

# 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

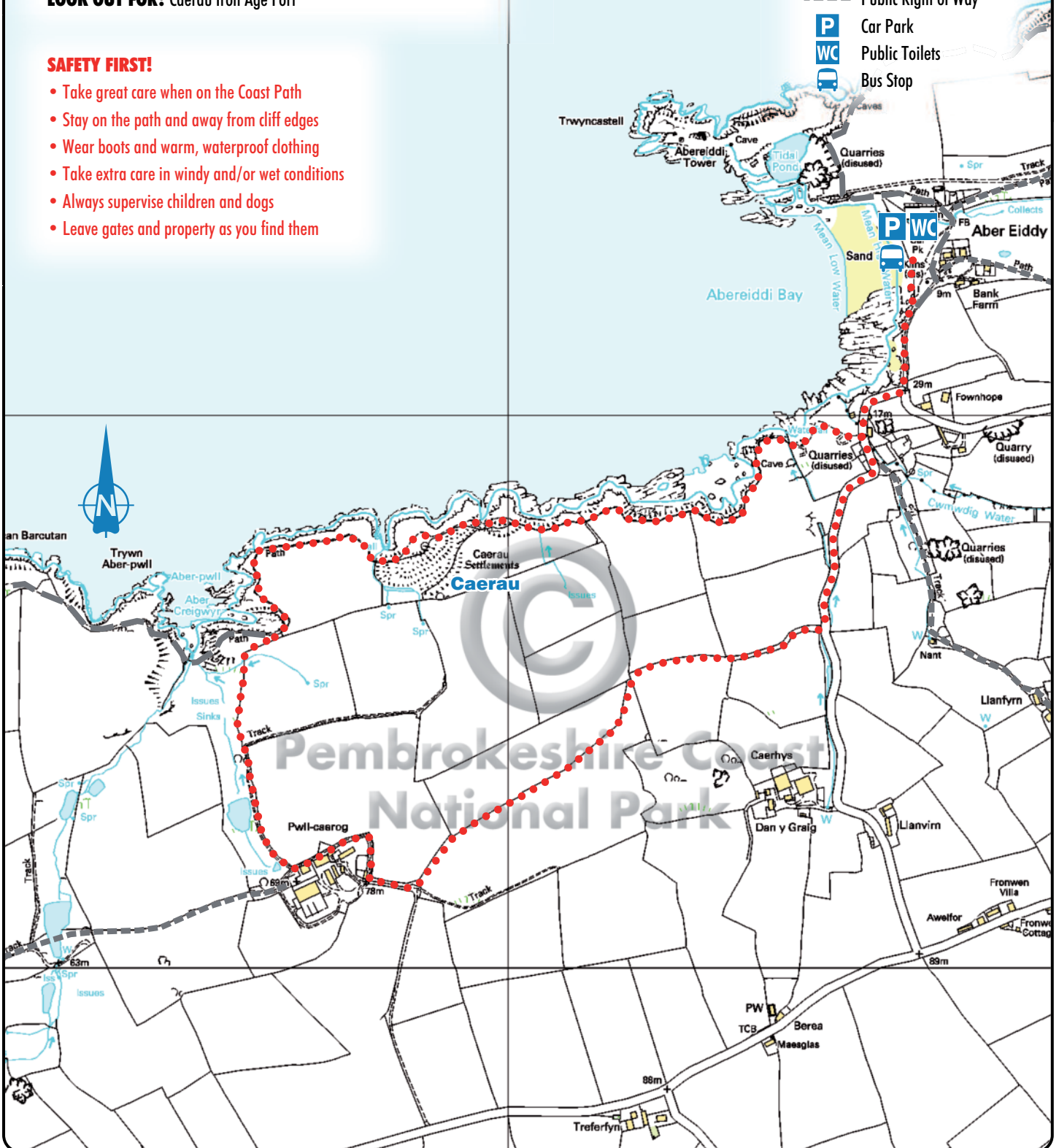
**LOOK OUT FOR:** Caerau Iron Age Fort

**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

**KEY**

- Circular Route
- Pembroke Coast Path
- National Trail
- Public Right of Way
- P Car Park
- WC Public Toilets
- Bus Stop



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**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 Abereiddi Bay are made up of easily eroded Ordovician slates, rather than the surrounding harder igneous rock of St Davids Head and Strumble Head (Watch out for fossil tuning fork graptolites plankton like organisms that lived in colonies - in the rock).

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 Abereiddi beach where you can get a cup of tea, and, if you're lucky, fresh mackerel."

**Character:** Rugged coast, fields and livestock, reasonably level.

Text provided by the BBC

