes the only restored Tidal Mill in Wales, an 11th century Celtic cross, a Medieval bridge and picnic area all linked by a mile-long circular walk, suitable for buggies and wheelchairs, with magnificent views over the Millpond.



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**Laugharne Castle**
King Street, Laugharne, SA33 4SF – 01997 427906
https://cadw.gov.wales/visit/places-to-visit/laugharne-castle
Laugharne Castle is located on the estuary of the River Tâf, was originally established in 1116. It was rebuilt as a Norman stronghold. There have been many alterations since then, including becoming a Tudor fortified manor house in the sixteenth century.

## Parks, Gardens, Nature, Walks

**Caldey Island (closed for 2020)**
Off Tenby, SA70 7UH – 01834 844453
https://caldeyislandwales.com/
Caldey Abbey is the home of the Cistercian Monks who farm this tiny island off the coast of Tenby and make the famous Caldey Island perfume and chocolate. The island can be visited from Easter to October (Mon – Fri, Saturdays in June, July & August). Regular boat trips leave from Tenby Harbud. There is also a medieval priory, lighthouse, post office/museum, gift shop and tea garden, as well as a glorious sandy beach, pleasant walks and spectacular views. Crossings are subject to weather conditions.

**Stack Rocks & The Green Bridge of Wales**
Castle Martin, Nr Pembroke, SA72 5EB
A dramatic natural rock arch and rock pillars on the south west coast of Pembrokeshire. The road to the Stack Rocks passes through an army tank range and is closed at certain times – please call to check if the range is open to the public (Pembroke Tourist Information Centre – 01646 622388 or Castlemartin Range – 01646 662367)

**Colby Woodland Gardens (National Trust)**
Nr Amroth, SA67 8PP – 01834811885
https://www.nationaltrust.org.uk/colby-woodland-garden
8 acres of woodland gardens set in a tranquil and secluded valley with extensive woodland walks and views over Carmarthen Bay. The garden houses one of the finest collections of rhododendrons and azaleas in Wales. There is a great tea room offering lunches and lovely cakes.

**Penlan Uchaf Gardens**
Fishguard SA65 9UA - 01348 881388
http://www.carnedward.co.uk/gardens-in-pembrokeshire-tea-room/



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Landscaped gardens set in approx. 3 acres in and around a working hill farm. Situated int eh heart of the Gwaun Valley, renowned for its beauty, with breath taking views overlooking the Presseli Hills. Sit and watch the working Pembrokeshire farm and admire the gardens whilst enjoying homemade cakes in the tea room. Open May – October

**Upton Castle Gardens**
Nr Cosheston – 01646 689996
https://www.uptoncastle.com/
Upton Castle Gardens are one of Pembrokeshire's hidden gems and a must for gardening enthusiasts or anyone wanting to experience real peace and tranquillity. The 35-acre grounds and gardens occupy a secluded wooded valley which runs down to a tributary of the Carew River. The grounds contain over 250 different species of trees and shrubs as well as a formal rose garden. Woodland walks lead through ancient trees past the remains of medieval fish ponds to the tidal estuary of the River Cleddau. Open daily from April – September.

**Welsh Wildlife Centre**
Nr Cardigan, SA43 2TB – 01239 621600
https://www.welshwildlife.org/visitor-centres/the-welsh-wildlife-centre/
Discover the wonders of the nature at The Welsh Wildlife Centre and Teifi Marshes Nature Reserve… your perfect day out in Pembrokeshire. Families will love exploring our nature trails on foot or two wheels, playing in the adventure playground, discovering our willow maze, meeting our resident water buffalo and friendly giant willow badger.

**Bosherston Lilly Ponds**
Bosherston, Pembroke, SA71 5DW
https://www.nationaltrust.org.uk/stackpole/features/bosherston-lakes-and-stackpole-court
The Bosherston Lakes, the old Stackpole Court site and Lodge Park Woods form the most complete and famous part of Stackpole's designed landscape. It's easy to while away a few hours meandering around this part of Stackpole, imagining what it might have been like back in its heyday. Great wildlife and of course the famous Water Lilly's.

## Boat Trips

**Thousand Island Expedition**
St Davids. SA62 6SL
https://thousandislands.co.uk/



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Take a boat trip and visit the Pembrokeshire Islands of Ramsey, Skomer or Grassholm and witness some of the most powerful currents in Britain, pass beneath some of the highest sea cliffs in Wales, see spectacular breeding colonies of hundreds of nesting seabirds.

**Voyages of Discovery (Ramsey Island Boat Trip)**
St Davids, SA62 6SE - 01437 721911
https://www.ramseyisland.co.uk/
We specialise in providing professional boat trips for all ages and abilities – so whether you want sensitive wildlife observation, thrilling expeditions and adventures or something a little different we have a voyage for you, or we can tailor a trip to your needs. So whether you're looking for close encounters with a myriad of wildlife, some adrenaline on the Bitches or good old family fun, we do it and all with the most modern fleet of vessels with expert guides and skippers.

**Tenby Boat Trips**
Tenby Harbour – 07980 864509
https://www.tenbyboattrips.co.uk/
Cruise along the spectacular south Pembrokeshire coastline. Two cruises available – Seal Safari or Island Cruise.

## Arts & Crafts

**Solva Wollen Mill**
Middle Mill, Solva, SA62 6XD - 01437 721112
https://www.solvawoollenmill.co.uk/
The mill has been in continuous production since opening in 1907. Like many Welsh mills, now wool is no longer processed, yarn ready dyed and spun is bought in. The yarn is mainly woven into floor rugs and carpets. The factory is now powered by electricity and contains 5 Dobcross looms and the associated warping and weft preparation machinery.
Limited access only in some cases
Open all year

**22 The Art Rooms**
Narberth – 01834 861685
Facebook
Decorate your chosen piece of ready-made pottery to your own design and they will then glaze and fire it for you to collect.



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## Museums

### Castell Henllys

Off A487, Cardigan – Fishguard road, SA41 3PX – 01293 891584
https://www.pembrokeshirecoast.wales/castell-henllys/
A reconstructed Iron Age hillfort. Findings from excavations carried out on the site have enabled the National Park Authority to realistically reproduce life as it was 2000 years ago. Traditional craft making and ancient breeds of animals can also be found on site. Open to the public April – October.

### Pembrokeshire Candle Centre & Museum

Cilgwyn, Newport, SA42 0QN – 01239 820470
http://www.pembrokeshirecandles.co.uk/
Hand-dipped candles made the old-fashioned way and a mini museum next to the workshop displaying traditional crafts.

### Tenby Museum and Art Gallery

Castle Hill, Tenby, SA70 7BP – 01834 842809
http://www.tenbymuseum.org.uk/
An award winning museum founded in 1878 and one of the oldest independent museums in Wales. A registered charitable trust run largely by an enthusiastic band of volunteers. Permanent displays including archaeology, geology, the natural, maritime and social history of Tenby and South Pembrokeshire, from Stone Age to 20th Century. The Wilfred Harrison Gallery houses a permanent collection of works by Augustuc John, Gwen John, Nina Hammet, EJ Head and many other local artists.

### Dylan Thomas Boat House & Writing Shed

Dylan's Walk, Laugharne, SA33 4SD – 01997 427420
https://www.dylanthomasboathouse.com/
The Boathouse in Laugharne, Wales, was where Dylan Thomas lived with his family during his last four years between 1949 and 1953. The house is set in a cliff overlooking the Tâf estuary and is where he wrote many of his major pieces. It was Dylan Thomas, however, who made the Boathouse iconic. It is the building most closely associated with him and the stability of a permanent home meant he enjoyed a creative renaissance. He worked in the Writing Shed above the Boathouse with its remarkable and inspiring views of three estuaries.

### Cwm Deri Vineyard

Martletwy, SA67 8AP – 01834 891274
https://www.cwm-deri.co.uk/



Classified: RMG – Internal

The Welsh vineyard growing in the valley of oaks produces wine, liqueurs and mead. There is the option of tasting before you buy. Enjoy a range of activities including wine tasting and making, vineyard and woodland walks, dining in the restaurant, visit pets corner.

**St Florence Cheese**

Ivy Tower Farm, St Florence, Tenby, SA70 8PL – 01834 871778

You can watch how cheese is made in a traditional way, and afterwards enjoy tasting the results. The shop offers a range of cheeses and a selection of other local produce, you can also enjoy a break at the licenced coffee shop.



Classified: RMG – Internal

# Beaches

No other county in Britain has more Blue Flag Beaches or Seaside Award beaches than Pembrokeshire. With over 50 beaches to choose from, there's going to be one that's perfect for you, whether you want surfing, kayaking or kite surfing, or just somewhere peaceful to relax, sunbathe and build sandcastles.

## Aberbach (St Nicholas)

Aber Bach is a small pebble beach and a great place to watch seals playing, or when the wind gets up, the waves crashing on the shore. A local legend tells of a nearby farmer watching a mermaid here!
**Awards**: None
**Parking:** Very limited on roadside above the beach
**Facilities:** None
**Onshore facilities:** Nearest facilities can be found in Mathry, which has a pub.

## Abercastle

A long narrow picturesque inlet, sheltered from the prevailing winds makes it ideal for kayakers and boats. There is a charge for launching boats which helps pay for village amenities.
**Awards:** None
**Parking:** There are half a dozen spaces alongside the beach or very limited on road parking.
**Facilities:** toilets
**Onshore facilities:** Nearest facilities can be found in Trefin, which also as a café.

## Abereiddy

Pebbles and extraordinarily dark sand made of pounded grey slate from this rural beach. The same slate gives a brilliant deep blue colour to the water in the 'Blue Lagoon'. A beautiful little harbour – a breached quarry – just to the north of the beach. Be aware Abereiddi beach has strong currents. This is a popular spot for coasteering, climbing along the cliffs at sea level, leaping into the sea if you reach an impassable bit - do it in an organised group. Alongside the quarry is a row of ruined cottages to explore.
**Awards:** Green Coast & Seaside Award
**Parking:** Ample parking above the beach
**Facilities:** toilets, slipway



Classified: RMG – Internal

**Onshore facilities:** In St Davids is a Tourist Information centre, numerous cafes, pubs, restaurants, many interesting shops.

## Aberfelin / Trefin

A small low-tide sand and shingle beach near Trefin. Great for rockpools but not really recommended for swimming. As this is one of the few points where the road comes close to the shore along this stretch of coastline, it's a good start/finish point for a walk along the coast path.
**Awards:** None
**Parking:** Limited roadside parking
**Facilities:** None
**Onshore facilities:** toilets, pun and tea shop in nearby Trefin

## Abermawr

Aber Mawr is a remote rural beach with a pebble bank, backed by earthed cliffs. Low tide exposes tree stumps in the sand – the remains of a forest drowned by a sudden flood as an ice sheet melted 8000 years ago. The stumps have been perfectly preserved by salt. Behind the beach is an interesting ruined cottage, a wildlife rich marshy areas and bluebell woods climbing the hill at the southern end,
**Awards:** None
**Parking:** Very limited on roadside above the beach
**Facilities:** None
**Onshore facilities:** Nearest facilities can be found in Mathry, which has a pub

## Amroth

A half mile long flat, sandy beach. There's a huge expanse of sand at low tide for all sorts of beach games. Rockpools can be found at the western end. There are groynes at the top of the beach. Dog restrictions apply to central and western ends of the beach May – September.
**Awards:** Blue Flag, Seaside Award
**Parking:** Small car park plus alongside the sea wall
**Facilities:** Lifeguard from the of June – end of September, Slipway
**Onshore facilities:** toilets, shop, cafes, restaurants, pubs

## Barafundle Bay

Wow! Is probably the best way to describe this beach. A small bay backed by dunes and pine trees, accessible only by a half mile walk from the nearest car park. Swathes of golden sand and crystal clear waters, Barafundle has been voted many, many times as one of the best beaches in Britain and the world;



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it's often likened to a Caribbean beach! This pristine beach is isolated which means no facilities, so everything you take has to come back up over the cliffs.
**Awards:** Seaside Award, Green Coast Award
**Parking**: half a mile walk over the cliffs from Stackpole Quay car park (National Trust). Not suitable for pushchairs or wheelchairs due to a large number of steps.
**Facilities:** none
**Onshore facilities:** toilets and café at Stackpoke Quay. Stackpole village has a pub.

## Broad Haven

A long narrow sandy and pebble beach at high tide but at low tide a huge expanse of firm sand is revealed with plenty of room for everyone – it can get very busy in the summer months due to safe bathing. Dog restrictions apply to the norther third of the beach between May and September. The cliffs on both sides provide some sheltered bays. It is possible to walk round the headland on the sout side at low tide into another bay called The Settlands. Walk round the next headland to Little Haven. Keep an aya on the tide if you do!
**Awards:** Blue Flag Seaside Award
**Parking:** Two carparks providing up to 200 spaces. The smaller car park on the sea front fills up very quickly.
**Facilities:** toilets, slipway, lifeguards patrol between end of June and beginning September.
**Onshore facilities:** Broad Haven has a general store and post office, 3 pubs, a restaurant, tea rooms, café, take away and shops that sell and hire out water sports gear.

## Broad Haven South

A wade sandy bay backed by dunes that lead from The National Trust owned Bosherston Lily ponds. This beach has masses of soft sand at low tide ensuring enough space for everyone. Access from the car park above the beach at its southern end is not suitable for pushchairs or wheelchairs due to the number of steep steps down the cliff. Access is much better from the northern end through the lily ponds with board walks into the sand. Please be aware that the sea of Broad Haven South has strong currents. Explore the boulders and island on the west side to discover caves and springs gushing out of the cliffs. The convoluted low cliffs on the east side have a few small caves at low tide. The clean stream emptying out of the lily ponds runs along this side and is perfect for small children to play in. There's also a good rock for jumping off at high tide.
**Awards:** Seaside Award, Green Coast



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**Parking:** There's ample parking above the beach in the National Trust car park, or in Bosherston village by the church for those with wheelchairs or pushchairs. It's a 1 mile walk to the beach from here, but it dowa take you through the picturesque lily ponds – well worth it!
**Facilities:** toilets at car park, ice cream van
**Onshore facilities:** Café, pub and shop can be found in Bosherston village.

## Caerfai

A small rocky cove at high tide, sandwiched between towering cliffs 1 mile south of St Davids. 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 to the beach is down a steep winding path. The rocks around Caerfai are multi coloured with a mixture of grey, green and vivid pink.
**Awards:** Green Coast and Seaside Award
**Parking:** Parking at the top of the beach for approx. 50 cars.
**Facilities:** None
**Onshore facilities**: Nearest facilities are in the city of St Davids

## Ceibwr

A tiny inlet of rocks and sand surrounded by tail cliffs. It's definitely a wild and remote beach. Not good for swimmers but good for porpoise spotting. One mile to the south is The Witches Couldron, a jumble of contorted rocks.
**Awards:** None
**Parking:** Parking on the road side on a narrow road
**Facilities:** None
**Onshore facilities:** Nearest facilities are in Newport which provide all the amenities of a large village.

## Church Doors Cove

A small sand and rocky cove with magnificent towering cliffs cut by the forces of the sea in to a huge 'door'. Access to this beach is at low tide only and via the coastal path only.
**Awards:** None
**Parking:** There's a small car park on Lydstep Head or next to Manorbier Youth Hostel
**Facilities:** None
**Onshore facilities:** Manorbier has a small selection of cafes and a pub



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## Coppet Hall

A safe sandy beach with plenty of sand even at high tide. A wide flat area of sand is exposed at low tide, which is ideal for beach games. Rocky to the eastern end with rockpools. The old tramway runs along the top of the beach with tunnels to both the east and west to Wisemans Bridge and Saundersfoot.
**Awards:** Seaside Award, Green Coast Award
**Parking:** Large carpark adjacent to beach
**Facilities:** Toilets, Coast restaurant, shop and café. Paddle board & bike hire
**Onshore facilities:** Saundersfoot is a short walk through the tunnels with an array of shops, restaurants and cafes

## Cwm-yr-Eglwys

A sandy cove with a stream running through the middle, providing plenty of rock pools for intrepid explorers. Popular with boat users as the village has a boat club. Above the beach is the end wall of a chapel. The rest was washed away in the enormous storm of 1859 that created all of Pembrokeshire's pebble banks. There's a 10ft high wall surrounding the top of the beach, making it very sheltered. To get down to the beach you follow the slipway. Clamber over rocks at the west end of the beach to find a secret low tide beach. There's also a pebbly one on the east side.
**Awards:** Green Coast and Seaside Award
**Parking:** In village centre
**Facilities:** toilets, slipway
**Onshore facilities:** There's a pub/restaurant/café at Pwllgwaelod. Garage, shop, pub and chip shop in Dinas.

## Dale

A mainly pebble beach with some sand. Dale is a water sports paradise. In a sheltered wide bay it's the perfect spot to perfect your windsurfing, sailing, anything on water really. Dog restrictions apply May – September.
**Awards:** Blue Flag and Seaside Award
**Parking:** A few spaces alongside the beach or 100 space pay and display car park at the back of the beach.
**Facilities:** Lifeguards on patrol end June – beginning September, toilets, slipway, pontoon
**Onshore facilities:** Café/restaurant and pub. There's an activity centre providing water sports tuition and boat hire.

## Druidston

It is a secluded long sandy beach enclosed on three sides by steep cliffs. There are some spectacular cliff formations; natural arches and caves to the north of the main beach but keep an eye on the sea as you can get cut off by the



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incoming tide. Access to the beach is by the coastal path or two footpaths joining up with the lane that runs from Nolton Haven to Brad Haven. There's no parking on this lane at all. Swimmers should take care as there are strong currents off Druidston.
**Awards:** None
**Parking:** The nearest car parks are in Nolton Haven or half a mile south at Haroldston Chins. Walk down to the coast path from there for fantastic views before following the coast path to the beach.
**Facilities:** None
**Onshore facilities:** The Druidston Hotel has the nearest facilities including a popular bar and restaurant.

## East Angle Bay

A little visited bay of wide sand and mud flats. This is an important feeding area for waders and, consequently, is a perfect place for birdwatching. Turn off Angle road towards Rhoscrowther. Take the next left along a narrow lane and continue directly across the next cross roads to the bay. You can follow the road round to Fort Popton on the eastern edge of the bay. It's one of the Napoleonic era forts built to protect the naval dockyards at Pembroke Dock. The banks and ditches on the southern side of the bay were part of an oil refinery, long since dismantled.
**Awards:** None
**Parking:** Ample roadside parking
**Facilities:** None
**Onshore facilities:** toilet, nearest refreshments are in Angle.

## Freshwater East

A wide bay of golden sand backed by dunes with a stream running through the beach at its southern end. At low tide the sea reveals plenty of sand for all those ball games without worrying the neighbours. At low tide the low cliffs at the eastern end provides some private bays.
**Awards:** Seaside Award
**Parking:** parking available across the road
**Facilities:** Slipway, toilets
**Onshore facilities:** Behind the beach is Freshwater Bay Caravan Park with an outdoor activity centre and The Longhouse café & restaurant. Further cafes/restaurants can be found in Freshwater East village together with a pub and shop.



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## Freshwater West

This sane and rocky beach is the hunting ground of the surfer always on the look out for that perfect wave; a surfers' paradise. This south westerly facing beach has the best waves in the county BUT it's only for the experienced and strong swimming surfer. Strong rip currents occur off this beach. It's the best place to go to watch the surfing. The beach is wide, sandy and backed by an extensive system of dunes. The dunes are fragile so no camping or barbeques are allowed. There's a rocky reef at he southern end and some quiet bays at the other. The beach to the south is Frainslake sands but its inside the Castlemartin Ranges so is out of bounds. The thatched shack on the foreshore is a rebuilt shelter that was used for drying a certain type of seaweed used for making Lava bread, a Welsh speciality that's very good for adding flavour to recipes.

**Awards:** None

**Parking:** There are 2 small free carparks but if the surf is up parking is hard to find. Some parking is available along the very narrow road. Avoid it on Bank Holidays!

**Facilities:** Toilets

**Onshore Facilities:** Café Mor (worth a visit) offers great food and drinks in the southern carpark.

## Gelliswick

A small shingle beach just west of Milford Haven. The road access winds its way down the hill and continues all along the shore, past the yacht club, so access couldn't be easier. To the east end is Hubberston Fort, built in the 1850's to defend the haven from the French; it never fired a shot in anger but was used as a training base during the First World War.

**Awards:** Seaside Award

**Parking:** Ample parking alongside the road

**Facilities:** Slipway

**Onshore facilities:** Toilets, nearest refreshments are in Milford Haven

Goodwick Sands

A small sandy beach adjacent to the ferry terminal. There's a promenade above the top of the beach and a long breakwater that you can walk along, Several activity operators are based here; Celtic Diving and Mike Maybury kayaking. There's also a childrens' discovery attraction – Ocean Lab (see previous entry), Dolphins and basking sharks are occasionally seen off the beach as they swim around the harbour.

**Awards:** Seaside Award

**Parking:** Parking above the beach for 60 cars.

**Facilities:** Toilets, slipway



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**Onshore facilities:** Tourist Information centre with café and childrens' play area. There's also an activity centre on the Parrog.

## Lindsway Bay

This rural beach is accessible only by coastal path or across the playing fields from St Ishmaels village. Surrounded by tall cliffs the beach is very secluded and at its best at low tide when a wide expanse of sand and rock pools are revealed. Take care as the steps leading down to the beach are steep.
**Awards:** None
**Parking:** nearest parking is in St Ishmaels
**Facilities:** None
**Onshore facilities:** Nearest facilities are in St Ishmaels where there's a pub

## Little Haven

A small sandy and rocky inlet with sand available at both high and low tide. It is a popular spot for boat users as the beach has a slipway. There's a pushchair/wheelchair accessible path leading up to The Point, a handy viewpoint. You can clamber down the steep path onto another pebble beach called 'The Sheep Wash', used by local farmers 50 years ago for washing sheep before shearing. It's now a popular sheltered safe swimming cove. At half tide it's possible to walk round the headland into a wind sandy beach. There are plenty of rockpools to explore. Look out for starfish but don't disturb them. The stream fans out across the beach making it a but damp for playing and sandcastles. The village hosts the RNLI inshore lifeboat station and shop for the area.
**Awards:** Seaside Award
**Parking:** Limited pay and display parking in the village
**Facilities:** Toilets, slipway
**Onshore facilities:** Shop, café and several pubs (including The Swan)

## Manorbier

A sandy dune backed beach with a stream running down the northern end. Manorbier is a south westerly facing beach making it a favourite surfing beach, however please be aware that the sea here does have some very strong currents.
**Awards:** Seaside Award, Green Coast
**Parking:** 30 space s at the National Park car park, additional 10 spaces can be found along the coast towards Freshwater East
**Facilities:** Toilets, ice-cream van
**Onshore facilities:** Manorbier has several cafes and a pub. Overlooking the beach is the magnificent Manorbier Castle



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## Marloes Sands

A huge expanse of sand at low tide with rocks and interesting cliff formations. Rockpools can be found at the western end of the beach. At high tide the beach can disappear altogether, but at low tide there's plenty to explore. The rock strata has divided the beach up into numerous bays for even more privacy. Climb over the rocks at the western end to discover Albion Sandsm a perfect sandy beach. At low tide you can see all that's left of a wrecked ship sticking out of the sand, it's prop shaft still showing.

**Awards:** Green Coast, Seaside Award
**Parking:** At the National Trust car park half a mile away
**Facilities:** None
**Onshore facilities:** Nearest facilities can be found in Marloes village which has a pub, restaurant and café/bar, ice-cream can at the car park

## Martins Haven

A small pebble beach used as the embarkation point for Skomer Island boats. There's plenty of activity as the beach is a favourite with divers heading out into the Skomer Marine Nature Reserve. It's a very steep walk from the car park down to the beach.

**Awards:** Green Cast and Seaside Award
**Parking:** National Trust car park
**Facilities:** Toilets
**Onshore facilities:** Lockley Lodge, an interpretation centre for The Wildlife Trust for West Wales, is above the beach. Nearest facilities are in Marloes village which has a pub and café/bar.

## Monkstone

Even given the location between Saudersfoot and Tenby, Monkstone feels very wild and remote. Difficult to access from the coast path via a steel slipper slab, it's far easier to walk over the sand from Saundersfoot harbour. Watch out for squirting razorshells! And beware of the incoming tide, it's easy to get cut off here.

**Awards:** None
**Parking:** car parks in Saundersfoot
**Facilities:** None
**Onshore facilities:** None



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## Musselwick

A beautiful sandy beach that is revealed only at low tide and only accessible from the coast path or a 10 minute walk along a footpath across fields. This makes the beach feel really remote. There are two tables at the very top of the beach giving superb views and the perfect spot for a picnic. Access on to the beach is by scrambling over the rocks and therefore is not suitable for he unsteady or elderly.

**Awards:** None

**Parking:** Limited roadside parking hald a mile west of Marloes village (3-4 cars only!)

**Facilities:** None

**Onshore facilities:** Nearest facilities are in Marloes village which has a pub, restaurant and café/bar

## Newgale

Enourmous! Is the only way to describe this beach, it's almost 2 miles of sand backed by a huge pebble bank formed after a BIG storm in 1859. Kitesurfing and surfing are popular on this beach and tuition is available. Dog restrictions apply to the middle third of the beach between May and September,

Walk right down to the southern end to find a walk-through cage and numerous sheltered bays, cross the river at the back of the pebble bank opposite the café at the north end to gain access to several low tide bays. At very low tide it's possible to walk round to Cwn Mawr beach but keep an eye on the tide.

**Awards:** Blue Flag and Seaside Award

**Parking**: There are 3 car parks along the length of the beach. 2 are pay and display.

**Facilities:** Toilets, lifeguards are on duty between early June and end of September

**Onshore facilities:** There is a surf shop, café and pub at the northern end of the beach. Surfing and Kitesurfing tuition and board hire is available from the shop. There's a large camp site at the norther end of the beach and a selection of B&B's and Guest Houses, self-catering nearby. At the southern end there's a café/beach shop, toilets and a static caravan park.

## Newport Parrog

A delightful stretch of coastline. The Coast Path twists and turns ites 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 ina herringbone pattern. It's possible to ware across the river near the yacht club to Newport Sands. The walk back round the 'long way' takes you alongside the



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estuary to the bridge. Near here is Carreg Coetan, an exposed burial chamber. There are a few small pebble beaches, but swimming isn't recommended here.
**Awards:** None
**Parking:** Limited parking by the yacht club. More parking near the Tourist Information Centre
**Facilities:** Slipway
**Onshore facilities:** Toilets and café near the yacht club

## Newport Sands

A broad, long beach at the mouth of the River Nevern. This dune backed, sandy beach is plenty big enough got all your beach activities and at low tide you can wade across the river to Newport Parrog. It's very popular with all kinds of watersports enthusiasts.
**Awards:** Seaside Award
**Parking:** At beach head or at Newport Parrog (this car park gets very busy in the summer months)
**Facilities:** Slipway
**Onshore facilities:** Café and toilets. Newport provides all the amenities of a large village including galleries, bike hire, golf club and a seasonal Tourist Information Centre.

## Notlton Haven

A small narrow inlet of pebbles and sand at high tide but at low tide a long narrow beach is revealed backed by high cliffs. Swimmers should take care as there are strong currents off Nolton Haven.
**Awards:** Green Coast and Seaside Award
**Parking:** There is a National Park car park
**Facilities:** Toilets and slipway
**Onshore facilities:** There's a pub and restaurant at Nolton Haven

## Penally

At the far end of Tenby South Beach is Penally beach. It's more of an extension of South Beach than a separate bay but it does have a completely different character. This part of the beach isn't visited very much. A sand and shingle beach backed by dunes and protected from the wind by the headland of Giltar Point. Walk across the dunes from Penally station to get there, although this path can be closed as it crosses the firing range,
**Awards:** Green Coast and Seaside Award
**Parking:** Nearest parking is at Penally station on the A4139 Pembroke Road
**Facilities:** None
**Onshore facilities:** Nearest facilities are in Tenby



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## Poppit

At the mouth of the Teifi Estuary, Poppit Sands is a sandy beach backed by dunes. At high water there is plenty of beach but it's at low tide wen the full extent of sand appears to go almost to Gwbert on the other side. Don't attempt a crossing though, the currents are too strong. Watch the tide when it's coming in, it's fast! Dog restrictions apply to the western end of the beach between May and September. It is the start of the 186 mile Pembrokeshire Coastal Path which takes you all the way around to Amroth in the South.
**Awards:** Blue Flag and Seaside Award
**Parking:** car park near the RNLI lifeboat station
**Facilities:** Lifeguards on patrol end June – September.
**Onshore facilities:** Toilets and café. St Dogmaels is the nearest village which has pubs, chip shop and an Abbey

## Portclais

A pretty little harbour or cove near St Davids. This popular spot for launching canoes and is regularly used by activity centre. The beach is shingle so it isn't a bathing beach, but it is a good place for starting or finishing a walk on the coast path. Just east of the harbour is the most popular slab for practicing rock climbing.
**Awards:** None
**Parking:** Limited free parking
**Facilities:** Slipway
**Onshore facilities:** None – nearest refreshments are in St Davids

## Porthgain

Once a thriving commercial harbour exporting crushed rock from the granite quarry a mile away along the coast. There's still plenty of evidence of its former commercial background but it's now better known for its superb pub and restaurant. The harbour is used for landing crabs and lobsters which can end up on your plate in either The Sloop Inn od The Shed Bistro, very soon afterwards. How's that for fresh! The art gallery is one of the old quarry workers cottages, a good example of a crog loft, it's well worth a visit.
**Awards:** None
**Parking:** Plenty of parking
**Facilities:** None
**Onshore facilities:** Pub, restaurant, art gallery



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## Porthmelgen

A small sandy cove surrounded by cliffs to the north of Whitsands. Only accessible only from the coast path. Beware of strong currents.

**Awards:** None

**Parking:** At Whitesands beach

**Facilities:** None

**Onshore facilities:** Nearest facilities are at Whitesands. Toilets, café. In St Davids there is a Tourist Information Centre, numerous cafes, puns and restaurants and many interesting shops.

## Porthsele

A superb little enclosed sandy cove. Its gently shelving so it should eb safe enough for bathing although it is rocky in places. It is possible to wade over from Whitesands beach at low tide, but it's best to get there via The Coast Path.

**Award:** None

**Parking:** None, access by The Coast Path from Whitesands

**Facilities:** None

**Onshore facilities:** Pencarnan campsite is immediately behind the beach but facilities are for residents only. Nearest refreshments are at Whitesands beach.

## Priory Beach

A pristine beach on the Island of Caldey off Tenby's south beach. The island is home to an order of Cistercian Monks. Access to the island is by boat from either Tenby Harbour or Castle Beach, depending on the tides. Boats depart between Easter and the end of October, Monday – Friday and Saturdays during Junem July and August. The island is closed on Sunday. It's a wonderful beach for families with plenty of space to run around without bothering other beach users, and the perfect spot for a picnic.

**Awards:** None

**Parking:** None

**Facilities:** None

**Onshore facilities:** Café and toilets on the island, plus a post office and the Caldey Island shop

## Pwll Gwaelod

A small cove of dark sand and shingle looking out across the bay to Fishguard. There are low rocks on both sides to clamber over and numerous rockpools. Very handy for launching small boats and canoes. You can walk along the valley path to Cwn yr Eqlwys on the other side of Dinas Island.

**Awards:** Seaside Award



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**Parking:** At beach head by the pub
**Facilities:** Toilets and slipway
**Onshore facilities:** There's a pub/restaurant/café near the beach, that Dylan Thomas was known to have visited on occasion. Newport is the biggest village providing shops, cafes, restaurants and bike hire.

## Sandy Haven

A cliff backed, rocky beach but a wide expanse of sand is exposed at low tide. There are plenty of rick pools to keep any budding explorer happy for hours. At low tide stepping stones allow you to cross the Sandy Haven Pill but make sure you keep an eye on the tide as it could be a 4 miles walk back to the car park!
**Awards:** Seaside Award, Green Coast
**Parking:** 30 spaces above the beach
**Facilities:** Slipway
**Onshore facilities:** There are no facilities nearby, you need to bring everything with you

## Saundersfoot

A small but very popular resort with all the facilities you might need. Wide, flat sandy beach at low tide but still plenty of space at high tide. Dog restrictions apply to the whole beach except the eastern end of the beach between May and September. Pretty harbour. Stunning views from the top of the hill. Regular events such as The World Cawl cooking championships.
**Awards:** Blue Flag Award, Seaside Award
**Parking:** Several car parks around the town – all pay and display.
**Facilities:** Slipway, harbour, lifeguard from June – September, Ice-cream van on the beach, all-terrain wheelchair available for hire from the Tourist Information Centre
**Onshore facilities:** Numerous cafes, restaurants, pubs, toilets and interesting shops. Amusement arcade.

## Solva

At high tide the beach is a narrow strip at the head of the inlet but at low tide the harbour is completely dry with the exception of a stream that runs down the middle of the harbour providing hours of entertainment catching fish, shrimp and crabs. If you head down the beach towards the mouth of the inlet a large stretch of sand is revealed with plenty of rock pools and caves to explore. The bathing here is very shallow and very good for small children. At high tide, jumping off the harbour wall provides hours of fun. Several paths lead up to The Gribbin with superb views. Running parallel to Solva, on the other side of the ridge is another narrow valley, which ends up at an idyllic



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little pebble beach. Both of these valleys are meltwater valleys created during the last ice age.
**Awards:** None
**Parking:** Limited parking at the harbour car park
**Facilities:** Toilets, Slipway
**Onshore facilities:** Solva is a tiny village with a wide selection of cafes, restaurants and pubs. There are art galleries, deli and gift shops. One mile up river is Solva Wollen Mill (see previous entry)

## St Brides Haven

A rocky and sandy beach that is sheltered from the prevailing winds and a favourite with divers. Plenty of rock pools will keep budding explorers happy for hours. Next to the beach is an interesting church but the whole bay is dominated by the 19th century baronial residence of St Brides Castle – now a self catering complex.
**Awards:** Green Coast and Seaside Award
**Parking:** Parking for 20 cars only
**Facilities:** Toilets
**Onshore facilities:** Nearest facilities are in Marloes village which has a pub, restaurants and café/bar

## Stackpole Quay

This small harbour nestled in amongst the cliffs is a favourite venue for kayakers who can be seen bobbing up and down exploring the caves and cliffs. A stony beach is revealed at low tide.
**Awards:** None
**Parking:** Large National Trust car park
**Facilities:** Toilets
**Onshore facilities:** Café on the harbour providing full lunches to cream teas. In Stackpole village you will find The Stackpole Inn with a great fish menu.

## Swanlake Bay

Accessible only from the Pembrokeshire Coast Path, this beach is worth the trip. This bay is a shingle beach but at low tide it reveals golden sands and rock pools, backed by low cliffs. Even at the height of summer you could be one of just a handful of visitors.
**Awards:** None
**Parking:** Access to the beach is down a farm track, Parking is on a narrow road at the farm entrance
**Facilities:** None



Classified: RMG – Internal

**Onshore facilities:** Access from the road is through Swanlake Bay Tea Rooms, perfect for a cream tea or lunch after exploring the beach. Manorbier and Freshwater East are the closest villages, 10 minute drive away

## Tenby Castle

Access via the harbour or down a steep flight of steps off The Paragon. This superb sandy, cliff backed beach can disappear altogether at high tide but is very interesting at low tide, especially between Castle Hill and St Catherine's Island. The boats to Caldey Island depart from Castle Beach at low tide when the harbour is dry. Dog restrictions apply to the whole beach wenst of St Catherine's Island from May to September.

**Awards:** Blue Flag, Seaside Award

**Parking:** The multi-storey car park is the closest but fills up quickly in summer. If you arrive after 11am during school summer holidays head straight for the park and ride and use the free shuttle bus.

**Facilities:** Lifeguards from end June to September

**Onshore facilities:** Toilets, café and museum/art gallery on Castle Hill. Tourist information centre, numerous cafes, pubs and restaurants, many interesting shops

## Tenby Harbour

Picturesque harbour built into corner on North Beach, between the old medieval walled town and castle hill. There's a small sandy beach tucked up under the harnour wall that's perfect for very young children. To the south of the harbour are the lifeboat stations – the old (which was a Grand Designs conversion) and the new. Boats to Caldey Island leave from the harbour at high tide. Dog restrictions apply May – September. The Tenby Spectacular event tales place twice a year and is centred on Tenby Harbour.

**Awards:** None

**Parking:** None. The roads around the old town and harbour are closed during the day in the summer but please don't be tempted to drive down to the harbour even in winter – head for the multi storey carpark instead

**Facilities:** Bot hire, boat trips

**Onshore facilities:** Tourist information centre, numerous cafes, pubs, restaurants and many interesting shops.



Classified: RMG – Internal

## Tenby North

A superb, sheltered, safe, sandy beach with the pinnacle of Goskar rock sticking out of the sand in the middle. This is one of the most photographed views in Wales with the harbour at the western end. An enclosed, east facing beach so it's safe for young children and is a real sun trap even on a windy day. Dog restrictions apply to the whole beach from May – September.

**Awards:** Blue Flay Award, Seaside Award

**Parking:** North beach car park is closest but fills up quickly in summer. If you arrive after 10am during the school summer holidays, head straight for the park and ride and use the free shuttle bus.

**Facilities:** Slipway, boat hire, deck chairs, lifeguard from end June – September

**Onshore facilities:** Toilets, tourist information centre, museums & galleries, numerous cafes, pubs and restaurants, many interesting shops

## Tenby South

A mile and half long, dune backed beach playground. There's plenty of space at the Tenby end for families or continue eastwards for more boisterous beach activities. There are acres of beach at low tide but still plenty of room at high tide. The sea shelves very gently and is free of obstructions. Dog restrictions apply to the beach below the cliffs, east of the beach car park/café from May – September.

**Awards:** Blue Flag Award, Seaside Award

**Parking:** There's a very small car park next to South Beach but it fills up very, very quickly in the summer. A privately run car park off The Esplanade has more space, but if you arrive after 11am in the school summer holidays then head straight for hte park and ride and free shuttle bus. Alternatively, park at Penally station and walk across the golf course

**Facilities:** Deck chairs, ice cream van

**Onshore facilities:** Café, restaurant and toilets on the beach. Tourist information centre, cafes, pubs, restaurants and many interesting shops

## Traethllyfn

A pretty sandy and rocky beach between Porthgain and Abereiddi. The beach, backed by towering cliffs, is reached by very steep metal stairs but provides plenty of room for ball games, kite flying and there are rock pools to explore as well. As this beach is remote you'll probably find you're the only one on it.

**Awards:** None

**Parking:** nearest parking is Abereiddi or Porthgain

**Facilities:** None

**Onshore facilities:** Nearest facilities are Porthgain. There's a pub serving food and a restaurant as well as two art galleries. Toilets.



Classified: RMG – Internal

## Warwick Bay

A quiet sheltered sandy beach usually the lunch time stop for passing yachts. Accessible only from the coast path

**Awards:** None

**Parking:** None

**Facilities:** None

**Onshore facilities:** Nearest facilities are in Dale. Café/restaurant and pub. There's an activity centre providing water sports

## West Angle Bay

At the mouth of the Milford Haven Estuary this horseshoe cove is tucked right inside West Angle Bay. The beach is quite narrow at high tide but at low tide it's revealed; a huge stretch of golden sand. The northern end of the beach has rocks perfect for climbing and if you can find it, a cut through the cliffs leads to a secret beach! The sea of West Angle does have strong currents.

**Awards:** Seaside Award

**Parking:** 60 spaces at the top of the beach

**Facilities:** slipway, pushchair / wheelchair access via ramped path and slipway

**Onshore facilities:** Toilets. A great café. There are 2 pubs in the village serving meals, including one at Angle Point which has an extensive fish menu. At high tide the pub access road can be cut off – if you're planning to visit please check with the pub.

## West Dale

A sandy beach enclosed by towering cliffs accessible only by very steep steps. This is where King Henry VII landed his army on the way to the battle of Bosworth and the founding of the Tudor Dynasty. Henry VII was born at Pembroke Castle. There are remains of a wrecked steamer on the beach at low tide.

**Awards:** Green Coast

**Parking:** In Dale there's a car park by an old airfield on the road to St Anne's lighthouse

**Facilities:** None

**Onshore facilities:** Nearest facilities are in Dale. Café, restaurant and pub. There's an activity centre providing water sports tuition.



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## Whitsands

Over looked by the imposing craggy hill of Carn Llidi, this wide expanse of fine white sand curves north towards the remote rocky headland of St Davids Head. This is one of the best surfing beaches in the coutry and therefore very popular. The surf 'break' is at the northern end and on busy days there are canoeists, surfers and body boarders competing for the best waves. At this end, there's a rocky promontory to climb on. At the quieter south end, there are some nicely sheltered bays. Dog restrictions apply the entire length of the beach May – September.

**Awards:** Blue Flag, Seaside Award

**Parking:** Parking for 60 cars above the beach. Parking can be a problem during the height of the summer, but the Celtic Cruiser shuttle bus from The Grove car park on the edge of St Davids can take you to Whitesands.

**Facilities:** Toilets, café, lifeguards (June – September), Slipway

**Onshore facilities:** Nearest facilities are in the city of St Davids. St Davids is a popular city; it earns its city status from the magnificent St Davids cathedral built along the banks of the river Alun in the 12th century. Tourist information centre, numerous cafes, pubs and restaurants and many interesting shops.

## Wisemans Bridge

A wide but rocky foreshore backed by a pebble beach. Care is needed to get to the sea at low tide as you have to clamber over the rocks. A streak culvert crosses the beach on the western end. The stream fans out across the beach and can be awkward to cross. It's possible to walk all the way to Amroth or Saundersfoot along the beach at very low tide. The coast path follows the old tramway to Saundersfoot along an elevated sea wall and through some superb tunnels. Look out for an old mine entrance on the way.

**Awards:** Seaside Award

**Parking:** Parking is limited along the roadside

**Facilities:** Toilets

**Onshore facilities:** Pub with beachside patio. Small shop



Classified: RMG – Internal

# Accessible Coast & Countryside

Disabled Access, Wheelchair walks, Easy Access, Access for All, Mobility, Walks on Wheels, Miles without Stiles - whatever the term the following is all about accessibility to the countryside and green spaces of Pembrokeshire

## Walks Greenspaces and Countryside

Easy Access Beaches from the Pembrokeshire Coast National Park

Beach Wheelchairs from the Pembrokeshire Coast National Park

**Angle Bay to Popton Point (Rhoscrowther)** - A full size road in good condition with occasional traffic. The southern section has gradients less than 1:250, the middle section is a bit steeper - 1.6 km

**Angle to Old Point House Pub** - There is limited parking at the start beside picnic tables. Gradients within BTCFA standards, but the surface can be potholed - 750 metres

Blue Lagoon **(Abereiddi)** - Part concrete, part hard earth and rock path. Blue Lagoon is quite a stunning feature – a deep quarry flooded by the sea - 300 metres

Bosherton Ponds **( Stackpole)** - There are views of lily ponds, and access as far as Broad Haven beach - 1.8 km

Carew Castle, Millpond - Accessible route around Mill Pond - A stone path now bound with cement, the gradients are to BTCFA standard although it is not a steep path, the crossfall is negligible, and there are seats along the path. 450 metres

**Castle Hill Tenby** - This tarmac path is on the cliffs overlooking Carmarthen Bay and is quite steep in places, it may be too steep to get right around for those without help. 400 metres

Cwm yr Eglwys to Pwllgwaelod - Purpose built concrete path with frequent seats along the route. There are good sea views at each end. 1 km

Dale Airfield - One of the airfields built for the invasion of Europe. Flat concrete and asphalt flat surface with some bumps 1.3 km

Wiseman's Bridge towards Saundersfoot Harbour - This is an old tramway, in effect a promenade on a sea wall. This path has been surfaced as a cycle track – 3m wide asphalt, the cross fall is negligible, and as this was a railway line initially horse-powered there is no obvious gradient at all. 1225 metres

Goodwick Parrog **(Fishguard)** - Part pavement, part brick-type surface, there is no discernible gradient or cross fall, and seats and interpretation boards are provided along the path - 700 metres



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Haroldston Chins **( Broad Haven)** - A stone path now bound with cement, the cross fall is negligible. The last 20 metres is no steeper than 1:12, and the rest of the path is no steeper than 1:20 - 370 metres - also see Haroldston Chins - South

Haverfordwest - Race Course - The Northern half of racecourse path has inner tarmac path suitable for wheelchairs and prams.

Lodge Park Wood **-** Stackpole estate is run by the National Trust and has a number of assets including two paths, a leisure activity centre with specialised disabled accommodation, Mencap garden, shop and a cafe(seasonal) - 350 metres +

Lydstep Head - This is a mostly grass path, but because of the grazing (rabbits, sheep, horses) and the thin soil on limestone, the grass is usually very short. 400 metres

Lydsway Bay **(St Ishmaels)** - A project that focuses on removing obstructions to chairs, choice of length of walk - Archived PDF download - Fishguard Fort some steep slopes 100 metres

Minwear Forest Walk - Minwear Forest Walk can be started from Minwear Picnic Site in Minwear. - 1 1/2 miles

Newport Parrog to Iron Bridge - This path is purpose built rolled stone path, with seats provided along the way. The surface of this path suffers in the winter from flooding on occasions, 1.1 km

Newport Parrog to Lifeboat Station - This route includes a short paved raised causeway, and also goes along a section of the beach with hard sand/rocks. Most of the length of the path is on an access road, and there are many seats along the way - 700 metres

Pembroke Castle - This is a tarmac path with gradients to BTCFA standards although it is not a steep path and the crossfall is negligible. 600 metres

Pembrokeshire Coast National Park **(Walks for all)** - Some walks have been surfaced to provide access for wheelchairs, others are footpaths or bridleways where the natural surface has not been changed. As a general guide, we have divided the walks into 'Easy Access Walks' and 'Adventure Walks'.

Scooting Around in Pembrokeshire **-** "A guide to accessible "walks" in Pembrokeshire produced by the Pembrokeshire access group. These routes are well within the capacity of most electric scooters and some are accessible by manual wheelchairs with assistance."

Skrinkle Haven **( Manorbier)** - This site was part of an MOD missile testing range, now owned by the National Park Authority. The route follows the tarmac road and concrete test sites. 600 metres



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Solva Quayside - The path is along the promenade and is part smooth stone track and part asphalt on sea wall. 800 metres

St Davids Airfield - One of the airfields built during the Second World War, declared surplus in the 1980s. The National Park acquired it and manages it for nature conservation and quiet enjoyment. Flat concrete and asphalt surface with some bump 2.4km

St Govan's Head - This is a tarmac private road with gradients to BTCFA standards although it is not a steep path, the crossfall is negligible. - 1.8 km

Stacks Rock to St Govan's - This is a serious length of path which is effectively a road with various surfaces -part tarmac, part rough stone track and part beaten earth. - 4.5 km

Stepaside Ironworks Circular Walk - This is a short walk over tarmac, multi-user path, gravel and grassy paths - the latter are quite steep.

The Gann - Access along a spit of land that separates saltwater lagoons from the estuary. The lagoons were the source for the aggregate for the concrete used to make Dale Airfield. 250 metres

The Point Path **(Little Haven)** - The path is of a brick type surface. The gradients are to BTCFA standards and crossfall is negligible. There are seats provided along the path. - 300 metres

Walks for All - Pembrokeshire Coast National Park - Some walks have been surfaced to provide access for wheelchairs, others are footpaths or bridleways where the natural surface has not been changed. As a general guide, we have divided the walks into 'Easy Access Walks' and 'Adventure Walks'.

Wiseman's Bridge to Amroth Old Road - This is a sealed surface cycle-track about 3m wide with no cross falls. 750 metres

## Country Parks

Llys y Fran Reservoir & Country Park - A disabled accessible trail is now open within the wooded area south of the Stilling Basin - also see this Welsh Water leaflet

Scolton Manor Country Park - Green Flag Award - (ACE note - we have been unable to find any accessibility info for this site please contact us with any access info.)



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## Nature Reserves

Corsydd Llangloffan NNR - An accessible boardwalk runs for a kilometre along a circular route through the reserve, direct from the roadside gate.
Stackpole NNR - 1.5km of wheelchair accessible lakeside path, which links both the National Trust's Stackpole Centre and the site of the former Stackpole Court to Broadhaven Beach.

The Welsh Wildlife Centre - accessible toilets, cafe. "The easy trail around the site makes it easy for people to access. All the trails have varying levels of access and a map of the trail is available from the reception"



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# Walking

Pembrokeshire's best known footpath is the Pembrokeshire Coast Path which winds its way around the magnificent bays and spectacular headlands and is one of only 18 National Trails in the UK, and is Europe's premiere coastal walking experience. The 186 mile/299km trek is a strenuous undertaking if you want to complete the route from start to finish.

If you haven't got 10-15 days needed to complete the whole coast path, you can opt to do smaller sections. Visit on of the Tourist Information Centres who have a number of inexpensive leaflets produced by Pembrokeshire Coast National Park for specific guides.

The following websites will provide more detail on walks in the area:

Walking Pembrokeshire

20 Walks in Pembrokeshire

Walking Carmarthenshire

# Cycling

Pembrokeshire is the perfect cycling destination – the north of the county has some challenging routes that take you through the ups and downs of the Preseli Hills, and in the south the landscape changes and becomes gentle with rolling hills and peaceful waterways.

The network of virtually traffic free lanes that criss-cross the county make this a safe family cycling destination - whether you want an easy off-road route for the family or something more challenging, there is something for everyone.

The following links take you to details of many varied cycling routes:

Cycling in Pembrokeshire

Cycling in Carmarthenshire



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# Golf

There is an abundance of excellent golf course to choose from in the area. Many are coastal, with stunning panoramic views to inspire you and make your gold even more enjoyable. Choose between established clubs like Tenby, the oldest club in Wales, or brand new ones like Trefloyne. There are excellent, central, parkland courses like Haverfordwest and Milford Haven, or pay and play course like Mayfield. There is even one course that has its own grass landing strip – the Dawn Till Dusk course at Rosemarket!

The following links take you to details of a range of golf course in the area:

Pembrokeshire Golf Courses

Carmarthenshire Golf Courses

# Fishing

You are very welcome to fish in our private fishing lake, just make sure you have a rod license!

We re-stocked the lake with a variety of fish earlier this year (2026), so fish may be small to start with, but we are hoping they will quickly grow to a decent size in the coming years.

If you fancy a change then West Wales has a huge variety and quality of all year around angling opportunities.

Nowhere in Pembrokeshire is more than 15 miles from the sea, and the land is criss-crossed with rivers and streams and dotted with increasing numbers of lakes and ponds. This abundance of fishing means that you can find carp fishing, sea trout fishing, and international quality reservoir trout fishing all within a few miles of here.

The following links take you to a variety of fishing options:

Fishing in Pembrokeshire

Fishing in Carmarthenshire



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# Bird Watching

You can view a great variety of birds just by looking out of your cottage window – Heron, Mallards, Moorhen, Kite, Woodpecker, Nuthatch, Jay, to name but a few! But for the more serious bird watcher, you need to go a little further afield.

Those taking a winter break can enjoy watching the wildfowl, wafers and other waterbirds like Slavion, Greebs, Great Northern Divers and Little Egrets on the Cleddau, Nevern and Teifi rivers. Peregrines, Merlins and Hen Harriers hunt widely across the county and large flocks of lapwings and Golden Plovers often tower over the landscape, flushed by these marauding raptors.

Spring sees the arrival of those birds that only visit this country to breed, like Swallows, Warblers and many of the sea-birds.

Summer is a good time to visit seabird colonies, to enjoy the bustle and spectacle of their hectic breeding cycle. Such visits often provide good views of Peregrines, Ravens and Choughs what inhabit the same habitat. Quieter moments can be sought in the local woodlands where Pied Flycatchers and Wood Warblers nest. Almost everywhere visited should provide encounters with Buzzards.

Autumn migration is more drawn out than the spring passage, so any visit between August and November can reveal interesting birds. Again, coastal waters can sometimes reveal spectacular passages of seabirds.

The following localities are recommended as good places to see birds.

Skomer Island (National Natural Reserve, Wildlife Trust West Wales)
Boats run daily (except Monday) from Martins Haven, between 1st April/Easter – 31st October (weather dependant). Worth visiting any time for migrant birds, but this island is especially famous for the Puffins which you can see at close quarters. The best time to view Puffins is from May – early July, as the birds leave the island as soon as the young are ready to leave the nest. Skomer also hosts the largest colony of Manx Shearwaters in the world, but you will not see them flying around – they nest in burrows and only leave during the hours of darkness.

Ramsey Island (RSPB Reserve)
Boats run daily from St Justinians, near St Davids – Thousand Island Expedition are the only boat operator allowed to land on Ramsey Island. The island houses colonies of Guillemots, Razorbills and Kittiwakes, as well as nesting Shags, Lapwings, Peregrines and Choughs. Guided walks are available.



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Grassholm (RSPB Reserve)
Site of the second largest colony of Gannets in the North Atlantic. A boat trip around the island is a good way of seeing Manx Shearwaters at sea in their natural environment, and there is every chance of encountering Storm Petrels.

Elegug Stacks
Large breeding colonies of Guillemots, Razorbills and Kittiwakes. A handy way of seeing these seabirds for those unable to visit the islands. A few puffins also nest here, as do Swifts, Manx Shearwaters and Gannets are often seen offshore.

The Welsh Wildlife Centre, Cilgerran
Extensive reed-bed habitat next to the Teifi estuary, flanked by woodland.

Amroth
A good place to visit in the winter for it provides a food view of Carmarthen Bay where the largest concentration of Common Scoters in Britain occurs. Other species seen here include Red-throated Divers, Red-breasted Meganser, Velvet and Surf Scoters, Long-tailed Ducks and Scaups.

Strumble Head
The car park provides an excellent vantage point for sea watching. Best visited in the autumn when spectacular passages of Manx Shearwaters, Gannets and Kittiwakes are seen. Best place locally to see Tern and Skuas.

Nevern Estuary
Best viewed from the iron-bridge at the hear of the estuary. Mush disturbed but a place that affords close viewing of waders, gulls, Heron and Kingfisher.

Cleddau Estuary
A complex area of creeks, mud flats and saltings, so there is a need to view from several places. The following are recommended:

- Landshipping Quay
- Lawrenney Coast Road
- Carew Mill Pond
- Angle Bay
- The Gann

Fishguard Harbour
A good place to see Great Northern Divers and some of the less usual gulls. Mediterranean Gulls regularly winter and other species pop up from time to time.

Westfield Pill (Wildlife Trust West Wales Nature Reserve)
A dammed pill whose water grades from fresh in the upper reaches to saline near the bund. A fine place to view waterbirds like Little Grebes, ducks, Waders and Kingfishers. Woodland birds also accessible in the flanking trees.

Bosherston Lake (National Trust)
Artificial bodies of water set among woodland and dunes. Winter ducks, breeding Heron and woodland birds.



Classified: RMG – Internal

# Useful Telephone Numbers

## Castle Ely Mill

| | |
|---|---|
| Main House | 01834 831636 |
| Suzie's Mobile (Emergency's only) | 07889 886629 |

## Medical

| | |
|---|---|
| Doctors (St Clears) | 01994 230379 |
| Doctors (Kilgetty) | 01834 812234 |
| Pharmacy (St Clears) | 01994 230379 |
| Pharmacy (Kilgetty) | 01834 812234 |
| Hospital (Carmarthen) | 01267 235151 |

## Emergency

| | |
|---|---|
| Police HQ (Carmarthen) | 0845 3302000 |

## Transport

| | |
|---|---|
| Pete's Cabs (large 8 seater) | 07974 884655 |
| Marks Taxi, St Clears | 07481 987487 |
| Kilgetty Cabs | 01834 450236 |
| Tenby Taxi's | 01834 823434 |
| Colby Cabs | 07799 005067 |
| Tenby Taxis | 01834 842371 |
| TP & Narbeth Taxis | 01834 860297 |
| National Rail Enquiry's | 0845 484950 |



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