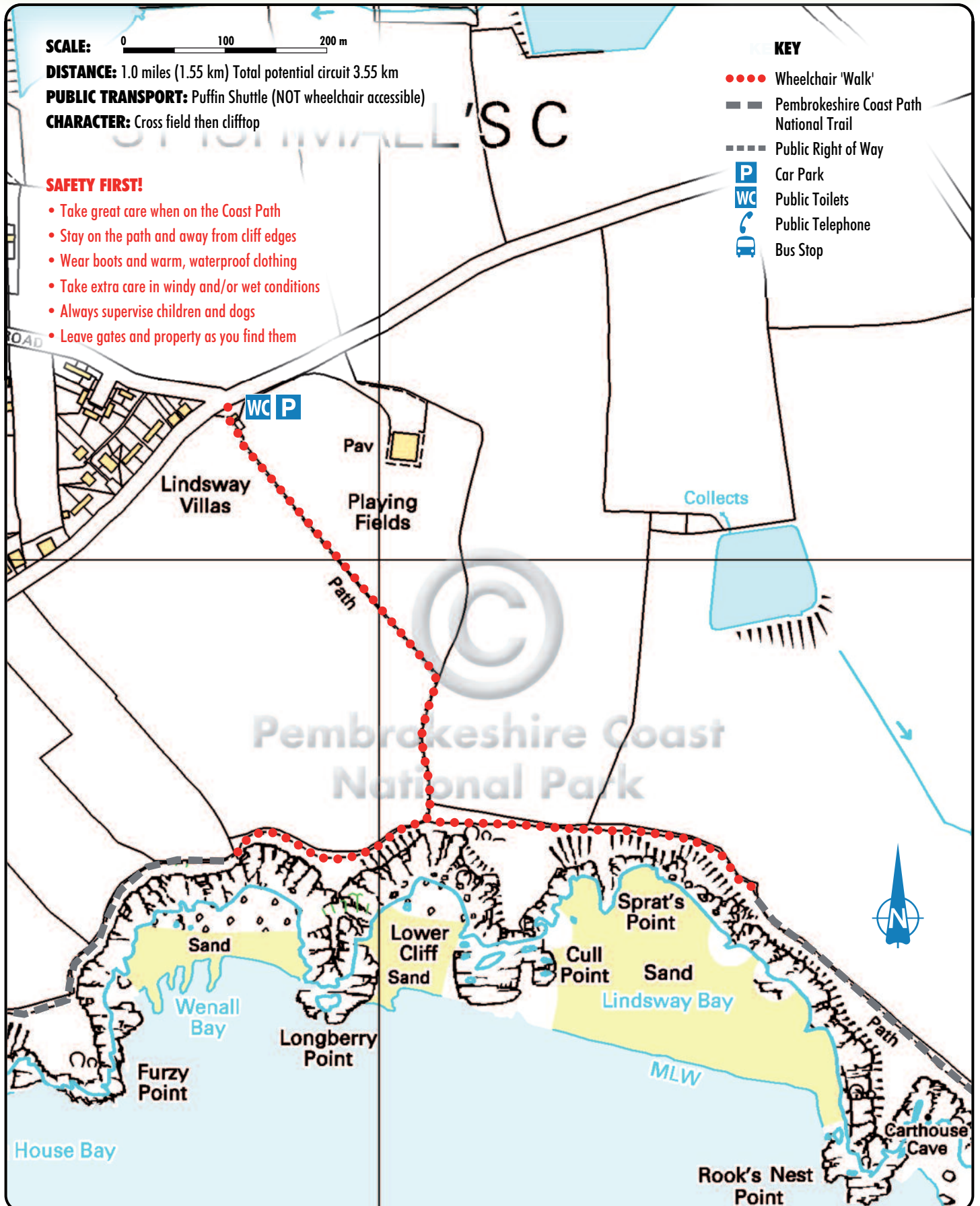
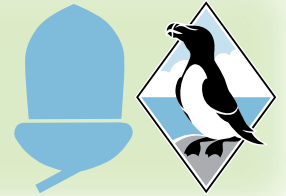


Lindsway Bay

Adventure Wheelchair 'Walk'



Lindsway Bay

Adventure Wheelchair 'Walk'

Lindsway Bay SM838071

Here a project has focused on removing obstructions to chairs but does not provide a special surface. Short, rolled stone path leads to picnic site. Surface thereafter is grass, soft when wet (in places muddy). From St Ishmaels sports field toilets the path crosses two fields to cliff top. The only steep part (1 in 10) is from the roadside to the field (20m). Rest of route to coast is slightly steeper; no side slope. From cliff top route follows Pembrokeshire Coast Path to Great Castle Head, slightly downhill all the way to the east. (To the west five stiles have been removed, but after 0.5km gradients increase to 1 in 3 with cross fall). Path profile is slightly eroded in the centre; may be filled in due course. Potential return by bridleway and minor road, but for now this may only be practical with the most rugged chairs. Bridleway section is farm access track, rough in places with some slopes; may suit adventure chairs. Toilets at St Ishmaels playing field.

Adventure 0.75 km to second seat on Coast Path, plus up to 0.8 Easy Access path on Coast Path, 1 km bridleway, 1 km road return.

Total potential circuit 3.55 km.

