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
Monk Haven
Adventure Wheelchair ‘Walk’

Monk Haven, St Ishmaels
SM830067
Take footpath to coast from small car park near church. Path follows wooded valley protected from salt spray by an impressive sea wall. Uneven surface but gentle gradients. Fine views to Dale Fort and over Haven. Bench at viewpoint. Toilets at St Ishmaels playing field.
Wheelchair 490 metres