

## Coast Path highlights

The Pembrokeshire Coast Path National Trail is for everyone, and everyone finds something special in it.

Here are some of the highlights walkers have told us about, enjoy finding your own and don't forget to tell us about them!



Pen y Holt

***"The rock formations along the coast on the Castlemartin Range are stunning."***

Bjorn Watson,  
from Shrivenham, Oxfordshire



Newgale

***"We feel blessed to walk the Path, so well maintained, free of charge. It gives endless delight, we are very grateful."***

Ann Rowse, from Birmingham



Broad Haven South

***"The best bit is from Broad Haven South to Skrinkle Haven, but one day we'll come back to admire it all again."***

Sonja and Herman Ozinga,  
from Holland



St Non's

***"St Non's is so peaceful and atmospheric and there were very few people around."***

Wendy Jones,  
blind walker from Pontypridd



Grey Seal

***"I have seen fabulous views in different weather, and a huge variety of flora and fauna. The Path has an endless appeal for me."***

Mary Wright,  
National Park Voluntary Warden,  
from Bristol

## Take your time, complete your challenge

Walk the entire Pembrokeshire Coast Path National Trail at your own pace and in your own time, and then claim your free certificate.







## Coast Path facts

- The 186 mile Coast Path runs from Amroth in the south to St Dogmaels in the north.
- It gives access to the coast for a host of activities and adventures, from fishing to coasteering.
- There are more than 80 accessible beaches and coves along the Trail, including 50 quality bathing beaches, many award-winning.
- Most of the land the Path crosses is privately owned.
- The route of the National Trail is marked by an acorn symbol.
- The Trail is part of the Wales Coast Path.

**Plan your trip: visit [www.nationaltrail.co.uk](http://www.nationaltrail.co.uk)**

## Find out more:

-  [www.facebook.com/pembrokeshire.coast](https://www.facebook.com/pembrokeshire.coast)
-  [www.twitter.com/PembsCoast](https://www.twitter.com/PembsCoast)
-  [www.youtube.com/pembrokeshirecoastnationalpark](https://www.youtube.com/pembrokeshirecoastnationalpark)
-  [www.instagram.com/PembsCoast](https://www.instagram.com/PembsCoast)

## Contact us:

Pembrokeshire Coast National Park Authority  
Llanion Park, Pembroke Dock, Pembrokeshire, SA72 6DY  
Tel: 01646 624800 [www.pembrokeshirecoast.wales](http://www.pembrokeshirecoast.wales)

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# Take the Coast Path Challenge

## The Pembrokeshire Coast Path National Trail certificate scheme

**Walk the entire 186 mile Trail at your own pace  
and claim your free certificate**



Lliwyr Arfordir Sir Benfro  
Lliwyr Cenedlaethol  
Pembrokeshire Coast Path  
National Trail



Parc Cenedlaethol  
Arfordir Penfro  
Pembrokeshire Coast  
National Park



Lliwyr Arfordir Cymru  
Wales Coast Path



# The Pembrokeshire Coast Path National Trail certificate scheme

It winds its way through 186 miles of breathtaking coastal scenery and to walk its entire length is a challenge many people take on every year. The Pembrokeshire Coast National Park Authority, which maintains the Trail with funding from Natural Resources Wales, offers a free certificate to those who have walked all 186 miles, no matter how long it has taken. Just fill out this form and read the conditions below. (This leaflet is also available online as a downloadable PDF).

*We would love to hear about your favourite places and any other comments you have about your Trail experience.*

*Enjoy the Pembrokeshire Coast!*

Section	From:	To:	Distance	Date	Signature	Favourite part / comments
1	Amroth	Tenby	7.1 miles			
2	Tenby	Manorbier	8.2 miles			
3	Manorbier	Stackpole Quay	6.3 miles			
4	Stackpole Quay	Stack Rocks	7.3 miles			
5	Stack Rocks	Freshwater West	5.4 miles			
6	Freshwater West	Angle Church	8.4 miles			
7	Angle Church	Power Station	6.2 miles			
8	Power Station	Pembroke	4.4 miles			
9	Pembroke	Cleddau Bridge	6 miles			
10	Cleddau Bridge	Gelliswick	8.4 miles			
11	Gelliswick	Dale Village	8.2 miles			
12	Dale Village	West Dale beach	6.1 miles			
13	West Dale beach	Martins Haven	4.3 miles			
14	Martins Haven	St Brides beach	4.2 miles			
15	St Brides beach	Broad Haven	6.2 miles			
16	Broad Haven	Newgale	5.7 miles			
17	Newgale	Solva	5.4 miles			
18	Solva	Porthclais	6 miles			
19	Porthclais	St Justinians	4 miles			
20	St Justinians	Penberry	6.6 miles			
21	Penberry	Porthgain	5.2 miles			
22	Porthgain	Abermawr	7.7 miles			
23	Abermawr	Strumble Head	6.4 miles			
24	Strumble Head	Goodwick	6.4 miles			
25	Goodwick	Pwll-Gwaelod	6.9 miles			
26	Pwll-Gwaelod	Newport Sands	7.8 miles			
27	Newport Sands	Ceibwr Bay	7 miles			
28	Ceibwr Bay	St Dogmaels	7.1 miles			

Route variations due to changing tides mean the section lengths are not always the same – so your total mileage may not add up to 186. Don't worry – as long as you've walked each section you can still claim your certificate!

Name: .....

Address: .....

.....

.....

Start date:.....

Completion date:.....

Please write clearly, this information will be used for your certificate.

### Conditions:

- During your walk, date and sign each section of the form to record your progress.
- Once you've completed all 186 miles and filled in your form, send it to the address below to claim your free certificate.
- An embroidered souvenir badge is available for £5 (inc. P&P). Send a cheque payable to PCNPA to:  
Llanion Park, Pembroke Dock, SA72 6DY.  
Alternatively call us on 01646 624800 to arrange card payment.  
Please allow 28 days for delivery



### Please follow the Coast Path Safety Code:

- Take care on the Coast Path – it's rugged, natural terrain.
- Keep to the path, away from cliff edges and overhangs.
- Always supervise children, especially near cliff edges.
- Walking surfaces can vary considerably with the weather. Always wear strong footwear with a good grip and ankle support.
- Wear or carry warm and waterproof clothing.
- Cliff-top walking can be dangerous in high winds.
- Beware of taking shortcuts across beaches – you may be cut off by the tide. Swimming can also be dangerous.
- Do not sit under cliffs or climb them.
- Keep dogs under close control.
- The Coast Path is managed for walkers; it is not safe or lawful to ride horses or cycle along most of the Coast Path.
- Leave gates and property as you find them.

**Note that mobile phone coverage is unreliable on the coast.**

