



Walking Holidays in Britain's most Beautiful Landscapes

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## *Pembrokeshire Coast Path*

Within the Pembrokeshire Coast National Park in South Wales, the Pembrokeshire Coast Path is one of the UK's well established National Trails. Following the stunning, rugged Welsh coastline, this is one of the finest long distance walks in Britain. The path enjoys stunning views across sea and land as it twists along a coast line of ever-changing natural beauty.

The Pembrokeshire Coastal Path is a varied and at times challenging walk. The undulating nature of some parts of the walk presents physically demanding ascents and descents, however it can be enjoyed in shorter sections accessible to walkers of all ages and abilities.

Bird watchers and plant lovers are drawn to the area due to the rich diversity of wildlife to be seen. Sea birds thrive on the inaccessible cliffs and offshore islands and, due to a multitude of habitats, an amazing array of flowers and plants can be seen at all times of year.



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## Summary

### Why do this walk?

- Walk along one of the most scenic and diverse coastlines in the UK.
- Challenging in its ascents and descents.
- Stay in some beautiful seaside villages and market towns.
- A beautiful blend of sand, sea and scenery.

### Essential Info

Length	5 - 17 nights
Full Route Length	186 miles / 299 km
Shortest Break Length	48 miles / 77 km

### Average Grade



**Moderate to Challenging**

This is not a technically difficult walk and should be easy to tackle for most reasonably fit people. The paths are good, and there are no major route finding challenges.

**Terrain:** A coastal path mainly through farmland and moorland on the cliff tops, with stretches along sandy beaches.

**What's it like underfoot?** Generally good paths and tracks, although a few sections can get muddy after heavy rain.

**How Much Up & Down?** More than you'd think! Although you never reach more than 200m above sea level (and most of the time not more than 100m) there are many short steep sections. On completion you will have ascended more than the height of Everest! Most days involve ascents of 200-500m metres, although no section is very steep for very long.

**Signposting:** Good - the path is well way marked.

**Navigation:** Pretty straightforward – good signposting, and generally well defined tracks.



## The Route

### Amroth to Angle: Beaches, villages, coves, cliffs and gun fire!

The beautiful beaches and tourist attractions around Tenby make this the busiest section of the whole route with superb views of Caldey Island, and the coasts of The Gower and Exmoor. This section really typifies why this coast is worthy of National Park status. It contains Barafundle beach which was recently voted one of the top ten beaches in the world! It also fringes the famous Lily Ponds at Bosherton which are a National Nature reserve. The path is quite undulating, but you're never far from a beach or village pub. Also included is possibly the flattest section of the trail much of which is restricted because of military use. Despite being a firing range, this ranks as one of Britain's most important wildlife sanctuaries and is protected by some of Europe's strongest designations. This final part of this section

is very rugged and once away from Angle village it is deliberately managed to retain a 'remote and challenging' experience. The entire stretch is coastal – no roads, no houses, few stiles and no amenities at all.

### Angle to Dale: History Mixed with Modern Industry

Due to its shelter from coastal winds this stretch includes many sections of woodland. Care must be taken to check the tidetables in two locations to avoid long detours on roads. Unfortunately a large part of this section is not within the National Park due to the proximity of industry associated with the haven. It is however still a very interesting walk rich in history, environmental and agricultural interest. The historic town of Pembroke and its castle are well worth a visit.

### Dale to Solva: Gentle to Wild to Mild

This section takes you around the Dale Peninsula which is a walk of contrasts starting in the gentle, pastoral and, in places, wooded shelter of the Milford Haven waterway and ending on the wild





and treeless Atlantic coast with spectacular views of the rugged offshore islands of Skomer, Skokholm and Grassholm. The path then continues to change again as you reach strikingly red low cliffs and coastal slopes and cliff tops rich in wild flowers. In places the red of the Old Red Sandstone is brightly streaked with yellow algae. The pretty village of Solva is well worth a visit due to its situation on an old glacial water melt channel.

#### **Solva to Porthgain: Tough, Rugged and a Cathedral**

A must on this section is to visit the smallest city in Britain – St David's and its beautiful cathedral. Make time to linger on the wild and rocky peninsular of St David's Head which abounds with archaeology and has views across to Ramsey Island. Keep an eye out too for seals in the rocky coves below the path and gannets diving for fish out to sea; you may be lucky enough to see the grey dorsal fins of porpoises hunting for fish beneath the gannets. The section between Whitesands and Abereidid feels wild and remote with hardly a building to be seen making the cafe at Whitesands or the refreshment van at Abereidid a welcome sight for the weary walker! This is an exhilarating and in places rugged section of path above high cliffs and beneath the dramatic craggy volcanic



outcrops of Pen Beri, Carn Lleithyr and Carn Llidi.

#### **Porthgain to Fishguard: Snake Your Way Along the Cliffs**

There are plenty of dramatic sheer cliffs on this section where coastal erosion is an obvious process. Every year Pembrokeshire is a little smaller than the year before and the route of the Coast Path has to be continually reviewed to ensure safety. Mostly 30 to 70m high, the cliffs are of volcanic origin – gently rounded cliffs where the rock is strong and hard, sheer where there are weak strata. There are infrequent steep hills with rocky outcrops and loose volcanic stone where heather and gorse abound in a dramatic blaze of colour in August.

#### **Fishguard to St Dogmaels: The Big Finish**

The cliffs on the section from Fishguard to Newport are lower, mostly at around 40m. Although Pen Dinas rises to 142m, the level valley path (also National Trail) avoids this. Hills up from and down to the little beaches are steep but well spread out. Newport Town to St Dogmaels is the most challenging section of the Coast Path, 15.5 miles long with frequent very steep hills. There are no services between Newport Sands and Poppit. Walkers should ensure that they are properly prepared with adequate food, drink and clothing along this remote section.

#### **Additional Days**

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. Here are a few suggestions:

##### **Pembroke**

Pembroke is the birthplace of Henry VII and is steeped in history. The 900 year old castle is the focal point of the town, standing guard over the river and well worth a visit. The town itself was fortified and walled, and sections of these walls are still visible. Visitors can take the popular town trail and there is also a daily indoor market and numerous small craft, gift and specialist shops.

##### **Marloes Sands**

To the west of the Marloes Peninsula are the islands of Skomer, Skokholm and Grassholm which are brought to life by the thousands of sea birds which breed on the sheer cliffs. All the islands can be visited by boat from Martins Haven and guided walks are available on Skomer and Skokholm.

##### **St David's**

St David's is the smallest city in Britain - granted city status by Queen Elizabeth II because of the presence of the cathedral, St David's is in reality a small attractive village. The Cathedral has been a dominant presence since the 12th century



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and was a popular pilgrimage destination throughout the middle-ages and indeed remains so to this day attracting thousands of visitors every year. Adjacent to the cathedral stand the magnificent ruins of the medieval Bishops Palace. Boat trips can also be taken to Ramsey Island which is the most northerly of the Pembrokeshire islands and is a wildlife reserve managed by the RSPB.

#### Goodwick/Fishguard

Standing on an imposing headland commanding superb views of the bay, Fishguard is the main shopping centre of north Pembrokeshire with two small supermarkets and family-run shops and businesses. The area is famous as the location of 'The Last Invasion of Britain' when in 1797 French troops landed nearby. Local heroine Jemima Nicholas captured many of the invaders single handed and the Frenchmen later negotiated their surrender at the Royal Oak inn and laid down their arms on Goodwick Sands.

### Getting There and Away

General travel information for the Pembrokeshire Coast route will be in your holiday pack including train and bus timetables where available. Detailed instructions on getting to your first night's accommodation by car, or on

foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps. To view train times please visit [trainline.com](http://trainline.com) where you can also purchase tickets in advance. For information on bus timetables please visit [traveline.info](http://traveline.info)

#### Getting There:

**By Air:** The nearest airports are Cardiff (CWL) and Bristol (BRS) – International airports are London, Birmingham and Manchester. You can then travel by public transport to Amroth.

**By Public Transport:** By train from London (5-6 hours) via Swansea to Kilgetty (request stop) or from Bristol and Cardiff (2-3 hours). Then bus to Amroth (3 miles). By coach National Express from London or Birmingham to Haverfordwest via Tenby. By Road: M4 to Swansea, A48 to Carmarthen, A40 to St Clears, A477 to Kilgetty then a short drive to Amroth.

#### Leaving from St Dogmaels:

**By Public Transport:** Bus (Provider: Richards Bros 407) to Cardigan then bus (Provider: Morris Travel 460) to Carmarthen for main rail links.

**By Road:** B4546 to Cardigan, A48 Swansea, M4 for all directions southeast.

### How our Holidays Work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday.

#### Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.



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## How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed or posted to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively you can either book online using our website at [mickledore.co.uk](http://mickledore.co.uk) or telephone us during office hours.

## Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem.

One of the great features of our Pembrokeshire Coast holidays is the quality of the accommodation, including small country house hotels, guest houses, bed and breakfasts and farm house

accommodation. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. Occasionally we may use a chain hotel.

### Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than 2 for any one group. Single room bookings include a supplement.

## What We Provide

### All Holidays

Accommodation Overnight accommodation in selected hotels, farmhouses, village inns, guest houses and family run B&Bs including a Full English or Continental breakfast. Guidebook A detailed guidebook with route information, maps, photos and background information.

### Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

**Maps** Appropriate map or maps to cover the whole route.

**Personal Itinerary** A personal itinerary setting out each overnight stop, including

large scale maps of each accommodation, to ensure you find them easily.

**Emergency Telephone Support** If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

## Options

**Luggage Transport** We will transfer your luggage between each overnight stop – if you leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

**Packed Lunches** Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

**Off Road Parking** If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

**Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!



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## What's Not Included

**Evening Meals** Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow £30 per person each meal.

**Transport to the Start & Away from the Finish** You will need to pay for your own transport, but we can help you to make arrangements.

**Taxi or bus transport along the way** If you need to miss a stage you will need to pay for the cost of a bus or taxi, but we can help you to organise it.  
**Travel Insurance** Even if you are based in the UK travel insurance is worth having.

## Prices

Detailed prices for all our holidays are available on the website at [mickledore.co.uk](http://mickledore.co.uk)

## About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and



personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone, drop us an email or visit us in Keswick.

- We specialise in UK holidays, and by concentrating on what we consider to be the best routes, we get to know the trails, accommodation, and local area really well.
- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We are all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.



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## Book With Confidence

### Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

### AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at aito.com. Visit the website to find out more about the Association or call 020 8744 9280.

## Client Feedback



We are proud of our reputation for quality holidays on the Pembrokeshire Coast. There are plenty of customer reviews on our website, but here are a couple of comments to give you a flavour:

"Thanks, we had a wonderful holiday and everything was perfectly organised and taken care of. All the accommodation was lovely and I would like to come back and stay again at every one. I hope to come back for another of your walking holidays in the future."

**Mrs Gunnell Garsell, Lindome, Sweden**

"All the accommodations were excellent! Nice and friendly people. Lovely! It was an unforgettable experience! Many thanks. In one word: It was marvellous! And of course for sure, we will do business again!"

**Mr Peter Groot, Alkmaar, Netherlands**

Would you use Mickledore again? "For sure, we will probably be looking for another "adventure" We really enjoyed the trip and your arrangements were excellent. We are already wondering where to go on our next Mickledore adventure."

**Mr and Mrs Strand, Toronto, Canada**



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## Pembrokeshire Coast Path

Note on detours: When the firing range between Bosherton and Angle is open, a 1.5 mile (2.5 km) detour is required.

When walking between Milford Haven and Dale, should you reach Sandy Haven at high tide, a 4 mile (6.5 km) detour is required. Similarly should you reach the Gann Estuary at high tide, a 2.5 mile (4 km) detour is required.

Amroth to St Dogmaels in 13 Days Walking Code: PC14				Amroth to St Dogmaels in 15 Days Walking: Code PC16				Amroth to St Dogmaels in 17 Days Walking Code: PC18			
		M	km		M	km		M	km		
Day 1	Travel to Tenby for your first night of accommodation			Travel to Tenby for your first night of accommodation			Travel to Tenby for your first night of accommodation				
Day 2	Transfer to Amroth then walk to Manorbier	18	29	Transfer to Amroth then walk to Manorbier	18	29	Transfer to Amroth then walk to Tenby	7	11		
Day 3	Manorbier to Bosherton	10	16	Manorbier to Bosherton	10	16	Tenby to Manorbier	11	18		
Day 4	Bosherton to Angle	17	27	Bosherton to Angle	11	27	Manorbier to Bosherton	10	16		
Day 5	Angle to Pembroke	12	19	Angle to Pembroke	12	19	Bosherton to Angle	17	27		
Day 6	Pembroke to Milford Haven	13	21	Pembroke to Milford Haven	13	21	Angle to Pembroke	12	19		
Day 7	Milford Haven to Dale then transfer to Milford Haven	10	16	Milford Haven to Dale then transfer to Milford Haven	10	16	Pembroke to Milford Haven	13	21		
Day 8	Transfer back to Dale then walk to Marloes	8	13	Transfer back to Dale then walk to Marloes	8	13	Milford Haven to Dale then transfer to Milford Haven	10	16		
Day 9	Marloes to Broad Haven	13	21	Marloes to Broad Haven	13	21	Transfer back to Dale then walk to Marloes	8	13		
Day 10	Broad Haven to St David's	16	26	Broad Haven to Solva	12	19	Marloes to Broad Haven	13	21		
Day 11	St David's to Abercastle	23	37	Solva to Whitesands Bay, then bus transfer to St David's	13	21	Broad Haven to Solva	12	19		
Day 12	Abercastle to Goodwick	16	26	Bus transfer back to Whitesands Bay then walk to Abercastle	14	23	Solva to Whitesands Bay, then bus transfer to St David's	13	21		
Day 13	Goodwick to Newport	13	21	Abercastle to Strumble Head then transfer to Fishguard	9	14	Bus transfer back to Whitesands Bay then walk to Abercastle	14	23		
Day 14	Newport to St Dogmaels	16	26	Transfer back to Strumble Head then walk to Fishguard	9	14	Abercastle to Strumble Head then transfer to Fishguard	9	14		
Day 15	Depart from St Dogmaels after breakfast.			Fishguard to Newport	11	18	Transfer back to Strumble Head then walk to Fishguard	9	14		
Day 16				Newport to St Dogmaels	16	26	Fishguard to Newport	11	18		
Day 17				Depart from St Dogmaels after breakfast.			Newport to Moylegrove then transfer to Newport	9	14		
Day 18				Transfer back to Moylegrove then walk to St Dogmaels			7	11			
Day 19				Depart from St Dogmaels after breakfast.							



## Pembrokeshire South Coast - Amroth to Milford Haven

Amroth to Milford Haven in 6 Days Walking Code: PCS7			
		miles	Km
Day 1	Travel to Tenby for your first night of accommodation		
Day 2	Transfer to Amroth then walk to Tenby	7	11
Day 3	Tenby to Manorbier	11	18
Day 4	Manorbier to Bosherton	10	16
Day 5	Bosherton to Angle (plus 1.5M if the firing range is open)	17	27
Day 6	Angle to Pembroke	12	19
Day 7	Pembroke to Milford Haven	13	21
Day 8	Depart from Milford Haven after breakfast		



## Pembrokeshire Central Coast - Milford Haven to St David's

Milford Haven to St David's in 4 Days Walking Code: PCC5				Milford Haven to St David's in 5 Days Walking Code: PCC6		
		miles	km		miles	km
Day 1	Travel to Milford Haven for your first night of accommodation			Travel to Milford Haven for your first night of accommodation		
Day 2	Milford Haven to Dale then transfer to Milford Haven	10	16	Milford Haven to Dale then transfer to Milford Haven	10	16
Day 3	Dale to Marloes	8	13	Dale to Marloes	8	13
Day 4	Marloes to Broad Haven	13	21	Marloes to Little Haven	12	19
Day 5	Broad Haven to St David's	16	26	Little Haven to Newgale then transfer back to Little Haven	8	13
Day 6	Depart from St David's after breakfast			Transfer back to Newgale then walk to St David's	9	14
Day 7				Depart from St David's after breakfast		

## Pembrokeshire North Coast - St David's to St Dogmaels

St David's to St Dogmaels in 5 days walking Code: PCN6				St David's to St Dogmaels in 7 Days Walking Code: PCN8		
Day 1	Travel to St David's for your first night of accommodation			Travel to St David's for your first night of accommodation		
Day 2	St David's to Whitesands Bay then bus transfer to St David's	9	14	St David's to Whitesands Bay then bus transfer to St David's	9	14
Day 3	Bus transfer back to Whitesands Bay then walk to Abercastle	14	23	Bus transfer back to Whitesands Bay then walk to Abercastle	14	23
Day 4	Abercastle to Goodwick	16	26	Abercastle to Strumble Head then transfer to	9	14
Day 5	Goodwick to Newport	13	21	Transfer back to Strumble Head then walk to	9	14
Day 6	Newport to St Dogmaels	16	26	Fishguard to Newport	11	18
Day 7	Depart from St Dogmaels after breakfast			Newport to Moylegrove then transfer to Newport	9	14
Day 8				Transfer back to Moylegrove then walk to St Dogmaels	7	11
Day 9				Depart from St Dogmaels after breakfast.		







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## Booking Form

### Contact Details

Address .....

Mobile Telephone..... Landline telephone.....

Email.....Emergency Contact no .....

### Your Holiday

Holiday Code.....Holiday Name.....

Date of First Night.....Date of Last Night.....

### Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required	Rest Days (give date & location)
Luggage Transport Y/N	No. Double Rooms <input type="text"/>	
Packed Lunches Y/N	No. Twin Rooms <input type="text"/>	
Off Street Parking Y/N	No. Single Occupancy Rooms <input type="text"/>	
Return Transfer required (additional charge) Y/N		

Comments (special diets, other requirements etc): .....

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel? .....



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