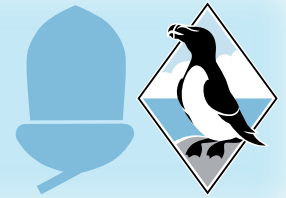


Monk Haven/St Ishmaels

Short Walk



SCALE: 0 200 400 m

DISTANCE/DURATION: 2.2 miles (3.6 km) 1 hour

PUBLIC TRANSPORT: Service bus St Ishmaels 315/316,
*Puffin Shuttle 400 (*seasonal, hail & ride)

CHARACTER: Fields and livestock, rugged coast, cliff edge

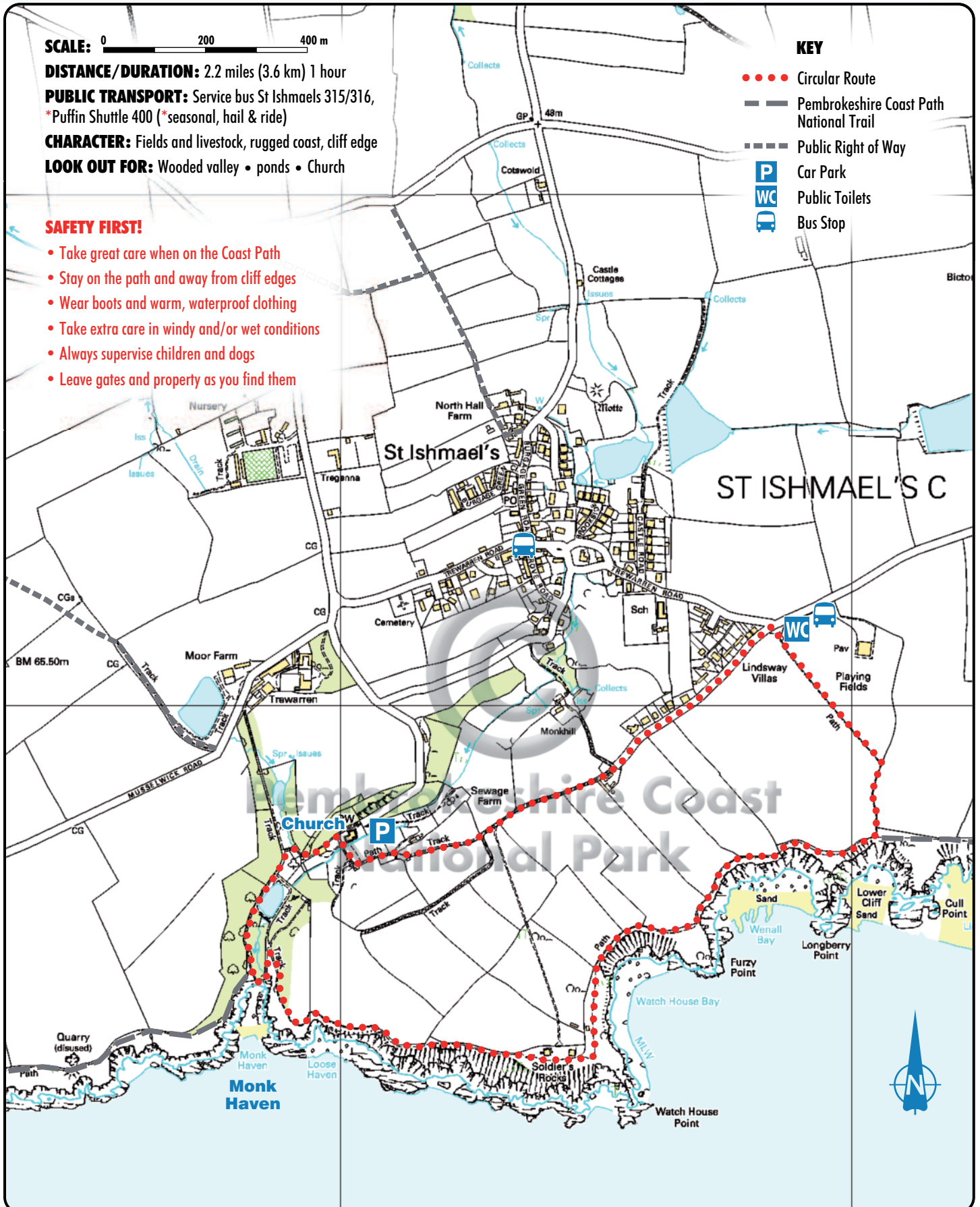
LOOK OUT FOR: Wooded valley • ponds • Church

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



Monk Haven/St Ishmaels

Short Walk

Duration: 1 hour

Length: 2.2 miles (3.6 km)

Public transport: Service bus St Ishmaels 315/316, *Puffin Shuttle 400 (*seasonal, hail & ride).

Grid ref: SM825065

A beautiful wooded valley leading to the secluded cove of Monk Haven.

Look out for: Wooded valley, ponds, Church.

Look for amphibians like frogs, toads and newts, and invertebrates and insects like pond snails, water spiders and pond skaters in the pond. Dragonflies and damselflies will hunt near the water, as will many birds, like heron, and small mammals like water voles.

Pond plants include the parrot's feather with feathery leaves which provide dense cover on the pond margins; golden creeping Jenny, an evergreen with glossy round golden yellow leaves; and the common water lily which likes sunshine and rich soil. Water mint, water forget-me-not, irises, spearwort, ragged robin and marsh marigold are commonly found at the margins of ponds.

The tiny church at St Ishmael has an unusual bell tower and dates back to 940 AD.

Character: Fields and livestock, rugged coast, cliff edge.

Text provided by the BBC