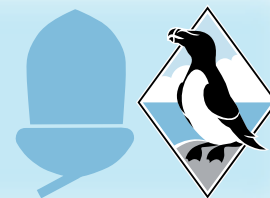


Penrhyn/Aberbach

Short Walk



SCALE: 0 200 400 m

DISTANCE/DURATION: 2.7 miles (4.3 km) 1 hour 30 minutes

PUBLIC TRANSPORT: Service bus Dinas/Fishguard 412,
*Poppit Rocket 405 (*seasonal, hail & ride)

CHARACTER: Rugged coast, cliff edge, lanes, reasonably level, 600 m on minor road

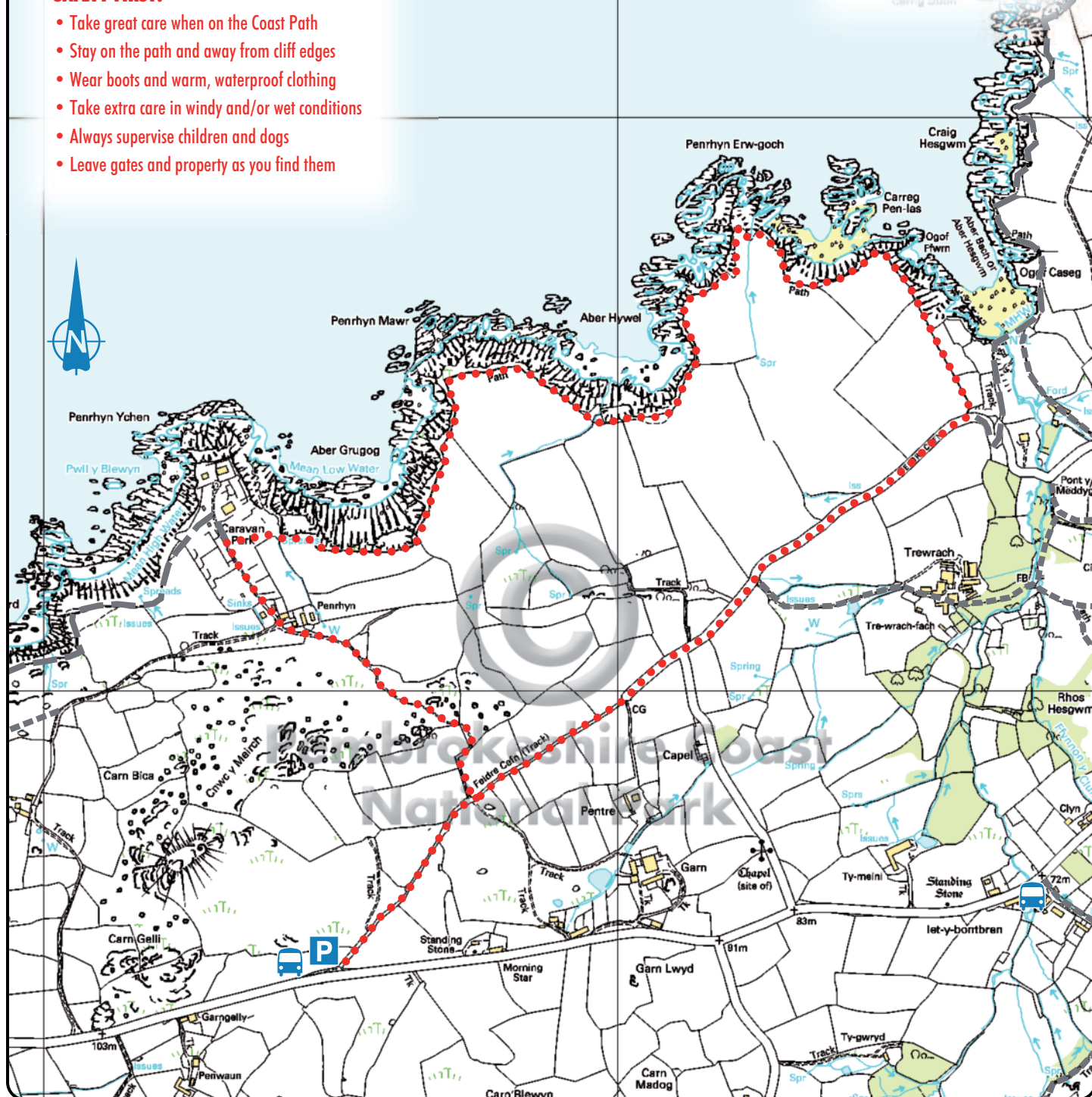
LOOK OUT FOR: Sea birds • views

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 Parking
- WC Public Toilets
- Bus Stop



Penrhyn/Aberbach

Short Walk

Duration: 1 hour 30 minutes

Length: 2.7 miles (4.3 km)

Public transport: Service bus
Dinas/Fishguard 412, *Poppit Rocket
405 (*seasonal, hail & ride).

Grid ref: SM985381

*Aberbach is a small,
beautifully secluded pebble
beach framed by low (100 ft)
cliffs pocked with tiny coves
and caverns.*

Look out for: Sea birds, views.

The area is widely used by kayakers and there are striking views out to sea and inland to the tors of Carn Bica and Carn Gelli rising above the village of Penrhyn.

Located between Dinas Island and Fishguard this stretch of coast is great for sea birds; look for gulls, ravens, choughs and peregrines on the cliffs with the occasional cormorant, razorbill, guillemot and gannet. Spring squill, buckshorn plantain, vetch and thyme are some of the plants that are able to grow well in the thin soil at the top of the cliff.

Character: Rugged coast, cliff edge, lanes, reasonably level, 600 m on minor road.

Text provided by the BBC