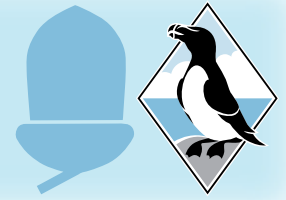


Pembrokeshire Coast National Park

Ceibwr/Pwllgranant

Half Day + Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 4.3 miles (6.9 km) 2 hours 30 minutes

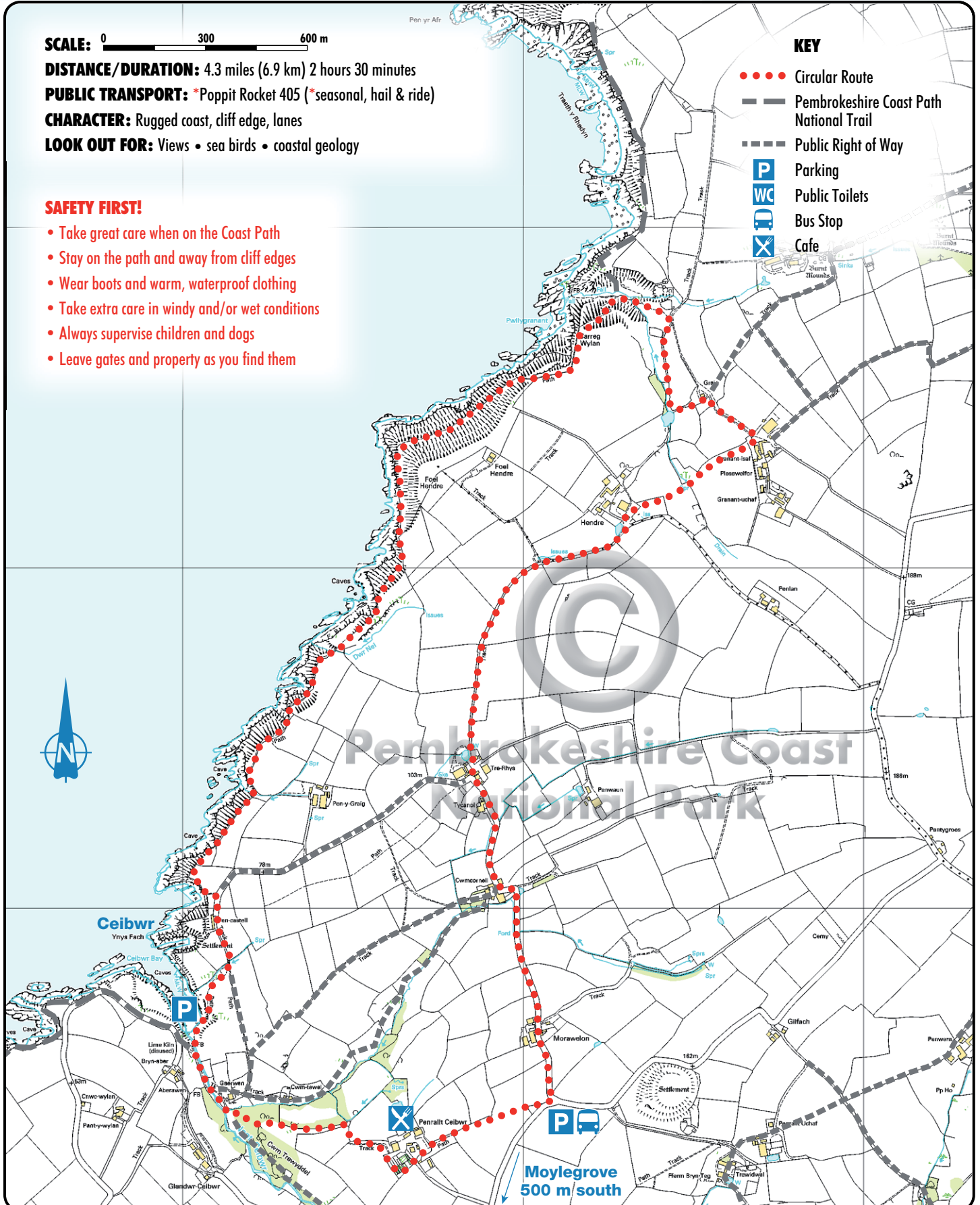
PUBLIC TRANSPORT: *Poppit Rocket 405 (*seasonal, hail & ride)

CHARACTER: Rugged coast, cliff edge, lanes

LOOK OUT FOR: Views • sea birds • coastal geology

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



Ceibwr/Pwllgranant

Half Day + Walk

Duration: 2 hours 30 minutes

Length: 4.3 miles (6.9 km)

Public transport: *Poppit Rocket 405 (*seasonal, hail & ride).

Grid ref: SN105455

A wild and isolated stretch of coastline with a dramatic "Witches' Cauldron"...

Look out for: Views, sea birds.

The coast around Ceibwr is lonely and wild, probably more so than on any other stretch of the Pembrokeshire coast. The cliffs in Ceibwr Bay are spectacularly contorted and folded by earth movements in the Caledonian era, about 450 million years ago (the beach is unsuitable for bathing). Jagged rocks, caves, blowholes, unreachable small shingly beaches and arches make up the coastline.

The loneliness of this stretch of coast make it an excellent place to see seals and a variety of sea birds including gulls, fulmars, shags, cormorants, choughs, buzzards, kestrels and ravens.

There's also an Iron Age hill fort, Castell Treriffith, to the south of Pwll-y-Wrach.

Character: Rugged coast, cliff edge, lanes.

Caution: The beach here is unsuitable for bathing.

Text provided by the BBC

