Pembrokeshire Coast National Park

Abereiddi/Pwll-caerog

Short Walk

SCALE: 0 200 400 m
DISTANCE/DURATION: 2.3 miles (3.7 km) 1 hour
PUBLIC TRANSPORT: *Strumble Shuttle 404 (*seasonal, hail & ride)
CHARACTER: Rugged coast, fields and livestock, reasonably level
LOOK OUT FOR: Caerau Iron Age Fort

SAFETY FIRST!
• Take great care when on the Coast Path
• Stay on the path and away from cliff edges
• Wear boots and warm, waterproof clothing
• Take extra care in windy and/or wet conditions
• Always supervise children and dogs
• Leave gates and property as you find them
A bereiddi/Pwll-caerog
Short Walk

Duration: 1 hour
Length: 2.3 miles (3.7 km)
Public transport: *Strumble Shuttle 404 (*seasonal, hail & ride).
Grid ref: SM797311

A walk that takes you along a stretch of coast with a rich heritage.

Look out for: Caerau Iron Age Fort.

Much of the land on the route is scarred by slate quarrying in the nineteenth century. 'Sea quarries', formed when the sea floods old quarry workings, are a unique feature of the area. Perhaps the best example is the Blue Lagoon at Abereiddi to the north, which is worth a short detour to see. There's an Iron Age Fort at Caerau overlooking the sea.

The rugged rocks of Aberreiddi Bay are made up of easily eroded Ordovician slates, rather than the surrounding harder igneous rock of St Davids Head and Strumble Head.

There's an Iron Age Fort at Caerau overlooking the sea.

M Rose from Barry has been on this walk. She says: "Abereiddi is one of my favourite Pembrokeshire spots. I've both walked and kayaked around there. It's a lovely stretch of coast - not too strenuous for walking, with lots of little coves where you can sometimes spot seal cubs in late summer. Highlights include the Blue Lagoon, which attracts young men who jump into the sea from terrifying heights, and the van usually found on the Aberreiddy beach where you can get a cup of tea, and, if you're lucky, fresh mackerel."