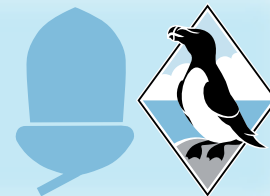


Strumble Head/Pwll Deri

Half Day + Walk



SCALE: 0 400 800 m

DISTANCE/DURATION: 6.8 miles (11.0 km) 3 hours 30 minutes

PUBLIC TRANSPORT: *Strumble Shuttle 404 (*seasonal, hail & ride)

CHARACTER: Rugged coastal terrain, cliff edge, fields and livestock, hills

LOOK OUT FOR: Strumble Head Lighthouse • views from Garn Fawr • Garn Fechan hillfort

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



Strumble Head/Pwll Deri

Half Day + Walk

Duration: 3 hours 30 minutes

Length: 6.8 miles (11.0 km)

Public transport: *Strumble Shuttle 404 (*seasonal, hail & ride).

Grid ref: SM895415

Dramatic headlands, great views and an abundance of wildlife make this a walk to remember

Look out for: Strumble Head Lighthouse, views from Garn Fawr, Garn Fechan hillfort.

Made of hard, igneous rock, the headland is wild with precipitous cliffs up to 140m high in places so expect great views - reputedly, you can see Ireland on a clear day. Look out for schools of porpoise and bottle-nosed dolphin in the bay - even sunfish and basking shark have been seen occasionally. The shore with its rocky coves and caves is a haven for grey seals.

A variety of habitats exist around the headland such as maritime heath, with bracken, heather and coarse grass, and early purple orchids and cowslip can be found in marshy areas at the tops of the cliffs. The cliffs also support maritime lichens, bluebells and gorse where there's shelter from the wind. Such a rich flora means that there are many butterflies like graylings and small blues. Welsh Mountain ponies graze the heath - a traditional land management method reintroduced in a partnership project between the Park authorities and farmers.

See the lighthouse on Ynys Michael and watch sea birds from the Second World War look out post the cliffs are home to gulls, ravens, choughs and peregrines. Inland, Garn Fawr

has the remains one of the finest Iron Age stone forts in Britain there are good views of the coast south from this natural vantage point.

Character: Rugged coastal terrain, cliff edge, fields and livestock, hills.

Text provided by the BBC

