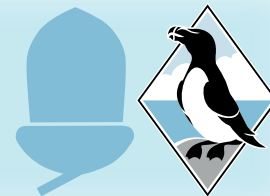


Cemaes Head

Half Day + Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 5.0 miles (8.0 km) 3 hours

PUBLIC TRANSPORT: Service bus Poppit Sands 407/409,
*Poppit Rocket 405 (*seasonal, hail & ride)

CHARACTER: Rugged coast, fields and livestock

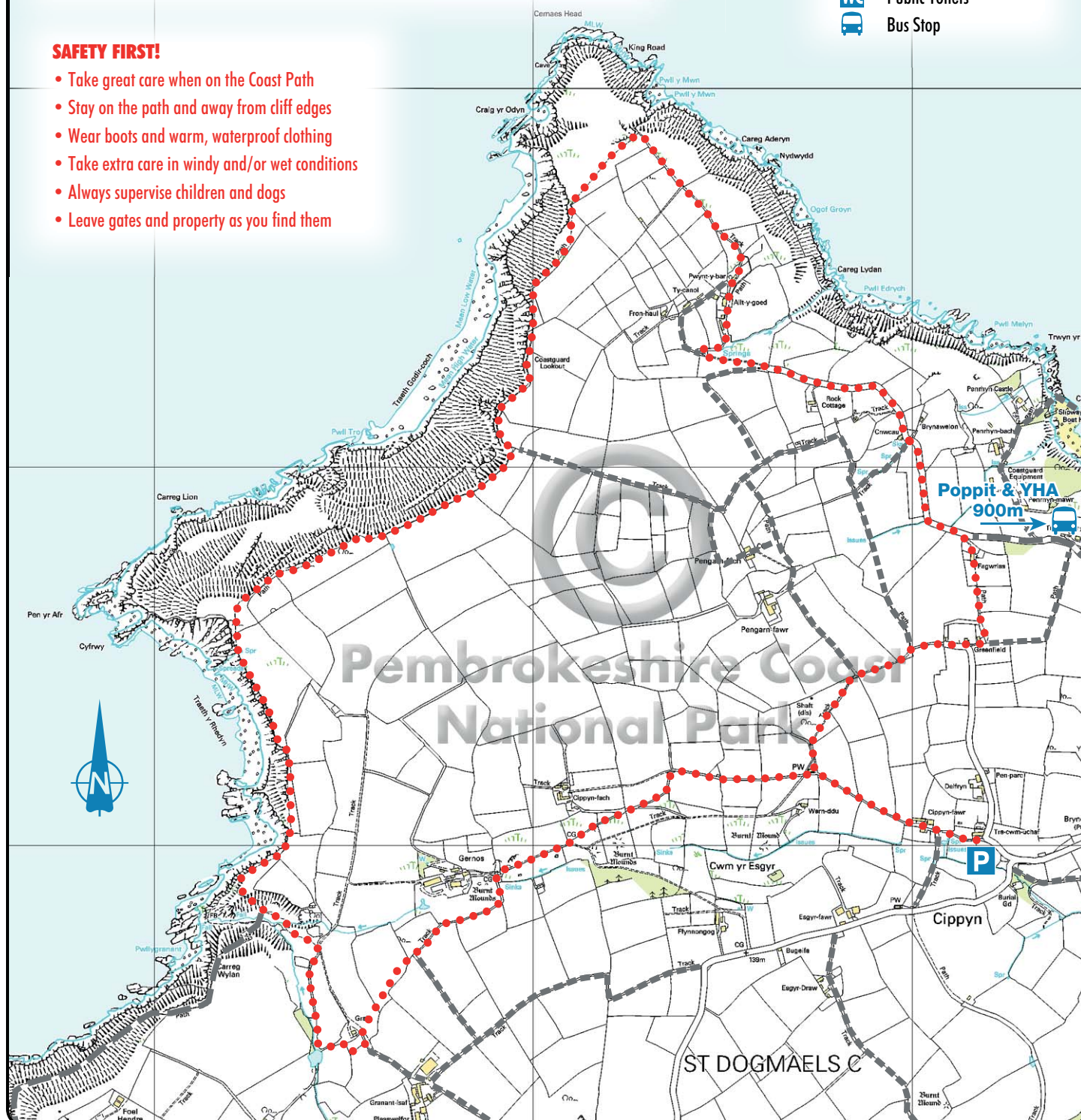
LOOK OUT FOR: Reintroduction of coastal grazing • highest cliffs in National Park (550ft)
spectacular rock folding

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
- — — — — Pembrokeshire Coast Path National Trail
- - - - - Public Right of Way
- P Car Park
- WC Public Toilets
- Bus Stop



Cemaes Head

Half Day + Walk

Duration: 3 hours

Length: 5.0 miles (8.0 km)

Public transport: Service bus Poppit Sands 407/409, *Poppit Rocket 405 (*seasonal, hail & ride).

Grid ref: SN131501

A walk along dramatic cliffs with spectacular views

Look out for: Reintroduction of coastal grazing, highest cliffs in National Park (550ft), spectacular rock folding.

The highest sea cliffs in the Park are between Cemaes Head and Pen-yr-Afr, where you'll see dramatic folding and contorting of the rocks (the effects of powerful earth movements orogenies over millions of years), which reveal the structure and strata of the earth's crust. This walk is ideal for seeing sea-birds, particularly gulls such as the greater black-backed gull. Fulmars, cormorants, and guillemots nest on the cliffs through spring and early summer. Keep an eye out for chough (rare crows with vivid red beaks and legs that perform spectacular aerobatics), ravens, kestrels, buzzards, stonechats and the ubiquitous jackdaw.

The recent reintroduction of coastal grazing by ponies has improved the quality of cliff-top heath and grassland habitat for chough at Pwynt-y-Bar. Thrift and spring squill are prevalent on the slopes to the west and heather, bell heather, bracken and gorse cover the heath. Out in the bay bottlenose dolphins can sometimes be seen and seals breed on the beach from August to October. There are spectacular views over Cardigan Bay you may even see Snowdonia on a clear day.

Geraint Harries, North Sector Senior Ranger for Pembrokeshire Coast National Park Authority, says: "Keep your eyes open. If you want to see dolphins or porpoises then Cemaes Head is one of the best spots along this coast."

Character: Rugged coast, fields and livestock.

Text provided by the BBC

Land of Legends

Click on the icons below for a local legend, or go to www.pembrokeshirecoast.wales/legends

