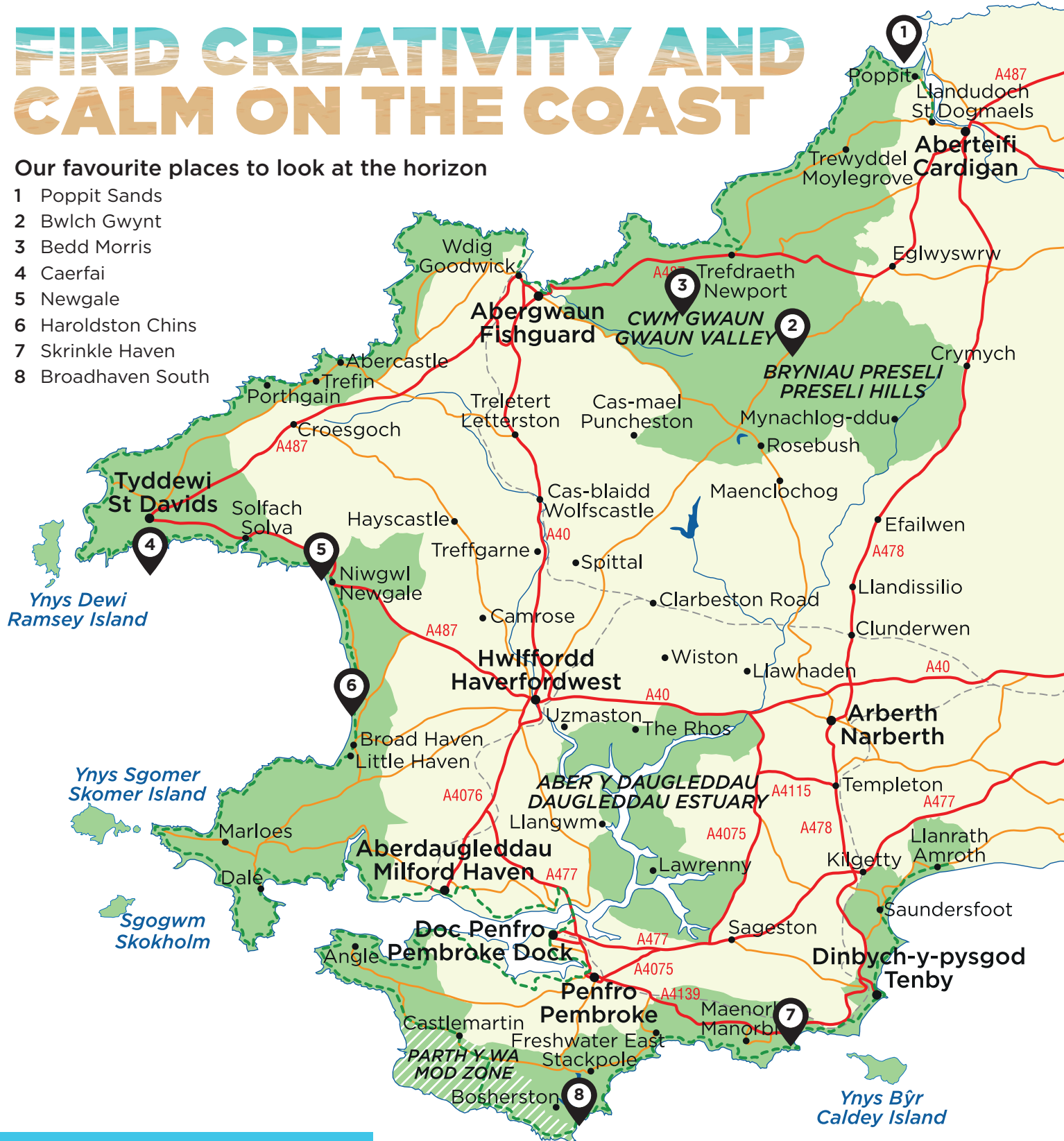


FIND CREATIVITY AND CALM ON THE COAST

Our favourite places to look at the horizon

- 1 Poppit Sands
- 2 Bwlch Gwynt
- 3 Bedd Morris
- 4 Caerfai
- 5 Newgale
- 6 Haroldston Chins
- 7 Skrinkle Haven
- 8 Broadhaven South



Mindfulness by the sea

Gazing out to sea can help us feel peaceful and calm.

You can support that feeling by practising mindfulness. Scan the QR code to access a mindfulness track to use by the sea.



Call for artwork

If Môrwelion/The Sea Horizon has inspired you to get creative, you're invited to become part of Oriel y Parc's "Horizon of Hope" project. We are looking for any 2D artwork, such as photographs, drawings, paintings, prints, collages, textiles or poems to display in the visitor centre. The theme is 'finding hope for nature'.

Speak to one of the Oriel y Parc team, or email horizon@pembrokeshirecoast.org.uk or gorwel@arfordirpenfro.org.uk



**ORIEL
Y PARC**



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park