

www.arfordirpenfro.cymru
www.pembrokeshirecoast.wales

AM DDIM
FREE

O Lan i Lan Coast to Coast

2026



Eich helpu chi i fwynhau
**Parc Cenedlaethol
Arfordir Penfro**

Helping you enjoy the
**Pembrokeshire Coast
National Park**



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park

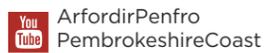
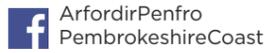
Llun clawr / Cover: Puffin / Pâl Drew Buckley

Mae **O Lan i Lan** yn cael ei gynhyrchu gan Awdurdod Parc Cenedlaethol Arfordir Penfro.

www.arfordirpenfro.cymru Ffôn: 01646 624800

Coast to Coast is produced by the Pembrokeshire Coast National Park Authority.

www.pembrokeshirecoast.wales Tel: 01646 624800



Traethau / Beaches	4-5
Castell a Melin Heli Caeriw / Carew Castle and Tidal Mill	6-7
Pentref Oes Haearn Castell Henllys Castell Henllys Iron Age Village	8-9
Oriel y Parc, Canolfan Ddarganfod y Parc Cenedlaethol Oriel y Parc, National Park Discovery Centre	10-11
Melin Heli Caeriw: Pennod Newydd ar Waith Carew Tidal Mill: A New Chapter in Motion	14
Enwau Cymraeg yn y Dirwedd / Welsh Names in the Landscape	15
Gweld Cymru'n Wahanol / See Cymru Differently	16-17
Y Cerbyd Rhyfel Olaf / The Last Chariot	18
Gwyfynod Gwych / Magical Moths	19
Cerdded at Ryfeddodau / Walk into Wonder	20-21
Dewisiadau Bach, Gwahaniaeth Mawr Small Choices, Big Difference	22
Cadw'n Ddiogel yn y Gwyllt Staying Safe in Wild Places	23
Pethau i'w Gwneud wrth Ymweld ag Eisteddfod y Garreg Las Things to Do when Visiting Eisteddfod y Garreg Las	24-25
Gerddi / Gardens	26
Cadwraeth a Bioamrywiaeth / Conservation and Biodiversity	27
Creffttau / Crafts	28
Crwydro'r Arfordir heb y Car / Discover the Coast without a Car	29
Artistiaid ac Oriolau / Artists and Galleries	30
Archaeoleg / Archaeology	31
Hud Gwyllt Misoedd Tawel Sir Benfro The Wild Magic of Pembrokeshire's Quieter Months	32
Barddoniaeth yn y Dirwedd / Poetry in the Landscape	33
Yr Heol Aur / The Golden Road	34-35
Anturiaethau Awyr Agored / Outdoor Adventure	36
Cerdded y Llwybr i'n Lleisiant / Walk the Path to Wellbeing	37
Amgueddfeydd / Museums	38
Y Rheng Flaen Anweledig / The Unseen Front Line	39
Olion Traed yn y Goedwig / Footprints in the Forest	40
Sir Benfro ar Blât / Pembrokeshire on a Plate	41
Bydoedd ar y Môr / Offshore Worlds	42
Mannau Gwyllt, Safleoedd Croesawgar Wild Places, Welcoming Spaces	43
Teithiau Cwch ac Ymweliadau Ynysoedd Boat Trips and Island Visits	44-45
Tudalen Hwyl / Fun Page	46
Tablau Llanw / Tide Tables	47
Map / Map	48

COAST & COUNTRY HOLIDAYS

From sea-view hideaways by the sea, quirky hot-tub lodges... to dog-friendly retreats in the hills, we've got a cottage waiting in your favourite spot, whatever the occasion.

Experience the magic of Mid, West, and South Wales with one of the region's top holiday letting agencies.

Book a holiday or let your cottage by heading to www.welsh-cottages.co.uk

De Aberllydan / Broad Haven South



Croeso i Barc Cenedlaethol Arfordir Penfro

Welcome to the Pembrokeshire Coast National Park



Pentre Ifan



Pâlod / Puffins



Porth Mawr / Whitesands Bay

Mae yna lefydd sy'n aros yn y cof, ac yna llefydd sy'n newid y ffordd rydych chi'n gweld y byd. Mae Parc Cenedlaethol Arfordir Penfro yn un o'r rheini. Yn wyllt ac yn wyntog, yn hynafol ac yn rhyfeddol o fyw, dyma'r unig Barc Cenedlaethol ym Mhrydain sy'n wirioneddol arfordirol - ac mae pob modfedd ohono'n teimlo'n agos i'r elfennau.

Dilynwch yr arfordir ac fe welwch chi filltiroedd o draethau euraidd a childraethau cudd y mae'n rhaid eu cyrraedd ar droed, a llwybrau sy'n troelli drwy rostir sydd wedi'i orchuddio â halen a fflachiadau sydyn o flodau gwyllt. Mae dolffiniaid yn neidio'r tonnau oddi ar y lan. Adar môr yn cylchdroi uwchben staciau'r môr a phentiroedd â blaenau eithin. Mae dros draean o'r Parc wedi'i ddynodi'n Safleoedd o Ddiddordeb Gwyddonol Arbennig, gan warchod cynefinoedd prin o systemau twyni i riffiau tanddwr.

Ond nid yw'r stori'n gorffen wrth ymyl y môr.

Ewch tua'r tir ac mae Bryniau'r Preseli yn codi fel asgwrn cefn drwy'r tirlun, wedi'u gwasgaru â beddau Neolithig, carneddau'r Oes Efydd, bryngaerau'r Oes Haearn a meini hirion. Dyma darddle'r cerrig glas a ffurfiodd galon Côr y Cewri - a lle sy'n llawn atgofion a chwedlau. Ewch ar grwydr i Foel Eryr am olygfeydd godidog ar draws Cymru, neu ymgollwch yn y tawelwch rhwng y cribau, lle mae merlod gwyllt yn pori a'r bwncath yn cylchdroi mewn llonyddwch.

I'r de, mae Moryd Daugleddau yn troelli drwy ddyffrynnoedd coedlog a chilfachau cudd, heibio olion cestyll, hen geiau, a chapeli a adeiladwyd lle mae afonydd yn cwrdd. Yma mae'r dŵr yn arafu, y golau'n meddal, a'r hanes yn codi o'r fflatiau llaid - cyflymder gwahanol, ond yr un ymdeimlad o ryfeddod.

Dyma Barc Cenedlaethol i bawb - os ydych chi'n archwilio llwybrau clogwyni neu'n gwthio pram ar hyd wal fôr. Mae milltiroedd o lwybrau hygyrch, cadeiriau olwyn i'w defnyddio ar y traeth, ac opsiynau cludiant cymunedol yn helpu i agor y dirwedd i bawb. A lle bynnag ewch chi, fe gewch chi groeso cynnes yn Gymraeg ac yn Saesneg fel ei gilydd.

Dyma le sydd wedi'i siapio gan ganrifoedd o straeon: saint a setlwyr, beirdd a phererinion, chwarelwyr, ffermwyr, pysgotwyr a gwrthryfelwyr. Mae'r dreftadaeth honno'n parhau - nid yn unig yn yr henebion, ond yn lleisiau, creffttau a diwylliant y bobl sy'n ei alw'n gartref.

Felly os ydych chi yma am antur neu lonyddwch, bywyd gwyllt neu hanes, traethau neu orielau, bydd y dirwedd hon yn taro tant gyda chi.

Does unman tebyg iddo, a does dim byd tebyg i fod yma.

Mwynhewch eich amser ym Mharc Cenedlaethol Arfordir Penfro!

Dinbych-y-pysgod / Tenby



PWYSIG

Nid yw Awdurdod Parc Cenedlaethol Arfordir Penfro yn cymeradwyo unrhyw feysydd gweryslla, canolfannau gweithgareddau, cyrsiau, llety, gweithgareddau na chyfleoedd, cynhyrchion neu wasanaethau eraill sydd yn y cyhoeddiad hwn. Er gwneir pob ymdrech i sicrhau cywirdeb erthyglau a gwybodaeth yn *O Lan i Lan*, ni ellir dal Awdurdod Parc Cenedlaethol Arfordir Penfro yn gyfrifol am unrhyw wallau neu hepgoriadau nac effeithiau hynny.

Mae Awdurdod Parc Cenedlaethol Arfordir Penfro a'i asiantau wedi gwneud pob ymdrech i sicrhau bod yr holl ddarparwyr llety / gweithgareddau a restrir, sy'n cael eu dilysu gan Croeso Cymru, wedi cael eu dilysu neu wedi gwneud cais am hynny, yn amodol ar reoliadau Croeso Cymru neu drwy Gorff Llywodraethu Cenedlaethol (CLC) neu Gorff Masnach y grefft unigol, gyda chymeradwyaeth ar y gweill.

© HAWLFRAINT 2026

Mae cynnwys *O Lan i Lan* yn hawlfraint y cyhoeddwr ac ni cheir ei atgynhyrchu mewn unrhyw ffordd heb ganiatâd ysgrifenedig y cyhoeddwr ymlaen llaw. Cyhoeddwyd gan Awdurdod Parc Cenedlaethol Arfordir Penfro, Parc Llanion, Doc Penfro, SA72 6DY. Ffôn: 01646 624800.



Coasteering and Sea Kayak Adventures around Stackpole / Barafundle Bay







BOOKING HOTLINE 07977 543396
ADVENTURE@ACTIVITY.CYMRU



Visit our family-run vineyard near Narberth
For vineyard tours, wine-tasting and sale of multi-award winning wines from Pembrokeshire
www.velfreyvineyard.com



Book Today : 07859 018 970
www.baydivers.co.uk

SCUBA DIVING DAY EXPERIENCES

- ✓ Try Dives in Open Water
- ✓ Guided Dives & Refreshers
- ✓ Beginners & Qualified Divers



Pembrokeshire Llama Trekking

Join us in 2026 to celebrate a decade of llama walks!

The oldest llama trekking centre in Wales!
Advance bookings only

Book: www.llamas.wales
Contact: walkies@llamas.wales

'Better than Spain!'
'A spiritual experience!'




Parciau Cenedlaethol y DU

Mae Arfordir Penfro yn un o 15 Parc Cenedlaethol y DU. Rhain yw'r manau mwyaf prydferth yn y wlad ac fe'u gwarchodir gan y gyfraith. Mae gan bob ardal Awdurdod Parc Cenedlaethol i ofalu am y tirlun a'r bywyd gwylt, ac i helpu pobl i ddarganfod y Parc a'i fwynhau.

UK National Parks

The Pembrokeshire Coast is one of 15 National Parks in the UK. They are the most beautiful areas in the country and they are protected by law. Each area has a National Park Authority to help look after the landscape and wildlife, and to help people discover and enjoy the Park.

Rhagor o wybodaeth: / Find out more:
www.nationalparks.uk



There are places that stay with you, and then there are places that change the way you see the world. The Pembrokeshire Coast National Park is one of those. Wild and windswept, ancient and astonishingly alive, it's Britain's only truly coastal National Park - and every inch of it feels close to the elements.

Follow the coastline and you'll find miles of golden beaches and secret coves reached only on foot, and paths that curve through salt-scrubbed heath and sudden bursts of wildflowers. Dolphins ride the waves offshore. Seabirds circle above sea stacks and gorse-tipped headlands. Over a third of the Park is designated as Sites of Special Scientific Interest (SSSIs), protecting rare habitats from dune systems to underwater reefs.

But the story doesn't stop at the sea's edge.

Head inland and the Preseli Hills rise like a spine through the landscape, scattered with Neolithic tombs, Bronze Age cairns, Iron Age hillforts and standing stones. This is the source of the bluestones that form the heart of Stonehenge - and a place steeped in memory and myth. Hike to Foel Eryr for panoramic views across Wales, or lose yourself in the quiet between the ridges, where wild ponies graze and buzzards circle in silence.

To the south, the Daugleddau Estuary winds through wooded valleys and hidden creeks, past castle ruins, old quays, and chapels built where rivers meet. Here the water slows, the light softens, and history rises from the mudflats - a different pace, but the same sense of wonder.

This is a National Park for everyone - whether you're exploring cliff paths or pushing a pram along a sea wall. Miles of accessible routes, beach wheelchairs, and community transport options help open up the landscape to all. And wherever you go, you'll find a warm welcome in Welsh and English alike.

It's a place shaped by centuries of story: saints and settlers, poets and pilgrims, quarrymen, farmers, fishermen and rebels. That heritage lives on - not just in ancient monuments, but in the voices, crafts and culture of the people who call it home.

So whether you're here for adventure or quiet, wildlife or history, beaches or galleries, this landscape will speak to you.

There's nowhere quite like it, and nothing quite like being here.

Enjoy your time in the Pembrokeshire Coast National Park!

Board Games

Surfing and Paddle Boarding

Book now!
BoardGamesSurfing.com 07772221333



CELTIC QUEST COASTEERING

Best Visitor Experience in Wales!

Families • Adults • Children

Find out more & Book Coasteering: **01348 837337**
www.celticquest.co.uk



IMPORTANT

The Pembrokeshire Coast National Park Authority does not endorse any campsites, activity centres, courses, accommodation, activities or other opportunities, products or services contained within this publication. While every effort is made to ensure the accuracy of articles and information in *Coast to Coast*, the Pembrokeshire Coast National Park Authority cannot be held responsible for any errors or omissions and the effects thereof.

Pembrokeshire Coast National Park Authority and its agents have made every effort to ensure that all accommodation / activity

providers listed, which are subject to verification by Visit Wales, have been granted verification or it has been applied for subject to Visit Wales regulations or through the individual trade's National Governing Body (NGB) or Trade Body, approval pending.

© COPYRIGHT 2026

The contents of *Coast to Coast* are the copyright of the publishers and may not be reproduced in any manner without the prior consent of the publishers in writing. Published by the Pembrokeshire Coast National Park Authority, Llanion Park, Pembroke Dock, SA72 6DY. Tel: 01646 624800.

Llanrath / Amroth



Poppit



Traeth Marloes / Marloes Sands



Traeth Niwglwl / Newgale Sands



Gorllewin Dale / West Dale



Mae mynediad i Draeth Monkstone, ger Llanusyllt, ar gau

Mae'r grisiau a'r llwybr troed cyhoeddus i'r traeth yn parhau i fod ar gau oherwydd ansefydlogrwydd yn y llethr uwchben y traeth. Ar hyn o bryd, nid oes ffordd ddiogel o adael y traeth ym Monkstone, felly dylai unrhyw un sy'n cerdded ar hyd y blaen draeth ar lanw isel fod yn ymwybodol bod perygl o gael eu hynysu gan y llanw.

Access to Monkstone Beach, near Saundersfoot is closed

The steps and public footpath to the beach remain closed due to instability in the slope above the beach. There is currently no safe way to exit the beach at Monkstone, anyone walking at low tide along the foreshore should be aware that there is a risk of being cut off by the tide.

Caerfai



Arfordir Unigryw

Suddwch fyseidd eich traed i'r tywod euraidd, anadlwch awyr hallt y môr, ac ymgollwch yn rhythm y tonnau'n torri ar y lan. Mae traethau Sir Benfro yn galw, ac eleni, maen nhw'n fwy adnabyddus nag erioed, gyda naw Baner Las – mwy nag unman arall yng Nghymru.

O gildraethau cudd a hafan bywyd gwyllt i fannau chwaraeon dŵr a thraethau sy'n ddelfrydol i deuluoedd, mae'r unig Barc Cenedlaethol ym Mhrydain sy'n wirioneddol arfordirol yn cynnig posibiliadau di-ben-draw ar yr arfordir, beth bynnag sy'n mynd â'ch bryd a pha bynnag dymor.

Traethau euraidd, gwreiddiau hynafol...

Llanrath

Yn draeth deniadol gyda thywod euraidd a gwedd gysgodol, sy'n wynebu'r de, mae Llanrath yn berffaith ar gyfer teithiau cerdded yn ystod yr haf, pysgota gyda'r nos neu hwylyfrddio. Ar lanw isel iawn, efallai y gwelwch chi weddillion coedwig cynhanesyddol o dan y tonnau. Yn nodi dechrau (neu ddiwedd) Llwybr Arfordir Penfro, mae'n borth i'r 186 milltir o arfordir godidog. Cymerwch ofal wrth ymyl y clogwyni ansefydlog ar y naill ben a'r llall.

Cyfleusterau: Maes parcio gerllaw, achubwyr bywyd yn ystod misoedd yr haf, caffis, siopau, tafarndai, promenâd concrit ar hyd lan y môr, mynediad i'r traeth drwy rampiau concrit (gwiriwch a yw'n addas).

Chwilio am rywbeth tebyg yn rhywle arall? Rhowch gynnig ar **Wisemans Bridge** neu **Coppet Hall** – gellir cyrraedd y ddau drwy ddarn hawdd o Lwybr yr Arfordir. Am gipolwg arall ar goedwig hynafol o dan y tonnau, rhowch gynnig ar **Faenorbŷr**.

Theatr byd natur

Poppit

Wrth aber Afon Teifi, mae Traeth Poppit yn llifeiriant eang o dywod euraidd gyda thwyni sy'n cynnig hafan i fywyd gwyllt. Ar adegau penodol o'r flwyddyn, mae hefyd yn bosib gweld dolffiniaid trwyn potel, llamhidyddion a morloi llwyd yr lwybr. Yn fan poblogaidd ar gyfer nofio a chwaraeon dŵr, gydag achubwyr bywyd ar ddyletswydd yn ystod yr haf, mae ceryntau cryf gerllaw'r aber yn golygu ei bod hi'n fwyaf diogel aros o fewn yr ardaloedd sy'n cael eu patrolio.

Cyfleusterau: Maes parcio gerllaw, achubwyr bywyd yn ystod misoedd yr haf, toiledau, caffis, cadeiriau olwyn ar gael ar gyfer y traeth o faint safonol ac i blant

Chwilio am rywbeth tebyg yn rhywle arall? Rhowch gynnig ar **Draeth Mawr** neu **Ddwyrain Freshwater** – y ddau yn cynnig traethau â thwyni tywod, gyda gorchwylion eang a digon o ddrama naturiol.

Amser a llanw

Caerfai

Mae'r clogwyni tywodfaen coch – yr un garreg a ddefnyddiwyd i adeiladu Eglwys Gadeiriol Tyddewi – yn disgyn yn serth i gildraeth tywodlyd Caerfai. Ar lanw isel, mae'r traeth yn troi'n faes chwarae o ogofâu a phyllau creigiog i'w harchwilio. Mae ceryntau cryf yn golygu nad yw nofio yn cael ei argymhell, ond mae mwy i'w ddarganfod: dringwch i'r meinciau ar ben y clogwyni i gael golygfeydd godidog ar draws Bae Sain Ffraid, neu archwilio'r yr orsaf delectraff Fictoraidd a bryngaer hynafol Penpleidiau gerllaw.

Cyfleusterau: Maes parcio gerllaw a siop fach.

Chwilio am rywbeth tebyg yn rhywle arall? Rhowch gynnig ar **Fae Gorllewin Angle**, lle mae'r gorffennol yn llochesu mewn caerau tawel ar ben clogwyni ac adeiladion anghofiedig o gyfnod y rhyfel, neu ewch i **Sain Ffraid**, cilfach cynhanesyddol gyda gweddillion sydd i'w gweld o hyd ar hyd y lan.

Wedi'i gerfio gan y môr

Traeth Marloes

Mae'r llanw isel ym Marloes yn datgelu darn hir o dywod wedi'i fritho â phyllau creigiog, gyda chlogwyni oren llachar yn y cefndir. Mae'n fan gwych i gerdded, i gribo'r traeth, neu i wyllo adar y môr ar hyd yr arfordir. Mae'r Tair Simnai gerllaw yn nodwedd ddaearegol ddramatig. Mae taith fer i'r gorllewin yn arwain at Draeth Albion – sy'n dawelach, yn gudd, ac ond yn hygyrch pan fydd y llanw allan.

Cyfleusterau: Maes parcio (10-15 munud ar droed i'r traeth ar hyd tir anwastad), toiledau, caffis.

Chwilio am rywbeth tebyg yn rhywle arall? Rhowch gynnig ar **Porth Mawr** am olygfa eang arall o'r tywod a'r môr, neu os oes gennych chi ddi-ddordeb mewn daeareg, ewch i glogwyni calchfaen meddal **Castellmartin**, lle mae'r môr wedi cerfio nodweddion anhygoel fel Pont Werdd Cymru, Staciau'r Heligog a Phwll y Wrach.

Machlud haul a golau'r sêr

Traeth Niwglwl

Mae bron i ddwy filltir o dywod euraidd yn gwneud traeth Baner Las Niwglwl yn hafan i selogion chwaraeon dŵr yn ystod y dydd, ond mae'r hud go iawn yn dechrau wrth iddi nosi. Gan wynebu'r gorllewin ar draws y bae, mae'r traeth yn cynnig sedd rhes flaen i fachlud haul godidog – gwyliwch o'r bancyn cerrig mân neu'ch car wrth i'r awyr fflamychu. Ar ôl iddi nosi, mae Niwglwl yn datgelu rhyfeddod arall: fel un o Safleoedd Canfod Awyr Dywyll y Parc Cenedlaethol, daw'r Llwybr Llaethog i'r golwg yn gwbl glir ar nosweithiau digwmwl.

Cyfleusterau: Maes parcio gerllaw, toiledau, caffis, tafarn, siop, achubwyr bywyd yn ystod misoedd yr haf.

Chwilio am rywbeth tebyg yn rhywle arall? Am fachlud haul sy'n disgleirio ymhell ar ôl i'r llanw droi, ewch i **Aberllydan**. Os byddai'n well gennych chi gyfnod yr ymchwydd am hwyliau, ewch i **Dale** – ffefryn gyda hwylyfrddwyr ac ysgolion cychod.

Cysgodol, cudd,

godidog

Bae Gorllewin Dale

I'r gorllewin o brydferthwch pentref Dale, ceir un o draethau cudd mwyaf perffaith Prydain. Mae'r ddisgynfa welltlog serth yn gofyn am ymdrech, ond mae Bae Gorllewin Dale yn eich gwobrwyo â thywod euraidd a golygfeydd godidog tuag at Ynys Sgogwm. Gallwch ei gyrraedd drwy lwybr troed y cae o Dale i fyny at Lwybr yr Arfordir – ond amserwch eich ymweliad yn ofalus. Gall ceryntau cryfion a llanw sy'n dod i mewn dorri'r trysor diarffordd hwn i ffwrdd, felly cadwch lygad barcud ar y môr.

Cyfleusterau: Maes parcio, caffis, tafarndai, siopau, toiledau a chadair olwyn y traeth i oedolion ar gael yn Dale.

Chwilio am rywbeth tebyg yn rhywle arall? Rhowch gynnig ar **Little Haven**, cilfach gudd gyda llithrfa a swyn pentrefol, neu **Borthclais**, cilfach gul lle mae cychod yn segura gyda'r llanw wrth ymyl waliau'r harbwr lle mae'r elfennau wedi gadael eu hól.



A Coastline Like No Other

Sink your toes into golden sand, breathe in the salty sea air, and lose yourself in the rhythm of waves breaking on the shore. Pembrokeshire's beaches are calling, and this year they're more celebrated than ever, with nine Blue Flags - more than anywhere else in Wales.

From secret coves and wildlife havens to buzzing watersports hotspots and idyllic family beaches, Britain's only truly coastal National Park offers endless coastal possibilities, whatever your mood and whatever the season.

Golden sands, ancient roots...

Amroth

An inviting beach with golden sands and a sheltered, south-facing aspect, Amroth is perfect for summer strolls, evening fishing or windsurfing. At very low tides, you might glimpse the remains of a prehistoric forest beneath the waves. Marking the start (or end) of the Pembrokeshire Coast Path, it's a gateway to 186 miles of breathtaking coastline. Take care near the unstable cliffs at either end.

Facilities: Nearby car park, lifeguards in the summer months, cafés, shops, pubs, concrete esplanade along sea front, beach access via concrete ramps (check suitability).

Looking for something similar elsewhere? Try neighbouring Wisemans Bridge or Coppet Hall - both with nearby parking. For another glimpse of ancient forest beneath the waves, try Manorbier.

Nature's theatre

Poppit

At the mouth of the Teifi Estuary, Poppit Sands is a wide sweep of golden sand backed by dunes that provide a haven for wildlife. At certain times of the year, it's also possible to catch a glimpse of bottle-nose dolphins, porpoises and Atlantic grey seals. A popular spot for swimming and watersports, with lifeguards on duty in summer, strong currents near the estuary mean it's safest to stay within the patrolled areas.

Facilities: Nearby car park, lifeguards in the summer months, toilets, café, standard size and children's beach wheelchairs available.

Looking for something similar elsewhere? Try Newport Sands or Freshwater East - both offer dune-backed beaches with wide horizons and plenty of natural drama.

Time and tide

Caerfai

Red sandstone cliffs - the same stone that built St Davids Cathedral - drop steeply to Caerfai's sandy cove. At low tide, the beach opens up into a playground of caves and rock pools to explore. Strong currents mean swimming isn't advised, but there's more to discover: climb to the cliff-top benches for glorious views across St Brides Bay, or explore the Victorian telegraph station and Penpleidiau's ancient hillfort nearby.

Facilities: Nearby car park and small shop.

Looking for something similar elsewhere? Try West Angle Bay, where the past lingers in quiet cliff-top forts and forgotten wartime ruins, or head to St Brides, a cove steeped in pre-history with remnants still visible along the shoreline.

Sculpted by the sea

Marloes Sands

Low tide at Marloes reveals a long stretch of sand dotted with rock pools, backed by vivid orange cliffs. It's a great spot for walking, beachcombing, or watching seabirds along the coast. The Three Chimneys stand nearby, a dramatic geological feature. A short scramble west leads to Albion Sands - quieter, hidden, and only accessible when the tide is out.

Facilities: Car park (10-15 minute walk to the beach along uneven terrain), toilets, café.

Looking for something similar elsewhere? Try Whitesands Bay for another broad sweep of sand and sea, or if your interest lies in geology, head to the soft limestone cliffs of Castlemartin, where the sea has carved spectacular features such as the Green Bridge of Wales, Stack Rocks, and the Witches Cauldron.

Sunsets and starlight

Newgale Sands

Nearly two miles of golden sand make the Blue Flag beach at Newgale a daytime haven for watersports enthusiasts, but the real magic begins at dusk. West-facing across the bay, the beach offers front-row seats to spectacular sunsets - watch from the pebble bank or your car as the sky ignites. After dark, Newgale reveals another wonder: as one of the National Park's Dark Sky Discovery Sites, clear nights bring the Milky Way into sharp, stunning focus.

Facilities: Nearby car park, toilets, café, pub, shop, lifeguards during the summer months.

Looking for something similar elsewhere? For sunsets that blaze long after the tide turns, head to Broad Haven North. If you'd rather swap the swell for sails, head to Dale - a favourite with windsurfers and boating schools.

Sheltered, secret, sublime

West Dale Bay

West of picture-postcard Dale village lies one of Britain's most perfect hidden beaches. The steep grassy descent demands effort, but West Dale Bay rewards you with golden sand and magnificent views toward Skokholm Island. Reach it via the field footpath from Dale up to the Coast Path - but time your visit carefully. Strong rip currents and incoming tides can cut off this secluded gem, so keep a watchful eye on the sea.

Facilities: Car park, cafés, pubs, shops, toilets and adult beach wheelchair available in Dale.

Looking for something similar elsewhere? Try Little Haven, a tucked-away cove with a slipway and village charm, or Porthclais, a narrow inlet where boats idle with the tide beside weathered harbour walls.

THE SUPERB SHOPPING EXPERIENCE



Every Room . Every Season . Everyone
Ample FREE Parking!



 Fishguard Road, Haverfordwest, SA62 4BT
 01437 768014 | www.vincentdavies.co.uk

Cynllunio ymlaen llaw

Mae rhai o draethau Sir Benfro yn brysur iawn yn ystod misoedd yr haf. Mae cynllunio ymlaen llaw a chael cynllun wrth gefn yn allweddol i wneud y mwyaf o'ch amser ym Mharc Cenedlaethol Arfordir Penfro.

Gellir dod o hyd i fap a rhestr o brif draethau Sir Benfro yn www.arfordirpenfro.cymru/traethau - ond peidiwch ag ofni gwneud eich ymchwil eich hun. Mae digon o drysorau cudd wedi'u cuddio ar hyd yr arfordir, yn aros i gael eu darganfod.

Freshwater East



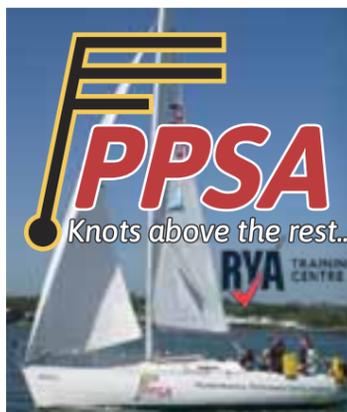
Plan ahead

Some of Pembrokeshire's beaches become extremely busy during the summer months. Planning ahead and having a Plan B in place are key to making the most of your time in the Pembrokeshire Coast National Park.

A map and list of Pembrokeshire's main beaches can be found at www.pembrokeshirecoast.wales/beaches - but don't be afraid to do your own research. There are plenty of hidden gems tucked along the coast, just waiting to be discovered.

ST DAVIDS BOOKSHOP

SIOP LYFRAU
TYDDEWI
Books for everybody; best sellers, local guides, Welsh books, OS maps, Book Tokens, greetings cards, children's books. Book ordering service. A warm welcome to all.
2 Ty Eurvil, Maes Dyfed, St Davids, SA62 6SR
01437 720480
stdavidsbookshop@gmail.com



Skipped Powerboat and Sailing Charters

RYA Sailing, Powerboat and Shorebased Courses
Call: 01646 564660
email: coach@ppsa.co.uk
web: www.ppsa.co.uk



Castell Caeriw, Caeriw, SA70 8SL 01646 651782

www.castellcaeriw.com

Amseroedd agor y Castell, y Felin a'r Ystafell De:
Dydd Llun 23 Mawrth i ddydd Sul 1 Tachwedd
• **Y Castell** 10am - 4.30pm (mynediad olaf 4pm)
• **Y Felin** 11am - 5pm (mynediad olaf 4.30pm)
• **Ystafell De** 10.30am - 4pm
Gweler y wefan am y manylion llawn a dyddiadau agor y gaeaf.

Tâl mynediad:

Oedolion £9.00

Plant (4-16) £7.00

Teulu (2+2 / 1+3) £28.50

Tocyn blynyddol: Oedolyn £22.50,

Plentyn £17.50, Teulu £70

Carew Castle, Carew, SA70 8SL 01646 651782

www.carewcastle.com

Castle, Mill and Tearoom opening times:

Monday 23 March to Sunday 1 November

• **Castle** 10am - 4.30pm (last admission 4pm)

• **Mill** 11am - 5pm (last admission 4.30pm)

• **Tearoom** 10.30am - 4pm

See website for full details and winter opening dates.

Admission:

Adults £9.00

Children (4-16) £7.00

Family (2+2 / 1+3) £28.50

Annual pass: Adult £22.50,

Child £17.50, Family £70

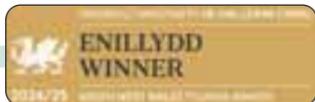


Camwch i fyd cyfareddol Castell Caeriw, lle mae sŵn arfwisgoedd yn atsain a sibrdw boneddigaidd yn loetran ymhlith y tyrau. Mae'r waliau hynafol hyn wedi gweld y cyfan - uchelgais, brad, gorfoledd, a straeon sy'n rhy ryfedd i'w hanghofio.

Unwaith yn safle bywiog ar gyfer gornestau a gwleddoedd a fyddai'n addas i frenin, mae'r Castell yn dal i suo gan gyffro hyd heddiw. Camwch i galendr o ddigwyddiadau sy'n dod â'r gorffennol yn fyw - o Ysgol y Marchogion a theithiau ysbrydion i berfformiadau Theatr Awyr Agored llawn awrygylch a hanes a fydd yn cyffroi pobl o bob oed.

Wedi'i amgylchynu gan ddyfroedd llonydd Pwll y Felin 23 erw, mae'r Castell yn arglwyddiaethu dros dirwedd sy'n gyfuriog o fywyd gwyllt a rhyfeddod. Dilynwch y llwybr o amgylch ei ymyl dawel, archwiliwch waith dyfeisgar Pwll y Felin, neu setlwch am bicnic lle mae'r crêyr glas yn pysgota ac amser fel pe bai'n arafu.

Mae pob ymweliad yn datgelu rhywbeth newydd. Mae gan bob carreg ei stori. Nid lle i'w ddarganfod yn unig yw Caeriw - mae'n lle i deimlo hanes o dan eich traed.



Enter the spellbinding world of Carew Castle, where echoes of clashing armour and courtly whispers linger among the towers. These ancient walls have seen it all - ambition, betrayal, triumph, and tales too strange to be forgotten.

Once a bustling site of tournaments and feasts fit for a king, the Castle still hums with excitement today. Step into a calendar of events that brings the past vividly to life - from Knight School and ghost walks to the atmospheric Open Air Theatre performances and hands-on history that will thrill every age.

Surrounded by the still waters of a 23-acre Millpond, the Castle presides over a landscape alive with wildlife and wonder. Follow the path around its tranquil edge, explore the ingenious workings of the Tidal Mill, or settle down for a picnic where herons fish and time seems to slow.

Every visit reveals something new. Every stone has a story. Carew isn't just a place to explore - it's a place to feel history under your feet.

Uchafbwyntiau'r haf / Summer highlights

▲ Rhaid archebu lle - codir tâl ychwanegol
Ⓢ Wedi'i gynnwys AM DDIM gyda thocyn mynediad arferol
£ Dim angen archebu ond codir tâl ychwanegol
Mae'r telerau a'r amodau ar gyfer ein holl ddigwyddiadau i'w gweld ar ein gwefan

▲ Booking essential - additional charges apply
Ⓢ Included FREE with normal admission ticket
£ No need to book but extra charge applies
Terms and conditions for all of our events can be found on our website



The Jungle Book

Dewch i ymuno â Mowgli, Baloo yr arth a Bagheera y bather, ar antur wyllt yn y jyngrl wrth iddynt gyfarfod a cheisio twyllo neidr lithrig, mwncid direidus, a'r teigr ffyrnig, Shere Khan! Addas i oedran 4+.

Dydd Mawrth 4 Awst, gatiu'n agor 4.45pm, sioe yn dechrau 5.30pm

Dewch â blanced neu gadair gyda chi.



The Jungle Book

Join Mowgli, Baloo the bear and Bagheera the panther, on a madcap jungle adventure as they meet and attempt to outwit a slithering snake, some cheeky monkeys, and the fierce tiger, Shere Khan! Suitable for ages 4+.

Tuesday 4 August, gates open 4.45pm, show starts 5.30pm

Bring a rug or low-backed chair.

Theatr Awyr Agored▲

Profwch hud digwyddiadau theatr agored Caeriw yr haf hwn! Ewch i www.castellcaeriw.com am ragor o wybodaeth ac i archebu eich tocynnau.

Sherlock Holmes and The Hound of the Baskervilles

A fydd y ddeuawd dditectif Holmes a Watson yn darganfod cyfrinach farwol melltith teulu'r Baskervilles cyn iddi daro eto? Addas i bob oed (argymhellir canllawiau rhieni).

Dydd Iau 30 Gorffennaf, gatiu'n agor 5.30pm, sioe yn dechrau 6.30pm

Open Air Theatre ▲

Experience the magic of Carew's open air theatre events this summer! Visit www.carewcastle.com for further information and to book your tickets.

Sherlock Holmes and The Hound of the Baskervilles

Will detective duo Holmes and Watson discover the deadly secret of the Baskerville family curse before it strikes again? Suitable for all ages (parental guidance advised).

Thursday 30 July, gates open 5.30pm, show starts 6.30pm



Lansiad y Fagnel Fawr

Ⓢ Ymunwch â ni wrth i ni gyfri'r eiliadau a lansio ein Magnel Fawr, catapwlt canoloesol enfawr a ddefnyddir i ymosod ar gestyll.

Dydd Mawrth 31 Mawrth

Dydd Mawrth 7 Ebrill

Dydd Mercher 27 Mai

Dydd Mawrth 21 Gorffennaf,

Dydd Mawrth 28 Gorffennaf

Dydd Mawrth 4 Awst

Dydd Mawrth 11 Awst

Dydd Mawrth 18 Awst

Dydd Mawrth 25 Awst,

2.30pm

Launch of the Giant

Ⓢ Join us as we count down and launch our Giant Trebuchet, a huge medieval catapult used to attack castles.

Tuesday 31 March

Tuesday 7 April

Wednesday 27 May

Tuesday 21 July

Tuesday 28 July

Tuesday 4 August

Tuesday 11 August

Tuesday 18 August

Tuesday 25 August,

2.30pm





Newydd Ymwan

Canoloesol Mawreddog ▲

Ym 1507, cynhaliwyd y twrnaint ymwan mawr olaf yng Nghymru yng Nghastell Caeriw - ac nawr mae'r sioe yn dychwelyd! Dewch i brofi penwythnos gwefreiddiol o basiantri, sgiliau milwrol a dathlu. Cefnogwch eich hoff farchog a rhyfeddu at ddewrder a sgil y marchogion wrth iddynt ymladd yn yr arena. Antur ganoloesol fythgofiadwy!

Dydd Sadwrn 4 a dydd Sul 5 Gorffennaf

Yn ystod y penwythnos hwn, dim ond gyda thocyn Ymwan wedi'i archebu ymlaen llaw y gellir mynd i mewn i'r Castell.

Ewch i www.castellcaeriw.com am ragor o wybodaeth.

New Grand

Medieval Joust ▲

In 1507, Carew Castle hosted the last great medieval jousting tournament in Wales - and now the spectacle returns! Experience a thrilling weekend of pageantry, martial skill and celebration. Cheer for your favourite horseman and marvel at the courage and skill of the knights as they clash in the arena. A truly unforgettable medieval adventure!

Saturday 4 and Sunday 5 July

During this weekend, entry to the Castle is by pre-booked Joust ticket only.

See www.carewcastle.com for further information.



Am y rhestr lawn o ddigwyddiadau a gwybodaeth archebu ewch i www.castellcaeriw.com

For the full list of events and booking information go to www.carewcastle.com



Bowlore: Chwedlau Bwa a Llafn ☺

Mae saethwyr a marchogion ysblennydd Bowlore yn ôl gyda'u gwerysll canoloesol, sy'n cynnwys cleddyfa marwol, saethyddiaeth syfrdanol, ac arddangosfeydd arfwisgoedd.

Dydd Sul 24 hyd at ddydd Mawrth 26 Mai, 10am - 4pm

Bowlore: Legends of Bow and Blade ☺

The spectacular archers and knights of Bowlore are back with their medieval encampment for death-defying sword fighting, awesome archery and armour displays.

Sunday 24 to Tuesday 26 May, 10am - 4pm



Ystafell De Nest

Oddi mewn i Ardd Furiog y Castell, mae Ystafell De Nest yn cynnig seibiant perffaith. Wedi'i hamgylchynu gan berlysiau persawrus, coed ffrwythau a chân yr adar, mae'n lle i'r enaid gael llonydd ac i flasu rhywbeth sy'n dod â dŵr i'r dannedd. Mwynhewch gacennau cartref, cinio ysgafn a choffi bendedig, gyda digon o le i eistedd - os oes well gennych chi'r seddi clyd dan do neu dawelwch deiliog y byrddau gardd dan do.

Mae ardal chwarae i blant gerllaw - dilynwch y llwybr, cadwch lygad am y cawr sy'n cysgu, a gwnewch eich hun yn gartrefol. Am oriau agor, ewch i www.castellcaeriw.com.

Nest Tearoom

Tucked inside the Castle's Walled Garden, Nest Tearoom offers the perfect pause in your day. Surrounded by fragrant herbs, fruit trees and birdsong, it's a place to slow down, recharge, and savour something delicious. Enjoy homemade cakes, light lunches and expertly brewed coffee, with plenty of space to sit - whether you prefer the cosy indoor seating or the leafy calm of the covered garden tables. There's a children's play area close by - just follow the path, keep an eye out for the sleeping giant, and make yourself at home. For opening hours, visit www.carewcastle.com.



Diwrnodau Antur Canoloesol

Mwynhewch ddiwrnod llawn hwyl canoloesol ar gyfer bob oedran.

- 11am Hanesion Hyll ☺
- 11.30am Ysgol Marchogion ☺
- 11.30am - 3pm Rhowch Dro ar Saethyddiaeth £
- 3pm Dewch o Hyd i'r Allwedd! ☺
- 3.30pm Ysgol Marchogion ☺

Bob dydd Sul i ddydd Iau o 19 Gorffennaf hyd at 27 Awst.

Medieval Adventure Days

Enjoy a day packed full of medieval fun for all ages.

- 11am Horrid Histories ☺
- 11.30am Knight School ☺
- 11.30am - 3pm Have-A-Go Archery £
- 3pm Find the Key! ☺
- 3.30pm Knight School ☺

Every Sunday to Thursday from 19 July to 27 August.



Darganfod Hanes: Sir Benfro'r Gorffennol ☺

Archwiliwch hanes cyfoethog Sir Benfro a'r darganfyddiadau archaeolegol sydd wedi llunio'r rhanbarth. Mae digon i blant hefyd, gydag archaeoleg ymarferol, gemau hwyliog, Ysgol Marchogion, a Rhowch Dro ar Saethyddiaeth.

Dydd Llun 3 Awst, 10am - 4pm

Unearthing History: Pembrokeshire's Past ☺

Explore the rich history of Pembrokeshire and the archaeological discoveries that have shaped the region. There's plenty for children too, with hands-on archaeology, fun games, Knight School, and Have-a-go Archery.

Monday 3 August, 10am - 4pm



Penwythnos Rhyfelwyr ac Arfau ☺

Ymunwch mewn penwythnos gwyl y banc llawn gweithgareddau o hanes byw, arfau a rhyfela, wrth i Historia Normannis ddychwelyd Castell Caeriw yn ôl i'r 12fed ganrif. **Dydd Sadwrn 29 hyd at ddydd Llun 31 Awst, 10am - 4pm**

Weekend of Warriors and Weaponry ☺

Join an action-packed bank holiday weekend of living history, weaponry and warfare, as Historia Normannis transport Carew Castle back to the 12th century. **Saturday 29 to Monday 31 August, 10am - 4pm**

**Pentref Oes Haearn Castell Henllys,
ger Eglwysrwrw, SA41 3UR
01239 891319
www.castellhenllys.com**

Amseroedd agor Castell Henllys:
Dydd Llun 6 Ebrill i ddydd Sul 1 Tachwedd,
10am - 5pm (mynediad olaf 4pm)
Oriau agor y gaeaf: Dydd Mercher i ddydd Sul
10am - 3pm (mynediad olaf 2.15pm)

Tâl mynediad:

Oedolion £9.00

Plant (4-16) £7.00

Teulu (2+2 / 1+3) £28.50

Tocyn blynyddol: Oedolyn £22.50,

Plentyn £17.50, Teulu £70

**Castell Henllys Iron Age Village,
near Eglwysrwrw, SA41 3UR
01239 891319
www.castellhenllys.com**

Castell Henllys opening times:
Monday 6 April to Sunday 1 November,
10am - 5pm (last entry 4pm)
Winter Opening: Wednesday to Sunday
10am - 3pm (last entry 2.15pm)

Admission:

Adults £9.00

Children (4-16) £7.00

Family (2+2 / 1+3) £28.50

Annual pass: Adult £22.50,

Child £17.50, Family £70



Camwch i galon hynafol Castell Henllys, lle mae tanau tai crwn yn dal i glecian a bywyd yr Oes Haearn yn parhau.

Wedi'i ailadeiladu ar union safle'r tai crwn gwreiddiol, dyma'r unig bentref o'i fath ym Mhrydain - lle dydych chi ddim yn dysgu hanes yn unig ond yn ei brofi â'ch holl synhwyrau.

Dewch i gwrdd â Phentrefwyr yr Oes Haearn wrth iddyn nhw ddod â'r gorffennol yn fyw gyda sgiliau, straeon a doethineb a drosglwyddwyd drwy'r cenedlaethau. Crwydrwch lwybr y coetir, dilynwch y llwybr troednoeth, neu ymunwch ag un o'r nifer o ddigwyddiadau tymhorol sydd â'u gwreiddiau yn yr hen galendr Celtaidd - o ddathliadau'r haf i olygfa danlyd y dyn gwiall.

Rhowch gynnig ar anelu gyda ffon dafll, teimlwrch frwsh oer y glaslys wrth iddo gael ei beintio ar eich braich, neu eisteddwch wrth yr aelwyd a dysgwch nid yn unig sut roedd eich hynafiaid yn byw, ond pam ei fod dal yn bwysig.

Gyda chaffi ar lan yr afon, y llwybr troednoeth, teithiau cerdded drwy'r coetir ac ardal chwarae wych, mae Castell Henllys yn ddiwrnod sy'n llawn hanes, natur a dychymyg.

Roedd pobl yr Oes Haearn yn mwynhau cwmni helgwn, ac mae croeso i gwŷn ar dennyn byr ar y safle.

Step into the ancient heart of Castell Henllys, where roundhouse fires still crackle and the Iron Age lives on.

Rebuilt on the very footprints of its original roundhouses, this is the only village of its kind in Britain - a place where you don't just learn history but experience it with all your senses.

Meet the Iron Age Villagers as they bring the past to life with skills, stories and wisdom passed down through generations. Wander the woodland trail, follow the barefoot path, or join one of the many seasonal events rooted in the old Celtic calendar - from summer celebrations to the fiery spectacle of the wicker man.

Try your aim with a slingshot, feel the cool brush of woad as it's painted on your arm, or simply sit by the hearth and learn not just how your ancestors lived, but why it still matters.

With a riverside café, barefoot trail, woodland walks and a brilliant play area, Castell Henllys is a full day out steeped in history, nature and imagination.

The Iron Age people enjoyed the company of hounds, and dogs on short leads are welcome on site.



Uchafbwyntiau'r haf / Summer highlights

Profwch yr Oes Haearn

Mae antur hynafol yn aros amdanoch!
Mentwrch i'n Pentref Oes yr Haearn a chwrrd ag aelodau cyfeillgar o'r llwyth, a fydd yn dweud popeth wrthydych chi am fywyd yn yr Oes Haearn. Cewch gyfle i gael tro gyda "ffon dafll", gwyllo arddangosiad o grefft neu sgil hynafol, a chael eich paentio gyda phatrymau prydfferth glas. Mae taith tywys o'r Pentref hefyd wedi'i chynnwys yn y pris mynediad am 11.30am a 2.30pm.
Nodir bydd y Pentrefwyr yn cael cinio rhwng 1pm a 2pm.

Profi'r Oes Haearn:

Bore Tawel

Profwch yr Oes Haearn heb unrhyw weithgareddau na dangosiadau swnllyd. Pris mynediad arferol yn berthnasol.
Bob dydd Sul, 10am - 12 hanner dydd

Taith Nos

Bioffloroleuol

Ymunwch â'n Parcryn am dro ar ôl iddi dywyllu i archwilio byd hudol bioffloroleuol yng nghoedwig y gwanwyn yng Nghastell Henllys. Gan ddefnyddio tortshis UV, byddwn yn darganfod arddangosfa fywiog a lliwgar o gen, planhigion a phryfed yr adeg hon o'r flwyddyn. Addas ar gyfer oedolion a phlant (8 oed+). Darperir tortshis UV a sbectol. £15 y pen. RHAID ARCHEBU LLE
Dydd Iau 2 Ebrill, 7.30pm - 9.30pm

Gweithdy Tecstilïau Hynafol

Dewch i ddysgu technegau tecstilïau ein cyndeidiau i greu eich darn eich hun o decstilïau cynhanesyddol. Yn ystod y gweithdy hwn, cewch eich cyflwyno i hanfodion nyddu, gwehyddu a lliwio. Addas ar gyfer oedran 12+. Rhaid i blant o dan 16 oed fod yng nghwmni oedolyn sy'n talu. £45 y pen (gan gynnwys mynediad i'r Pentref Oes Haearn a'r holl ddeunyddiau). Ni ellir ad-dalu tocynnau. Dim ond chwe lle sydd ar gael fesul sesiwn.
Dydd Sadwrn 11 Ebrill a Dydd Sadwrn 12 Medi, 11am - 4pm



Gweithdy Nyddu i'r Teulu

Dysgwch y technegau sylfaenol sydd eu hangen i greu eich llinyn eich hun o wllân. Cyflwyniad hamddenol 90 munud i nyddu gwllân gan ddefnyddio gwerthd gollwng. Addas ar gyfer teuluoedd ac oedran 6+ yng nghwmni oedolyn sy'n talu. £18 oedolyn, £16 plentyn. Holl ddeunyddiau a hyfforddiant wedi'u cynnwys. RHAID ARCHEBU LLE. Ni ellir ad-dalu tocynnau.
Dydd Sadwrn 23 Mai a dydd Sul 25 Hydref, 11am - 12.30pm ac 1.30pm - 3pm

Goresgyniad y Rhufeiniaid!

Dewch i ymuno â milwyr Rhufeinig y Legio VIII Augusta MGW i ddysgu mwy am fywyd y llengoedd Rhufeinig. £12.50 oedolyn, £10.50 plentyn, £40.75 teulu (2+2 neu 1+3). Pob gweithgaredd wedi'i gynnwys ym mhrys y mynediad.
Dydd Sul 24 a Dydd Llun 25 Mai, 10am-5pm

Diwrnod Byw'n Gynaliadwy

Dewch i gymryd rhan a chael eich ysbrydoli gan yr Wythnos Werdd Fawr yng Nghastell Henllys. Dysgwch sut roedd ein cyndeidiau yn byw mewn cytgordd â natur a dysgwch beth gallwch chi ei wneud nawr i helpu ein planed. Dysgwch beth gallwch chi ei wneud nawr i helpu ein planed. Dewch i roi cynnig ar adeiladu dull yr Oes Haearn, nyddu llinyn o wllân, neu greu crefftiau cynaliadwy a naturiol. Pris mynediad arferol, gyda thâl ychwanegol bychan am rai gweithgareddau.
Dydd Sul 7 Mehefin



Darganfod Archaeoleg

Dewch yn archaeolegydd am y diwrnod! Archwiliwch sut mae safleoedd yn cael eu darganfod, eu cloddio a'u diogelu. Cewch drin arteffactau replica a deunydd archaeolegol o'n casgliad, cwrdd â'r archaeolegwyr sy'n gofalu am orffennol Sir Benfro, a dysgu mwy am eu gwaith. Gall ymwelwyr iau sy'n chwilio am brofiad ymarferol gymryd rhan mewn gweithgaredd cloddio i blant. Prisiau mynediad arferol, tâl ychwanegol am rai gweithgareddau.
Dydd Sadwrn 25 Gorffennaf, 10am - 5pm

Ystlumod Gwych Castell Henllys

Wrth i'r nos ddisgyn, dewch i ddarganfod byd cudd yr ystlumod gyda'n Parcmon arbenigol. Dyma gyfle i chi ddysgu am y creaduriaid nosol rhyfeddol hyn, gwrandao ar eu sgyrsiau cyfrinachol gan ddefnyddio. Addas ar gyfer oedran 8+. £15 y pen. RHAID ARCHEBU LLE.
Dydd Mawrth 25 Awst, amser i'w gadarnhau.



Caffi Blasus

Wedi'i nythu o fewn tirwedd hynafol Castell Henllys, mae ein caffi yn cynnig saib croesawgar yng nghalon hanes. Wedi'n hamgylchynu gan goetir, rydym yn gweini bwyd wedi'i baratoi'n ffres, cacennau cartref, a choffi sydd wedi'i rostio'n lleol. Dyma'r arhosfan berffaith i gerddwyr ac anturwyr ail-lenwi eu hegni ar ôl ymweld â'r Pentref Oes Haearn. P'un a ydych chi'n eistedd wrth yrnant, ar y decin, neu y tu mewn i'n Canolfan Groeso ysbrydoledig, gallwch fwynhau'r golygfeydd a blasu lletygarwch lleol go iawn yn un o safleoedd treftadaeth mwyafr atmosfferig Cymru.

Blasus Café

Nestled within the ancient landscape of Castell Henllys, our café offers a welcoming pause in the heart of history. Surrounded by woodland, we serve freshly prepared food, homemade cakes, and locally roasted coffee. It's the perfect stop for walkers and explorers to refuel after visiting the Iron Age Village. Whether you sit by the stream, on the decking, or inside our inspiring Visitor Centre, you can soak in the scenery and enjoy a true taste of local hospitality in one of Wales' most atmospheric heritage sites.



Am y rhestr lawn o ddigwyddiadau a gwybodaeth archebu ewch i www.castellhenllys.com
For the full list of events and booking information go to www.castellhenllys.com



Experience the Iron Age

Your ancient adventure awaits! Visit our Iron Age Village and meet friendly members of our tribe who will tell you all about life in the Iron Age. You will have the opportunity to have a go with a slingshot (weather permitting), watch a demonstration of an ancient craft or skill and be painted with beautiful blue patterns. A guided tour of the Village is also included in your admission fee at 11.30am and 2.30pm. Please note the Villagers will be having lunch between 1pm and 2pm. **Daily from 30 March**

Biofluorescent Night Walk

Join our Rangers for an after dark walk exploring the magical world of biofluorescence in the spring woodland at Castell Henllys. Using UV torches, we will discover the vibrant, colourful display of lichens, plants and insects at this time of year. Suitable for adults and children (age 8+). UV torches and glasses provided. £15 per person. **BOOKING ESSENTIAL. Thursday 2 April, 7.30pm - 9.30pm**



Ancient Textiles Workshop

Learn the textile techniques of our ancestors to create your own piece of prehistoric textile. During this workshop, you will be introduced to the basics of spinning, weaving and dyeing. Suitable for ages 12+. Children under the age of 16 must be accompanied by a paying adult. £45 per person (includes admission to the Iron Age Village and all materials). Tickets non-refundable. Places limited to six per session. **Saturday 11 April and Saturday 12 September, 11am - 4pm**

Family Spinning Workshop

Learn the basic techniques needed to create your own yarn from fleece. A relaxed 90-minute introduction to spinning wool using a drop spindle. Suitable for families and ages 6+ accompanied by a paying adult. £18 adult, £16 child. All materials and tuition included. **BOOKING ESSENTIAL. Tickets non-refundable. Saturday 23 May and Sunday 25 October, 11am - 12.30pm and 1.30pm - 3pm**

Roman Invasion!

Join the Roman soldiers of the Legio VIII Augusta MGV to discover the Roman legions' way of life. £12.50 adult, £10.50 child, £40.75 family (2+2 or 1+3). All activities included in entry price. **Sunday 24 and Monday 25 May, 10am - 5pm**



Sustainable Living Day

Get involved and be inspired by the Great Big Green Week at Castell Henllys. Discover how our ancestors lived with nature and learn what you can do now to help improve our planet. Get hands-on with Iron Age building, learn how to spin yarn from fleece, or have a go at some sustainable or natural crafts. Normal admission applies, small additional charge for some activities. **Sunday 7 June**

Discover Archaeology

Discover what it takes to be an archaeologist! Find out how sites are found, excavated, and protected. Handle replica items and archaeological material from our collection, meet the archaeologists who look after Pembrokeshire's past and find out more about what they do. Younger visitors looking for a hands-on experience can take part in a children's excavation activity. Normal admission applies, additional charge for some activities. **Saturday 25 July, 10am - 5pm**



Brilliant Bats

As day turns to dusk, discover the hidden world of bats with our expert Ranger. This is your chance to learn about these fascinating nocturnal creatures, listen in on their secret conversations using echolocation detectors, and explore the mysterious nooks and crannies they call home. Suitable for ages 8+. **BOOKING ESSENTIAL. Tuesday 25 August, time TBC**

Dathlwch yr Wyliau Celtaidd mewn Steil!

Dathlwch dreigl y tymhorau drwy ymgolli yn nhraddodiadau hynafol a dathliadau bywiog ein hynafiaid o'r Oes Haearn. Archebwch eich lle'n gynnar i osgoi cael eich siomi.

Celebrate the Celtic Festivals in Style!

Mark the passing of the seasons by immersing yourself in the ancient traditions and lively celebrations of our Iron Age ancestors. Please book early to avoid disappointment.

Beltane - Calan Mai

Dewch i ddathlu dychweliad yr haf yng ngŵyl hynafol Calan Mai. Cewch gyfle i greu crefftau tymhorol neu gymryd rhan yn ein gweithgareddau ymarferol. Dewch i ymgynnull o amgylch y tân i fwynhau hen straeon, cyn ymuno â'r seremoni o amgylch y goelcerth am 3pm (os bydd y tywydd yn caniatáu) i hel y gaef ymaith. £11 oedolyn, £9 plentyn, £35.50 teulu (2+2 neu 1+3). Pob gweithgaredd wedi'i gynnwys ym mhreis y mynediad. Argymhellir archebu. **Dydd Sadwrn 2 Mai, 11am - 4.30pm**

Beltane - Calan Mai

Celebrate the return of summer at the ancient festival of Beltane, also known as Calan Mai. Make some seasonal crafts or join in with our hands on activities. Gather by the fireside to be entertained by tales of old, before joining the ceremony around the bonfire at 3pm (weather permitting) to banish away the winter. £11 adult, £9 child, £35.50 family (2+2 or 1+3). All activities included in entry price. Booking recommended. **Saturday 2 May, 11am - 4.30pm**

Calan Awst - Perfformiad gyda'r Nos

Wrth i'r cynhaeaf ddechrau, rydyn ni'n dod at ein gilydd i ddathlu. Bydd cerddoriaeth fyw gan MWSOG, a fydd yn creu awyrgylch hudol a swynol, cyn perfformiad tân ysblennydd a thanio ein dyn gwiaill. Addas ar gyfer oedran 4+. Dewch â blanced neu gadair a dillad addas ar gyfer perfformiad yn yr awyr agored. £22 oedolyn, £20 plentyn, £70 teulu (2+2 neu 1+3). **RHAID ARCHEBU LLE. Dydd Mercher 5 Awst, 7pm**

Calan Awst - Evening Performance

As the harvest begins, we join together to celebrate. There will be live music from MWSOG, creating a magical, spellbinding atmosphere, before a spectacular fire performance and the ignition of our wicker man. Recommended ages 4+, please bring a rug or chair and clothing suitable for an outside performance. £22 adult, £20 child, £70 family (2+2 or 1+3). **BOOKING ESSENTIAL. Wednesday 5 August, 7pm**

Dyddiadau eraill ar gyfer eich dyddiadur:

- Heuldro'r Haf**
Dydd Sul 21 Mehefin, 11am - 4.30pm
- Samhain - Nos Calan Gaeaf**
Dydd Sadwrn 31 Hydref, 11am - 4pm
- Heuldro'r Gaeaf**
Dydd Llun 21 Rhagfyr, 11am - 3pm

Other dates for your diary:

- Summer Solstice**
Sunday 21 June, 11am - 4.30pm
- Samhain - Nos Calan Gaeaf**
Saturday 31 October, 11am - 4pm
- Winter Solstice**
Monday 21 December, 11am - 3pm



Oriel y Parc, Canolfan Ddarganfod y Parc Cenedlaethol, Tyddewi, SA62 6NW 01437 720392

www.orielyparc.co.uk

Mae Oriel y Parc yn ganolfan Parc Cenedlaethol, oriel, lle siopa a chaffi, sydd wedi'i lleoli yn Nhyddewi.

MYNEDIAD AM DDIM

Ar agor bob dydd (gweler y wefan am ragor o wybodaeth)

Dydd Llun 2 Mawrth i ddydd Sul 1 Tachwedd

9.30am - 5pm (prif oriel 10am - 4pm)

Dydd Llun 2 Tachwedd i ddydd Sul 28 Chwefror

9.30am - 4.30pm (prif oriel 10am - 4pm)

SYLWER: Bydd y brif oriel yn cau am gyfnod byr ar ddiwedd pob arddangosfa.

CADW MEWN CYSYLLTIAD: I gael y newyddion, yr arddangosfeydd a'r wybodaeth ddiweddaraf am ddigwyddiadau, ewch i'n gwefan, dilynwch ni ar y cyfryngau cymdeithasol, neu cofrestrwch i gael ein cylchlythyr.

Oriel y Parc, National Park Discovery Centre, St Davids, SA62 6NW 01437 720392

www.orielyparc.co.uk

Oriel y Parc is a National Park centre, gallery, shopping venue and café in St Davids.

FREE ENTRY

Open daily (see website for further information)

Monday 2 March to Sunday 1 November,

9:30am - 5pm (main gallery 10am - 4pm)

Monday 2 November - Sunday 28 February

9:30am - 4.30pm (main gallery 10am - 4pm)

PLEASE NOTE: The main gallery closes for a brief period at the end of each exhibition.

STAY IN TOUCH:

For the latest news, exhibition and event updates, visit our website, follow us on social media or sign up to our newsletter.



ORIEL Y PARC

Dechreuwch eich ymweliad yng Nghanolfan Ddarganfod y Parc Cenedlaethol yn Nhyddewi, ychydig o eiliadau o'r Gadeirlan a'r arfordir. Mae'r ganolfan groesawgar hon yn gartref i raglen gyfnewidiol o arddangosfeydd o Amgueddfa Cymru, ochr yn ochr ag arddangosfeydd gan artistiaid lleol, gan sicrhau bod yna bob amser rywbeth newydd i'w ddarganfod. Mae gweithiau sy'n ysgogi'r meddwl, gweithgareddau cyfeillgar i deuluoedd a digwyddiadau tymhorol yn creu gofod ysbrydoledig lle mae creadigrwydd a'r tirlun yn cwrdd.

Dewch i mewn i'r siop i bori drwy ddetholiad o anrhegion Cymreig sydd wedi'u dewis yn ofalus ac sy'n dathlu crefftwai a chymeriad gwneuthurwyr Sir Benfro. Treuliwch amser yn mwynhau'r caffi clyd, lle mae danteithion o gynnyrch lleol yn cynnig yr egwyl berffaith cyn neu ar ôl diwrnod o grwydro. Y tu allan, mae man picnic heddychlon ac ymyl coetir yn darparu lle tawel i ymlacio; y lle perffaith i ymgolli yn awyrgylch y gornel unigryw hon o unig Barc Cenedlaethol arfordirol Prydain.



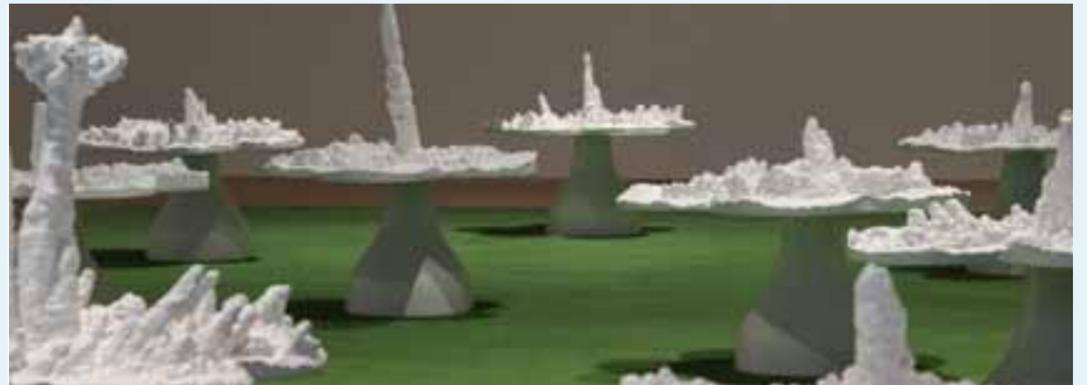
Begin your visit at the National Park's Discovery Centre in St Davids, just moments from the Cathedral and the coast.

This welcoming hub is home to a changing programme of exhibitions from Amgueddfa Cymru - Museum Wales, alongside displays by local artists, ensuring there is always something new to discover. Thought-provoking works, family-friendly activities and seasonal events create an inspiring space where creativity and landscape meet.

Step inside the shop to explore a carefully curated range of locally-made gifts, celebrating the craftsmanship and character of Pembrokeshire's makers. Take time to enjoy the cosy café, where locally sourced treats offer the perfect pause before or after a day of exploring. Outside, a peaceful picnic spot and woodland edge provide a quiet place to unwind, letting you soak in the atmosphere of this unique corner of Britain's only coastal National Park.

Arddangosfeydd oriel / Gallery exhibitions

Oriel Amgueddfa Cymru



Helen Chadwick *Piss Flowers* (detail) 1991-2. Tate, Presented as part of the D.Daskalopoulos Collection Gift 2023. © The Estate of Helen Chadwick. Photo: © Tate

Helen Chadwick: Corff a Thirwedd

Gorffennaf 2026 - Ionawr 2027

Yr haf hwn, mae Oriel y Parc yn edrych ymlaen at gyflwyno arddangosfa ARTIST ROOMS gan yr artist Prydeinig Helen Chadwick (1953-1996), un o artistiaid mwyaf radical a dyfeisgar ei chenedlaeth.

Bu Chadwick yn gweithio ym maes cerflunwaith, ffotograffiaeth a gosodwaith, gan arbrofi â deunyddiau i archwilio themâu fel yr hunan, rhywedd a'r corff. Er iddi farw'n sydyn yn 42 oed, mae ei chasgliad toreithiog o waith a'i hymroddiad i'w hymarfer a'i dysg wedi dylanwadu'n fawr ar y genhedlaeth nesaf o artistiaid o Brydain a thu hwnt.

Bydd yr arddangosfa yn edrych ar y berthynas rhwng y corff, byd natur a'r amgylchedd yng ngwaith Chadwick. Yn ogystal â gweithiau mawr fel *Piss Flowers* (1991-1992), bydd yr arddangosfa yn cynnwys ffotograffau o'i chyfres *Viral Landscapes*, a grëwyd ganddi rhwng 1988 a 1989 yn ystod ei chyfnod preswyl ym Mharc Cenedlaethol Arfordir Penfro. Dyma'r tro cyntaf i'r gweithiau hyn gael eu harddangos yn y dirwedd a'u hysbrydolodd.

Mae ARTIST ROOMS yn cyflwyno gwaith artistiaid rhyngwladol mewn arddangosfeydd unigol sydd wedi eu dewis o gasgliadau cenedlaethol sy'n teithio. Mae Tate a National Galleries of Scotland yn gydberchnogion ar ARTIST ROOMS. Mae'r rhaglen yn cyrraedd cynulleidfaoedd ledled y DU ac yn cael ei datblygu drwy bartneriaethau lleol gyda chefnogaeth y Gronfa Gelf a Sefydliad Henry Moore.

Gallery Amgueddfa Cymru

Helen Chadwick: Body and Landscape

July 2026 to January 2027

This summer, Oriel y Parc is excited to present an ARTIST ROOMS exhibition of British artist Helen Chadwick (1953-1996), one of the most radical and inventive artists of her generation.

Chadwick worked across sculpture, photography and installation, experimenting with materials to explore themes of self, gender and the body. Despite her sudden death at only 42, Chadwick's prolific body of work and her dedication to her practice and teaching made her a vital influence on the next generation of British artists and beyond.

The exhibition will look at the interrelation between the body, nature and environment in Chadwick's output. As well as major works such as *Piss Flowers* (1991-1992), it will include photographs from her *Viral Landscapes* series, created between 1988 and 1989 as part of her residency within the Pembrokeshire Coast National Park. This will be the first time these works have been displayed in the landscape which inspired them.

ARTIST ROOMS presents the work of international artists in solo exhibitions drawn from a national touring collection jointly owned by Tate and National Galleries of Scotland. Its programme reaches audiences across the UK and is developed through local partnerships with the support of Art Fund and Henry Moore Foundation.



Supported by:





Am y rhestr lawn o ddigwyddiadau a gwybodaeth archebu ewch i www.orielyparc.co.uk
For the full list of events and booking information go to www.orielyparc.co.uk



The Brunch House yn Oriel y Parc

Mae The Brunch House wedi dod yn gyrchfan poblogaidd i ymwelwyr ag Oriel y Parc yn gyflym iawn. Dan reolaeth Hannah ac Adam, sydd â thros 20 mlynedd o brofiad ym maes lletygarwch, mae'r caffi yn gweini prydau brunch ffres a dychmygol mewn awyrgylch hamddenol a chroesawgar. Yn lle hyfryd i oedi yn ystod eich ymweliad, mae'r caffi'n cynnig coffi gwych, prydau ffres a gofod cyfeillgar i'w fwynhau cyn mynd ati i grwydro Tyddewi a'r ardal gyfagos. Gallwch weld eu prydau arbennig a'u newyddion diweddaraf drwy eu dilyn ar:
Instagram: @thebrunchhouse_oyp
Facebook: @thebrunchhouse

The Brunch House at Oriel y Parc

The Brunch House has quickly become a popular stop for visitors to Oriel y Parc. Run by Hannah and Adam, who bring more than 20 years of experience in hospitality, the café serves fresh, imaginative brunch dishes in a relaxed and welcoming setting.

A welcoming place to pause during your visit, the café offers great coffee, fresh dishes and a friendly space to enjoy while exploring St Davids and the surrounding area. Keep up with their latest specials and updates by following:

Instagram: @thebrunchhouse_oyp
Facebook: @thebrunchhouse



Dewch o hyd i'ch lleoliad cyfarfod perffaith

Mae Oriel y Parc yn cynnig lleoliad disglair a chyfforddus ar gyfer cyfarfodydd, gweithdai a chyfarfodydd cymdeithasol. Mae llogi ystafell yn cynnwys yr opsiwn i gael mynediad i'r oriel, lle mae'r arddangosfeydd dethol yn ychwanegu diddordeb ychwanegol at eich ymweliad.

Mae ein hystafell gyfarfod bwrsasol, sy'n gwbl hygyrch, yn cynnig cynlluniau hyblyg ar gyfer sesiynau busnes, digwyddiadau cymunedol a swyddogaethau preifat. Mae'n cynnwys sgrin a camera ar gyfer cyflwyniadau neu gysylltiadau rhithwir, ac mae lle i hyd at 50 o bobl.

I gael manylion am logi ein hystafelloedd, ffoniwch 01437 720392 neu e-bostiwch info@orielyparc.co.uk.

Find your perfect meeting space

Oriel y Parc offers a bright, comfortable setting for meetings, workshops and social gatherings. Room hire includes optional access to the gallery, where curated displays add an extra point of interest to your visit.

Our purpose-built, fully accessible meeting room offers flexible layouts for business meetings, community events and private functions. It includes a screen and camera for presentations or virtual connections and can accommodate up to 50 people.

For details on hiring our rooms, call 01437 720392 or email info@orielyparc.co.uk.

Blwyddyn o ddarganfod yn Oriel y Parc

Mae Oriel y Parc yn cynnal rhaglen fywiog o ddigwyddiadau drwy gydol y flwyddyn, gan gynnig rhywbeth i bob oed a diddordeb. Mae dathliadau tymhorol yn llenwi'r calendr, o Orymdaith y Ddraig liwgar ar Ddydd Gŵyl Dewi i weithgareddau blodau gwyllt mis Mai, nosweithiau darganfod Awyr Dywyll yn yr haf a Diwrnod Afalau poblogaidd mis Hydref.

A year of discovery at Oriel y Parc

Oriel y Parc hosts a lively programme of events throughout the year, offering something for all ages and interests. Seasonal celebrations fill the calendar, from the colourful parade to celebrate St David's Day to wildflower activities, summer Dark Sky Discovery Day and the ever popular autumn Apple Day.



Cynhelir gweithdai yn rheolaidd, gan roi cyfle i ymwelwyr drïo sgiliau newydd dan arweiniad artistiaid, gwneuthurwyr ac aelodau o dîm y Parc Cenedlaethol. Mae'r sesiynau ymarferol hyn yn cwmpasu popeth o dechnegau creadigol i weithgareddau wedi'u hysbrydoli gan fyd natur, gydag opsiynau sy'n addas i ddechreuwr ac i deuluoedd.

Mae ein marchnadoedd crefft yn un o uchafbwyntiau'r flwyddyn. Maent yn dod â gwneuthurwyr lleol at ei gilydd sy'n cynhyrchu darnau gwreiddiol, gwaith llaw - cyflegwch i gefnogi crefftwyr annibynnol mynd ag rhywbeth unigryw adref gyda chi.

Mae llwybrau, sesiynau adrodd straeon, gweithgareddau creadigol a pherfformiadau awyr agored achlysurol yn ychwanegu lliw ac egni i'r safle ar draws y tymhorau, gan gynnig ffyrdd syml o grwydro a chymryd rhan.

Mae ein rhaglen yn newid gyda'r tymhorau, felly ewch i orielyparc.co.uk i weld y rhaglen ddiweddaraf ac i gadw'ch lle ar gyfer digwyddiadau sydd ar ddod.

Workshops and walks run regularly, giving visitors the chance to try new skills with guidance from artists, makers and members of the National Park Authority team. These hands-on sessions cover everything from creative techniques to nature-inspired activities, with options suitable for beginners and families.

Our craft markets are a highlight of the year. They bring together local makers producing original, handmade pieces - a great opportunity to support independent artisans and take home something unique.

Trails, storytelling, creative sessions and outdoor performances add colour and energy to the site across the seasons, offering simple ways to explore and get involved.

Our programme changes with the seasons, so visit orielyparc.co.uk for the latest listings and to book your place at upcoming events.



The Sea Horizon, No. 37
© Garry Fabian Miller

Môrwelion / The Sea Horizon - Garry Fabian Miller

Mae'r arddangosfa hon yn parhau gyda gweithiau newydd wedi'u hychwanegu ym mis Ionawr, ac mae'n rhedeg tan fis Mehefin 2026.

Môrwelion / The Sea Horizon - Garry Fabian Miller

This exhibition continues with some new works added in January and runs until June 2026.



Siop anrhegion

Dewch i ddarganfod detholiad o grefftau, gwaith celf ac anrhegion unigryw o Gymru - o ddarnau wedi'u hysbrydoli gan yr ardal leol i'n cyfres boblogaidd Arfordir Penfro. Mae pob pryniant yn cefnogi gwaith cadwraeth y Parc Cenedlaethol yn uniongyrchol.

Gift shop

Featuring local makers and items with a nod to current exhibitions. Find unique, locally inspired pieces and our popular Pembrokeshire Coast range. Your purchase directly supports the National Park Authority's conservation work.

Hwb i Fywyd Gwyllt Ynys Bŷr

Wildlife Boost for Caldey Island

Mae staff Awdurdod y Parc Cenedlaethol wedi dechrau gweithio'n ddiweddar gyda rheolwr newydd Ynys Bŷr, Tim Hartley, a fagwyd ar yr ynys ac sydd wedi dychwelyd adref ar ôl arwain gwaith cadwraeth ar Ynys Wair ac Ynys Brownsea.

O ganlyniad i flynyddoedd o ddulliau ffermio traddodiadol, crewyd yr amodau perffaith ar yr ynys ar gyfer cyfoeth o fywyd gwyllt. Fodd bynnag, mae newidiadau amaethyddol diweddar wedi arwain at ddirywiad mewn arferion traddodiadol, megis pori a chynaeafu gwair, gan gael effaith gynyddol ar fioamrywiaeth.

Bellach, mae'r caeau hyn yn cael dechrau newydd wrth i ragor o ferlod ymgartrefu ar yr ynys. Bydd eu pori ar adegau priodol o'r flwyddyn yn darparu cynefin perffaith i ehedyddion, brain coesgoch ac amrywiaeth eang o blanhigion ac o drychfilod. Sicrhawyd cyllid hefyd drwy'r cynllun Lleoedd Lleol ar gyfer Natur i brynu peiriannau i dorri a chasglu llystyfiant y glaswelltir, mewn modd sy'n debyg i gynaeafu gwair.

Felly, y tro nesaf y byddwch yn ymweld â'r ynys, cadwch lygad am y merlod cadwraeth a gwrando am gân yr ehedyddion yn yr haf wrth iddynt esgyn uwchlaw'r caeau.

Efallai y gwelwch chi rywfaent o waith newydd ar ffiniau'r caeau hefyd. Drwy gynllun 'Cysylltu'r Arfordir' yr Awdurdod, rydym wedi ariannu ietiau lleol yn null Sir Benfro a thrwsio waliau cerrig sychion. Mae walwr arbenigol sy'n byw ar yr ynys yn parhau i adfer y nodweddion hanesyddol hyn.

Mae Ynys Bŷr yn gartref i un o nythfeydd mwyaf y wylan gefnddu fach yn y DU, ac mae potensial i amrywiaeth ehangach o adar y môr ymgartrefu yno cyn bo hir. Ers i'r llygod mawr gael eu difa'n llwyddiannus, nid oes fawr o reswm pam na all rhywogaethau sy'n nythu mewn tyllau, fel adar drycin Manawr a phedrynod drycin, ddechrelyd i nythu ar yr ynys.

Mae Grŵp Modrwyo Sir Benfro, Awdurdod y Parc Cenedlaethol a gwirfoddolwyr lleol wedi dod at ei gilydd i osod blychau nythu artiffisial ger Bae Sandtop. Mae system sain yno hefyd sy'n darlledu galwadau'r adar drycin; y gobaith yw y bydd hyn yn dynwared nythfa fywiog ac yn denu adar i ymgartrefu a nythu yno.

Gosodwyd y blychau ym mis Ebrill 2025, ac eisoes mae adar drycin wedi cael eu gweld yn archwilio'r tyllau - arwydd cynnar calonogol iawn sy'n rhoi gobaith gwirioneddol i'r dyfodol.



Adar drycin Manaw
Manx shearwater

National Park staff have recently started working with the new island manager for Caldey, Tim Hartley, who grew up on the island and has returned home after leading conservation work on Lundy and Brownsea islands.

Caldey was traditionally farmed for many years and this created the right conditions for a wealth of wildlife. However, changes in farming in recent times has led to the decline of traditional practices like hay-making and grazing, with knock-on effects on biodiversity.

Now these fields are getting a new lease of life as more ponies will be making the island their home. Their grazing at the right times of year will provide perfect habitat for skylarks, chough and a wide range of plants and insects. Funding was also secured from the Local Places for Nature Scheme for machinery to cut and collect the grassland vegetation, akin to hay-making.

So next time you visit the island, look out for the conservation ponies and listen out for the summer song of skylarks as they rise above the fields.

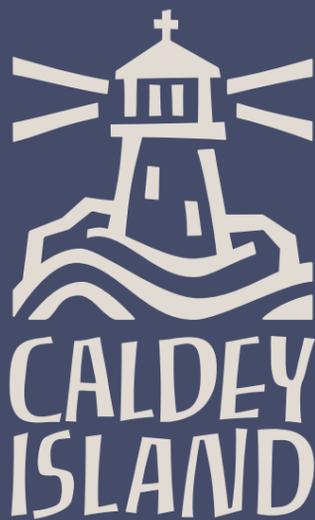
Visitors might also notice some new field boundary work. Locally made Pembrokeshire-style gates

and repairs to dry stone walls have been funded by the Authority's Connecting the Coast scheme. An expert waller who lives on the island continues to make headway with these historic features.

Caldey Island supports one of the UK's largest herring gull colonies and could soon become home to a wider range of seabirds. Since the successful eradication of rats, there is little reason why burrow-nesting species such as Manx shearwater and storm petrel can't return to breed on the island.

A joint project involving the Pembrokeshire Ringing Group, Pembrokeshire Coast National Park Authority and local volunteers has seen the installation of artificial nesting boxes in the Sandtop Bay area. These boxes, combined with a speaker system broadcasting Manx shearwater calls, are designed to mimic an active colony and encourage prospecting birds to settle and nest.

The boxes were installed in April 2025, and Manx Shearwaters have already been observed exploring the burrows - an encouraging early sign and one that gives real hope for the future.



Far From Everyday

Discover the wildlife, explore the beaches and unwind in peace and tranquility.



caldeyislandwales.com



Aerial photo ©Paul Place

Crwydro'r Cyrion Gwylt

Mae'r Parc Cenedlaethol yn enwog am ei lwybrau golygfaol a'i olygfeydd syfrdanol, ond mae rhai o'i straeon mwyaf grymus i'w cael ymhell oddi ar y llwybrau cyffredin. Mae ambell i fan ond yn hygyrch ar adegau penodol, ac o dan arweiniad tywyswyr arbenigol yn unig.

Bob blwyddyn, cynigir llond llaw o brofiadau dethol sy'n tywys pobl yn ddyfnach - i fannau nad yw'r rhan fwyaf byth yn eu gweld, yng nghwmni'r rhai sy'n eu hadnabod orau.

Prin yw'r lleoedd yn y Parc sydd mor warchoddedig, neu mor rhyfeddol yn ei ffordd ei hun, â Maes Tanio Castellmartin - ardal hyfforddi weithredol i'r Weinyddiaeth Amddiffyn sydd hefyd yn gartref i rai o rannau mwyaf dramatig arfordir Sir Benfro, ei bywyd gwylt prinnaf, a'i safleoedd archaeolegol hynaf. Dros y blynnyddoedd, mae Awdurdod y Parc wedi datblygu partneriaeth unigryw i gynnig teithiau mynediad arbennig i'r Maes Tanio, gan gynnwys llwybrau cerdded drwy ei berfeddion helaeth a theithiau bws mini ar draws adrannoedd y Dwyrain a'r Gorllewin.

Mae'r ymweliadau hyn yn fwy na dim ond rhai golygfaol. Cânt eu llywio gan y bobl sy'n adnabod y tir hwn orau. Mae'r Parcmon Lynne Houlston wedi treulio dros 20 mlynedd yn gweithio ar y Maes Tanio, gan daro cydbwysedd rhwng gofynion amddiffyn, mynediad i'r cyhoedd, a gwarchod yr amgylchedd.

Llynedd, derbyniodd Wobr y Dyfrgi Arian gan y Weinyddiaeth Amddiffyn - cydnabyddiaeth genedlaethol i'w rôl hirsefydlog yn rheoli un o safleoedd mwyaf cymhleth y Parc. Mae ei gwaith yn gwarchod cynefinoedd prin ac yn sicrhau mynediad diogel i dirwedd sy'n symud o fod yn gefn gwlad agored i fod yn faes hyfforddi byw. Yr arbenigedd dwfn hwn yw'r union beth sy'n gwneud y teithiau mor unigryw.

Mae llawer o'r teithiau cerdded tywys yn mentro'n ddwfn i berfeddion Castellmartin, drwy ffermdai anghofiedig, caeadleoedd o'r Oes Haearn, a thiroedd agored helaeth nad oes llawer yn eu troeddi. Mae eraill yn dilyn ymyl yr arfordir a'r llinell ddanheiddog o Staciau'r Helligog i'r clogwyni calchfaen y tu hwnt, lle mae daeareg, hanes a'r môr yn cyfarfod. Mae pob un yn datgelu tirwedd haenog sydd wedi'i llunio gan ganrifoedd o ffermio, hyfforddi a chadwraeth wylidwros - lle sy'n dal i esblygu, sy'n dal i gael ei warchod, ond sy'n agor am gyfnod byr i'r rhai sy'n dod yno gyda pharch.

Efallai mai Castellmartin yw'r lle mwyaf cyfyngedig, ond nid dyna'r unig fan lle mae mynediad yn ffrainc. Ar Bencaer, mae cyfres fer o deithiau cerdded gyda'r nos yn tywys ymwelwyr at y goleudy - goleufa weithredol sydd fel arfer ar gau i'r cyhoedd. Yng nghwmni Ceidwad y Goleudy a Pharcmon, mae pob taith yn cynnig cyfle prin i weld y tu mewn ac i glywed straeon unigryw, straeon am achub bywydau ar y môr i sut y cedwir y golau i ddisgleirio.

Sganiwch y côd QR i weld beth sydd nesaf yn rhaglen ddigwyddiadau'r Awdurdod - a ble y gallai eich arwain.



Parcmon Lynne Houlston, Castellmartin Ranger Lynne Houlston, Castellmartin



Pen Strumble Strumble Head



Taith gerdded dywysedig Guided walk

Wilder Days Out

The National Park is known for its scenic trails and breathtaking views, but some of its most powerful stories lie far off the beaten track, with some stretches accessible only at certain times and led by specialist guides.

Every year, a handful of carefully curated experiences invite people deeper - into places most never see, guided by those who know them best.

Few places in the Park are as closely guarded, or as quietly remarkable, as the Castlemartin Range - a working Ministry of Defence training area that also happens to be home to some of Pembrokeshire's most dramatic coastline, rarest wildlife, and oldest archaeological sites. Over the years, the Park Authority has developed a unique partnership to offer special access tours into the Range, including walking routes through its vast interior and minibus journeys across both East and West.

These visits are more than just scenic. They're shaped by the people who know this land best. Ranger Lynne Houlston has spent over 20 years working on the Range, balancing the demands of defence, public access, and environmental protection.

Last year, she received the MoD's Silver Otter Award - national recognition for her long-standing role in managing one of the Park's most complex sites. Her work protects rare habitats and ensures safe access to a landscape that shifts between open countryside and active training ground. This deep expertise is exactly what makes the tours so unique.

Many of the guided walks venture deep into Castlemartin's interior, through forgotten farmsteads, Iron Age enclosures, and vast open tracts rarely crossed on foot. Others follow the coastal edge, tracing the jagged line from Stack Rocks to the limestone cliffs beyond, where geology, history and sea collide. Each one reveals a layered landscape shaped by centuries of farming, training, and watchful conservation - a place still evolving, still guarded, but briefly opened to those who come with care.

Castlemartin may be the most tightly controlled, but it's not the only place where access is hard-won. At Strumble Head, a short run of evening walks leads visitors out to the lighthouse - a working beacon normally closed to the public. Accompanied by the Lighthouse Keeper and a Park Ranger, each walk offers a rare look inside and stories you won't hear anywhere else, from daring shipwreck rescues to how the light is kept running.

Scan the QR code to see what's happening next in the Authority's programme of events - and where it might take you.



Darganfod y Parc gyda'r nos

Mae arfordir Sir Benfro yn magu hudoliaeth arbennig unwaith y daw'r nos. Ymhell o ddisgleirdeb trefi a dinasoedd, mae awyr y nos yn ymagor yn glir ac yn ryfeddol, gan ddatgelu'r Llwybr Llaethog, cytserau llachar a sêr di-rif sy'n adlewyrchu yn y môr islaw.

Er mwyn helpu ymwelwyr i fwynhau'r golygfeydd bythgofiadwy hyn, mae wyth lleoliad ledled y sir wedi'u dynodi'n **Safleoedd Darganfod Awyr Dywyll** swyddogol* - manau a gydnabyddir yn genedlaethol, wedi'u dewis oherwydd eu hygyrchedd, eu tywyllwch pur a'u potensial eithriadol ar gyfer syllu ar y sêr.

P'un a ydych chi'n seryddwr profiadol neu'n newydd i ryfeddodau'r ffurfafen, mae pob safle'n cynnig man mantais heddychlon i brofi Sir Benfro ym mherfedd y nos.

I weld map a rhestr lawn o'r lleoliadau, ewch i: www.arfordirpenfro.cymru/awyr-dywyll.

Mae awgrymiadau, gweithgareddau a mapiau sêr ar gael i'ch tywys drwy'r cytserau yn: www.darkskydiscovery.org.uk.

*Y dynodiad cenedlaethol ar gyfer y manau gorau i syllu ar y sêr ledled y DU.



Nosweithiau gwerth aros i fyny ar eu cyfer...

- Cawod meteor Lyrids:** 16 Ebrill i 25 Ebrill, uchafbwynt 22 Ebrill
- Cawod meteor Perseids:** 29 Gorffennaf i 17 Awst, uchafbwynt 12 Awst
- Cawod meteor Draconids:** 6 Hydref i 10 Hydref, uchafbwynt 8 Hydref
- Cawod meteor Orionids:** 2 Hydref i 7 Tachwedd, uchafbwynt 22 Hydref
- Cawod meteor Leonids:** 6 Tachwedd i 30 Tachwedd, uchafbwynt 17 Tachwedd
- Cawod meteor Geminids:** 4 Rhagfyr i 20 Rhagfyr, uchafbwynt 14 Rhagfyr

Nights worth staying up for....

- Lyrid meteor shower:** 16 April to 25 April, peak 22 April
- Perseid meteor shower:** 29 July to 17 August, peak 12 August
- Draconid meteor shower:** 6 October to 10 October, peak 8 October
- Orionid meteor shower:** 2 October to 7 November, peak 22 October
- Leonid meteor shower:** 6 November to 30 November, peak 17 November
- Geminid meteor shower:** 4 December to 20 December, peak 14 December

Discover the Park after dark

Pembrokeshire's coastline takes on a special kind of magic after dark. Far from the glow of major towns and cities, the night sky opens up in remarkable clarity, revealing the Milky Way, bright constellations and a sweep of stars reflected in the sea below.

To help visitors enjoy these unforgettable views, eight locations across the county have been designated as official **Dark Sky Discovery Sites*** - nationally recognised spots chosen for their accessible, low-light settings and exceptional stargazing potential.

Whether you're a seasoned observer or just beginning your journey into the night sky, each site offers a peaceful vantage point to experience Pembrokeshire after dusk.

For a map and full list of locations visit www.pembrokeshirecoast.wales/dark-skies.

Find tips, activities and star maps to help you find your way among the constellations at www.darkskydiscovery.org.uk.

*The nationally-recognised designation for top stargazing spots across the UK.

Melin Heli Caeriw: Pennod Newydd ar Waith

Carew Tidal Mill: A New Chapter in Motion

Efallai nad yw melin lanw hanesyddol Caeriw heno'n malu, ond nid yw ei hanes yn llonydd o gwbl.

Mae'r tymor hwn yn nodi dechrau pennod ffres gydag arddangosfeydd dwyieithog newydd a modern a thaith sain wedi'i diweddarau a ddyluniwyd i helpu ymwelwyr i ddilyn y peiriannau gam wrth gam wrth iddynt ddod yn fyw unwaith eto.

Mae llawer o'r peirianwaith hwnnw wedi goroesi hyd heddiw - yn esiampl brin a chyflawn o beirianneg melin lanw, un o ddim ond pum safle o'i fath sydd wedi'u hadfer yn y DU. Ond y tymor hwn, nid dim ond y llanwau sy'n symud.

Y tu ôl i'r lenni, mae ail-ddehongliad yn datblygu. Mae cynnyrs yr arddangosfa'n cael yn cael eu hamnewid, mae'r cynnwys sain yn cael ei foderneiddio, ac mae'r profiad i ymwelwyr yn cael ei ailystyried er mwyn sicrhau bod dulliau gweithio'r Felin yn fwy eglur a hygyrch yn y Gymraeg a'r Saesneg.

Bydd taith sain newydd yn tywys ymwelwyr drwy'r gofod gan ddefnyddio codau QR a ffôn symudol, gyda'r naratif ar gael yn Gymraeg a Saesneg. Wedi'i datblygu gyda chymorth gan Gymdeithas Melinau Cymru, mae'r daith yn cynnwys darluniau 3D prwpsol a fydd yn dod â rhannau gweithiol yr adeilad yn fyw.

Mae goleuadau'r Felin yn cael eu moderneiddio hefyd, gyda bylbiau LED ynni effeithlon yn cael eu gosod yn lle'r hen fylbiau ffilament. Yn ogystal â lleihau'r ynni a ddefnyddir, bydd y goleuadau newydd yn gwella gwleddedd ac yn helpu i amlygu manylion a oedd wedi'u cuddio'n

flaenorol yn y cysgodion.

Mae'r gwelliannau hyn yn rhan o Camau Cynaliadwy: Datgloi Natur a Hanes, prosiect ehangach sy'n cael ei ariannu gan gynllun Y Pethau Pwysig Llywodraeth Cymru. Mae'r gwaith yn cynnwys Castell Caeriw a Chastell Henllys, gan gyfuno gwaith diweddarau amgylcheddol a dehongliad o'r newydd ar draws dau o safleoedd treftadaeth yr Awdurdod.

Mae Melin Heli Caeriw wedi'i siapi erioed gan symudiad - symudiad dŵr, olwynion, amser.

Ac er bod y peirianwaith yn segur heddiw, mae'r stori yn dechrau dod yn fyw unwaith eto.

Hanes cryno

Mae'r Felin a welwn heddiw yn dyddio i ddechrau'r 1800au, ond mae ei hanes yn hŷn o lawer.

Mae dogfennau'n awgrymu bod melin wedi bod ar y safle cyn belled yn ôl â 1542, gan dynnu grym o'r Afon Caeriw cyn adeiladu'r ffordd llanw. Erbyn 1558, cafodd ei phrydlesu i John Bartlett am ddeg sofron y flwyddyn - arwydd o'i gwerth i'r economi leol.

Mae'r cofnod cyntaf o sarn yn ymddangos ym 1630, sy'n nodi bod Syr John Carew wedi adfer y fflodiardau a waliau'r sarn rhai blynyddoedd ynghynt. Dros amser, daeth y Felin yn adnabyddus fel y 'Felin Ffrengig', a hynny o bosibl oherwydd y defnydd o gerrig melin Ffrengig - deunydd o safon uchel ar gyfer malu grawn.

Am ganrifoedd lawer, bu'r Felin yn gweithio'n gyson gyda'r llanw, yn gwasanaethu'r gymuned gyda dibynadwyedd tawel. Erbyn i'w holwynion dewi ym 1937, roedd wedi bod yn gweithio am bron i bedwar cant o flynyddoedd.



Cynlluniwch eich ymweliad

Mae mynediad i'r Felin wedi'i gynnwys gyda mynediad i Gastell Caeriw. Am amseroedd agor a phrisiau, ewch i www.castellcaeriw.com.

Plan your visit

Entry to the Mill is included with admission to Carew Castle. For opening times and prices, visit www.carewcastle.com.

Carew's historic Tidal Mill may no longer grind grain, but its story is far from static.

This season marks the beginning of a fresh chapter, bringing new interpretation, modern bilingual displays and a fully updated audio tour designed to help visitors follow the machinery step by step as it once roared into life.

Much of that machinery still survives - a rare and intact example of tidal mill engineering, and one of only five restored sites of its kind in the UK. But this season, it's not just the tides that are moving.

Behind the scenes, a reinterpretation is underway. Exhibition content is being replaced, audio content is being modernised, and the visitor experience is being rethought to make the Mill's workings clearer and more accessible in both Welsh and English.

A brand-new audio tour will guide visitors through the space using QR codes and a mobile phone, with narration available in both Welsh and English. Developed with support from the Welsh Mills Society, the tour is paired with bespoke 3D illustrations that will bring the building's moving parts to life.

The Mill's lighting is also being upgraded, with old filament bulbs replaced by energy-efficient LEDs. As well as reducing energy use, the new lighting will improve visibility and help highlight details that were previously lost in shadow.

These improvements are part of Sustainable Steps: Unlocking Nature and History, a wider project funded by the Welsh Government's Brilliant Basics scheme. The work spans both Carew and Castell Henllys, combining environmental upgrades with refreshed interpretation across the Authority's two heritage sites.

Carew's Tidal Mill has always been shaped by movement - of water, of wheels, of time.

And while the machinery may now stand still, the story it tells is gathering pace once again.

A brief history

The Mill we see today dates from the early 1800s, but its story runs much deeper.

Documents suggest a mill stood on this site as far back as 1542, drawing power from the Carew River before the tidal causeway was built. By 1558, it was leased to John Bartlett for ten sovereigns a year - a sign of its value to the local economy.

The first record of the causeway appears in 1630, noting that Sir John Carew had already restored its floodgates and stone walls some years earlier. Over time, the Mill became known as the 'French Mill', likely due to the use of French burr stones - a high-grade material prized for grinding grain.

For centuries, the Mill worked steadily with the tide, serving the community with quiet reliability. By the time its wheels fell silent in 1937, it had been working with the tide for nearly four hundred years.



Carreg yr Esgob, ger Porth Clais
Carreg yr Esgob, near Porth Clais



Enwau Cymraeg yn y Dirwedd Welsh Names in the Landscape

Rhannwch yr enwau sydd wedi mynd yn angof

O gaeau a llwybrau troed i lonydd cudd, mae Sir Benfro yn llawn enwau na ddaethant erioed i'r golwg ar fapiau swyddogol - ond sy'n dal yn fyw yng nghof y gymuned leol. Bellach, mae Awdurdod y Parc Cenedlaethol a'r Comisiwn Brenhinol yn cydweithio i gofnodi'r enwau hyn cyn iddynt ddiplannu.

Cynhelir cyfres o weithdai cymunedol ar draws y Parc Cenedlaethol yn ystod 2026, gan gynnig cyfle i rannu enwau lleoedd lleol sydd wedi'u trosglwyddo drwy deuluoedd a chymunedau.

Gyda'r Eisteddfod Genedlaethol yn dychwelyd i Sir Benfro eleni, mae'r prosiect yn rhan o ymdrech ehangach i ddathlu a diogelu treftadaeth ieithyddol unigryw'r sir.

Mae stori i bob enw. Dewch i ychwanegu eich stori chi.

Dilynwch ni ar Facebook @ArfordirPenfro i gael y newyddion diweddaraf.

Share the forgotten names

From fields and footpaths to hidden lanes, Pembrokeshire is full of names that never appeared on official maps - but which are still alive in the memory of the local community. Now, the National Park Authority and the Royal Commission are working together to record these names before they disappear.

A series of community workshops will be held across the National Park during 2026, offering an opportunity to share local place names that have been passed down through families and communities.

With the National Eisteddfod returning to Pembrokeshire this year, the project is part of a wider effort to celebrate and protect the county's unique linguistic heritage.

Every name has a story. Come and add your story.

Follow us on Facebook @PembsCoast for the latest news.

Cadwch lygad am rai o'r geiriau cyffredin hyn ar fapiau ac yn enwau lleoedd Sir Benfro.

Keep an eye out for some of these very common words which you will find on maps and in place names around Pembrokeshire.

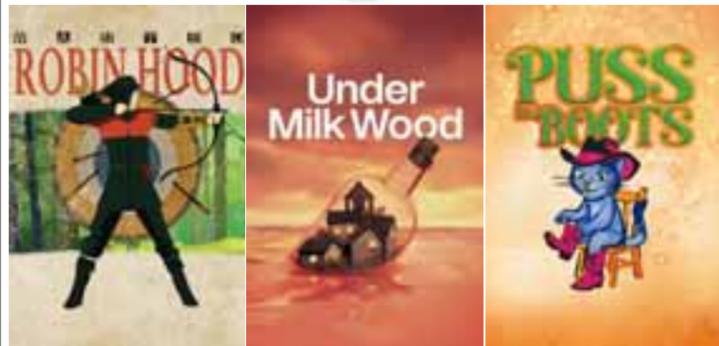
- Aber - river mouth
- Afon - river
- Bach - small
- Bryn - hill
- Caer - fort
- Carn - cairn, outcrop
- Carreg - rock
- Cwm - valley
- Llan - church
- Mawr - big
- Melin - mill
- Mynydd - mountain
- Pen - head, top
- Porth - bay, landing place
- Pwll - pool
- Pont - bridge
- Rhyd - ford
- Traeth - beach
- Tre - farmstead, town
- Tŷ - house

THEATR TORCH THEATRE 2026

Bringing you thrilling entertainment the whole year through!



@TORCHTHEATRE TORCHTHEATREPEMBS



torchtheatre.co.uk
01646 695267
SCAN TO BOOK
ST PETER'S ROAD | MILFORD HAVEN | PEMBROKESHIRE | SA73 2BU

Manorbier Castle

Kids activities

NEW for 2026: Video & Exhibition Interpretation

Castle - Tearoom - Gardens - House - Weddings - Events

For events, opening times and information, please visit Manorbiercastle.co.uk

Accommodation

STEP INTO THE WILD

WWW.MANORWILDLIFEPARK.CO.UK
01646 651 201

MWP MANOR WILDLIFE PARK

ST.FLORENCE, TENBY SA70 8RJ
INFO@MANORWILDLIFEPARK.CO.UK

Begelly Beads

9 High Street, Narberth
Pembrokeshire, Wales. SA67 5AL

- * Large range of beads, crystals + jewellery making supplies
- * Variety of kits containing all materials + instructions
- * Bespoke and ready to wear jewellery
- * Repairs + pearl knotting

01834 818905
enquiries@begellybeads.co.uk

www.begellybeads.co.uk

Open Mon to Sat 9:30-5pm

Persimmon

Say hello to Coastal living

2, 3, 4 & 5 bedroom homes in Saundersfoot

Home to sell? Ask about Part Exchange*

Ger Y Mor,
Sandy Hill Road, Saundersfoot,
Pembrokeshire, SA69 9PL

Call 01834 820 412 or
Visit persimmonhomes.com

* Available on selected plots subject to status. Terms and conditions apply. Speak to our Sales Advisors for more information.

PART EXCHANGE



Visit Wales

Gweld Cymru'n Wahanol: Agor Tirweddau Sir Benfro i Bawb

Mae Sir Benfro yn enwog am fod yn gartref i rai o olygfeydd mwyaf trawiadol y DU, gydag arfordiroedd ysgubol, bryniau tangnefeddus a thirweddau gwledig hardd. Mae'r rhan fwyaf ohonom yng Sir Benfro yn cymryd yn ganiataol bod y manau hardd hyn ar garreg ein drws, ac y gallwn eu harchwilio ar unrhyw adeg.

Ond i lawer o bobl ddall a rhannol ddall, gall y lleoedd anhygoel hyn deimlo allan o'u cyrraedd. Gall llwybrau cerdded fod yn annogel, gall canolfannau ymwelwyr fod yn anhygyrch, a gall trafniadaeth gyfyngedig ei gwneud hi'n anodd teithio. Gall hyn i gyd effeithio ar hyder ac annibyniaeth.

Dyna pam mae RNIB Cymru wedi lansio prosiect tair blynedd a ariennir gan y Loteri Genedlaethol o'r enw *Gweld Cymru'n Wahanol*.

"Mae hwn yn brosiect arloesol," meddai Gareth Davies, Arweinydd Prosiect RNIB. "Rydyn ni eisiau gwneud ein Parciau Cenedlaethol yn hygyrch i bobl sydd wedi colli eu golwg – ac rydyn ni hefyd yn gweithio gyda'r gymuned ffermio i hyrwyddo gwell iechyd llygaid."

Yn Sir Benfro, mae'r tîm yn gweithio'n agos gyda staff Awdurdod y Parc i wella mynediad ar draws tirweddau a safleoedd hanesyddol. Mae hyn yn cynnwys mapio llwybrau gan ddefnyddio technoleg canfod lleoliad, hyfforddi staff mewn ymwybyddiaeth o golli golwg, a chyflwyno disgrifiadau sain mewn manau fel Castell Henllys.

Un o'r datblygiadau arloesol allweddol yw cyflwyno ap **Uni-Description**, a ddatblygwyd gyda Phrifysgol Hawaii. Mae'r ap eisoes yn cael ei ddefnyddio ar draws 300 o barciau yn yr Unol Daleithiau a Canada, ac mae'n caniatáu i staff a'r cyhoedd greu disgrifiadau sain am ddim o lwybrau ac atyniadau.

Mae hyfforddiant ar y gweill i greu canllawiau sain dwyieithog ar gyfer safleoedd gan gynnwys Castell Henllys.

"Gyda lleisiau lleol yn Gymraeg ac yn Saesneg, mae hwn yn arf pwerus ar gyfer adrodd straeon," meddai Gareth. "Mae'n gwella'r profiad i ymwelwyr dall a rhannol ddall – ac i unrhyw un y mae'n well gandynt wrando yn hytrach na darllen."

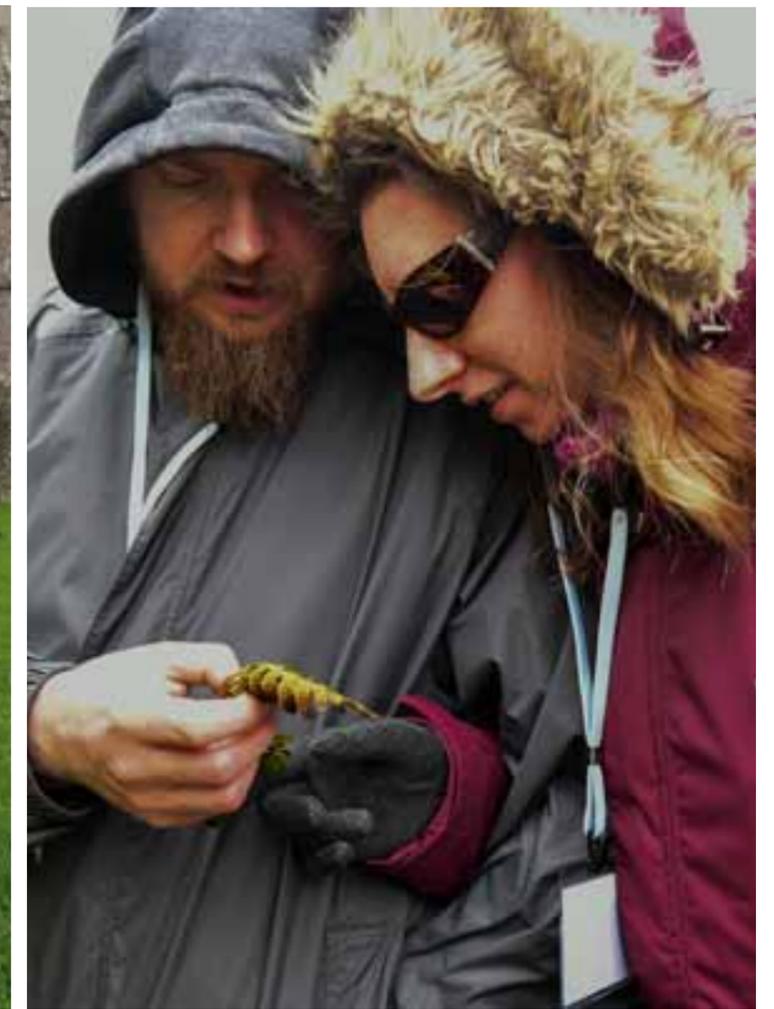
Ochr yn ochr ag offer digidol, mae'r prosiect yn gweithio i wella hygyrchedd ffisegol. Yn ystod gwanwyn 2026, bydd RNIB yn cynnal Archwiliad Hygyrchedd o Gastell Henllys, gyda'r nod o'i wneud yn lasbrint ar gyfer canolfannau ymwelwyr cynhwysol ledled Cymru.

Bydd staff a gwirfoddolwyr o bob rhan o Awdurdod y Parc hefyd yn cael hyfforddiant Ymwybyddiaeth o Golli Golwg. Ac mewn partneriaeth â Hyfforddiant Mynydd, mae RNIB yn creu'r cws **Cerddwr Tywys** cyntaf yn y DU – wedi'i fodoli ar y Rhedwyr Tywys mewn athletau. Ar ôl cael eu hyfforddi, bydd Cerddwyr Tywys yn cefnogi pobl ddall a rhannol ddall i archwilio manau gwylt fel Bryniau'r Preseli a Llwybr Arfordir Penfro.

Mae'r prosiect hefyd yn canolbwyntio ar iechyd llygaid mewn cymunedau amaethyddol. Mae RNIB yn gweithio gydag undebau ac elusennau amaethyddol i leihau anafiadau y gellir eu hatal a chodi ymwybyddiaeth o ofal llygaid. Bydd sesiynau Ymwybyddiaeth Colli Golwg yn cael eu cynnig i Glybiau Ffermwyr Ifanc, gyda'r nod o greu rhwydwaith o lysgenhadon colli golwg ledled y sir.

Mae *Gweld Cymru'n Wahanol* hefyd yn weithgar ym Mharciau Cenedlaethol Eryri a Bannau Brycheiniog, gyda'r nod o wneud Cymru'n wirioneddol hygyrch i bawb.

"Rydyn ni'n gyffrous i fod yn gweithio gyda Pharc Cenedlaethol Arfordir Penfro ac eraill i sicrhau bod pawb yn gallu mwynhau'r manau hardd hyn," meddai Gareth. "Rydyn ni eisiau i bobl mewn cymunedau gwledig deimlo'n hyderus yn cefnogi ffrindiau a chymdogion sy'n byw gyda cholli golwg."



See Cymru Differently: Opening Up Pembrokeshire's Landscapes for Everyone

Pembrokeshire is famously home to some of the most stunning views in the UK, with sweeping coastlines, peaceful hills and beautiful rural landscapes. Most of us in Pembrokeshire take for granted that these beauty spots are right on our doorstep, and that we can explore them at any time.

But for many blind and partially sighted people, these amazing places can feel out of reach. Walking routes may be unsafe, visitor centres inaccessible, and limited transport can make travel difficult. All of this can impact confidence and independence.

That's why RNIB Cymru has launched a three-year National Lottery funded project called *See Cymru Differently*.

"This is a groundbreaking project," said Gareth Davies, RNIB's Project Lead. "We want to make our National Parks accessible for people with sight loss – and we're also working with the farming community to promote better eye health."

In Pembrokeshire, the team is working closely with Park Authority staff to improve access across landscapes and historic sites. This includes mapping paths using geo-location technology, training staff in sight loss awareness, and introducing audio description in places like Castell Henllys.

A key innovation is the introduction of the **Uni-Description** app, developed with the University of Hawaii. Already in use across 300 parks in the US and Canada, the app allows staff and the public to create free audio descriptions of trails and attractions. Training is now in progress to create bilingual audio guides for sites, including Castell Henllys.

"With local voices in Welsh and English, this is a powerful tool for storytelling," Gareth said. "It enhances the experience for blind and partially sighted visitors – and for anyone who prefers to listen rather than read."

Alongside digital tools, the project is working to improve physical accessibility. In spring 2026, RNIB will conduct an Accessibility Audit of Castell Henllys, aiming to make it a blueprint for inclusive visitor centres across Wales.

Staff and volunteers from across the Park Authority will also receive Sight Loss Awareness training. And in partnership with Mountain Training, RNIB is creating the UK's first **Guide Walker** course – modelled on Guide Runners in athletics. Once trained, Guide Walkers will support blind and partially sighted people to explore wild spaces like the Preseli Hills and Pembrokeshire Coast Path.

The project also focuses on eye health in farming communities. RNIB is working with farming charities and unions to reduce preventable injuries and raise awareness of eye care. Sight Loss Awareness sessions will be offered to Young Farmers Clubs, with the aim of creating a network of sight loss ambassadors across the county.

See Cymru Differently is also active in Eryri and Bannau Brycheiniog National Parks, with the aim of making Wales truly accessible for all.

"We're excited to be working with the Pembrokeshire Coast National Park Authority and others to ensure these beautiful places can be enjoyed by everyone," Gareth said. "We want people in rural communities to feel confident supporting friends and neighbours living with sight loss."

Rhagor o wybodaeth:
www.rnib.org.uk/cy/nations/cymruwales/see-cymru-differently

More information:
www.rnib.org.uk/nations/walescymru/see-cymru-differently



Archwilio heb Derfynau Exploring without Limits

Mae Parc Cenedlaethol Arfordir Penfro yn enwog am ei glogwyni, ei draethau a'i olygfeydd godidog. Ond mae ymwelwyr yn sylwi ar rywbeth arall hefyd - mae'n dod yn haws i bawb ei fwynhau.

Ar draws y Parc, rydyn ni'n gweithio i wneud byd natur yn fwy croesawgar a hygyrch. O offer symudedd a llwybrau hawdd eu cyrraedd i weithgareddau wedi'u haddasu a staff cyfeillgar sydd wedi'u hyfforddi, mae'r nod yn un syml: helpu cynifer o bobl â phosibl i fwynhau'r awyr agored.

Ffyrdd Hawdd o Archwilio

Erbyn hyn, mae gan lawer o draethau sydd wedi ennill gwobrau rampiau neu lithrfeydd, ac mae rhai yn cynnig cadeiriau olwyn ar gyfer y traeth i'w llogi am ddim. Ar ben hynny, mae modd cyrraedd dros 30 o olygfannau hardd mewn car, gyda mannau parcio cyfagos er mwyn i chi allu mwynhau'r golygfeydd.

Mae rhwydwaith y Parc o lwybrau cerdded hawdd eu cyrraedd wedi'i fapio'n glir, gyda mathau o arwynebau a graddiannau'n cael eu dangos er mwyn i chi allu cynllunio'n hyderus. Ewch i

www.arfordirpenfro.cymru/mynediad-i-bawb i gael rhagor o wybodaeth.

Ymunwch â Sesiwn Teithiau Cerdded er Llesiant

Cadwch lygad ar ein cyfryngau cymdeithasol a'n gwefan am deithiau cerdded er llesiant - teithiau cymdeithasol sy'n agored i bob lefel o brofiad.

Cymryd Rhan o'ch Cartref

Hyd yn oed os na allwch ymweld, gallwch gysylltu â'r Parc o hyd. Mae sgysrsiau Diwrnod Archaeoleg ar gael ar-lein gyda dehongliad laith Arwyddion Prydain, ac mae porth dysgu Tirlun yn eich galluogi i archwilio o'ch cartref yn <https://tirlun.cymru> - wedi'i lunio ar gyfer ysgolion ond yn agored i bawb.

Helpwch ni i ddatgelu safleoedd hanesyddol cudd drwy Borth LiDAR Arfordir Penfro (hyfforddiant ar-lein hawdd ar gael) yn www.lidar.cymru/arfordirpenfro neu ewch ar daith rithwir 360 gradd o'r arfordir gyda phenset VR.

Mae hygyrchedd yn golygu mwy na rampiau yn unig - mae'n golygu cael gwared ar bob math o wystrau. Ar draws y Parc, fe welwch:

- Sgwteri symudedd ac offer ar gael i'w benthg yn rhad ac am ddim
- Manteision i ofalwyr ar safleoedd Awdurdod y Parc
- Staff cyfeillgar sy'n ymwybodol o ddemtia
- Staff wedi'u hyfforddi'n synhwyraidd ar gyfer cymorth i bobl F/fyddar, pobl sydd â cholled clyw a phobl sydd wedi colli eu golwg
- Teithiau sain mewn canolfannau ymwelwyr

Ac os ydych chi'n chwilio am antur, mae darparwyr lleol yn cynnig gweithgareddau wedi'u haddasu fel padfyrddio, marchogaeth, syrffio a theithiau cwch.

Er mwyn cael lleoedd hygyrch i aros, mae gan Croeso Sir Benfro restr o opsiynau llety.



■ I gael rhagor o wybodaeth am hygyrchedd ym Mharc Cenedlaethol Arfordir Penfro ewch i www.arfordirpenfro.cymru/mynediad-i-bawb, neu anfonwch e-bost at CadeiriauOlwynTraeth@arfordirpenfro.org.uk i gael rhagor o wybodaeth.

■ Find out more about accessibility in the Pembrokeshire Coast National Park at www.pembrokeshirecoast.wales/access-for-all, or email BeachWheelchairs@pembrokeshirecoast.org.uk for further information.

The Pembrokeshire Coast National Park is famous for its cliffs, beaches and breathtaking views. But there's something else visitors are noticing - it's getting easier for everyone to enjoy.

Across the Park, we're working to make nature more welcoming and accessible. From mobility equipment and easy-access trails to adapted activities and trained, friendly staff, the aim is simple: to help as many people as possible enjoy the outdoors.

Easy Ways to Explore

Many award-winning beaches now have ramps or slipways, and some offer free beach wheelchair hire. In addition, over 30 beautiful viewpoints are accessible by car, with nearby parking so you can soak up the scenery.

The Park's network of easy-access walking routes is clearly mapped, with surface types and gradients shown so you can plan with confidence.

Visit www.pembrokeshirecoast.wales/access-for-all for further information.

Join a Walk for Wellbeing Session

Keep an eye on our social media and website for wellbeing walks - friendly group walks, with no experience necessary.

Get Involved from Home

Even if you can't visit, you can still connect with the Park. Archaeology Day talks are available online with BSL interpretation, and the Tirlun learning portal lets you explore from home at <https://tirlun.wales> - designed for schools but open to all.

Help us uncover hidden historical sites through the Arfordir Penfro LiDAR Portal (easy online training available) at www.lidar.cymru/arfordirpenfro or take a 360-degree virtual tour of the coast with a VR headset.

Accessibility isn't just about ramps - it's about removing all kinds of barriers. Across the Park, you'll find:

- Mobility scooters and equipment available to borrow free of charge
- Carer benefits at Park Authority sites
- Friendly, dementia-aware staff
- Sensory-trained staff for D/deaf, hearing loss and sight loss support
- Audio tours in visitor centres.

And if you're after adventure, local providers offer adapted activities like paddleboarding, horse riding, surfing and boat trips.

For accessible places to stay, Visit Pembrokeshire has a list of accommodation options.

Cadeiriau Olwyn y Traethau

Ehangwch eich gorwelion drwy logi amrywiaeth o gymhorthion ac offer symudedd am ddim o wahanol leoliadau yn y Parc Cenedlaethol.



Beach Wheelchairs

Expand your horizons by hiring a range of mobility aids and equipment for free from various locations in the National Park.



www.arfordirpenfro.cymru/cadeiriau-olwyn-y-traethau
www.pembrokeshirecoast.wales/beach-wheelchairs

Traeth Poppit / Poppit Sands

Y Cerbyd Rhyfel Olaf: Darganfyddiad Eithriadol o Oes yr Haearn yng Nghymru

Pan ddaeth y dectegydd metel Mike Smith o hyd i lond llaw o ffitiadau cerbyd rhyfel anarferol ac addurnedig mewn cae yn Sir Benfro ym mis Chwefror 2018, a'u hadrodd yn gyfrifol, roedd yn bendant ei fod wedi dod o hyd i gladdedigaeth pennaeth Celtaidd gyda cherbyd rhyfel. Yn rhyfeddol, nododd y stori a ddatgelwyd yn ddiweddarach mai'r arteffactau hyn, yn wir, oedd yr awgrymiadau cyntaf o'r unig gladdedigaeth cerbyd rhyfel gyflawn o Oes yr Haearn yng Nghymru - a'r enghraifft olaf hysbys yng ngogledd Ewrop.

Mae'r hyn a ddilynodd wedi tyfu i fod yn un o ddarganfyddiadau archeolegol mwyaf arwyddocaol Cymru o'r ganrif hon - canfyddiad unwaith mewn oes. Bydd grant sylweddol gan y Cyngor Ymchwil i'r Celfyddydau a'r Dyniaethau nawr yn cefnogi prosiect 'Cerbydau a Chynefin'. Mae hwn yn raglen bum mlynedd barhaus o gadwraeth, ymchwil, ac ymgysylltu cymunedol creadigol, a fydd yn cyrraedd uchafbwynt gydag arddangosfa gyd-greadigol. Gyda'i gilydd, bydd y rhain yn adrodd hanes y gladdedigaeth eithriadol hon a'r hyn y mae'n ei olygu i bobl Sir Benfro.

Datgloddio'r cerbyd rhyfel

Fe wnaeth dyddiau cyntaf y gwaith cloddio yn 2018 chwalu unrhyw ansicrwydd am yr hyn a orweddai oddi tano. Wrth i haenau uchaf y pridd gael eu symud yn ofalus, ymddangosodd mwy o ddarnau o offer ffrwyg addurnedig - ffitiadau efydd ag mewnosodiadau gwyrdr coch, a oedd yn dal i arddangos cromliniau cain dyluniad Oes yr Haearn Geltaidd hwyr.

Daeth y trobwynt yn syth ar ddiwedd wythnos boeth o gloddio, pan ymddangosodd arcau uchaf rhydlyd dwy deiar olwyn haearn yn berffaith gyfochrog ar ôl bron i ddwy fil o flynyddoedd. Gyda chyllid sylweddol gan Gronfa Dreftadaeth y Loteri Genedlaethol yng Nghymru, Cadw ac Amgueddfa Cymru, datgelwyd y slotiau cul, dwfn yn y famfaen yn ystod cloddio ehangach yng ngwanwyn 2019. Roedd y rhain wedi'u naddu i ddal yr olwynion yn unionsyth pan gafodd y cerbyd ei osod yn ôl i'r bedd. Roedd bandiau aloi copr mál o'r bothau a phâr o binnau llinsh unfath yn cwblhau'r amlinelliaid: cerbyd Oes yr Haearn cyflawn, wedi'i gladdu'n gyfan.

Rhwng yr olwynion roedd cleddyf hir o haearn. Cafodd ei godi fel un bloc cyn ei archwilio drwy belydr-X, broses a ddatgelodd ei fod yn arf o ddiwedd yr Oes Haearn - a ddefnyddid yn ystod y degawdau pan oedd y fyddin Rufeinig yn gwthio tuag at y gorllewin i Gymru. Ni oroesodd unrhyw esgyrn yn y pridd asidig, ond roedd staen tywyll yn y ddaear; dangosodd dadansoddiad cemegol mai dyma ble roedd y corff wedi gorwedd wrth ochr yr arf.

Daeth y gwaith cloddio ag archeolegwyr a chadwraethwyr o Heneb - Archeoleg Dyfed, Amgueddfa Cymru, staff PAS Cymru a PLANED ynghyd, ochr yn ochr â thîm o wirfoddolwyr Archeoleg Dyfed a myfyrwyr PhD gwirfoddol o Brifysgol Caerdydd. Bu myfyrwyr o Goleg Sir Benfro hefyd yn rhan o'r prosiect, gan roi cyfle i bobl ifanc gysylltu'n uniongyrchol â'r dreftadaeth hynafol sydd ar garreg eu drws.

Caer Gudd yn y Dirwedd

Estynnodd y gwaith arolygu y stori y tu hwnt i'r bedd ei hun. Drwy ddefnyddio LiDAR, arolygon cyfuchlin a sganiau geoffisegol, datgelwyd caer bentir o'r Oes Haearn nad oedd wedi'i chofnodi o'r blaen; roedd tair llinell o gloddiau amddiffynnol o'i chwmpas, gyda dyffrynnoedd naturiol serth ar ddwy ochr iddi.

Roedd y gladdedigaeth cerbyd wedi'i gosod o fewn mynedfa fawreddog, tu mewn i ffos gylchog a oedd, yn ôl pob tebyg, yn sylfaen i dwmpath claddu uwchben y bedd. Mae nodweddion cyfagos - gan gynnwys ffosydd ychwanegol a henebion cylchog - yn awgrymu bod y fynedfa hon wedi'i hail-lunio a'i haildefnyddio dros sawl cenhedlaeth. Mae darganfyddiadau o ffosydd y gaer, gan gynnwys darnau o grochenwaith Rhufeinig cynnar a hwyr a gweddillion gofaniaeth haearn, yn awgrymu bod rhywfaint o weithgarwch wedi parhau yma yn ystod y cyfnod Rhufeinig.

O'r maes i'r arddangosfa

Mae'r darganfyddiad bellach yn ffurfio craidd prosiect 'Cerbydau a Chynefin', sef rhaglen bum mlynedd dan arweiniad Prifysgol Manceinion ac Amgueddfa Cymru, sy'n weithio gyda phartneriaid ar draws Cymru gan gynnwys Cadw, Heneb - yr Ymddiriedolaeth dros Archeoleg Gymreig, Awdurdod Parc Cenedlaethol Arfordir Penfro, PLANED a SpanArts.

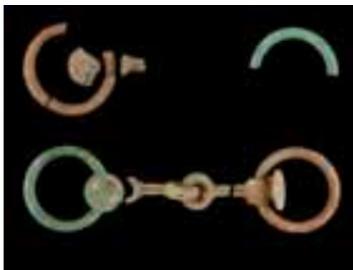
Bydd y prosiect yn ymchwilio i'r gladdedigaeth a'i harteffactau, gan eu cadwraethu a'u cyflwyno i'r cyhoedd. Bydd yr elfen hon o'r gwaith yn dehongli'r darganfyddiadau o fewn eu tirwedd ehangach a'u cyd-destunau diwylliannol, gan dynnu cymariaethau â thystiolaeth ehangach am gerbydau rhyfel o Brydain a gogledd-orllewin Ewrop. Ar yr un pryd, bydd rhaglen o ddigwyddiadau a pherfformiadau creadigol yn cael ei hwyluso; bydd y rhain wedi'u llunio gan ddiddordebau'r gymuned ac yn ymateb iddynt.

Bydd dau atgynhyrchiad maint llawn o'r cerbydau rhyfel yn cael eu hadeiladu gan y prif olwynwr Robert Hurford. Bydd un yn cael ei ddefnyddio ar gyfer arbrofion yn y maes ac i fynychu digwyddiadau; bydd yr ail yn angori arddangosfa gyhoeddus fawr yn Oriol y Parc, Canolfan Ddarganfod y Parc Cenedlaethol, yn Nhyddewi. Bydd y canfyddiadau hefyd yn llywio dehongliadau newydd ym mhentref Oes yr Haearn Castell Henllys, lle bydd y dystiolaeth o'r gwaith cloddio yn cyfrannu'n uniongyrchol at arddangosiadau, gwaith adrodd straeon a'r ddealltwriaeth o fywyd yn yr Oes Haearn ar y safle.

Stori sy'n parhau i ddatblygu

Mae'r hyn a ddechreuodd gyda llond llaw o ffitiadau cerbyd rhyfel addurnedig wedi'u codi o gae yn Sir Benfro wedi troi'n un o ymchwiliadau archeolegol mwyaf arwyddocaol Cymru. Wrth i'r gwaith cadwraeth ddyfnhau a'r atgynhyrchiadau o'r cerbydau rhyfel gael eu creu, bydd y stori'n teithio ymhell y tu hwnt i'r ffos gloddio - i arddangosfeydd, ystafelloedd dosbarth, mannau cymunedol a y tirweddau lle roedd cymunedau'r Oes Haearn yn byw unwaith.

Yn y blynyddoedd i ddod, bydd claddedigaeth y cerbyd rhyfel yn cynnig ffordd newydd a grymus i ymwelwyr a chymunedau lleol archwilio'r byd hynafol a luniodd y gornel hon o Sir Benfro.



The Last Chariot: Wales' Extraordinary Iron Age Discovery

When metal detectorist Mike Smith uncovered and responsibly reported a handful of unusual, decorated chariot fittings in a Pembrokeshire field in February 2018, he was certain he had found a Celtic chieftain's burial with a chariot. Amazingly, the story later revealed indicated that these artefacts were indeed the first clues to Wales' only complete Iron Age chariot burial - and the last known example in northern Europe.

What followed has grown into one of Wales's most significant archaeological discoveries of the century - the find of a lifetime. A major Arts and Humanities Research Council grant will now support the *Chariots and Cynefin* project. This is an ongoing five-year programme of conservation, research, creative community engagement, culminating in a co-created exhibition. Together these will tell the story of this extraordinary burial and what it means to the people of Pembrokeshire.

Unearthing the chariot

The first days of excavation in 2018 stripped away any uncertainty about what lay beneath. As the upper soil layers were carefully removed, more fragments of decorated bridle gear appeared - bronze fittings set with red-glass inlays, still carrying the elegant curves of late Celtic Iron Age design.

The turning point came right at the end of a hot week of excavation, when the rusted upper arcs of two iron wheel tyres emerged, perfectly parallel after nearly two millennia. With major funding provided by the National Lottery Heritage Fund in Wales, Cadw and Amgueddfa Cymru - Museum Wales, a larger excavation in spring 2019 later exposed the deep, narrow slots cut into the bedrock to hold the wheels upright when the chariot was backed into the grave. Crushed copper-alloy bands from the hubs and a pair of identical lynch pins completed the outline: a complete Iron Age chariot, buried intact.

Lying between the wheels was an iron longsword. Lifted as a block and later X-rayed, it proved to be a Late Iron Age weapon of a type used during the decades when the Roman army was pushing west into Wales. No bones survived the acidic soil, but a darker stain and its chemical analysis showed where the body had rested beside the weapon.

The excavation brought together archaeologists and conservators from Heneb - Dyfed Archaeology, Amgueddfa Cymru - Museum Wales, PAS Cymru staff and PLANED, with a team of Dyfed Archaeology volunteers and PhD student volunteers from Cardiff University. Students from Pembrokeshire College were also involved in the project, giving young people a chance to connect first-hand with the ancient heritage on their doorsteps.

A Hidden Fort in the Landscape

Survey work extended the story beyond the grave itself. LiDAR, contour survey and geophysical scans revealed a previously unrecorded Iron Age promontory fort, enclosed by three defensive ramparts and bordered on two sides by steep natural valleys.

The chariot burial sat in an elaborate entrance approach, positioned within a circular ring-ditch, which probably contained a burial mound placed over the grave. Nearby features - including additional ditches and circular monuments - suggest that this entrance was reshaped and reused over generations. Finds from the fort's ditches, including fragments of early and later Roman pottery and traces of iron smithing slags, suggests some continuing activity here during the Roman period.

From field to exhibition

The discovery now forms the heart of the *Chariots and Cynefin* project, a five-year programme led by the University of Manchester and Amgueddfa Cymru - Museum Wales, working with partners across Wales including Cadw, Heneb - the Trust for Welsh Archaeology, Pembrokeshire Coast National Park Authority, PLANED and SpanArts.

The project will research, conserve and present the burial and its artefacts, interpreting them in their wider landscape and cultural contexts and drawing comparisons with wider British and north-west European chariot evidences. At the same time, a programme of events and creative performances will be enabled, shaped by and responding to community interests.

Two full-size chariot replicas will be built by master wheelwright Robert Hurford. One will be used for field experiments and to attend events; the second will anchor a major public exhibition at Oriol y Parc, National Park Discovery Centre in St Davids. The findings will also inform new interpretation at Castell Henllys Iron Age Village, where the evidence from the excavation will contribute directly to demonstrations, storytelling and the understanding of Iron Age life on site.

A story still unfolding

What began with a handful of decorated chariot fittings lifted from a Pembrokeshire field has become one of Wales' most significant archaeological investigations. As conservation progresses and the reconstructed chariot replicas take shape, the story will move far beyond the excavation trench - into exhibitions, classrooms, community spaces and the landscapes where Iron Age communities once lived.

In the years ahead, the chariot burial will offer visitors and local communities a vivid new way to explore the ancient world that shaped this corner of Pembrokeshire.





Gem fforch arian

Silver-Y



Gwalchwyfyn hofran

Hummingbird hawk-moth



Gwalchwyfyn y poplys

Poplar hawk-moth



Melyn brych

Speckled yellow



Teigr ôl-adain goch

Scarlet tiger

Gwyfynod Gwych

Gan y Swyddog Cadwraeth Clare Flynn

Ydych chi'n meddwl bod gwyfynod yn frown a diflas? Meddyliwch eto! Mae yna fwy na 2,500 o rywogaethau o wyfynod yn y DU, ac mae llawer ohonynt yn lliwgar iawn gyda phatrymau cywrain. Yn ogystal, o'r holl rywogaethau hyn, dim ond dau ohonynt yr ydym yn gwybod eu bod yn bwyta ein siwmperi gwlan! Mae gwyfynod sy'n hedfan yn ystod y dydd, fel y gwyfyn claergoch (yn y darlun) yn aml yn cael eu camgymryd am loynnod byw ac mae'r rhai sy'n hedfan yn y nos fel y gwalchwyfyn y poplys (yn y darlun) bron yn llwyr ddianc rhag ein sylw!

Mae'r grŵp gwych hwn o bryfed, sy'n aml yn cael eu camddeall, yn rhan annatod o'n ecosystem. Mae gwyfynod sy'n oedolion yn peillio planhigion ac mae eu larfa (lindys) yn ffynhonnell fwyd hanfodol i'r adar yn ein gerddi, yn arbennig yn ystod y gwanwyn pan fyddant yn bwydo eu cwynion. Mae llawer o rywogaethau ystludod yn dibynnu ar ddietau o wyfynod sy'n hedfan yn ystod y nos, sy'n golygu eu bod yn hollbwysig mewn cadwyni bwyd naturiol.

Mae gwyfynod yn sensitif i newidiadau yn yr amgylchedd, ac maent wedi dioddef yn y degawdau diwethaf o ganlyniad i gollu eu cynefinoedd, newidiadau i'r ffyrdd yr ydym yn defnyddio'r tir a'r newid yn yr hinsawdd erbyn heddiw. Mae dros 50 o ddifodiannau wedi bod ers 1900 ac mae tua dwy ran o dair o rywogaethau cyffredin ac eang eu dosbarthiad wedi dirywio yn y 50 mlynedd diwethaf*.

Felly mae cofnodi gwyfynod - adnabod rhywogaethau a lle maent i'w canfod - yn ddull defnyddiol i ni ddeall y newidiadau yn yr amgylchedd a'r hinsawdd, yn ogystal â dysgu am pa wyfynod sydd i'w canfod mewn gwahanol ardaloedd a phryd maen nhw'n hedfan.

Eleni, mae Tim Cadwraeth y Awdurdod Parc Cenedlaethol wedi bod yn gweithio gyda rhai o'n tîrfeddianwyr lleol, sy'n rheoli eu tir ar gyfer natur, i ddarganfod pa rywogaethau sydd i'w gweld ar eu tir. Gan ddefnyddio trapiau gwyfynod sydd wedi'u dylunio'n arbennig (ac sy'n ddiogel i wyfynod a phobl!) a dulliau adnabod AI, mae pobl sydd â

diddordeb yn y gwyfynod yn eu dal dros nos ac yn adnabod pob rhywogaeth gydag un ffotograff drwy'r ap E-Surveyor. Mae ein harbenigwr gwyfynod lleol (diolch i Paul Warren) yn bwrw golwg ar bob ffotograff ac mae ein tîrfeddianwyr brwdfrydig wedi ychwanegu dros 3,500 o gofnodion newydd o wyfynod i'r data bioamrywiaeth hysbys ar gyfer Sir Benfro.

Mae hyn wedi gwella ein dealltwriaeth o ddsbarthiad gwyfynod yn ogystal â darparu gwybodaeth am sut y gallai penderfyniadau cadwraeth fod yn effeithio ar rhywogaethau pwysig fel gwyfynod.

Dywedodd y tîrfeddianwyr a gyfranogodd at y gwaith hwn eu bod wir wedi mwynhau darganfod rhyfeddodau cudd y gwyfynod a'r amrywiaeth o rywogaethau sy'n cael eu cefnogi ar eu tir. Roedd rhai uchafbwyntiau yn y data, gan gynnwys rhywogaethau cymharol brin fel bwâu duon y mwyar, y pali golau a'r gwalchwyfyn rhesog, sy'n hedfan yma o Ogledd Affrica a De Ewrop.

Gallwch helpu i wneud y byd yn lle mwy ystyriol o wyfynod drwy newidiadau syml yn eich gardd:

- Peidiwch â thorri'n ôl a chlirio tan y gwanwyn, er mwyn i wyfynod gael lleoedd i glwydo dros y gaeaf
- Dylech osgoi defnyddio chwistrellau a phlaladdwyr a phlannu amrywiaeth eang o blanhigion, gan gynnwys coed a llwyni brodorol os oes gennych le
- Mae gwyfynod yn hoff iawn o flodau persawrus y nos fel gwyddfid, jasmin a melyn yr hwyr
- Mae lindys Gwalchwyfyn yr Helyglys (yn y darlun) wrth eu boddau gyda ffiwsia, ac er nad ydynt yn bwyta'r planhigyn i gyd a'r ffaith bod yr oedolion lliwgar ond yn hedfan yn y nos - prin y byddech yn gwybod eu bod yno hyd yn oed!

Diolch yn fawr iawn i Ganolfan Ecoleg a Hydroleg y DU (www.ceh.ac.uk) am ddarparu'r trapiau gwyfynod, y meddalwedd AI a'u cefnogaeth ar gyfer y prosiect hwn.

Mae'r rhaglen hon yn rhan o Naturally Connected, sy'n cael ei hariannu gan y Rhaglen Rhwydweithiau Natur. Mae'n cael ei chynnal gan y Gronfa Dreftadaeth, ar ran Llywodraeth Cymru. *Gallwch gael gwybodaeth bellach yn www.ukmoths.org.uk.



Gwalchwyfyn yr helyglys

Elephant hawk-moth



Gwyfyn hebog y rhos

Common heath



Gwalchwyfyn rhesog

Striped hawk-moth



Teigr y benfelen

Cinnabar moth



Lindys Gwalchwyfyn yr helyglys

Elephant hawk-moth caterpillar



Lindys gwyfyn yr ymerawdwr

Emperor moth caterpillar

Magical Moths

By Conservation Officer Clare Flynn

Thought moths were brown and boring? Think again! There are over 2,500 moth species in the UK, many of which are brightly coloured and delicately patterned. What's more, out of all these species, only two are really known to eat our woolly jumpers! Day flying moths such as the cinnabar (pictured) are often mistaken for butterflies and the night flying ones such as the poplar hawk (pictured) almost entirely escape our notice!

This wonderful and much misunderstood group of insects is an integral part of our ecosystem. Adult moths pollinate plants and their larvae (caterpillars) are a crucial food source for our beloved garden birds, especially in the spring when they are feeding their young. Many bat species rely on a diet of night-flying moths, making them critical in natural food chains.

Moths are sensitive to changes in the environment, and have suffered in recent decades due to habitat loss, changes in how we use the land and now climate change. There have been over 50 extinctions since 1900 and around two thirds of common and widespread species have declined in the last 50 years*.

Recording moths - identifying species and where they occur - is therefore a useful tool for us to understand changes in the environment and climate, as well as learning about which moths occur where and when they are flying.

This year the National Park Authority's Conservation Team worked with some of our local landowners, who are managing their land for nature, to discover which species were turning up on their land. Using specially designed (and safe for moths and humans!) moth traps and AI identification tools, moth novices trapped moths overnight and identified each species with a single photograph via the E-Surveyor app. Every photo was checked by our local human moth expert (thank you to Paul Warren) and our enthusiastic landowners have added over 3,500 new moth records to the known biodiversity data for Pembrokeshire.

This has not only improved our understanding of moth distribution but provides insights into how conservation decisions may be affecting important species groups such as moths.



The participating landowners reported much enjoyment in discovering the hidden wonders of moths and the array of species being supported on their land. There were some highlights in the data, including relatively scarce species such as the Kent black arches, the light brocade and the striped hawk-moth, which flies here from North Africa and Southern Europe.

You can help to make the world a more moth-friendly place by simple changes in your garden:

- Don't cut back and tidy until the spring, so that moths have places to over-winter
- Avoid using sprays and pesticides and plant a wide variety of plants, including native trees and shrubs if you have room
- Night scented flowers such as honey-suckle, jasmine and evening primrose are especially beloved by moths
- Elephant hawk-moth caterpillars (pictured) love fuchsias, although they won't strip the plant and the brightly coloured adults only fly at night - you'd never even know they were there!

A big thank you to the UK Centre for Ecology and Hydrology (www.ceh.ac.uk) for providing the moth traps, AI software and support for this project.

This project is part of Naturally Connected, funded by the Nature Networks Programme. It is being delivered by the Heritage Fund, on behalf of the Welsh Government. *Find out more at www.ukmoths.org.uk.

Bug grub

GRUB KITCHEN at The Bug Farm

THE UK'S FIRST EDIBLE INSECT CAFE

Dishes with and without edible insects

The Bug Farm

Visitor Attraction Nature Reserve Research Centre

NEW Nature Recovery Centre & Farming History Museum

Tropical Bug Zoo & Museums Wildlife Walks & Indoor Play Barn

Up Close Meet The Bugs Experiences For Adults, Groups & Families

1 mile from St Davids on the Fishguard Road (A487) SA62 6BX

For opening, prices and to book your ticket:

www.thebugfarm.co.uk

Bug grub info@thebugfarm.co.uk 07966 956357

AQUARIUM

CAFE, GIFT SHOP, AND SEASHORE SAFARIS

MARINE CONSERVATION CHARITY

OCEAN LAB

GOODWICK, SA64 0DE

Parrog Trefdraeth / Newport Parrog



Porth Clais

Aberfforest, ger Trefdraeth
Aberfforest, near NewportTraeth y De, Dinbych-y-pysgod o Benalun
South Beach, Tenby from PenallyGwylogod ar Staciau'r Heligog
Guillemots on Stack Rock

Solfach / Solva



Cerdded at Ryfeddodau

Gyda thros 240 o filltiroedd sgwâr o dirwedd warchoddedig a mwy na 600 o filltiroedd o hawliau tramwy cyhoeddus, mae Parc Cenedlaethol Arfordir Penfro yn baradwys i gerddwyr. P'un a ydych yn chwilio am glogwyni gwyntog, coetiroedd cudd, aberoedd llawn bywyd gwyllt neu ddyffrynnoedd tawel mewndirol, mae llwybr i weddu i'ch cyflymder a'ch hwyliau.

Mae rhai llwybrau yn anwesu ymyl y môr, tra bod eraill yn eich arwain i'r mewndir, gan droelli heibio i gerrig hynafol, pentrefi cysglyd a dolydd blodau gwyllt. Ond y peth gorau yw nad oes rhaid i chi fod yn arbenigwr - y cyfan sydd ei angen arnoch yw esgidiau cadarn sy'n cefnogi eich ffêr yn dda, ymdeimlad o antur, ac ychydig o chwilfrydedd. Dyma rai syniadau i ddechrau. Mae llawer mwy ar gael yn www.arfordirpenfro.cymru/teithiau-gwe.

Llwybr y Mileniwm Trefdraeth

5 milltir (2 awr 30 munud)
Parcio: Meysydd parcio cyhoeddus ar y Stryd Hir, Trefdraeth (SA42 0TJ) a'r Parrog (SA42 0RQ) - neu gallwch ddefnyddio'r gwasanaeth bws cyhoeddus.

Wedi'i greu gan y gymuned leol i nodi'r flwyddyn 2000, mae'r llwybr hwn yn plethu hanes hynafol nodedig. Gan ddechrau o'r Parrog - a oedd unwaith yn ganolfan brysyr ar gyfer adeiladu llongau a masnach forol - mae'r llwybr yn dilyn glannau Aber Afon Nyfer, sy'n noddfa i adar y dŵr. Cewch gamu nôl drwy'r oesoedd wrth i chi basio strydoedd grid y 'Dref Newydd' Normanaidd a'r castell o'r 12fed ganrif, cyn darganfod siambr gladdu gynhanesyddol Carreg Coetan Arthur. Gyda chymysgedd o lonydd coediog yng Nghwm Clydach ac olygfeydd panoramig o lethrau Carningli, mae'r daith hon yn cynnig cyfuniad perffaith o fynydd, aber a threftadaeth.

Map: bit.ly/4avY3ob



Porth Clais

3.4 milltir (2 awr)

Parcio: Harbwr Porth Clais (SA62 6RR) - neu gallwch ddefnyddio'r gwasanaeth bws cyhoeddus.

Llwybr arfordirol heb gamfeydd sy'n cysylltu harbwr naturiol cysgodol ag un o safleoedd mwyaf cysegredig Cymru. Am ganrifoedd, gwasanaethodd harbwr Porth Clais ddinas Tyddewi, gan ddod â nwyddau, masnachwyr, pererinion a hyd yn oed y cwch hir Llychlynnaidd achlysurol. Mae'r llwybr yn dilyn Llwybr yr Arfordir i'r dwyrain tuag at gapel adfeiliedig Santes Non, sy'n nodi man geni Dewi Sant. Mae ffynnon yn dal i lifo wrth ei hochr, a dywedir iddi ffrwydro o'r ddaear pan gafodd ei eni.

Map: bit.ly/46cpuCl

Pwynt Giltar
Giltar Point

Solfach i Naw Ffynnon

3.1 milltir (1 awr 15 munud)

Parcio: Maes Parcio Harbwr Solfach (SA62 6UT) - neu gallwch ddefnyddio'r gwasanaeth bws cyhoeddus.

Ewch i weld chwareli tawel mewndirol Naw Ffynnon, sydd bellach yn boblogaidd gyda gloynnod byw a blodau gwyllt, a dilynwch ddarn o arfordir sydd wedi'i lunio gan stori cymaint â'r môr. Ar hyd y llwybr, fe welwch ragfuriau caer Oes yr Haearn ym Mhorth-y-Rhaw, olion llongau tynnu wedi'u dryllio islaw'r clogwyni yn Aberllong, a'r ogofâu cyfagos - lle da yn ôl y sôn i guddio nwyddau gwaharddedig yn y canrifoedd a fu. Mae golygfeydd eang o'r môr a haenau o hanes yn gwneud hon yn daith gerdded i'w chofio.

Map: <https://bit.ly/3OrNyuM>

Glesyn serenog
Silver-studded blue

Pentir Penalun

2.6 milltir (1 awr 30 munud)

Parcio: Maes parcio Gorsaf Penalun (SA70 7PS) - neu defnyddiwch y gwasanaethau rheilffyrdd neu fws cyhoeddus.

Mae'r golygfeydd arfordirol godidog, cytreff adar a system ffosydd sydd wedi goroesi ers y Rhyfel Byd Cyntaf yn gwneud y daith gerdded hon yn un gyffrous. Mae'r clogwyni calchfaen ger Pwynt Giltar yn denu brain coesgoch, gwylanod y graig a llursod, gyda golygfeydd ar ddiwrnod clir yn ymestyn o Skrinkle Haven i Ynys Wair. Wrth i chi agosáu at Valleyfield Top, cadwch lygad am y panel gwybodaeth sy'n rhoi manylion am unig systemau ffosydd ymarfer o'r Rhyfel Byd Cyntaf sydd wedi goroesi yn y DU, a ddefnyddiwyd unwaith i hyfforddi'r lluoedd cyn eu byddino. Wedi'i ddefnyddio ers 1860 ar gyfer hyfforddiant milwrol, nid yw'r Maes Tanio bellach yn rhan o'r ystad filwrol.

Map: <https://bit.ly/4tuUB5Y>

Staciau'r Heligog i San Gofan - Taith Cadair Olwyn Bob Tir

3.1 milltir (1 awr 30 munud) bob ffordd

Parcio: Maes parcio Staciau'r Heligog (SA71 5EB) neu maes parcio San Gofan (SA71 5DR), - neu gallwch ddefnyddio'r gwasanaeth bws cyhoeddus. CADARNHEWCH YR

AMSEROEDD TANIO BYW CYN YMWELD - MAE'R LLWYBR AR GAU PAN FYDD Y MAES TANIO YN CAEL EI DDEFNYDDIO.

Mae llwybr gwastad ar hyd y tir sy'n cael ei reoli gan y Weinyddiaeth Amddiffyn yn datgelu rhai o dirnodau arfordirol mwyaf trawiadol Sir Benfro. Byddwch yn cerdded heibio i'r clogwyni carreg galch ysbennedd o'gofau môr a bwâu naturiol, gan gynnwys y Bont Werdd enwog a Staciau'r Heligog (mae heligog yn air Cymraeg arall am yr elegug). Mae'r pileri yn y môr yn llawn adar y môr yn y gwanwyn, gyda heligogod, llursod a gwylanod coesddu yn weladwy o'r llwybr. Ar y tir, mae glaswelltir blodau gwyllt yn cefnogi gloynnod byw ac ehedyddion. Mae'r ardal dawel hon yn cynnig golygfeydd agored, daeareg odidog a bywyd gwyllt eithriadol, heb fod angen mentro ymhell o'r car. Mae'r daith yn dilyn trac carregog neu laswelltog. Gall y trac cerrig fod yn anwastad, ond dros y rhan fwyaf o'i hyd, mae'r ymyl yn cynnwys glaswelltir byr, sy'n cynnig arwynebedd amgen.

Map: <https://bit.ly/4tCVBVB>



Walk into Wonder

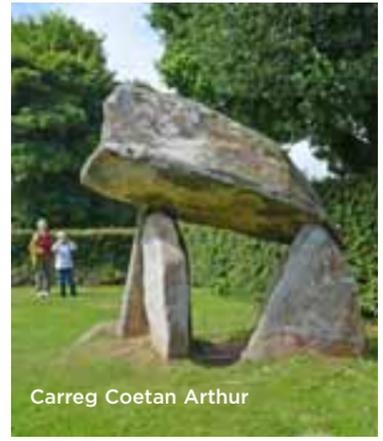
With over 240 square miles of protected landscape and more than 600 miles of public rights of way, the Pembrokeshire Coast National Park is a walker's dream. Whether you're seeking windswept cliffs, hidden woodlands, wildlife-rich estuaries or quiet inland valleys, there's a route to match your pace and your mood.

Some trails hug the edge of the sea, while others lead inland, winding past ancient stones, sleepy villages and wildflower meadows. Best of all, you don't need to be an expert - just bring sturdy shoes with good ankle support, a sense of adventure, and a little curiosity. These are just a few ideas to get you started. You'll find many more at www.pembrokeshirecoast.wales/web-walks.

Newport Millennium Trail

5 miles (2hr30)
Parking: Public car parks at Long Street, Newport (SA42 0TJ) and the Parrog (SA42 0RQ) - or use public bus services.

Created by the local community to mark the year 2000, this route weaves together Newport's ancient history and its stunning natural setting. Starting from the Parrog - once a bustling hub for shipbuilding and maritime trade - the trail skirts the Nevern Estuary, a haven for birdlife. You'll step back through time as you pass the grid-like streets of the Norman 'New Town' and the 12th-century castle, before discovering the prehistoric Carreg Coetan Arthur burial chamber. With a mix of wooded lanes in Cwm Clydach and panoramic views from the slopes of Carningli, this walk offers a perfect blend of mountain, estuary, and heritage.
Map: <https://bit.ly/30KnX71>



Carreg Coetan Arthur

Porth Clais

3.4 miles (2hr)
Parking: Porth Clais Harbour (SA62 6RR) - or use public bus services.

A stile-free coastal walk that connects a sheltered natural harbour with one of the most sacred sites in Wales. For centuries, the harbour at Porth Clais served the city of St Davids, bringing in goods, traders, pilgrims and even the occasional Viking longboat. The route follows the Coast Path east towards the ruined chapel of St Non, which marks the birthplace of St David. A spring still flows beside it, said to have burst from the ground as he was born.

Map: <https://bit.ly/4aARLUr>



Solfach / Solva

Solva to Ninewells

3.1 miles (1hr15)
Parking: Solva Harbour Car Park (SA62 6UT) - or use public bus services.

Take in the quiet inland quarries of Nine Wells, now favoured by butterflies and wildflowers, and follow a stretch of coast shaped by story as much as sea. Along the route, you'll find the ramparts of an Iron Age fort at Porth-y-Rhaw, the remains of wrecked tugs below the cliffs at Aberllong, and the nearby caves are said to have been a hiding place for contraband in centuries gone by. Wide sea views and layers of history make this a walk to remember.
Map: <https://bit.ly/30Kw2Sz>

Penally Headland

2.6 miles (1hr30)
Parking: Penally Station car park (SA70 7PS) - or use public rail or bus services.

Sweeping coastal views, seabird colonies and a preserved First World War trench system give this walk its edge. The limestone cliffs near Giltar Point attract choughs, fulmars and razorbills, with clear-day views stretching from Skrinkle Haven to Lundy. As you approach Valleyfield Top, look out for the information panel providing details of the UK's only surviving First World War practice trench systems, once used to train troops before deployment. Used since 1860 for military training, the Range is no longer part of the military estate.
Map: <https://bit.ly/30tCpJU>

Stack Rocks to St Govan's - All-terrain Wheelchair Walk

3.1 miles (1hr30) each way
Parking: Stack Rocks car park (SA71 5EB) or St Govan's car park (SA71 5DR), - or use public bus services.

CHECK LIVE FIRING TIMES BEFORE VISITING - PATH CLOSED WHEN THE RANGE IS ACTIVE.

A level path across MoD-managed land reveals some of Pembrokeshire's most iconic coastal landmarks. Walk past towering limestone cliffs, sea caves and natural arches, including the famous Green Bridge and Stack Rocks. These offshore pillars throng with seabirds in spring, with guillemots, razorbills and kittiwakes visible from the path. Inland, wildflower grassland supports butterflies and larks. This quiet section offers open views, dramatic geology and exceptional wildlife without the need to venture far from the car. The walk follows a stony or grass covered track. The stone track can be uneven, but for most of its length the verge is made up of short grass, providing an alternative surface.
Map: <https://bit.ly/4qFppOP>

Cyngor ffôn symudol:

Sylwch nad yw'r signal ffôn symudol ar Lwybr yr Arfordir yn ddibynadwy. Fodd bynnag, os byddwch yn ffonio 999 mewn argyfwng, bydd yn gweithio os oes unrhyw ddarparwr (hyd yn oed os yw'n wahanol i'ch un chi) gyda signal lle rydych chi. Gofynnwch am Wylwyr y Glannau a Gwasanaethau Ambiwlans.

Mobile phone advice:

Please note mobile phone coverage is unreliable on the Coast Path. However, if you dial 999 in an emergency, it will work if there is any provider (even if it's not your own) with coverage where you are. Ask for the Coastguard and Ambulance services.



Pont Werdd Cymru Green Bridge of Wales



Capel Santes Non St Non's Chapel



Britheg berlog fach Small pearl-bordered fritillary



Brân goesgoch Chough



Archwilio'r Parc Cenedlaethol yn gyfleus

Gadewch i drafnidiaeth gyhoeddus gymryd y straen. Mae bysiau gwasanaeth a llwybrau arfordirol Sir Benfro yn darparu mynediad hawdd a dibynadwy i rai o deithiau cerdded a chyrchfannau mwyaf golygfaol y Parc - heb yr angen i boeni am barcio na gorfod dychwelyd yr un ffordd. Fel mae'r enw'n awgrymu, mae'r gwasanaeth fflecsi yn cynnig hyd yn oed mwy o hyblygrwydd, gyda theithiau y gellir eu harchebu ar draws pum ardal.

Cynllunio eich taith:
www.sir-benfro.gov.uk/llwybrau-bysiau-ac-amserlenni
<https://trc.cymru/fflecsi>



Explore the National Park with ease

Let public transport take the strain. Pembrokeshire's service buses and coastal routes provide easy, reliable access to some of the Park's most scenic walks and destinations - without the need to worry about parking or retracing your steps. As its name implies, the fflecsi service offers even greater flexibility, with bookable journeys across five zones.

Plan your journey:
www.pembrokeshire.gov.uk/bus-routes-and-timetables
<https://tfw.wales/fflecsi>

Côd Diogelwch Llwybr yr Arfordir

Cyn cychwyn ar eich antur arfordirol, cofiwch ddilyn y Cod Diogelwch ar Llwybr yr Arfordir i sicrhau profiad diogel a phleserus:

- Cymerwch ofal mawr ar Llwybr yr Arfordir - mae'n dir garw, naturiol
 - Arhoswch ar y llwybr, gan gadw'n ddigon pell o'r clogwyni a'r bargodau
 - Dylech oruchwylio plant bob amser, yn enwedig wrth ymyl y clogwyni a'r ffyrdd
 - Gall arwynebau cerdded amrywio'n sylweddol gyda'r tywydd. Gwisgwch esgidiau addas bob amser, sydd â digon o afael ac sy'n cynnal eich pigwrn
 - Gwisgwch neu gario dillad cynnes sy'n dal dŵr
 - Gall cerdded ar ben y clogwyni fod yn beryglus mewn gwyntoedd cryfion neu pan fo gweledd yn wael
 - Byddwch yn ofalus rhag cymryd llwybrau byr ar draws traethau - mae'n bosibl i chi gael eich dal gan y llanw
 - Peidiwch ag eistedd o dan glogwyni na'u dringo
 - Cadwch eich cŵn o dan reolaeth
 - Mae Llwybr yr Arfordir yn cael ei reoli ar gyfer cerddwyr; nid yw'n ddiogel nac yn gyfreithlon marchogaeth na beicio ar hyd y rhan fwyaf o Llwybr yr Arfordir
 - Gadewch gatiau ac eiddo fel roedden nhw cyn i chi gyrraedd.
- Cofiwch fod darpariaeth ffonau symudol yn gallu bod yn anghyson ar hyd yr arfordir, felly mae'n well peidio â dibynnu ar eich signal wrth archwilio.



Coast Path Safety Code

Before setting off on your coastal adventure, remember to follow the Coast Path Safety Code to ensure a safe and enjoyable experience:

- Take great 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 and roads
- 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 or poor visibility
- Beware of taking shortcuts across beaches - you may be cut off by the tide
- 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.

Please be aware that mobile phone coverage can be patchy along the coast, so it's best not to rely on your signal while exploring.

Cadw'n Ddiogel yn y Gwylt

Mae'r Parc Cenedlaethol yn cynnig lle i anadlu, i archwilio, ac i gysylltu â'r byd naturiol - ond mae hefyd yn gofyn am rywbeth yn gyfnewid am hynny.

Mae cymryd ychydig o ofal, ohonoch chi eich hun a'r llefydd rydych chi'n pasio drwyddynt, yn helpu i gadw'r dirwedd hon yn ddiogel, yn weithredol ac yn agored i bawb.

Ar y tir

- Cynlluniwch ymlaen llaw a gwiriwch y rhagolygon tywydd cyn i chi fynd.
- Mae llawer o'r Parc yn dir garw, naturiol. Gwisgwch esgidiau cadarn pan fyddwch yn cerdded.
- Cadwch at lwybrau sefydledig. Mae llwybrau tarw'n difrodi cynefinoedd bregus a thir fferm.
- Parciwch mewn ardaloedd dynodedig yn unig. Peidiwch byth â rhwystro mynedfeydd na thraciau.
- Caewch y ietau y tu ôl i chi a pheidwch â dringo ffensys neu waliau.

- Ewch â sbwriel adref pan nad oes biniau neu os yw'r biniau'n llawn.
- Parchwch safleoedd a thirnodau hynafol - gadewch nhw yn union fel y canfyddoch chi nhw.

Yn y dŵr

- Nofiwch ar draethau lle mae achubwyr bywyddau lle bynnag y bo modd.
- Gwiriwch amseroedd y llanw a'r rhagolygon tywydd cyn i chi fynd allan.
- Darllenwch a dilynwch arwyddion diogelwch lleol.
- Gwnewch yn siŵr eich bod yn gwybod sut i adnabod deuforgyfarfod, a sut i ddianc rhagddo.
- Dylech bob amser ddweud wrth rywun am ble rydych chi'n mynd a phryd rydych chi'n disgwyl bod yn ôl.
- Cariwch ffôn symudol mewn bag sy'n dal dŵr ar gyfer argyfyngau.

MEWN ARGYFWNG - ffoniwch 999 neu 112 a gofynnwch am Wylwr y Glannau.



Staying Safe in Wild Places

The National Park offers space to breathe, to explore, and to connect with the natural world - but it also asks for something in return.

Taking a little care, both for yourself and for the places you pass through, helps keep this landscape safe, working, and open for everyone.

On land

- Plan ahead and check the weather forecast before you go
- Much of the Park is rough, natural terrain. Always wear footwear with proper ankle support when out walking
- Stick to marked paths. Shortcuts damage fragile habitats and farmland
- Park only in designated areas. Never block gateways or tracks
- Close gates behind you and don't climb fences or walls

- Take litter home when there are no bins or bins are full
- Treat ancient sites and landmarks with care - leave them as you found them.

In the water

- Swim at lifeguarded beaches whenever possible
- Check tide times and weather before you set out
- Read and follow local safety signs
- Know how to spot a rip current and how to escape it
- Always let someone know where you're going and when you expect to be back
- Carry a phone in a waterproof ziplock bag for emergencies.

IN AN EMERGENCY - phone 999 or 112 and ask for the Coastguard.



Foel Cwmcerwyn, Rosebush

Arlunydd y Glannau Tawel

Ers llawer dydd, mae Sir Benfro wedi denu artistiaid, nid yn unig oherwydd dramâu ei chlogwyni a'i ffurfafen, ond oherwydd ei heiliadau distatach: niwl y môr yn y dyffrynnoedd, gwynt yr heli drwy'r eithin, a ffigwr unigol yn cerdded y lan. Daeth Gwen John, a aned yn Hwlfordd ym 1876 ac a fagwyd yn Ninbych-y-pysgod, ar draws y lonyddwch hwnnw'n gynnar yn ei bywyd.

Er iddi dreulio'r rhan fwyaf o'i hoes fel oedolyn yn Ffrainc, ymhell o gylchoedd gwylt ei brawd Augustus, fe luniodd awyrgylch ei hieuentid ei thuedd tuag at lonyddwch a hunanymholiad. Mae ei pheintiadau - sy'n ddarvoudus, yn futedig ac yn fewnblyg - yn rhannu rhywbeth ag arfordir Gorllewin Cymru: ymdeimlad o ofod, unigrwydd, a sylw tawel.

Heddiw, mae ymwelwyr â'r Parc Cenedlaethol yn profi'r un rhythmau mesuredig o oleuni a môr a luniodd ei hatgofion cynharaf. Mae plac glas yn Ninbych-y-pysgod yn nodi ei phresenoldeb yn dawl, ac mae'r arfordir yn parhau i fod yn fyw ag egni artistig, gydag arddangosfeydd, stiwdios ac arlunwyr wrth eu gwaith ar draws ei hyd. Mae enw Gwen John yn parhau - nid fel gosodiad lleol yn unig, ond fel rhan o atyniad hir a myfyrgar y tirlun.



A Painter of Quiet Shores

Pembrokeshire has long drawn artists not only for the drama of its cliffs and skies, but for its quieter moments: sea mist in the valleys, salt wind through gorse, a single figure walking the shore. Gwen John, born in Haverfordwest in 1876 and raised in Tenby, encountered that stillness early in life.

Though she spent most of her adult years in France, far from the riotous circles of her brother Augustus, the atmosphere of her early surroundings shaped her instinct for calm and introspection. Her paintings - restrained, muted, and inward-looking - share something with the West Wales coast: a sense of space, solitude, and quiet attention.

Today, visitors to the National Park experience the same measured rhythms of light and sea that once shaped her earliest memories. A blue plaque in Tenby quietly marks her presence, and the coastline remains alive with artistic activity, with exhibitions, studios and painters working along its length. Gwen John's name endures - not as a local fixture, but as part of the landscape's long, contemplative pull.

Rhoi lle i fywyd gwylt aros yn wyllt

Mae bywyd gwylt Sir Benfro yn ffynnu pan na fydd neb yn tarfu arno, felly rhowch ddigon o le i anifeiliaid bob amser. Os bydd creadur yn stopio i sylu arnoch chi, mae'n dweud wrthydd chi eich bod chi'n rhy agos. Camwch yn ôl a gadewch iddo setlo er mwyn i chi allu mwynhau ei wyllo ar ei fwyaf hamddenol a gwylt.

Os dewch chi ar draws anifail sy'n ymddangos yn sownd neu mewn trallod, dilynwch y canllawiau hyn.

Give wildlife the space to stay wild

Pembrokeshire's wildlife thrives when left undisturbed, so always give animals plenty of space. If a creature pauses to stare at you, it's telling you that you're too close. Step back and let it settle so you can enjoy watching it at its most relaxed and wild.

If you come across an animal that appears stranded or in distress, follow the guidance at www.pembrokeshirecoast.wales/stranded-or-distressed-wildlife.

Dolenni Defnyddiol

Llwybrau bysiau ac amserlenni Sir Benfro: www.sir-benfro.gov.uk/llwybrau-bysiau-ac-amserlenni.

Cynnyrch Sir Benfro: www.sir-benfro.gov.uk/nod-cynnyrch-sir-benfro

Gwefan Refill: www.refill.org.uk

Cofnodi Bywyd Gwylt: www.inaturalist.org

Cyfloedd i Wirfoddoli yn y Parc Cenedlaethol: www.arfordirpenfro.cymru/cymryd-rhan/gwirfoddoli/

Useful Links

Pembrokeshire Bus Routes and Timetables: www.pembrokeshire.gov.uk/bus-routes-and-timetables

Pembrokeshire Produce: www.pembrokeshire.gov.uk/produce

Refill Webpage: www.refill.org.uk

Record Wildlife Sightings: www.inaturalist.org

National Park Volunteering Opportunities: www.pembrokeshirecoast.wales/volunteering



Dewisiadau Bach, Gwahaniaeth Mawr

Small Choices, Big Difference

Traeth Marloes / Marloes Sands

Bob blwyddyn, mae miliynau o bobl yn cael eu denu at Barc Cenedlaethol Arfordir Penfro, a phwy allai weld bai arnyn nhw? Does unman arall â'r union gymysgedd hon o arfordir gwyllt, bryniau gwyntog, bywyd gwyllt cyfoethog a chanrifoedd o hanes dynol wedi'u hysgythru i'r tir.

Ond mae yna bris i boblogrwydd. Mae'n golygu miliynau o gamau esgidiau cerdded ar lwybrau, miliynau o deithiau, a miliynau o ddewisiadau.

Pan fydd y dewisiadau hynny'n rhai da, maen nhw'n helpu i ddiogelwch popeth sy'n gwneud y lle hwn yn arbennig. Pan nad ydynt, gall yr union bethau a ddenodd bobl yma fod y cyntaf i ddiodeff - ac mae rhai pethau na ellir eu disodli.

Wrth i nifer yr ymwelwyr gynyddu, mae Parciau Cenedlaethol ledled y DU yn galw am fath newydd o ymwelwyr, sydd nid yn unig yn osgoi niwed, ond sy'n helpu lleoedd i adfer a ffynnu. Gelwir y dull hwn yn dwristiaeth adfywiol.

Y newyddion da yw: mae pob ymweliad yn gyfle i fod yr ymwelydd hwnnw. Ac mae'r dewisiadau pwysicaf yn symlach nag y byddech chi'n ei feddwl.

Helpu bywyd gwyllt a'r dirwedd leol

Mae llawer o'r hyn sy'n gwneud y lle hwn yn arbennig yn fregus ac yn anodd ei ddisodli ar ôl iddo ddiplannu. Mae ychydig o ofal yn mynd ymhell o ran ei gadw'n wyllt, yn hardd ac yn fyw i ymwelwyr y dyfodol.

- Cadwch at lwybrau sefydledig. Gall hyd yn oed cwpwl o gamau niweidio planhigion prin a sbarduno erydiad sy'n anodd ei ddadwneud.
- Gadewch fannau gwyllt yn wyllt. Peidiwch â chasglu, pocedi nac ad-drefnu unrhyw beth. Gadewch i bobl eraill ddod o hyd iddyn nhw, fel y gwnaethoch chi.

- Ewch â'r holl sbwriel adref gyda chi, gan gynnwys gwastraff bwyd.
- Gadewch y barbeciw gartref a mwynhau picnic wedi'i wneud o gynnyrch lleol.
- Gwylwch o bell er mwyn gweld mwy. Mae anifeiliaid yn gweithredu'n naturiol pan fyddan nhw'n teimlo'n ddiogel - os ydyn nhw'n sylwi arnoch chi, rydych chi eisoes yn eu gofod.

Cefnogi'r gymuned leol

I'r bobl sy'n byw ac yn gweithio yma, nid lle gwych i ddianc iddo yw Sir Benfro - dyma eu cartref. Gall eich dewisiadau chi helpu i sicrhau bod cymunedau Sir Benfro'n ffynnu drwy gydol y flwyddyn.

- Parciwch mewn ardaloedd dynodedig yn unig a pheidiwch â rhwystro mynedfeydd neu lonydd cul.
- Prynwch yn lleol. Mae pob coffi, brechdan neu ddarn o grefftwaith a wneir yma yn cefnogi swyddi drwy gydol y flwyddyn ac yn cadw cymunedau Sir Benfro yn fyw drwy'r gaeaf.
- Cymerwch ran mewn digwyddiad glanhau traeth, cofnodwch eich bod wedi gweld bywyd gwyllt, neu ymunwch â diwrnod gwirfoddoli. Gweithredoedd bach, effaith fawr.
- Peidiwch â gwersylla'n wyllt. Mae gwersylloedd swyddogol yn eich cadw'n gyfreithlon, yn ddiogel ac yn rhan o'r economi leol.

Ysgafnhewch eich ôl-troed

Mae lleoliad arfordirol Sir Benfro yn golygu ei fod yn arbennig o agored i newid yn yr hinsawdd. Ond gall dewisiadau bach, clyfar yma adleisio ymhell y tu hwnt i'r arfordir hwn.

- Cyfnewidiwch eich car am fws, trên neu feic. Mae'n lleihau carbon ac yn lleihau'r pwysau ar ffyrdd gwledig cul.
- Teithiwch yn araf rhwng cyrchfannau gwahanol. Mae cerdded neu feicio yn cynnig golygfeydd na fyddwch byth yn eu gweld drwy ffenest car.
- Ail-lenwch eich potel ddŵr. Mae mannau ail-lenwi poteli dŵr am ddim ledled y sir yn eich helpu i yfed digon o ddŵr heb ychwanegu at y pentwr plastig.



Every year, millions of people are drawn to the Pembrokeshire Coast National Park - and who could blame them? There's nowhere else with this exact mix of wild coastline, windswept hills, rich wildlife and centuries of human history etched into the land.

But popularity comes at a price. It means millions of boots on paths, millions of journeys, and millions of choices made.

When those choices are good ones, they help protect everything that makes this place special. When they're not, the very things that drew people here can become the first to suffer - and some are irreplaceable.

As visitor numbers rise, National Parks across the UK are calling for a new kind of visitor, who doesn't just avoid harm, but actively helps places recover and thrive. This approach is known as regenerative tourism.

The good news is: every visit is a chance to be that visitor. And the choices that matter most are simpler than you might think.

Help wildlife and the local landscape

Much of what makes this place special is fragile - and hard to replace once it's gone. A little care goes a long way in keeping it wild, beautiful, and alive for future visitors.

- Keep to marked paths. Even a few footsteps can damage rare plants and trigger erosion that's hard to undo
- Leave wild places wild - don't pick, pocket or rearrange. Let others find them as you did
- Take all litter home, including food waste

- Leave the barbecue at home and indulge in a picnic made from local produce
- Watch from afar, see more. Animals act naturally when they feel safe - if they notice you, you're already in their space.

Support local communities

For the people who live and work here, Pembrokeshire isn't a getaway - it's home. Your choices can help keep its communities thriving all year round.

- Park only in designated areas and avoid blocking gateways or narrow lanes
- Buy local. Each coffee, sandwich or craft made here supports year-round jobs and keeps Pembrokeshire's communities alive through the winter
- Take part in a beach clean, log a wildlife sighting, or join a volunteer day. Small actions, big impact
- Ditch the wild pitch. Campsites keep you legal, safe, and part of the local economy.

Lighten your footprint

Pembrokeshire's coastal location makes it especially vulnerable to climate change. But small, smart choices here can echo far beyond this coastline.

- Swap the car for bus, train or bike. It cuts carbon and eases pressure on narrow rural roads
- Go slow between stop-offs. Walking or cycling opens up views you'll never get through a windscreen
- Refill your bottle. Free Refill points across the county help you stay hydrated without adding to the plastic pile.



Aflonyddu gan gŵn - gwnewch eich rhan i helpu bywyd gwyllt

Adar sy'n mudo ac yn bwydo

Mae adar rhydio fel y pibydd mawn yn mudo drwy Sir Benfro, gan aros yn ein haberau a'n traethau i fwydo a gorffwys ar y ffordd i'w tiroedd bridio a'u hediadau gaeafu.

Gall aflonyddu fod yn drychinebus - gall hyd yn oed pêl sy'n cael ei thafllu'n ddiiniwed ar lan y môr i'ch ci achosi hafoc.

Adar sy'n nythu ar y ddaear

Os caiff aderyn ei aflonyddu allan o'r nyth, gall ei adael yn gyfan gwbl neu ganiatáu i ysglyfaethwyr gipio'r wyau neu'r cywion.

Peidiwch â chaniatáu i gŵn aflonyddu ar adar. Gwylwch am yr arwyddion a chadwch eich ci o dan reolaeth agos neu ar dennyn



Pibydd y Mawn Dunlin



Coegylfinir Whimbrel



Cwtiad torchog Ringed plover

Dog disturbance - please do your bit to help wildlife

Migrating and feeding birds

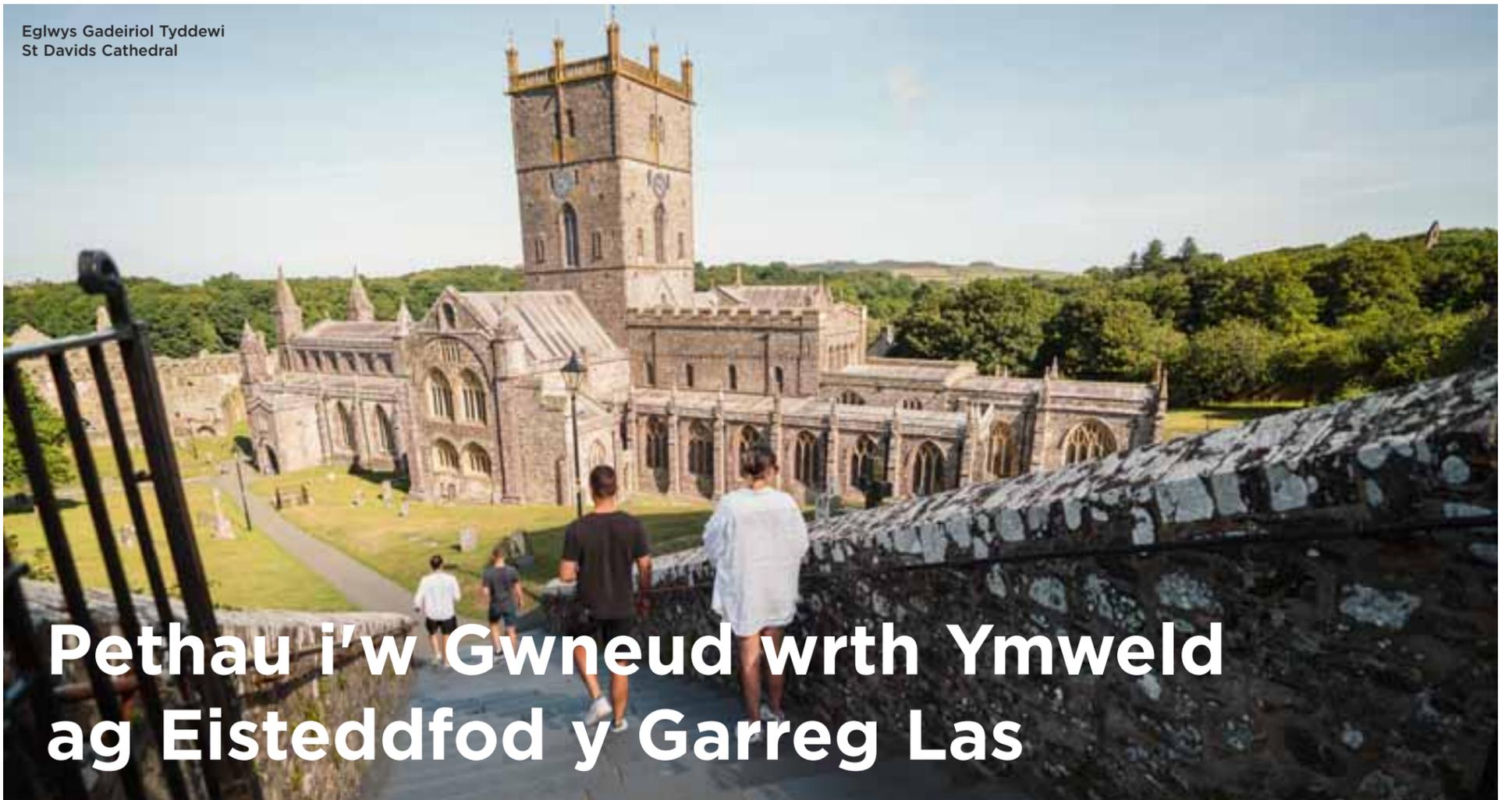
Wading birds such as dunlin, migrate through Pembrokeshire, stopping off at our estuaries and beaches to feed and rest on the way to their breeding and wintering grounds.

Disturbance can be catastrophic - even an innocently thrown ball along a shore for your dog to chase can cause havoc.

Ground nesting birds

Many bird species have declined in recent years, they need all our help. If a bird is flushed from a nest it may abandon it or allow predators to take the eggs or chicks.

Please do not allow dogs to disturb birds. Look out for the signs and keep your dog on a lead or under close control.



Pethau i'w Gwneud wrth Ymweld ag Eisteddfod y Garreg Las

Bob mis Awst, mae Cymru'n dod yn fyw gyda cherddoriaeth, barddoniaeth a phasiantri, ac yn 2026 bydd yr Eisteddfod Genedlaethol yn dathlu carreg filltir arbennig iawn. Rhwng 1 ac 8 Awst, bydd Eisteddfod y Garreg Las yn nodi 850 o flynyddoedd ers yr Eisteddfod gyntaf un, a gynhaliwyd gan yr Arglwydd Rhys yng Nghastell Aberteifi ym 1176.

Yr Eisteddfod Genedlaethol yw'r wyl ddiwylliannol fwyaf yn Ewrop, ac mae'n ddathliad o greadigrwydd, iaith a chymuned, gan ddenu dros 100,000 o ymwelwyr bob blwyddyn. Mae'r wyl eleni wedi'i lleoli yn erbyn cefndir godidog y Garreg Las - rhanbarth sydd wedi'i henwi ar ôl y cerrig glas nodweddiadol, ac sy'n cwmpasu rhannau o Sir Benfro, De Ceredigion a Gorllewin Sir Gaerfyrddin.

Camwch y tu hwnt i'r Maes a chewch weld pam mae'r gornel hon o Gymru wedi ysbrydoli cerddoriaeth, barddoniaeth a chwedlau drwy'r canrifoedd.

Y Gadair

Ennill y Gadair yw'r anrhydedd uchaf y gall bardd ei chael yn yr Eisteddfod. Rhoddir y wobwr am awdl - cerdd hir ac uchelgeisiol a ysgrifennwyd mewn cynghanedd, sef system o batrymau sain sy'n dyddio'n ôl canrifoedd ac sy'n unigryw i'r Gymraeg, yn llawn cyflythrennu, rhigymau mewnol a rhythmau manwl gywir.

Mae'r seremoni yn un o uchafbwyntiau'r wyl. Mae'r Archdderwydd yn cyhoeddi'r canlyniad ac, os oes enillydd, mae'r bardd yn cael ei arwain i'r llwyfan i gael ei 'gadeirio' - yng nghadair y bardd, sydd wedi'i gwneud yn arbennig ar gyfer yr Eisteddfod y flwyddyn honno.

Mae pob cadair yn wahanol, yn aml yn adlewyrchu cymeriad y rhanbarth sy'n cynnal yr Eisteddfod, ac mae wedi dod yn symbol o gryfder parhaus yr iaith Gymraeg a barddoniaeth.

Noddir Cadair Eisteddfod y Garreg Las 2026 gan Awdurdod Parc Cenedlaethol Arfordir Penfro.

Tomos Lewis yw dylunydd a gwneuthurwr y gadair eleni.

"Mae fy nghadair wedi cael ei ysbrydoli gan dirwedd, hanes a diwylliant ardal y Garreg Las. Mae cefn y gadair wedi ei chreu trwy un o tri darn o goed derw i

gynrychioli tair Sir yn uno i gynnal yr Eisteddfod am y tro cyntaf. Mae'r gadair hefyd yn cynnwys carthen Cymreig o Felin Tregwynt ac amlinell y Preselau yn amlwg ar y cefn."

Taith gerdded wyllt ar ymyl y dibyn

Mae Llwybr Arfordir Penfro yn ystumio drwy 186 milltir o'r golygfeydd arfordirol mwyaf dramatig a heb eu difetha ym Mhrydain. O dywod euraidd Traeth Poppit i frigiadau garw Trwyn Cemaes, mae'r dirwedd yn wyllt, yn hardd ac yn gwbl fythgofiadwy. Dyma un o rannau mwyaf heriol Llwybr yr Arfordir (mae esgidiau cerdded da yn hanfodol!) ond mae hefyd yn cynnig y golygfeydd gorau, lle bydd pob cam yn eich cyfareddu.

Crwydro llwybrau cyn-hanesyddol

Mae Bryniau'r Preseli yn lle llawn diargelwch a harddwch syfrdanol, wedi'u trwytho mewn straeon am orffennol pellennig Cymru. Credir bod y cerrig gleision sy'n ffurfio'r cylch mewnol yng Nghôr y Cewri wedi dod o'r dirwedd garw hon, gan ychwanegu at ei nawws o arwyddocâd hynafol. Yn frith o olion cyn-hanesyddol, mae'r ardal yn gartref i ryfeddodau fel Pentre Ifan - y ddolmen Neolithig fwyaf, sydd yn y cyflwr gorau, yng Nghymru.

Archwilio calon gudd Nanhyfer

O dan lethrau Carn Ingli, mae pentref Nanhyfer yn fan lle mae chwedlau a hanes yn gwaedu i mewn i'w gilydd - yn llythrennol. Mae coeden ywen hynafol y pentref, sy'n gwaedu nodd coch bob blwyddyn, wedi denu pererinion a beirdd fel ei gilydd ers tro byd. Am gyfnod byr tanlyd yn y 12fed ganrif, roedd y pentref tawel hwn wrth galon brwydr yr Arglwydd Rhys am bŵer. Cafodd y castell ei gipio ganddo ac ailadeiladodd y castell yn ystod ei ymgyrch i sicrhau rheolaeth Gymreig yn y rhanbarth - stori am uchelgais, gwytnwch a siapio hunaniaeth Gymreig sy'n dal i adleisio ar draws y dyffryn.

Dringo Mynydd yr Angylion

Yn sefyll uwchben tref arfordirol brysur Trefdraeth, mae Carn Ingli - Mynydd yr Angylion - sy'n cynnig un o'r golygfeydd mwyaf trawiadol yng Nghymru. Mae'r ardal yn llawn

chwedlau ac atgofion, ac ar un adeg roedd yn gartref i fryngaer cyn-hanesyddol. Mae chwedl leol yn honni bod Sant Brynach wedi dringo yma i siarad â'r angylion. Gallwch gerdded o ganol y dref, gan fynd heibio i rostir digysgod, merlod sy'n pori, a meini hirion sy'n hŷn na'r iaith ei hun. Ar ddiwrnod clir, mae'r olygfa'n ymestyn ar draws Bae Ceredigion i Eryri.

Ymweld â dinas leiaf Cymru

Mae Tyddewi wedi denu pererinion, beirdd a chrywdrwyr ers tro byd - ac mae'n dal i sio gyda phresenoldeb ei nawddsant. Yn ei chanol mae'r gadeirlan drawiadol o'r 12fed ganrif, a adeiladwyd mewn pant i'w chuddio rhag y Llychlynwyr, ac sy'n gartref i ganrifoedd o addoli, gwrthryfel a gwytnwch tawel. Y tu allan i'r ddinas mae Bae Santes Non, man geni Dewi Sant ei hun, yn ôl y sôn. Yma, mae adfeilion capel bach sy'n glynu wrth y clogwyni uwchben y môr, a ffynnon sanctaidd sy'n dal i greu swigod wrth ymyl y llwybr - man heddychlon, llawn chwedlau a golygfeydd godidog.

Camwch i mewn i gelf a thirwedd

Oriel y Parc, Canolfan Ddarganfod y Parc Cenedlaethol, yw'r lle perffaith i ddechrau eich antur yn Nhyddewi, gerllaw'r Gadeirlan a'r arfordir. Y tu mewn i'w waliau cerrig crwm fe welwch fwy na mapiau a llwybrau cerdded - mae hon hefyd yn oriel Gradd A, sy'n cael ei rhedeg mewn partneriaeth ag Amgueddfa Cymru. Mae arddangosfeydd yn newid drwy gydol y flwyddyn, gyda gwaith gan artistiaid lleol sydd wedi'i siapio gan yr arfordir a'r straeon sy'n deillio ohono.

Dilynwch ôl troed eich cyndeidiau

Ym Mhentref Oes Haearn Castell Henllys, nid yw hanes yn cael ei arddangos y tu ôl i wydr - mae'n cael ei fyw, ei deimlo a'i danio yn aelwyd y tŷ crwn. Wedi'i lleoli mewn coetir uwchben Afon Nyfer, saif y fryngaer hon, a ailadeiladwyd ar union safle'r gwreiddiol, gyda'i thai crwn wedi eu codi ar sylfeini hynafol. Mae dehonglwr mewn gwisgoedd yn dod â'r Oes Haearn yn fyw gyda straeon, sgiliau ac arddangosiadau - o bobi bara fflat i greu tân â llaw.

Darganfydd wch fwy am Eisteddfod y Garreg Las yn <https://eisteddfod.cymru/2026>



Crwys Nanhyfer / Nevern Cross



Pentre Ifan



Trefdraeth o Garn Ingli
Newport from Carn Ingli



Things to Do when Visiting Eisteddfod y Garreg Las

Visit Wales



Foel Drygarn ger Crymych
Foel Drygarn near Crymych

Every August, Wales comes alive with music, poetry, and pageantry – and in 2026 the National Eisteddfod will be celebrating a very special milestone. From 1 to 8 August, Eisteddfod y Garreg Las marks 850 years since the very first Eisteddfod, held by Lord Rhys at Cardigan Castle in 1176.

Known as the largest cultural festival in Europe, the National Eisteddfod is a celebration of creativity, language, and community, drawing more than 100,000 visitors every year. This year's festival is set against the stunning backdrop of 'y Garreg Las' – a region named after its distinctive bluestone and embracing Pembrokeshire, South Ceredigion, and West Carmarthenshire.

Step beyond the Maes and you'll discover why this corner of Wales has inspired music, poetry and storytelling throughout the centuries.

The Chair

Winning the Chair is the highest honour a poet can achieve at the Eisteddfod. The prize is given for an awdl – a long, ambitious poem written in cyghanedd, the centuries-old system of sound-patterns unique to Welsh, full of alliteration, internal rhyme and precise rhythm.

The ceremony is one of the great moments of the festival. The Archdruid announces the result and, if there is a winner, the poet is led to the stage to be 'chaired' – seated on the bardic chair made specially for that year's Eisteddfod.

Each chair is different, often reflecting the character of the host region, and has come to symbolise the continuing strength of Welsh language and poetry.

The Chair for Eisteddfod y Garreg Las 2026 is sponsored by the Pembrokeshire Coast National Park Authority.

Tomos Lewis is the designer and maker of this year's chair.

"My chair has been inspired by the landscape, history and culture of the Bluestone area. The back of the chair has been created by joining three pieces of oak to represent the three counties coming together to host the Eisteddfod for the first time. The chair also incorporates woven coarse cloth from Melin Tregwynt and the clear outline of the Preselis along the back."

Walk the wild edge

The Pembrokeshire Coast Path carves its way through 186 miles of the most dramatic and unspoilt coastal scenery in Britain. From the golden arc of Poppit Sands to the jagged outcrops near Cemaes Head, the terrain is wild, beautiful and utterly unforgettable. This is one of the most challenging sections of the Coast Path (good footwear with ankle support essential!) but it also offers the greatest rewards, where every step brings a new, breathtaking view.

Roam among the ancients

The Preseli Hills are a place of mystery and breathtaking beauty, steeped in stories of Wales' distant past. The bluestones that form the inner circle at Stonehenge are thought to have come from this rugged landscape, adding to its aura of ancient significance. Dotted with prehistoric remains, the area is home to wonders like Pentre Ifan – the largest and best-preserved Neolithic dolmen in Wales.

Explore Nevern's hidden heart

Tucked beneath the slopes of Carn Ingli, the village of Nevern is a place where myth and history bleed into one another – quite literally. Its ancient yew tree, said to bleed red sap every year, has long drawn pilgrims and poets alike. For a brief, fiery moment in the 12th century, this quiet village sat at the heart of Lord Rhys's struggle for power. The castle was seized by him and he rebuilt the castle during his campaign to secure Welsh rule in the region – a story of ambition, resilience and the shaping of Welsh identity that still echoes across the valley.

Climb the Mountain of Angels

Towering above the bustling coastal town of Newport, Carn Ingli – the Mountain of Angels – offers one of the most breathtaking views in Wales. Steeped in myth and memory, it was once home to a prehistoric hillfort, and local legend claims that Saint Brynach climbed here to speak with the angels. Hike from the town centre and you'll pass windswept heath, grazing ponies, and standing stones older than the language itself. On a clear day, the view stretches across Cardigan Bay to Eryri.

Visit Britain's smallest city

St Davids has long drawn pilgrims, poets and wanderers – and still hums with the presence of its patron saint. At its heart lies the stunning 12th-century Cathedral, built in a hollow to hide it from Viking raiders, and home to centuries of worship, rebellion and quiet resilience. Just outside the city lies St Non's, said to be the birthplace of St David himself. Here, the ruins of a tiny chapel cling to the cliffs above the sea, and a holy well still bubbles beside the path – a place of peace, legend, and breathtaking views.

Step into art and landscape

Start your St Davids adventure at Oriol y Parc, the National Park Discovery Centre, just moments from the Cathedral and coast. Inside its curved stone walls you'll find more than maps and walking routes – this is also a Grade A gallery, run in partnership with Amgueddfa Cymru – Museum Wales. Exhibitions change throughout the year, with work by local artists shaped by the coast and the stories that rise from it.

Follow in the footsteps of your ancestors

At Castell Henllys Iron Age Village, history isn't displayed behind glass – it's lived, felt, and fired in the roundhouse hearth. Set in woodland above the Afon Nyfer, this reconstructed hillfort stands on the very site of the original, with its circular houses rebuilt on ancient foundations. Costumed interpreters bring the Iron Age to life with stories, skills and demonstrations – from baking flatbreads to making fire by hand.

Find out more about the Eisteddfod at <http://eisteddfod.wales/festival/2026>



Castell Henllys



Capel Santes Non
St Noh's Chapel

Getty Images

EISTEDDFOD
Y Garreg Las
1-8 Awst 2026

Gerddi Gardens

Gwnewch y gorau o'r awyr agored gydag ymweliad ag un o erddi ysblennydd Sir Benfro.

Make the most of the great outdoors with a visit to one of Pembrokeshire's spectacular gardens.

■ **Manorowen Walled Garden and Plants,** Manorowen, Fishguard, Pembrokeshire, SA65 9QE
Tel: 07552 054106
tobyrogerscym@gmail.com
Facebook: Manorowen Walled Garden Centre

Yn y gwanwyn, mae Arfordir Penfro yn frith o flodau gwyllt, sy'n rhoi lliw i'r clogwyni geirwon a'r pentiroedd agored.

Mae blodau gwydn, fel clustog Fair, gludlys arfor a serenynn y gwanwyn, yn ffynnu yn y gwyntoedd hallt, gan greu golygfa syfrdanol sy'n ymestyn ymhell i'r pellter.

In spring, the Pembrokeshire Coast is a living tapestry of wildflowers, painting the rugged cliffs and windswept headlands with vibrant splashes of colour.

Hardy blooms, such as thrift, sea campion and spring squill thrive in the salt-laden winds, creating a breathtaking spectacle that stretches as far as the eye can see.



Tegeirian y wenynen
Bee orchid

Byd o Flodau A World of Flowers



Gludlys arfor
Sea campion



Glesyn y coed
Bugle



Cribell felen
Yellow rattle



Clustog Fair
Thrift



Erwain
Meadowsweet



Lafant-y-môi
Sea lavender



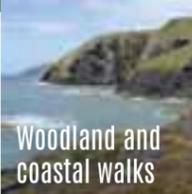
Eithin
Gorse

7 MILES FROM TENBY
35 acres of listed historic gardens surrounding a medieval castle.

Upton Castle
Established 1160

CAFE OPEN COSHESTON, SA72 4SE WWW.UPTONCASTLE.CO.UK

Penrallt Garden Centre
One of the most comprehensive collections of plants in Wales

Pavilion Café opening times
MON-SAT 9:30am - 4:30pm SUN 10am - 4pm
Freshly prepared breakfast, lunches and teas
Home made cakes • Scones with jam and cream
Moylegrove (Nr Cardigan) SA43 3BX
Café: 01239 881359 Garden Centre: 01239 881295
enquiries@penralltnursery.co.uk
www.penralltnursery.co.uk

Woodland and coastal walks

Indoor and outdoor play areas

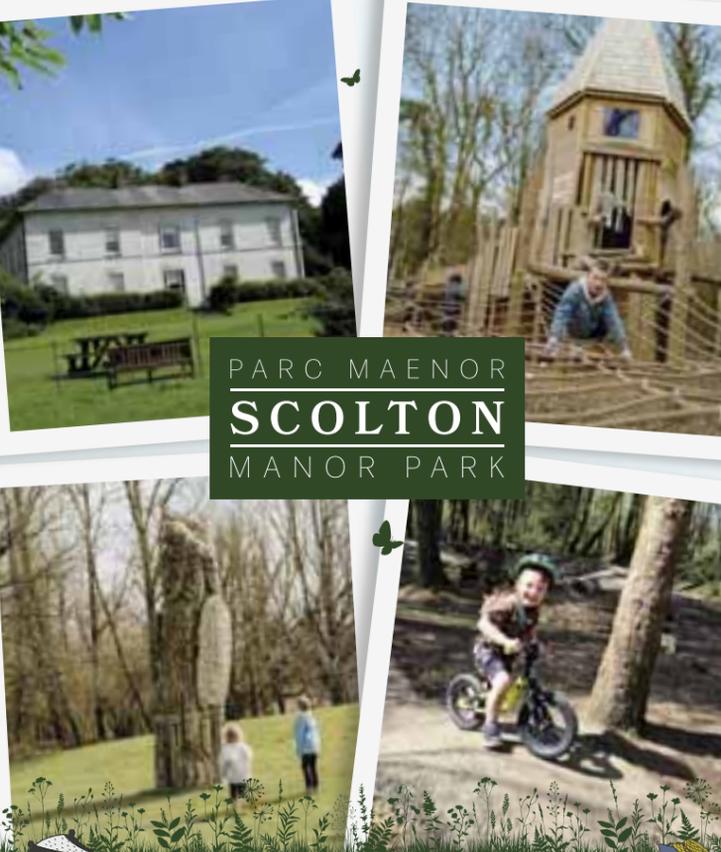
Pavilion Café with dog friendly area

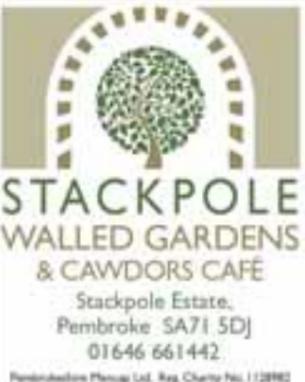

PICTON
CASTLE & GARDENS
Castell & Gerddi Picton

14th century castle and magnificent 50 acre RHS Partner Garden

Dog friendly • Guided tours
• Courtyard restaurant • Award-winning gardens
• Family adventures • Open all year
Buy your tickets online today:
www.pictoncastle.co.uk


I hysbysebu yn rhifyn y flwyddyn nesaf, ebstoiwch hysbysebu@arfordirpenfro.org.uk
To advertise in next year's issue email advertising@pembrokeshirecoast.org.uk

EXPLORE PLAY DISCOVER ARCHWILIWCH CHWARAEWCH DARGANFYDDWCH

PARC MAENOR
SCOLTON
MANOR PARK
01437 731 328 ✦ www.scoltonmanor.co.uk
Scolton Manor, Pembrokeshire, SA62 5QL
Maenordy Scolton, Sir Benfro, SA62 5QL



STACKPOLE
WALLED GARDENS & CAWDORS CAFÉ
Stackpole Estate, Pembroke SA71 5DJ
01646 661442
Pembrokeshire Phoenix Ltd. Reg. Charity No. 1128902

Stackpole Walled Garden and Vineyard
Run by Pembrokeshire Mencap, supporting adults with learning disabilities
Historic Walled Gardens, Café, Shop
• Secret and Sensory Gardens
• Home Grown Produce, Plants, Art and Crafts
www.stackpole-walledgardens.co.uk


Clymog Japan
Japanese knotweed

Brwydro yn Erbyn Rhywogaethau Ymledol

Tackling Invasive Species

Ceir dros 2,000 o blanhigion ac anifeiliaid anffordorol sydd bellach wedi'u sefydlu ledled Ynysoedd Prydain. Mae tua 10 y cant o'r rhywogaethau hyn a gyflwynwyd yn datblygu i fod yn rhai ymledol. Mae'r rhan fwyaf yn setlo heb beri niwed, ac mae rhai yn fuddiol hyd yn oed. Bydd rhywogaeth ond yn cael ei dosbarthu'n un ymledol os yw'n peri niwed - i'r amgylchedd, yr economi, neu gymdeithas.

Nid yw rhai planhigion yn aros yn eu lle. Maent yn lledaenu y tu hwnt i ffens yr ardd, neu maent yn cael eu taflu'n ddistaw lle nad ydynt yn perthyn. Os yw planhigyn yn dechrau cymryd drosodd rhannau o'ch gardd, mae'n bosibl bod ganddo nodweddion ymledol - a gall ddod yn broblem os bydd yn dianc.

Yn Sir Benfro, bu'r Awdurdod Parc Cenedlaethol yn mynd i'r afael ag un o rywogaethau ymledol mwyaf adnabyddus y DU: Jac y Neidiwr. Yn wreiddiol, cafodd ei gyflwyno yn y 1830au i fywiogi gerddi, ac mae'r planhigyn hwn sy'n tyfu'n gyflym wedi lledaenu ar hyd glannau afonydd a gwlyptiroedd.

Bu'r prosiect Pwyth Mewn Pryd yn gweithio ers 2015 i'w reoli ledled deg dalgylch, gan ddefnyddio strategaeth 'o'r ffynhonnell i'r môr'. Mae contractwyr, staff y parc a gwirfoddolwyr yn parhau i addasu eu technegau mewn ymateb i ddifrod storm, y tir ac achosion newydd o ledaenu - ond mae llwyddiant yn dibynnu ar bawb yn chwarae eu rhan. Os bydd rhai tiffeddianwyr yn optio allan, bydd yr ardaloedd hynny na gafodd eu trin yn dod yn ganolbwyntiau ail-heigio.

Mae Pwyth Mewn Pryd yn dangos sut y gall gweithredu cynnar, gwaith tîm lleol ac ymdrech barhaus ddiogelu ein tirweddau. I ddysgu mwy am rywogaethau ymledol yng Nghymru, ewch i www.gov.wales/invasive-species, neu gallwch ganfod diweddariadau lleol yn www.arfordirpenfro.cymru/gwarchodaeth/rhywogaethau-estron-goresgynnol/.

Gofynnir i arddwyr ledled y DU fod yn wylidwrs. Os ydych yn sylwi ar blanhigyn anffordorol yn dechrau lledaenu neu'n dod yn anodd ei reoli, adroddwch hyn yma www.plantalert.org. Gall camau cynnar wneud gwahaniaeth.



Jac y neidiwr
Himalayan balsam



Ariennir y prosiect hwn gan y Rhaglen Rhydwethiau Natur. Mae'n cael ei gyflawni gan y Gronfa Dreftadaeth, ar ran Llywodraeth Cymru.

This project is funded by the Nature Networks Programme. It is being delivered by the Heritage Fund, on behalf of the Welsh Government.

There are over 2,000 non-native plants and animals now established across the British Isles. Around 10 percent of these introduced species go on to become invasive. Most settle in without causing harm, and some are even beneficial. A species is only classed as invasive if it causes damage - to the environment, the economy, or society.

Some plants don't stay put. They spread beyond the garden fence, or are quietly dumped where they don't belong. If a plant is starting to take over parts of your garden, it may have invasive traits - and could become a problem if it escapes.

In Pembrokeshire, the National Park Authority has been tackling one of the UK's most recognisable invasive species: Himalayan balsam. Originally introduced in the 1830s to brighten up gardens, this fast-growing plant has taken hold along riverbanks and wetlands.

The Stitch in Time project has been working since 2015 to control it across ten catchments, using a 'source to sea' strategy. Contractors, National Park Authority staff and volunteers continue to adapt techniques in response to storm damage, terrain and new outbreaks - but success depends on everyone doing their part. If some landowners opt out, those untreated areas become reinfestation hotspots.

Stitch in Time shows how early action, local teamwork and sustained effort can protect our landscapes. To learn more about invasive species in Wales, visit www.gov.wales/invasive-species, or find local updates at www.pembrokeshirecoast.wales/invasive-non-native-species.

Gardeners across the UK are being asked to stay alert. If you notice a non-native plant in your garden starting to spread or become difficult to manage, report it at www.plantalert.org. Early action makes all the difference.



Mewn Partneriaeth â Llywodraeth Cymru
In Partnership with Welsh Government



Milford Waterfront is a great place for a day out!

With a fantastic range of places to eat and drink, views overlooking the boats at Milford Marina and the Milford Haven Waterway, independent shops, Milford Haven Museum, Phoenix Bowl and regular events, mean there's something for everyone to enjoy.



Win a £100 voucher to spend at Milford Waterfront*

To enter visit www.milfordwaterfront.co.uk/ctoc or scan the QR code



*Conditions apply. See online for details. Competition closes on 31st December 2026.



Eat | Shop | Enjoy | Stay



Find out more at www.milfordwaterfront.co.uk #visitmilfordhaven

Still only £5.90 adults & £4.90 children



Open 33 years in 2026

Coastal Farm Park

Stunning Visitor Attraction overlooking Cardigan Island (200m offshore)!

Seals and dolphins and the odd puffin, in the wild!

Feed friendly farm animals! Out-door play area! Large "Ysgubor yr Ynys" visitor centre with cafe and Welsh crafts and gifts!

Bi-lingual information boards, inside and out!

Camping and caravanning site in superb scenery!

Stunning sunsets! Free Farm Park entry for our campers!

Farm park open daily - 10am to 6pm. 23 March to 13 September 2026. 10am to 5pm. 14 September to 31 October. Coaches welcome.

Dogs welcome on leads.

FARM PARK ENTRY PRICES: £5.90 (14years and over), £4.90 (2-13years), FREE (under 2years), £5.50 (65years and over)

TELEPHONE 01239 612196 / 623637

info@cardiganisland.com and camping@cardiganisland.com
See cardiganisland.com for more information.

Specialist Weavers of British Wool Flooring

SWM Shop St Davids, High St. SA62 6SB
 Mill & Shop Middle Mill, Solva SA62 6XD

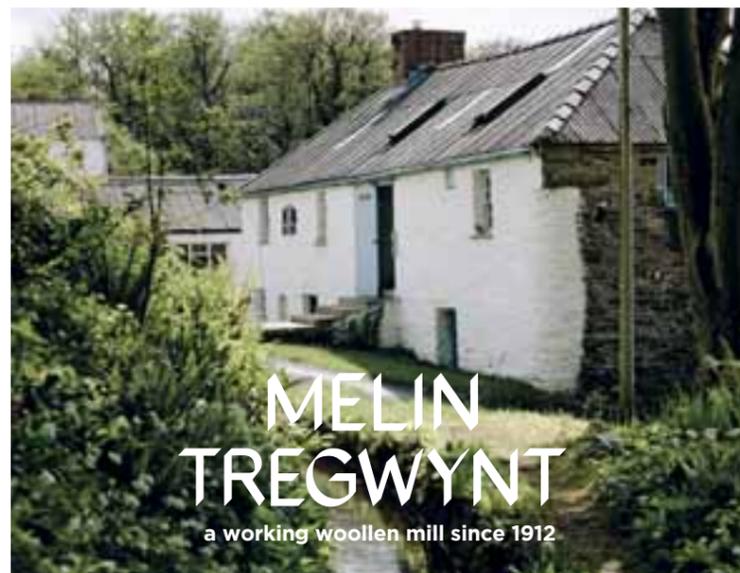
we are open all year

Check our website for summer and winter opening times

01437 721112 enquiries@solvawoolenmill.co.uk
 solvawoolenmill.co.uk

solva
 woollen mill

Woven in Wales since 1907



Shop & Cafe - open everyday - all year

Mon-Fri 9.30-5.00pm
 Sat-Sun 10.00-5.00pm

See us weaving - admission is free

Mon-Fri 9.00-4.30pm
 (On lunch break at 1.00pm)

Melin Tregwynt, Castlemorris, Haverfordwest, Pems, SA62 5UX

T +44 (0)1348 891 225
 E info@melintregwynt.co.uk
 W melintregwynt.co.uk



Mae Sir Benfro yn sir greadigol, sy'n gartref i lawer o grefftwyr medrus sy'n cynnig cipolwg ar eu gwaith, felly beth am bori drwyddi?

Pembrokeshire's a creative county, home to many skilled craftspeople offering an insight into their work, so why not have a browse?

Creffttau Crafts

Wool

■ **Preseli Mohair Centre,** Dolau Isaf Farm, Mynachlog-ddu, Clunderwen, SA66 7SB
 Tel: 01994 419327
 vivlockton@gmail.com
 www.preselimohaircentre.co.uk
 Our garments and mohair knitting yarns are spun from the fleece of our Angora goats. This fleece is hand-dyed in subtle and vibrant colours. Jumpers, cardigans, socks, gloves, scarves, blankets, luxurious goatskin rugs and our exclusive goat china etc. are available in our small Farm Showroom. Tuesday to Friday, 11am-5pm. Please telephone to ensure we are open.

■ **Solva Woollen Mill,** Middle Mill, Solva, Haverfordwest, SA62 6XD
 Tel: 01437 721112
 shop@solvawoolenmill.co.uk
 www.solvawoolenmill.co.uk
 Facebook: Solva Woollen Mill
 Instagram: @solvawoolenmill
 We are the oldest working woollen mill in Pembrokeshire. Weaving for over 115 years, we specialise in floor rugs and runners, woven using 100% British wool. The original mill building is now a stylish shop and we also have an outlet on the High Street in St Davids. Both are stocked with our own products and items carefully curated from small businesses around the British Isles. The original waterwheel has been restored, you can watch the weaving and enjoy refreshments in our tearoom.

■ **The Honorwood Flocks,** Cefn Llanfair, Llanfair Road, Llandysul, SA44 4RB
 Tel: 01559 362890
 info@honorwoodflocks.co.uk
 www.honorwoodflocks.co.uk
 Farm Showroom selling quality wool and mohair products from own flocks of coloured sheep and Angora goats. Hand-knitted or hand-framed knitwear, including jumpers, hats, scarves, socks, gloves and mohair socks. Locally woven throws. Variety of knitting yarns - natural fleece colour wool or hand-dyed kid mohair. Raw or washed/carded fleeces, mohair fibre.
 OS ref: SN439409
 From Llandysul take B4476 signposted Pren-Gwyn. First right Capel Dewi/Llanfair. Next junction left up hill. First right top of hill, second driveway on right.
 Open: Monday to Friday, 10am-4pm. Weekends and Wednesday by appointment. Payment cash or BACS.

Pottery

■ **Wolfscastle (Crochendy) Pottery,** Wolfscastle, SA62 5LZ
 Tel: 01437 741609
 madeleinecunningham@hotmail.com
 www.wolfscastlepottery.co.uk
 Browse around the showroom. Beautiful, practical pots for sale. Be creative; an opportunity to make your own pots too, on the wheel or by hand, with as much help as you need. Decorate them with bright glazes. In the school holidays work made early in the week can be fired and collected by Friday and Saturday. A unique and lasting memento of your holiday. Great fun for all. Booking recommended, phone 01437 741609. Signed from the A40 at Wolfscastle. Season: Easter, Whitsun and July to September. Open Monday to Friday 9:30am-5pm, Saturday 9.30am-12noon. Out of season by arrangement.

The Lovespoon Workshop
 Wooden crafts since 1975

Check our website or call for more info.
 www.the lovespoonworkshop.com
 tel: 01634 812152



Llinynnau'r Tir

Ymhell cyn dyddiau lliwiau synthetig a gwyddiau'r ffatrioedd, roedd masnach wla'n Sir Benfro yn dibynnu ar rythm, y tywydd, a'r wybodaeth am blanhigion a drosglwyddwyd o genhedlaeth i genhedlaeth. Byddai cnuoedd defaid Mynydd Cymreig yn cael eu nyddu a'u gwehyddu â llaw, yn aml o fewn yr un teulu. A sut y deuai lliw i'r brethyn? Y tir a'i darparai.

Gwraidd triog ar gyfer coch. Melengu ar gyfer melyn. Llysiau'r lliw ar gyfer glas - wedi eu tyfu a'u heplesu mewn pyllau a oedd unwaith yn britho ffermydd cefn gwlad. Defnyddid hyd yn oed rhedyn, danadl poethion, a gail y dderwen, gan gynhyrchu lliwiau brown a gwyrdd priddlyd a oedd yn adlewyrchu'r bryniau. Roedd dŵr o ffynhonnau neu nentydd lleol yn hanfodol i osod y lliw, ac roedd gan wahanol ddyffrynnoedd enw da am gyfoeth eu lliwiau.

Roedd gwehyddu unwaith yn gyffredin drwy Sir Benfro, gyda melinau prysur yn Llandudoch, Trefin a thu hwnt. Heddiw, mae stŵr y diwydiant wedi tawelu - ond nid yw'r traddodiad wedi diflannu. Fe welwch o hyd edafedd wedi eu lliwio â llaw, gweithdai treftadaeth a gwneuthurwyr creadigol sy'n cadw'r grefft yn fyw.

Threads of the Land

Long before synthetic dyes and factory looms, Pembrokeshire's wool trade ran on rhythm, weather, and plant knowledge passed down through generations. Fleeces from the hardy Welsh Mountain sheep were spun and woven by hand, often within the same family. And to bring colour to the cloth? The land provided.

Madder root for red. Weld for yellow. Woad for blue - grown and fermented in pits that once dotted rural farms. Even bracken, nettle, and oak galls were used, yielding earthy browns and greens that mirrored the hills. Water from local wells or streams was essential to fixing the dye, and different valleys had reputations for the richness of their hues.

Weaving was once widespread in Pembrokeshire, with busy mills at St Dogmaels, Trefin and beyond. Today, the clatter of industry has quietened - but the tradition hasn't vanished. You'll still find hand-dyed yarn, heritage workshops and creative makers keeping the craft alive.



PERIWINKLE Pottery

Ceramic pottery painting studio great fun for all ages, make a memory!

Workshops new for 2025

Perwinkle Pottery, Richmond House, The Strand Saundersfoot, SA69 9ET T: 01834 818707

In-house artist Emilia-Anne Art available for workshops and commissions

Group bookings, workshops and parties. Food and drinks also available

Find us on Facebook

Pyllau lili Bosherton
Bosherton lily ponds



Crwydro'r Arfordir Heb y Car

Bob haf, mae fflyd o fysiau lleol yn teithio ar hyd a lled Arfordir Penfro, gan gysylltu traethau, clogwyni a chestyll. Nid bysiau yn unig yw'r rhain - maen nhw'n bartneriaid cerdded, yn hwyluswyr picnic, ac yn ffordd dawelach o gyrraedd rhai o fannau mwyaf poblogaidd y Parc.

Dinbych-y-pysgod a thu hwnt
Mae poblogrwydd Dinbych-y-pysgod yn ystod yr haf yn golygu bod meysydd parcio yn llenwi'n gyflym. Dyma pryd y mae trafniadaeth gyhoeddus yn profi ei gwerth fel dewis amgen di-straen. Mae'r orsaf drenau daflriad carreg o'r canol, gyda gwasanaethau rheolaidd o Abertawe a thu hwnt. Mae bysiau'n rhedeg drwy'r flwyddyn o Hwlfordd ac o Benfro, gyda gwasanaethau gwennol arfordirol ychwanegol yn ymuno â nhw ar gyfer tymor yr haf.
Mae'r hyblygrwydd hwn yn gadael ichi fwynhau harbwr y dref a thaith i Ynys Bŷr, ac yna cadw i fynd. Mae gwasanaethau'r haf sy'n teithio ymlaen i Llanusyllt a Llanrath yn troi Dinbych-y-pysgod yn faen camu naturiol, gan gysylltu un rhan o'r arfordir â'r llall heb fod angen dyblu'n ôl at gar.

Tyddewi: Porth i'r Gogledd-orllewin
Mae dinas leiaf Prydain wedi'i lleoli yn un o'i chorneli gwyllt, ond mae hefyd yn un o'r manau sydd â'r cysylltiadau gorau. Mae bysiau o bob rhan o'r sir yn stopio yn Oriol y Parc - y man cychwyn perffaith ar gyfer mapiau a chyngor.
Mae'r Gadeirlan ogoneddus a'r siopau annibynnol ddim ond ychydig funudau i ffwrdd ar droed. Y gwir apêl, fodd bynnag, yw pa mor hawdd yw cyrraedd y manau gwyllt a y tu hwnt; mae bysiau'n ymestyn o'r ddinas tuag at glogwyni a chilfachau'r penrhyn, gan ddarparu'r cysylltiad perffaith i gerddwyr a phobl sydd am fynd i'r traeth heb y car.

Cynllunio eich Taith
Mae amserlenni bysiau yn newid yn dymhorol. I weld yr holl lwybrau cyfredol a'r amserlenni haf diweddaraf, ewch i: www.sir-benfro.gov.uk/llwybrau-bysiau-ac-amserlenni.

Beth am roi cynnig ar un o'r teithiau diwrnod hyn?
P'un a ydych chi'n aros yn Nhyddewi neu'n crwydro ymhellach, mae bysiau lleol yn agor rhai o rannau mwyaf prydfar ac ynysig y Parc Cenedlaethol:

■ **Gwibiwr Strwmbl (404):**
Cerddwch ar hyd y clogwyni garw Pen Caer i weld y goleudy eiconig, yna neidiwch ar y bws i Abergwaun. Crwydrwch yr harbwr hardd yn yr Hen Dref a mwynhewch ginio hamddenol.

■ **Pâl Gwibio (400):**
Treuliwch y bore ar draeth eang Marloes, yna daliwch y bws i Martin's Haven am dro o gylch y penrhyn gyda golygfeydd tuag at Ynys Sgomer - un o'r manau gorau i weld palod a morloi.

■ **Y Gwibiwr Celtaidd (403):**
Neidiwch i mewn i'r tonau ym Mhorth Mawr, yna ewch draw i Solfach am frechdan granc a thro o gylch yr harbwr. Gorffennwch ym Mhorthclais, lle mae orielau wedi'u hadeiladu i mewn i'r cei carreg hanesyddol.

■ **Gwibfws yr Arfordir (387/388):**
Cerddwch heibio pylloedd lili Bosherton i gyrraedd dyfroedd clir De Aberllydan, yna daliwch y bws i Gei Ystagbwll. Mwynhewch dro ar hyd y clogwyni i Fae Barafundle - man perffaith i drysori holl ogoniant yr arfordir.



■ **Fflecsi**
Angen lifft i le mwy anghysbell? Mae gwasanaeth **fflecsi** yn cynnig teithio ar alw ar draws Gogledd-orllewin Sir Benfro. Archebwch eich taith drwy ap fflecsi neu ffoniwch **0300 234 0300**.

■ **Fflecsi**
Need a lift to a more remote spot? The **fflecsi** service offers on-demand travel across North-West Pembrokeshire. Book your ride via the fflecsi app or call **0300 234 0300**.



Discover the Coast Without the Car

Every summer, a fleet of local buses travels the length and edges of the Pembrokeshire Coast, linking beaches, cliffs, and castles. These aren't just buses - they're walking partners, picnic enablers, and a calmer way to reach the Park's most popular places.

Tenby and beyond
Tenby's summer popularity means car parks fill quickly. This is where public transport earns its keep as a stress-free alternative. The train station is a short walk from the centre, with regular services from Swansea and beyond. Buses run year-round from Haverfordwest and Pembroke, with additional coastal shuttles joined for the summer season.

This flexibility lets you enjoy Tenby's harbour and a trip to Caldey, then keep moving. Summer services on to Saundersfoot and Amroth turn Tenby into a stepping stone, linking one part of the coast to the next without the need to double back to a car.

St Davids: Gateway to the Northwest
Britain's smallest city sits in one of its wildest corners, but it's also one of the best-connected. Buses from across the county stop at Oriol y Parc, National Park Discovery Centre - the ideal first stop for maps and advice.

The magnificent Cathedral and independent shops are a short walk away. The real appeal, though, is how easily you can reach the wilder places beyond; buses fan out from the city to the cliffs and coves of the peninsula, the perfect link for walkers and beachgoers looking to leave the car behind.

Plan Your Journey
Bus times change seasonally. For all current routes and the latest summer timetables, visit: www.pembrokeshire.gov.uk/bus-routes-and-timetables.

Why not try one of these day trips?
Whether you are based in St Davids or exploring further afield, local buses open up the most scenic and secluded parts of the National Park:

■ **Strumble Shuttle (404):**
Walk the rugged clifftops at Strumble Head to see the iconic lighthouse, then hop on the bus to Fishguard. Explore the picture-perfect harbour at Lower Town and enjoy a leisurely lunch.

■ **Puffin Shuttle (400):**
Spend the morning on the sweeping beach at Marloes, then catch the bus to Martin's Haven for a walk around the headland with views across to Skomer Island - one of the best places to spot puffins and seals.

■ **Celtic Coaster (403):**
Plunge into the surf at Whitesands, then hop over to Solva for a crab sandwich and a stroll around the harbour. Finish at Porth Clais, where galleries and eateries are built into the historic stone quayside.

■ **Coastal Cruiser (387/388):**
Walk the lily ponds at Bosherton to reach the clear waters of Broad Haven South, then catch the bus to Stackpole Quay. Enjoy a clifftop stroll to Barafundle Bay - a front-row seat to the coast.



Little Haven



Ceibwr

Mae Sir Benfro yn fan poblogaidd i artistiaid sy'n cael eu denu i'w harfordir a'i chefn gwlad godidog.

Pembrokeshire is a hotspot for artists drawn to its spectacular coast and countryside.

Artistiaid ac Orielau Artists and Galleries

■ **Blackbird Ceramics - Studio**
Pottery by Richard Prentice
enquiry@blackbirdceramics.co.uk
www.blackbirdceramics.co.uk
Facebook: Blackbird Ceramics
Instagram: @blackbirdceramics
X: @theartfulpotter
Stunning coastal inspired contemporary ceramics by local international selling artist Richard Prentice. Award winning studio pottery and ceramic art available to purchase directly from Richard's online gallery. Free UK Shipping.

■ **Galeri CHOC,**
The Serjeants Inn, Eglwysrwrw,
Pembrokeshire, SA41 3UJ
Tel: 07534 441152
www.chochowell.com
clare@chochowell.com
Facebook: Clare CHOC Howell
Instagram: @chochowell
Independent gallery showcasing expressive, vibrant and immersive paintings that transform space. Statement artworks, exclusive hand-made cards and gifts - energised by CHOC's multicultural travel and music experiences.

■ **Gillian Richardson Fine Art,**
BA (Hons) Fine Art, LBIPP, EP,
Pembrokeshire Photo Gallery,
Fair Winds, Spittal, Haverfordwest,
Pembrokeshire, SA62 5QT
Tel: 01437 741311 / 07779 834752
gmr@pembrokeshire-photo-gallery.co.uk
www.pembrokeshire-photo-gallery.co.uk
Facebook: Gillian Richardson Fine Art
Pembrokeshire Photo Gallery
Established 1988. Nationally exhibited landscape photography, pictures and greetings cards, featuring breathtaking images of Pembrokeshire and beautiful regions of Britain. Gillian's work is also sold in exhibitions and gift shops locally.

■ **Naomi Tydeman Gallery,**
Cobb Lane, Tenby,
SA70 7AR
Tel: 01834 845540
naomi@naomitydeman.co.uk
www.naomitydeman.co.uk
Winner of the Turner Watercolour Prize, Naomi Tydeman is a member of the prestigious RI. She runs her own studio-gallery with exhibitions in London, Italy and France, and recently with international watercolour masters in New York, Bulgaria, Taiwan and China.
The Gallery is open 11am-4pm
Wednesday to Saturday from Easter until October. Winter opening hours vary.

■ **Shirley Norman Watercolours,**
2 Holbrook Close,
Broad Haven, Haverfordwest,
SA62 3JE
Tel: 07375 526744
shirley@the-boathouse-gallery.co.uk
www.the-boathouse-gallery.co.uk
(Formerly The Boathouse Gallery, Little Haven). Original watercolours, calligraphy and reproductions at home/studio. Text/phone if travelling from a distance.

■ **Upton Castle Gardens,**
Cosheston, SA72 4SE
01646 689996
www.uptoncastle.co.uk
Facebook: Upton Castle Gardens
Instagram: @upton_castle
SUMMER EXHIBITION OF CONTEMPORARY SCULPTURE AND ART: 29th June - 14th September
Discover a diverse exhibition of works by Britain's renowned artists within the historic grounds of a medieval castle. Paintings will be displayed within the castle's Long gallery while the sculpture trail weaves through towering trees and formal gardens, offering an intriguing stroll with surprises around each corner. Enjoy the serene setting and visit the café, open daily. This celebration of exquisite craftsmanship and artistry is an unmissable highlight of the Pembrokeshire season.
For more details, visit the website.



Lawrenni / Lawrenny

NORTH PEMBROKESHIRE OPEN STUDIOS
22 August – 6 September 2026

Step inside artists' studios
Meet the artists and follow the art trail



Discover painting, ceramics, printmaking, textiles & more across North Pembrokeshire

Download the app to plan your visit & view the full artist list.
npopenstudios.co.uk

PAINT, DRAW & MAKE
22 Market Street, Haverfordwest SA61 1NH

Soniwch am O Lan o Lan wrth ymateb i hysbysebwy
Please mention Coast to Coast when responding to advertisers

ORIEL ■ canfas ■ GALLERY

Three floors of engaging contemporary paintings and sculpture in a relaxed and vibrant atmosphere

Sponsor of the 2026 Eisteddfod Gold Medal for Fine Art

Opposite Cardigan Castle
Open Tuesday to Saturday 10:30 to 16:00

www.canfas.co.uk

Sain Ffraid / St Brides



Archaeoleg Archaeology

Dysgu ar Ffiniau Hanes

Wrth i foroedd sy'n codi fygwth treftadaeth arfordirol Sir Benfro, daeth pobl ifanc o raglen Futureworks Cyngor Sir Penfro i'r adwy i gofnodi'r hyn y gellid ei gollu yn y dyfodol agos. Drwy archaeoleg, sgiliau digidol a'u lleisiau eu hunain, maen nhw wedi creu cofnodion newydd pwerus o arfordir sydd ar y dibyn.

O'r gaer ar bentir Caerfai i'r odyr a'r clogwyni erydol yn Sain Ffraid, lle mae claddedigaethau cistfaen carreg hynafol wedi dechrau codi o'r pridd, mae archaeoleg arfordirol Sir Benfro dan fygythiad. Mae safleoedd sydd wedi goroesi ers canrifoedd yn cael eu tynnu'n ddarnau gan foroedd sy'n codi - ac mae'r ras i'w cofnodi wedi cychwyn.

Mewn ymateb, rhoddodd partneriaeth chwe mis rhwng Awdurdod Parc Cenedlaethol Arfordir Penfro a MOLA (Amgueddfa Archaeoleg Llundain) gyfle i bobl ifanc o raglen Futureworks weithredu. Drwy wyth gweithdy undydd, buon nhw'n ymweld â safleoedd agored i niwed, yn dysgu technegau ymarferol fel ffotograffiaeth drôn, modelu 3D a golygu ffilmiau, ac yn datblygu'r adnoddau i adrodd y straeon hyn eu hunain.

Roedd pob sesiwn yn cyfuno gwaith maes ymarferol ag adrodd straeon digidol, gan helpu cyfranogwyr i sgriptio, ffilmio a golygu eu ffilmiau byr eu hunain yn Gymraeg ac yn Saesneg. Roedd y ffocws nid yn unig ar ddogfennu'r gorffennol - roedd yn ymwneud â dod o hyd i'w llais eu hunain ynddo.

Cafodd y ffilmiau eu harddangos yn Niwrnod Archaeoleg Arfordir Penfro fis Tachwedd diwethaf, a byddant yn cael eu rhannu'n ehangach fel adnoddau ar gyfer ysgolion, cymunedau a llunwyr polisïau.

Learning on the Edge of History

As rising seas threaten Pembrokeshire's coastal heritage, young people from Pembrokeshire County Council's Futureworks programme stepped up to document what could soon be lost. Through archaeology, digital skills and their own voices, they've created powerful new records of a coastline on the brink.

From the promontory fort at Caerfai to the kiln and the eroding cliffs at St Brides, where ancient stone cist burials have begun to emerge from the soil, Pembrokeshire's coastal archaeology is under threat. Sites that have survived for centuries are being pulled apart by rising seas - and the race to record them is on.

In response, a six-month partnership between the Pembrokeshire Coast National Park Authority and MOLA (Museum of London Archaeology) gave young people from the Futureworks programme the chance to take action. Through eight day-long workshops, they visited vulnerable sites, learned practical techniques like drone photography, 3D modelling and film editing, and developed the tools to tell these stories themselves.

Each session combined hands-on fieldwork with digital storytelling, helping participants script, shoot and edit their own short films in both Welsh and English. The focus wasn't just on documenting the past - it was about finding their own voice within it.

The films were showcased at the Pembrokeshire Coast Archaeology Day last November, and will be shared more widely as resources for schools, communities and policymakers.

Diwrnod Archaeoleg 2026

Archwiliwch y darganfyddiadau diweddaraf o orffennol hynafol Sir Benfro ar Ddiwrnod Archaeoleg 2026. P'un a ydych chi'n arbenigwr, yn amatur brwd neu'n chwilfrydig, mae'r digwyddiad blynyddol hwn yn dod ag amrywiaeth eang o siarodwyr a phrosiectau ynghyd o bob rhan o'r Parc Cenedlaethol a thu hwnt.

Gallwch weld uchafbwyntiau blaenorol ar sianel YouTube Diwrnod Archaeoleg / Archaeology Day: www.youtube.com/c/DiwrnodArchaeolegArchaeologyDay.

Cynhelir digwyddiad eleni ym mis Tachwedd. Bydd rhagor o fanylion yn cael eu rhannu ar wefan a chyfryngau cymdeithasol yr Awdurdod.

Helpwch i atal troseddau treftadaeth

Gall troseddau treftadaeth ddiinstro canrifoedd o hanes mewn eiliadau. Mae canfod metel anghyfreithlon, fandaliaeth a dwyn yn bygwth rhai o safleoedd archaeolegol pwysicaf Sir Benfro - a gall gwaith atgyweirio fod yn gostus, os nad yn amhosibl.

Ers 2018, mae Gwarchod Treftadaeth wedi gweithio i warchod y safleoedd hyn drwy batrolau, adroddiadau a chefnogaeth gyhoeddus.

Os byddwch chi'n sylwi ar ddirod neu weithgarwch amheus, codwch eich llais.

Digwyddiadau nad ydynt yn argyfyngus: Ffoniwch 101 neu adroddwch ar-lein i Heddlu Dyfed-Powys.

Argyfyngau: Ffoniwch 999.

Rhagor o wybodaeth:

www.arfordirpenfro.cymru/gwarchodtreftadaeth

Facebook: Heritage Watch Dyfed-Powys

Derbyn yr wybodaeth ddiweddaraf am archaeoleg drwy e-bost

Byddwch y cyntaf i glywed am gloddfeydd, darganfyddiadau a digwyddiadau cyhoeddus sy'n gysylltiedig ag archaeoleg yn y Parc Cenedlaethol. Cofrestrwch i gael y newyddion diweddaraf yn www.arfordirpenfro.cymru/rhestr-e-bostio-archaeoleg.

Archaeology Day 2026

Explore the latest discoveries from Pembrokeshire's ancient past at Archaeology Day 2026. Whether you're an expert, a keen amateur or simply curious, this annual event brings together a wide range of speakers and projects from across the National Park and beyond.

Catch up on previous highlights via the Diwrnod Archaeoleg / Archaeology Day YouTube channel: www.youtube.com/c/DiwrnodArchaeolegArchaeologyDay.

This year's event will take place in November. More details will be shared on the Authority's website and social media.

Help stop heritage crime

Heritage crime can destroy centuries of history in seconds. Illegal metal detecting, vandalism and theft threaten some of Pembrokeshire's most important archaeological sites - and repairs can be costly, if not impossible.

Since 2018, Heritage Watch has worked to protect these sites through patrols, reporting and public support.

If you spot damage or suspicious activity, speak up. Non-emergencies: Call 101 or report online to Dyfed-Powys Police.

Emergencies: Call 999

More information:

www.pembrokeshirecoast.wales/heritagewatch

Facebook: [heritagewatch.dyfedpowys](https://www.facebook.com/heritagewatch.dyfedpowys)

Get archaeology updates by email

Be the first to hear about digs, discoveries and public events linked to archaeology in the National Park. Sign up for updates at: www.pembrokeshirecoast.wales/archaeology-mailing-list.



The Friends of Pembrokeshire Coast is an independent charity working with local organisations and communities.

Our aim is to protect, conserve and enhance the Pembrokeshire Coast National Park for all to enjoy.

We are one of the UK's Park Societies working alongside the Campaign for National Parks and Alliance for Welsh Designated Landscapes.

Become a member and support our work



- Guided walks, illustrated talks and visits throughout the year.
- Weekly work parties carrying out practical conservation projects with the National Park Authority, National Trust and others.
- Online resources to help you explore the Park.
- Encouraging everyone to engage with the Park through project grants to local schools and community groups.
- Twice yearly colour magazine, bi-monthly e-newsletters.
- Campaigning for the National Park at local and national level .



We welcome new members and supporters. Whether you live locally or visit Pembrokeshire on holiday, the Friends have much to offer.

Single membership £20 per year, joint membership £30, FREE to 18-25 year olds!



Registered Charity No 1201905

www.fpcnp.org.uk



Pump House open days

For much of the 20th Century, St Brides Castle and other properties in St Brides Haven got their water via a Pump House close to the shore and adjacent to St Bridget's Church. A Tange petrol engine, built in Birmingham over 100 years ago pumped water from a spring-fed reservoir beneath the building up to a second reservoir above and behind the castle from the early 1920s to the late 1960s.

The site belongs to the National Park Authority and both the building and surrounding gardens are maintained with assistance from the Friends of Pembrokeshire Coast, who also did much of the early restoration work.

The Friends of Pembrokeshire Coast are responsible for preserving and maintaining the Tange engine and pump. Originally restored to working condition in 2002, the engine broke down in 2019 and it has taken until now to diagnose the problems, obtain parts and bring it back to life.

The Pump House is open every day. Visitors can see the engine and information panels about the building and water system, the history of the Kensington Estate and the National Park.

The Friends of Pembrokeshire Coast will be running both the engine and the pump at open days this summer. The dates will be published on our website, www.fpcnp.org.uk. Scan the QR Code.



Hud Gwyllt y Misoedd Tawel yn Sir Benfro

Efallai fod llai o dorffeydd wrth i'r dyddiau fyrhau, ond nid yw Parc Cenedlaethol Arfordir Penfro yn gaeaf-gysgu. Mae'r hyn sydd ar ôl yn fwy gwyllt, yn fwy garw - ac yn aml yn fwy prydferth.

Dyma pryd fydd yr arfordir yn anadlu'n ddyfnach. Pan welir Bryniau'r Preseli dan awyr fawr agored a golygfeydd am y gwelwch chi. Pan fydd bywyd gwyllt yn swatio yn y tir ac yn llenwi'r ffrâm. Mae'r misoedd hyn yn cynnig rhywbeth gwahanol: amser, gofod, ac ymdeimlad eich bod wedi cyrraedd ar yr adeg iawn.

Morloi, stormydd ac aur y coetiroedd

Mae Sir Benfro yn oleuni i gyd yn yr hydref. Mae'r coed yn troi'n aur ar hyd y llethrau mewndirol, ac mae'r clogwyni'n paratoi ar gyfer stormydd cyntaf yr Iwerydd. Ar y traethau, mae morloi llwyd yn llusgo drwy'r tonnau i roi genedigaeth mewn cilfachau cysgodol sy'n cynnig digon o amddiffyniad i fywyd newydd. Dyma'r tymor gwyllt, sy'n berffaith i fynd ar deithiau cerdded hir, rhyfeddu at yr awyr fawr, a gwyllo'r tywydd yn cyrraedd y lan.

Uchafbwyntiau:

- Dysgwch sut i wyllo morloi bach yn ddiogel ar www.arfordirpenfro.cymru/y-parc-cenedlaethol/bywyd-gwyllt/morloi
- Gwylwch sgiwennod, adar drycin a môr-wenoliaid yn mudo o'r arsyllfa ym Mhen-caer
- Mwynhewch liwiau'r hydref ar daith gerdded drwy Goedwig Mynwar a Choedwig Canaston
- Ymgasglwch o amgylch tân tŷ crwn Castell Henllys, lle daw arferion eich hynafiaid yn fyw drwy straeon sy'n hŷn na'r cof.

Rhew a thân

Mae'r gaeaf yn naddu'r dirwedd i'w hesgyrn. Mae'r traethau'n teimlo'n fwy gwyllt a'r bryniau'n fwy agored i'r elfennau - ond mae'r tymor hefyd yn disgleirio

gyda'i hud ei hun. Dyma'r amser clir, rhewlyd o'r flwyddyn lle gwelwn y wawr niwlog, y môr yn rhuo, traddodiadau lleol, a goleuni sy'n tywynnu'n fwy llachar yn y tywyllwch.

Uchafbwyntiau:

- Mwynhewch godiad haul gaeafol yn Mhentre Ifan, yna archwiliwch fyd y tylwyth teg yng nghoetir hynafol Tŷ Canol
- Teimlwch rym natur gyda thaith gerdded ar hyd traeth gwyllt a gwyntog, fel Marloes neu Niwglw
- Croesawch yr 'hen' Flwyddyn Newydd yng nghanol mis Ionawr yng ngogledd y sir.

Arfordir Penfro yn ei blodau

Nid gweiddi wna'r gwanwyn yn Sir Benfro - ond ymddatod. Mae'r dyddiau'n mynd yn hirach, mae newid yn yr aer, ac mae'r tir yn dechrau deffro. Mae lliw yn dychwelyd i'r dirwedd a'r tir uchel yn cynnig yr olygfa glir gyntaf o'r tymor sydd i ddod. Dyma act olaf y tymor tawel cyn i dyrfaoedd yr haf gyrraedd a chyn i'r byd a'r betws ddarganfod yr arfordir hwn sy'n llawn rhyfeddodau.

Uchafbwyntiau:

- Ewch ar bererindod i ddinas leiaf Prydain - Tyddewi - pan fydd cennin Pedr y Gadeirlan yn eu llawn dwf a gorymdaith chwedlonol y Ddraig yn llenwi'r strydoedd â cherddoriaeth, lliw a dathlu
- Dilynwch Lwybr yr Arfordir i goetir hynafol wrth ymyl Little Haven, lle mae llawr y goedwig yn garped o glychau'r gog yn y gwanwyn
- Darganfyddwch dawelwch aber Daugleddau - dyfrffordd gudd sydd wedi'i siapio gan amser a'r llanw
- Dechreuwch eich antur yn y Parc Cenedlaethol yn Oriol y Parc, yma ceir rhaglen o arddangosfeydd sy'n newid yn gyson a dyma'r lle gorau i ddysgu sut i wneud y gorau o'ch ymweliad.



The Wild Magic of Pembrokeshire's Quieter Months

The crowds may thin as the days grow shorter, but the Pembrokeshire Coast National Park doesn't hibernate. What's left behind is wilder, sharper - and often more beautiful.

This is when the coast breathes deeper. When the Preseli Hills open to big skies and longer views. When wildlife settles into the landscape and fills the frame. These months offer something different: time, space, and a sense that you've arrived at just the right moment.

Seals, storms, and woodland gold

Autumn sets Pembrokeshire ablaze. The trees turn gold along the inland slopes, and the cliffs brace for the first Atlantic storms. Out on the beaches, grey seals haul through the surf to give birth in sheltered coves that offer just enough protection for new life. This is the wild season, made for long walks, big skies, and watching weather roll in from the edge.

Highlights:

- Learn how to watch seal pups safely at www.pembrokeshirecoast.wales/about-the-national-park/wildlife/seals
- Watch the spectacle of migrating skuas, shearwaters and terns from the observatory at Strumble Head
- Soak up the autumn colour on a woodland walk through Minwear and Canaston Woods
- Draw close around a roundhouse fire at Castell Henllys, where the ways of your ancestors flicker to life in stories older than memory.

Frost and fire

Winter pares the landscape back to its bones. The beaches feel wilder, the hills more exposed - but the season also glows with its own kind of magic. This is the crisp, clear time of year, made for misty dawns, roaring seas, local traditions, and lights that shine brighter in the dark.

Highlights:

- Enjoy a wintry sunrise at Pentre Ifan, then explore the fairytale world of Tŷ Canol's ancient woodland
- Feel the force of nature with a walk along a wild and windswept beach, such as Marloes or Newgale
- Ring in the 'old' New Year in mid-January in the north of the county.

Pembrokeshire Coast in bloom

Spring in Pembrokeshire doesn't shout - it unfurls. The days grow longer, the air shifts, and the land begins to stir. Colour returns to the landscape and high ground offers the first clear view of the season to come. This is the quiet season's closing act before the summer crowds arrive and this wonder-filled coast is discovered by the wider world.

Highlights:

- Make a pilgrimage to Britain's smallest city - St Davids - when the Cathedral daffodils are in full bloom and the legendary Dragon Day Parade brings music, colour and celebration to the streets
- Follow the Coast Path to ancient woodland near Little Haven, where bluebells flood the forest floor in spring
- Discover the tranquillity of the Daugleddau - a hidden waterway shaped by time and tide
- Begin your adventure at Oriol y Parc National Park Discovery Centre, home to an ever-changing programme of exhibitions and the best place to learn how to make the most of your visit.



Y Côt Cerdded Cŵn

Dog Walking Code of Conduct

Gofalwch am eich ci

- Cadwch eich ci'n agos ac o fewn golwg - ar dennyn os bydd angen, a bob amser os na wnaiff ddod yn ôl atoch chi ar ôl galw arno
- Gofalwch fod coler a disg adnabod ar eich ci a'i fod wedi cael sglodyn micro
- Peidiwch â gadael i'ch ci fynd yn agos at ymylon clogwyni, moroedd garw na cerrynt môr cryf
- Cofiwch am y tywydd - ar ddiwrnodau poeth, gall y car a'r traeth fod yn rhy boeth i gŵn.

Byddwch yn ystyriol o bobl eraill

- Dangoswch barch at bobl eraill a'u cŵn
- Cadwch eich ci oddi wrth farchogion, beicwyr a phicnics
- Peidiwch â gadael i'ch ci gyfarth yn ormodol
- Cofiwch nad yw pawb yn hoff o gŵn, yn enwedig plant bach.

Gofalwch am y glannau a chefn gwlad

- Codwch y baw ar ôl eich ci bob tro; mae hyn yn ofynnol o dan y gyfraith ar draethau ac mewn mannau lle mae pobl yn cerdded a chwarae
- Ar ôl rhoi'r baw mewn bag, ewch ag ef adref neu ei roi mewn bin sbwriel
- Gofalwch fod eich ci ar dennyn os ydych yn agos i anifeiliaid fferm, ac na fydd yn mynd at adar neu fywyd gwyllt neu'n rhedeg ar eu hôl
- Os oes gwartheg yn bresennol, cadwch eich ci ar dennyn oni bai'ch bod yn teimlo'ch bod o dan fygythiad - os felly, gadewch i'r ci fynd a chwiliwch am le diogel
- Dilynwch yr arwyddion a chadw at ddeddfau lleol fel cyfyngiadau ar gŵn ar draethau
- Cadwch eich ci ar y llwybr wrth gerdded yng nghefn gwlad.

Look after your dog

- Keep your dog close and in sight - on a lead if necessary and always if it won't recall immediately to you
- Make sure your dog wears a collar, identification disc and is micro-chipped
- Don't allow your dog near cliff edges, rough seas or strong tidal currents
- Think of the weather - on hot days cars and beaches can be too hot for dogs.

Be considerate of others

- Show respect for other people and their dogs
- Keep your dog away from horse riders, cyclists and picnics
- Don't allow your dog to bark excessively
- Remember that not everyone likes dogs, especially small children.

Look after our coast and countryside

- Always pick up your dog's mess; this is a legal requirement on beaches and places where people walk and play
- Take your bagged dog waste home or put it in a litter bin
- Ensure your dog is on a lead near farm animals and doesn't approach or chase birds or other wildlife
- When cattle are present, keep your dog on a lead unless you feel threatened - in which case let your dog go and make your way to safety
- Follow signs and abide by bye-laws such as dog restrictions on beaches
- Keep your dog to the path when walking in the countryside.



Barddoniaeth yn y Dirwedd

Poetry in the Landscape

Capel Sant Gofan
St Govan's Chapel

Mae tirwedd Sir Benfro wedi bod yn ysbrydoli beirdd ers tro byd. Mae ei bryniau, ei hynysedd, ei heglwysy a'i harfordiroedd wedi siapio lleisiau ar draws y cenedlaethau, ac mae eu geiriau'n dal i atseinio drwy'r Parc Cenedlaethol hyd heddiw. Un stori adnabyddus yw honno am Dylan Thomas yn colli llawysgrif Under Milk Wood mewn tafarn yn Ninbych-y-pysgod, yn crwydro oddi yno ac yn ei gadael ar stôl y bar. Mae murlun yn y dref bellach yn cofnodi'r stori, i'n hatgoffa bod gan y dirwedd hon hanes o ysgogi creadigrwydd - ac weithiau o ddrysu'r cof.

Mae Eisteddfod y Garreg Las eleni yn ein hatgoffa bod barddoniaeth yn dal i lifo drwy'r tir - ac yn esgus perffaith i dynnu sylw at y llyfudd ar draws y Parc sydd wedi ysbrydoli lleisiau barddol. O glogwyni gwyntog i ddyffrynnoedd cudd, dyma rai o'r manau sydd wedi ysbrydoli ein beirdd.

Bryniau'r Preseli

Mae gan Fryniau'r Preseli ffordd o adael eu hól ar berson, ac fe wnaethon nhw siapio Waldo Williams o'i blentyndod. Cafodd ei fagu ym Mynachlog-ddu gyda'r llethrau, y ffermydd a'r cymunedau capel hyn o'i gwmpas, ac mae eu dylanwad yn llifo drwy ei gerdd *Preseli*. Mae'n galw'r bryniau yn "mur fy mebyd", llinell sy'n crisialu'r amddiffyniad a'r sylfaen a roddodd y bryniau iddo.

Pan ddaeth cynlluniau i'r amlwg i ddefnyddio rhannau o'r maes ar gyfer hyfforddiant milwrol, cafodd Waldo ei gynhyrfu unwaith eto gan y dirwedd, gan ei ysgogi i fynd ati'n dawel ac yn benderfynol i amddiffyn y lle roedd yn ei garu. Yn ei gerdd ddiweddarach, *Y Tangnefeddwyr*, a ysgrifennwyd pan oedd yn byw wrth ymyl maes awyr o gyfnod y rhyfel yn Nhyddewi, ceir yr un ymdeimlad bod Sir Benfro wedi siapio cydwybod y bardd. Yn y ddau waith, mae'r Bryniau'n fwy na golygfeydd - dyma ffynhonnell ei lais.

Pwll Deri

Yn uchel ar glogwyni Pen-caer, mae gan Bwll Deri un o'r golygfeydd mwyaf dramatig yn y Parc Cenedlaethol - ehangder o graig, grug a môr aflonydd. Mae cerdd Dewi Emrys, *Pwll Deri*, yn crisialu naws y pentir agored a myfyriol hwn a luniwyd lle mae'r tir a golau'r lwydd yn cwrdd. Mae'n ysgrifennu yn nhafodiaith Gogledd Sir Benfro sydd mor gyfarwydd iddo, gan roi llais i'r dirwedd sydd wedi'i gwreiddio yn ei lle.

Mae carreg goffa sy'n edrych dros y bae yn cynnwys cwpled o'r gerdd:

"A thina'r meddilie sy'n dwad ichi / pan foch chi'n ishte uwchben Pwllderi"

Mae'n ein hatgoffa bod pen y clogwyn hwn yn dal i ennyn yr un llynyddwch a ysbrydolodd eiriau Dewi Emrys.

Maen Coffa Waldo
Waldo's Memorial Stone,
Mynachlog-ddu

Sant Gofan

Mae clogwyni Sant Gofan wedi bod yn lloches ers amser maith, ac mae Menna Elfyn yn tynnu ar yr ymdeimlad o noddfa yn ei cherdd *St Govan on the Eve of 2000*. Mae'r gerdd yn gosod troad y mileniwm ochr yn ochr â llynyddwch y llanw yn y gilfach greigiog hon, lle mae ffynnon, "rock womb" gwag y capel, a thân y gorwel i gyd yn dod yn rhan o ddefod dawel o edrych tuag at i mewn.

Mae Menna Elfyn, un o feirdd amlycaf Cymru, yn defnyddio gweadau hynafol y safle i bwysu a mesur amser, llanw a chysur. Yn sefyll ar y pentir heddiw, gyda'r tonnau'n torri'n "wyth mil" o rythmau dyddiol, mae'n hawdd teimlo'r un atyniad tuag at unigedd sy'n siapio ei llinellau.

Tyddewi

Mae R. S. Thomas, un o feirdd mwyaf dylanwadol Cymru ac awdur sy'n trafod tirwedd, ffydd a thawelwch â dwyster heb ei debyg, yn craffu ar Dyddewi yn ei gerdd *A Line from St David's*. Wrth agosáu at y ddinas drwy ei chaeau gwrychog, mae'n sylwi ar heboglys, ehedyddion "like a fresh chorus of dew," a'r Gadeirlan yn codi fel "bubble of stone" yn ddwfn yn y tir.

I Thomas, yn y manylion bach y mae hanfod lle: gwylaeth y fagwyr yn yr holltau, rhwd ar hen dŵls, dyn yn hogi pladur. Mae ei gerdd yn datgelu Tyddewi fel tirwedd lle mae rhythmau hyn yn dal i guro o dan y canrifoedd.

Dinbych-y-pysgod

Ar Draeth y Gogledd yn Ninbych-y-pysgod, mae Craig Goscar yn codi o'r tywod fel crair sydd yno ers ffurfiant y ddaear, ac mae Amy Wack yn crisialu ei phresenoldeb yn *Goscar Rock*, cerdd sy'n cyfuno daeareg, chwedlau a defod ddynol. Mae hi'n olrhain siwrnai'r graig o lechi Jwrasig a chalchfaen Cretasig i'w lle o dan y gwylanod a llinellau'r llanw - goroeswr a siapiwyd gan rewlifoedd a chanrifoedd o fywyd glan môr.

Mae Wack yn dangos sut daw'r brigiad unig hwn yn rhan o lwybrau pobl - tironod y mae cerddwyr yn troi o'i gwmpas, yn ei gyffwrdd am lwc, neu'n oedi wrth ei ymyl cyn i'r môr ei lyncu drachefn.



Waldo Williams



Murlun Dylan Thomas
Dylan Thomas mural

Lloyd the Graffiti



Pwll Deri

Pembrokeshire has long been a landscape that inspires poets. Its hills, islands, churches and coastlines have shaped voices across generations, and their words still echo through the National Park today. It's also a place that has occasionally left poets a little spellbound. One well-known tale recalls Dylan Thomas misplacing the manuscript of Under Milk Wood in a Tenby pub, wandering off and leaving it behind on a bar stool. A mural in the town now marks the story, a reminder that this landscape has a habit of stirring creativity - and sometimes muddling memory.

This summer's Eisteddfod y Garreg Las is a reminder that poetry still pulses through this landscape - and a perfect excuse to highlight the places across the Park that have inspired poetic voices. From windswept cliffs to hidden valleys, here are just some of the spots where poems have taken root.

Preseli Hills

The Preseli Hills have a way of settling into a person, and they shaped Waldo Williams from childhood. He grew up in Mynachlog-ddu with these slopes, farms and chapel communities all around him, and their influence runs through his poem *Preseli*. He calls the hills "the wall of my boyhood," a line that captures both the protection and the grounding they gave him.

When plans emerged to use parts of the range for military training, the landscape stirred him again, prompting a quiet, determined defence of the place he loved. His later poem *Y Tangnefeddwyr*, written while he lived near the wartime airfield at St Davids, carries the same sense of Pembrokeshire shaping a poet's conscience. In both works, the Hills are more than scenery - they are the source of his voice.

Pwll Deri

High on the Pencaer cliffs, Pwll Deri offers one of the most dramatic views in the National Park - a sweep of rock, heather and restless sea. Dewi Emrys's poem *Pwll Deri* captures the mood of this headland: open, reflective, and shaped by the meeting of land and Atlantic light. He writes in the North Pembrokeshire dialect he knew so well, giving the landscape a voice rooted in its own place.

A memorial stone overlooking the bay carries a couplet from the poem:

"A thina'r meddilie sy'n dwad ichi / pan foch chi'n ishte uwchben Pwllderi"

("And these are the thoughts that come to you / When you sit above Pwllderi").

It's a reminder that this cliff-top still invites the same quiet pause that inspired Emrys's lines.

St Govan's

The cliffs at St Govan's have long been a place of refuge, and Menna Elfyn draws on that sense of sanctuary in *St Govan on the Eve of 2000*. Her poem sets the turning of the millennium against the tide-driven stillness of this rocky inlet, where the well, the hollowed "rock-womb" of the chapel and the horizon's fire all become part of a quiet ritual of looking inward.

Elfyn, one of Wales's leading poets, uses the site's ancient textures to weigh time, tide and solace. Standing on the headland today, with waves breaking in their "eight thousand" daily rhythms, it's easy to feel the same pull towards solitude that shapes her lines.

St Davids

R. S. Thomas, one of Wales's most influential poets and a writer of rare intensity about landscape, faith and silence, brings a steady gaze to St Davids in *A Line from St David's*. Approaching the city through its hedged fields, he notices hawkweed, larks "like a fresh chorus of dew," and the Cathedral rising as a "bubble of stone" held deep in the land.

For Thomas, small details carry the truth of a place: wall lettuce in the crevices, rust on old tools, a man sharpening a scythe. His poem reveals St Davids as a landscape where older rhythms persist beneath the centuries.

Tenby

On Tenby's North Beach, Goscar Rock rises from the sand like a relic of deep time, and Amy Wack captures its presence in *Goscar Rock*, a poem that blends geology, myth and human ritual. She traces the rock's journey from Jurassic slates and Cretaceous limestone to its place beneath gulls and tide-lines, a survivor shaped by glaciers and centuries of shoreline life.

Wack shows how this solitary outcrop becomes part of people's paths - a landmark walkers circle, touch for luck, or pause beside before the sea reclaims it.

Pembrokeshire Castle
Yours to Explore...
www.pembrokeshirecastle.co.uk

Siwrnai ar hyd llwybr hynafol Sir Benfro

Yn rhedeg o'r dwyrain i'r gorllewin ar draws crib Bryniau'r Preseli, mae'r Heol Aur yn un o'r llwybrau hynaf ym Mhrydain. Credir ei bod yn dyddio'n ôl i'r cyfnod Neolithig, ac efallai ei bod ar un adeg wedi ffurfio rhan o rwydwaith ehangach a ddefnyddiwyd gan fasnachwyr, teithwyr a chymunedau cynnar a oedd yn symud rhwng y môr a'r tir.

Erbyn hyn, mae'n daith gerdded 7 milltir ar hyd y grib o Foel Eryr i Foel Drygarn - sy'n agored i'r elfennau, yn arw, ac yn aml yn odidog. Ar hyd y ffordd mae carneddau, meini hirion, a golygfeydd eang o arfordir i arfordir. Cred rhai fod cerrig glas Côr y Cewri wedi cael eu llusgo ar hyd y llwybr hwn. Mae eraill yn ei gerdded i fwynhau'r tawelwch, y lle, a'r ymdeimlad bod y tir hwn yn dal i gofio pob cam.

Cerdded y tir uchel

Mae'r llwybr yn dilyn llinell dreuliedig ar draws gweundir a rhostir agored. Mae'n gadarn dan draed gan fwyaf, er ar ôl iddi lawio fe ddowch ar draws ambell ardal o dir corsiog a dŵr llonydd.

Does dim arwyddion i ddangos y ffordd, ond mewn tywydd da mae'r llwybr yn glir. Mae'r tir yn disgyn ar y ddwy ochr - i ddyffrynnoedd coediog yn y gorllewin ac i blygiannau mwy esmwyth cefn gwlad y tu hwnt. Ar hyd y grib byddwch chi'n pasio carneddau'r Oes Efydd, tomenni creigiog, a brigiadau Carn Bica a Charn Menyn a sgwriwyd gan y gwynt - sydd wedi'u siapio lawn cymaint gan y tywydd ag y maent gan ddwylo pobl.

Nid yw'n daith gerdded anodd, ond mae'n agored i'r elfennau. Does dim lloches, dim cysgod, a fawr ddim rhybudd pan fydd y tywydd yn newid. Mae'n werth dod ag esgidiau cadarn, haenau cynnes o ddillad, a map ac ap llywio - hyd yn oed ar ddiwrnod da.



Tirnodau a Golygfeydd am y Gwelwch

Ar ddiwrnod clir, mae'r golygfeydd yn ymestyn am filltiroedd - gellir gweld aber Daugleddau yn troelli i mewn tua'r tir, yr arfordir yn glir yn erbyn y golau, ac weithiau, lwerddon yn y pellter.

Foel Eryr

Ail gopa uchaf y Preselau gyda charn o'r Oes Efydd ac arwyddbost arsylwi'r Parc Cenedlaethol. Mae'r enw - Foel Eryr - yn cyfeirio'n ôl at rywogaethau sydd bellach wedi diflannu o'r awyr eang hon.

Bedd Arthur

Casgliad bach o feini hirion mewn ffurf hirgrwn, wrth ymyl Carn Bica. Nid yw ei bwrpas yn hysbys - safle claddu, cyfeirbwynt, neu rywbeth hŷn - ond mae ei leoliad a'i siâp yn awgrymu pwysigrwydd seremonïol.

Carn Menyn

Cefn uchel wedi'i gorchuddio gan frigiadau naturiol o gerrig glas dolerit. Roedd pobl unwaith yn credu mai hwn oedd tarddiad cylch mewnol Côr y Cewri, ond mae wedi'i ddisodli'n fwy diweddar gan Farn Goedog a Chraig Rhos-y-felin, lle mae tystiolaeth o gloddio Neolithig wedi dod i'r amlwg.

Foel Drygarn

Bryngaer o'r Oes Haearn sy'n nodi pen dwyreiniol y llwybr. Mae'n dal wedi'i hamgylchynu gan ragfuriau, gyda thair carnedd gladdu sy'n codi'n sydyn uwchben y lleth - mae'n hawdd ei gweld mewn unrhyw olau.

Taith gerdded sy'n aros yn y cof

Nid taith gerdded drwy dir gwyllt yn unig yw'r Heol Aur - mae'n llwybr drwy amser. Mae pob cam yn croesi tir sydd wedi'i siapio gan dywydd, atgofion a chred. Dechreuwch yn gynnar. Cymerwch eich amser. Ac os bydd y cymylau'n codi, fe welwch chi pam mae'r llwybr hwn wedi cael ei droedio ers miloedd o flynyddoedd - a pham, ymhell ar ôl i chi ei adael ar ôl, y mae rhan ohono'n dal i gerdded gyda chi. Dewch o hyd i fwy o wybodaeth am y daith gerdded hon a map yn



<https://www.arfordirpenfro.cymru/pethau-iw-gwneud/cerdded-yn-y-parc/teithiau-gwe/yr-heol-aur>

Golygfa o Foel Drygarn tua'r gorllewin
View from Foel Drygarn westward



© Hawlfraint y Goron [2026] Arolwg Ordnans / © Crown copyright [2026] Ordnance Survey AC0000810561

Brwydr y Preselau

Mae Bryniau'r Preseli wedi cael eu trysori ers tro byd am eu harddwch gwyllt, eu carneddau hynafol, a'u gorwelion ysgubol. Ym 1946, daeth cynlluniau i'r amlwg i droi rhannau helaeth o'r bryniau yn faes hyfforddi a bomio milwrol parhaol. I gymunedau lleol, ffermwyr a cherddwyr, roedd hyn yn annerbyniol: byddai'r cynlluniau wedi cyfyngu ar fynediad ac wedi newid tirwedd a oedd o bwys hanesyddol a diwylliannol.

Cafwyd gwrthwynebiad ar unwaith. Bu Pwyllgor Diogelu'r Preselau, trigolion lleol, arweinwyr capeli, a chadwraethwyr yn cynnal cyfarfodydd, yn dosbarthu deisebau, ac yn llobio gweinidogion y llywodraeth. Roedd eu hymdrechion yn llwyddiannus: trechwyd pob cynnig i droi'r bryniau'n safle milwrol, gan ddiogelu mynediad i'r cyhoedd a chymeriad y dirwedd.

Ym 1946, cyfansoddwyd y gerdd *Preseli* gan y bardd Waldo Williams, a oedd yn byw gerllaw Lyneham yn Lloegr ar y pryd, fel ymateb uniongyrchol i'r bygythiad. Mae'r gerdd yn crisialu arwyddocâd y bryniau gyda dwyster diatal, ac fe saif fel atgof parhaol o pam mae'r Preselau yn bwysig - a pham y llwyddodd yr ymgyrch i'w hamddiffyn.



The Golden Road

A journey along Pembrokeshire's ancient trail

Running east to west across the spine of the Preseli Hills, the Golden Road is one of the oldest routes in Britain. It's thought to date back to the Neolithic period, and may once have formed part of a wider network used by traders, travellers and early communities moving between sea and land.

Today, it's a 7-mile ridge walk from Foel Eryr to Foel Drygarn – exposed, rugged, and often spectacular. Along the way are cairns, standing stones, and wide-open views from coast to coast. Some believe the bluestones of Stonehenge were hauled along this route. Others simply walk it for the quiet, the space, and the sense that this land still remembers every footstep.

Walking the high ground

The route follows a worn line across open moorland and heath. It's mostly firm underfoot, though after rain you'll meet the odd stretch of bog and standing water.

There are no waymarks, but in good weather the path is clear. The land drops away on both sides – to wooded valleys in the west and to the gentler folds of countryside beyond. Along the ridge you'll pass Bronze Age cairns, rocky tors, and the wind-scoured outcrops of Carn Bica and Carn Menyn – shaped as much by weather as by human hands.

It's not a difficult walk, but it is exposed. There's no shelter, no shade, and little warning when the weather shifts. Sturdy boots, warm layers, and a map and navigation app are worth bringing – even on a good day.

Landmarks and Long Views

On a clear day, the views stretch for miles – the Daugleddau winding inland, the coastline sharp against the light, and sometimes, far out, the faint line of Ireland.

Foel Eryr

A rounded summit with sweeping views across the Park. Bronze Age cairn, modern compass stone, and a nearby memorial to a US Liberator bomber crew who died here in 1943.

Bedd Arthur

A small collection of standing stones in an oval shape near Carn Bica. Its purpose is unknown – burial site, waymarker, or something older – but its position and shape suggest ceremonial importance.

Carn Menyn

Scattered with natural outcrops of dolerite bluestone. This is the site many link to the inner circle of Stonehenge. Excavations continue, but the landscape already speaks.

Foel Drygarn

An Iron Age hillfort marking the eastern end of the route. Still ringed by ramparts, with three burial cairns that rise sharply above the slope – unmistakable in any light.

A walk that stays with you

The Golden Road isn't just a walk through wild land – it's a route through time. Every step crosses ground shaped by weather, memory and belief.

Start early. Take your time. And if the clouds lift, you'll see why this path has been walked for thousands of years – and why, long after you've left it behind, something of it still walks with you.

Find further information about this walk and a map at



<https://www.pembrokeshirecoast.wales/things-to-do/walking-in-the-park/web-walks/the-golden-road>



Carn Menyn



Foel Drygarn

Battle for the Preselis

The Preseli Hills have long been cherished for their wild beauty, ancient cairns, and sweeping horizons. In 1946, plans emerged to convert large parts of the hills into a permanent military training and bombing range. For local communities, farmers, and walkers, this was unacceptable: the proposals would have restricted access and altered a landscape rich in history and culture.

Organised opposition was immediate. The Prescelly Preservation Committee, local residents, chapel leaders, and conservationists held meetings, circulated petitions, and lobbied government ministers. Their efforts were wholly successful: all proposals to militarise the hills were defeated, safeguarding public access and the character of the landscape.

The poet Waldo Williams, then living near Lyneham in England, composed *Preseli* in 1946 in direct response to the threat. The poem captures the hills' significance with unrestrained intensity, standing as a lasting reminder of why the Preselis mattered – and why the campaign to protect them succeeded.



Anturiaethau Awyr Agored

Outdoor Adventures

P'un a ydych yn syrffwr profiadol sy'n gobeithio dal y don berffaith, neu'n gaiaciwr uchelgeisiol sydd eto i brofi'r dŵr, fe welwch gyfoeth o gyfleoedd ym Mharc Cenedlaethol Arfordir Penfro i fwynhau eich holl hoff weithgareddau dŵr.

Whether you're a seasoned surfer looking to catch the perfect wave, or an aspiring kayaker yet to test the water, you'll find a wealth of opportunities in the Pembrokeshire Coast National Park to indulge in all your favourite water-based activities.

Watersports

■ **Board Games -**
Surfing and Paddleboarding experiences based in North Pembrokeshire.
Tel: 07772 221333
info@BoardGamesSurfing.com
www.BoardGamesSurfing.com
Find us on Facebook and Instagram.

Horse riding

■ **Crosswell Riding Stables,**
Iet Wen, Velindre, Crymych, Pembrokeshire, SA41 3XF
Tel: 01239 891262
www.crosswellridingtrekking.co.uk
Facebook: Crosswell Riding Stables
Quarter of a mile below Pentre Ifan monument. Experienced and complete beginners welcome. Half an hour, one, and two hour rides. Not open weekends. 'Own-a-pony' days on Thursday/Friday school holidays. Lessons by BHS. For more information see webpage. Footwear with heels or can provide. Booking essential. Credit cards not accepted. Holiday accommodation in bungalow.

■ **Preseli Pony Trekking,**
Ashvale Holiday and Riding Stables,
Pantyrhug, Mynachlog-Ddu, Clynderwen, SA66 7SE
Tel: 01994 419592
anita@preseliponytrekking.com
www.preseliponytrekking.com
Facebook: Preseli Pony Trekking at Ashvale Holiday and Riding Stables
Instagram: @preseliponytrekking

■ **Marros Riding Centre,**
Marros, Pendine,
Carmarthenshire, SA33 4PN
Tel: 01994 453777
info@marros-farm.co.uk
www.marros-farm.co.uk
Facebook: Marros.Riding.Centre
Instagram: @MarrosHorses
Located between Amroth and Pendine. BHS approved centre. Qualified staff. Indoor school. Beach rides (experienced riders 16+ only). Tuition. Off-road trekking. Online booking system. Any age/ability catered for.

Diogelu Awyr Dywyll Sir Benfro

Mae gan Gymru y ganran uchaf o awyr dywyll warchoddedig yn y byd, ac mae nifer o rannau o Barc Cenedlaethol Arfordir Sir Benfro islaw rhai o'r mannau tywyllaf yng Nghymru lle y mae golau'n cael yr effaith leiaf bosibl ar yr awyr dywyll ysblennydd. Fodd bynnag, mae llygredd golau yn parhau i fod yn broblem mewn rhai lleoedd.

Mae 'awyr dywyll' yn llawer mwy na'r gallu i weld sêr gyda'ch llygaid noeth ac mae'n dod â chyfoeth o fuddion y tu hwnt i syllu ar y sêr. Mae awyr dywyll yn cefnogi iechyd a llesiant drwy ein helpu i gynnal patrymau cysgu naturiol a lleihau straen. Mae golau gwael a llygredd golau hefyd yn gwastraffu ynni ac arian ac mae'n cael effaith negyddol ar yr amgylchedd drwy allyriadau carbon. Mae awyr dywyll yn darparu cysylltiad â'n treftadaeth ddiwylliannol a hanesyddol; mae'r awyr a welwn yr un awyr ag yr oedd ein cyneidiau yn byw oddi tani.

Sut y mae awyr dywyll yn dod â budd i fywyd gwyllt

Mae nifer o rywogaethau'n dibynnu ar y tywyllwch i oroesi, casglu porthiant a bridio, ac mae golau artiffisial yn amharu ar yr ymddygiad hwn. Yn Sir Benfro, sy'n gartref i'r boblogaeth fwyaf o Adar Drycin Manaw yn y byd, mae awyr dywyll yn hanfodol oherwydd gallant ond dychwelyd i lanio ar y tir o dan orchudd y tywyllwch i osgoi ysglyfaethwyr. Mae golau artiffisial yn drysu cywion ifanc sy'n arwain at nifer fawr ohonynt yn mynd yn sownd i mewn yn y tir lle nad ydynt yn gallu hedfan i ffwrdd. Yn 2025, cafodd 1,147 o adar yr effeithiwyd arnynt gan olau artiffisial eu hachub a'u rhyddhau gan grŵp gwirfoddoli Achub Adar Drycin Manaw Sir Benfro.

'Y golau cywir, yn y man cywir, ar yr adeg gywir'

I ddiogelu'r adar hyn a bywyd gwyllt arall a holl fuddion awyr dywyll, cyhoeddodd Llywodraeth Cymru ganllaw cynllunio arferion da cenedlaethol ym mis Chwefror 2025 sydd wedi'i anelu at warchod awyr dywyll ledled Cymru.

Y newyddion da yw nad oes yn rhaid iddo fod yn ddrud neu'n anodd! Mae gweithred syml fel cau llenni a bleindiau yn helpu i leihau'r golau a ddaw o olau mewnol ac mae defnyddio bwl bllw lliw cynhesach mewn golau y tu allan yn lleihau'r disgleirdeb a'r effaith ar fywyd gwyllt. Os oes angen newid unrhyw olau, mae nifer o siopau DIY yn stocio golau sy'n gyfeillgar i awyr dywyll sydd â thôn cynhesach neu sydd wedi'i gysgodi i atal y golau rhag tywallt i'r awyr.

Mae awyr Sir Benfro yn adnodd naturiol anhygoel ac mae ei diogelu yn ymdrech a rennir. P'un a ydych yn berchennog tŷ, yn fusnes neu'n ymwelydd, gall newidiadau bach wneud gwahaniaeth mawr.



Maenorbŷr Manorbier

Egwyddorion goleuo allweddol y canllaw newydd

- Peidiwch â goleuo oni bai ei fod yn angenrheidiol
- Goleuwch dim ond lle y mae angen ei oleuo, gan osgoi goroleuo a blerwch
- Ni ddylai'r golau fod yn fwy llachar nag sy'n angenrheidiol
- Defnyddiwch dymereddau lliw cynnes, 2,700 kelvin neu is
- Defnyddiwch synhwyrdd dif-fodd, plylu neu isgoch goddefol (PIR)
- Defnyddiwch uchder mowntio is lle y bo'n bosibl
- Cyfyngwch y golau mewnol sy'n arllwys y tu allan i'r ardal darged
- Cadwch olau oddi wrth bywyd gwyllt.

Gallwch ganfod mwy yma www.gov.wales/dark-skies-guidance.



Porthgain



Adar Drycin Manaw Manx shearwaters

The key lighting principles of the new guidance

- Don't light unless it's necessary
- Light only where it needs to be lit, avoiding over-lighting and clutter
- Light should be no brighter than necessary
- Use warm colour temperatures, 2,700 kelvin or lower
- Use switch-off, dimming or passive infrared (PIR) sensor
- Use a lower mounting height where possible
- Limit internal light spilling outside target area
- Keep light away from wildlife.

Find out more at www.gov.wales/dark-skies-guidance.

Protecting Pembrokeshire's Dark Skies

Wales has the highest percentage of protected dark skies in the world, and many parts of the Pembrokeshire Coast National Park are under some of the darkest areas in Wales where lighting has a minimal impact on the spectacular night sky. However, light pollution is still a problem in some places.



A 'dark sky' is much more than the ability to see stars with the naked eye and brings a wealth of benefits beyond stargazing. Dark skies support health and well-being by helping us maintain natural sleep patterns and reducing stress. Poor lighting and light pollution also wastes energy and money and has a negative impact on the environment through carbon emissions. Dark skies provide a link to our cultural and historic heritage. The skies we see are the same our ancestors lived under.

How dark skies benefit wildlife

Many species rely on darkness for survival, foraging and breeding, and artificial light disrupts these behaviours. In Pembrokeshire, which is home to the largest population of Manx shearwaters in the world, dark skies are essential as they can only return to land under the cover of darkness to avoid predators. Artificial light disorients young chicks leading to mass strandings inland where they are unable to take off. In 2025, 1,147 birds affected by artificial light were rescued and released by Pembrokeshire's Manx Shearwater Rescue volunteer group.

'The right light, in the right place, at the right time'

To safeguard these birds and other wildlife and all the benefits that dark skies can bring, the Welsh Government published national good practice planning guidance in February 2025 aimed at protecting dark skies across Wales.

The good news is that this doesn't have to be expensive or difficult! Simply shutting curtains and blinds helps to reduce light spill from internal lighting and using a warmer coloured bulb in an outdoor light fitting reduces glare and impact on wildlife. If lighting needs replacing, many DIY shops stock dark skies friendly lighting that is warmer in tone or shielded to prevent upwards light spill. Pembrokeshire's skies are an amazing natural resource and protecting them is a shared effort. Whether you are a homeowner, a business or a visitor, small changes can really make a big difference.



Dinbych-y-pysgod Tenby

FAMILY ADVENTURE

ADRENALINE FIX

BOOK YOUR ADVENTURE TODAY

Adventure Beyond's activities are designed for all age groups and experience levels.
We offer: canoeing, coasteering, white water tubing, SUP'ing and many more.
We have an activity for everyone!
Come play with us and explore stunning landscapes, undeveloped coastlines and pristine rivers.
Or, stop by at our hire centre to hire SUP's, kayaks and canoes.
Old Scout Hall, The Strand, Cardigan SA43 1EX
www.adventurebeyond.co.uk
01239 612133

Abercastell
Abercastle



Cerdded y Llwybr i'n Llesiant

Walk the Path to Wellbeing

Mae ymwelwyr yn aml yn ystyried Llwybr Arfordir Sir Penfro fel her fawr i'w chyflawni yn eu bywyd - 186 milltir o glogwyni, traethau ac awyr iach. Ond, i'r bobl sy'n byw ac yn gweithio yma, mae'n rhywbeth mwy hamddenol. Rhan o lwybr i'w gerdded ar ôl diwrnod o waith. Tro cyfarwydd i'w cherdded yn dawel. Ffordd o glirio'ch pen pan fydd popeth arall yn eich caethiwo.

Mae rhai rhannau o'r Llwybr yn serth ac yn agored. Mae rhannau eraill ar dir gwastad, yn agos at drefi, meysydd parcio a llwybr bysiau. Does dim angen i chi fynd yn bell, nac yn gyflym. Gallwch gerdded am ddeg munud neu gerdded deg milltir, yr un yw'r manteision: awyr iach, ardal agored, a theimlad o ddiac, er eich bod chi'n agos at eich cartref. Ac i goroni'r cyfan, mae'n rhad ac am ddim.

Roedd yr egwyddor honno yn rhan ganolog o ddiwyddiad Cerdded y Llwybr i'n Llesiant a gynhaliwyd gan Awdurdod Parc Cenedlaethol Penfro'r llynedd. Ar un diwrnod yn yr hydref, bu i grwpiau cymunedol, ysgolion, gwirfoddolwyr a staff gerdded rhannau o'r Llwybr Arfordir gyda'i gilydd. Mentrodd rhai ar lwybrau mwy heriol, tra roedd eraill yn

canolbwyntio ar lwybrau byr a hygyrch oedd yn agos at eu cartref. Nid pellter oedd y nod, ond cysylltu - ac atgoffa ein hunain bod y Llwybr hwn, sy'n 186 milltir o hyd, yn perthyn i bawb.

Yn ôl Angela Robinson, Swyddog Iechyd a Llesiant yr Awdurdod: "Mae Llwybr Arfordir Penfro yn fwy na llwybr yn unig - mae'n gortyn sy'n cysylltu cymunedau, tirweddau a bywydau." Mae Cerdded y Llwybr i'n Llesiant yn gyfle i ddathlu hynny, ac i atgoffa ein hunain mor lwcus ydym ni o gael rhywle o'r fath ar garreg ein drws.

Bydd yr her yn cael ei chynnal ym mis Mai, a'r gobaith yw ymestyn y fformat i gynnwys rhannau cyfagos o Llwybr Arfordir Cymru. Byddai hynny yn rhoi cyfle i ni gynnwys llwybrau newydd - ond yr un fyddai'r egwyddor: tynnu sylw at y llwybr fel adnodd hygyrch, rhad ac am ddim, sydd ar gael i bawb, waeth beth fo'u cyflymder, hyder na man cychwyn.

Cadwch lygaid ar ein llwyfannau cyfryngau cymdeithasol neu ewch i www.arfordirpenfro.cymru/cerdded-erlles i gael diweddariadau. Yn y cyfamser, mae ein neges yn syml. Dewiswch ran o'r Llwybr. Ewch am dro. A gadewch i'r Llwybr wneud y gweddill.

For visitors, the Pembrokeshire Coast Path is often seen as a bucket list challenge - 186 miles of clifftops, beaches and big skies. But for the people who live and work here, it's something quieter. A stretch of path walked after work. A familiar route taken in silence. A way to clear your head when everything else feels stuck.

Some sections are steep and exposed. Others follow level ground, close to towns, car parks and bus routes. You don't need to go far, and you don't need to go fast. Whether it's ten minutes or ten miles, the benefits are the same: fresh air, open space, and a sense of being elsewhere, even when you're not far from home. And best of all, it costs nothing.

That everyday value was at the heart of last year's Walk the Path for Wellbeing, organised by the Pembrokeshire Coast National Park Authority. On a single day in autumn, community groups, schools, volunteers and staff each covered a stretch of the Coast Path together. Some took on tougher sections. Others focused on short, accessible routes close to home.

The aim wasn't distance. It was connection - and a reminder that this 186-mile resource belongs to everyone.

"The Pembrokeshire Coast Path is more than just a trail - it's a thread that links communities, landscapes and lives," said Angela Robinson, the Authority's Health and Wellbeing Officer. "Walk the Path for Wellbeing is a chance to celebrate that connection and remind ourselves how lucky we are to have it on our doorstep."

The challenge will return in May 2026, with hopes of expanding the format to include neighbouring stretches of the Wales Coast Path. That wider scope would bring new routes into the fold - but the idea at its heart will remain the same: to highlight the Path as a free, accessible resource for everyone, whatever their pace, confidence or starting point.

Keep an eye on our social media for updates or visit www.pembrokeshirecoast.wales/walkforwellbeing. In the meantime, the invitation is simple. Pick a stretch. Go for a walk. The Path will do the rest.



Port of
Milford Haven

EXPLORING

THE MILFORD HAVEN WATERWAY



Prepare to be captivated by the Milford Haven Waterway — a true gem for marine leisure enthusiasts.

From beach swimming to diving, kayaking to paddleboarding, and motor boats to sail boats, this is a special place for everyone.

But it's a place shared by wildlife and by some of the world's biggest ships, so everyone needs to use the water safely and considerately.

Our top 5 tips to enjoy the Waterway are:

- 1. Be trip ready** – plan your trip well in advance (be prepared for changeable weather).
- 2. Use life jackets and kill cords** – make these non-negotiable.
- 3. Keep an all-around watch** – be aware of everything and everyone around you, and be prepared to move.
- 4. No alcohol** – you must keep a clear head around water.
- 5. Respect wildlife** – give them space, the Waterway is their home.

We'd encourage everyone to visit our website to check the Waterway's rules, and for other ways to stay safe and have fun afloat. Our tide tables and leisure user guide can be found here too – these will help you with planning what to do and where to go. You can scan the QR code or visit www.mhpa.co.uk/enjoy-the-milford-haven-waterway.



Harbour Patrol

Wave hello to our Harbour Patrol team next time you spot them on the Waterway! They are here to provide information, advice and assistance to all waterway users.

They police the zoning systems and, where necessary, enforce the byelaws to protect the safe and enjoyable recreational use of the Waterway.

If you need their assistance while afloat, you can call them on VHF 12 or 16 (or by email at mhparecreation@mhpa.co.uk). In an emergency, call Coastguard via 999 if you have signal, or VHF Channel 16.

Waterway Competition

From tranquil corners to grand open spaces, we'd love to see your Waterway. Scan the QR code (or visit www.mhpa.co.uk/waterway-safety-competition) for details on how to enter and what you can win.



Stay safe, have fun, and help us keep this a special place.

#watersafety

#respectthewater

38 Amgueddfeydd Museums

■ **Pembroke Dock Heritage Centre**, Royal Dockyard Chapel, Meyrick Owen Way, Pembroke Dock SA72 6WS
 Tel: 01646 684220
 enquiries@pdht.org
 www.pdht.org
 Facebook: Pembroke Dock Heritage Centre
 Instagram: @pembrokedockheritagecentre
 X: @PDHeritageCent
 Housed in Wales' only Georgian military chapel, the Heritage Centre tells the remarkable story of Pembroke Dock and its transformation from Royal Dockyard and garrison town, to the world's largest World War II flying boat station and the birthplace of Star Wars' iconic Millennium Falcon. Open Monday to Friday 10am to 4pm. Free car park. Small admission fee applies. Cafe and gift shop. Dog friendly. Family activities and kids' play area. Interactive displays, something for everyone, whatever the weather.

■ **Pembroke Town Hall Murals and Museum**, Main Street, Pembroke, SA71 4JS
 Tel: 01646 683092
 enquiries@pembroketowncouncil.co.uk
 www.pembrokemuseum.wales
 Facebook: Pembroke & Monkton Local History Society
 Discover Pembroke's prestigious past depicted in the unique Town Hall Murals, fully accredited Museum and historic Council Chamber. Open weekdays 10am-3pm, March to November. Free entry. The Georgian Town Hall is Pembroke's main venue for events and is available for hire. Wednesday Craft Fair and Thursday morning Country Market. Starting point for Pembroke's digital Town Trail (booklet available).

■ **Scolton Manor Park**, Bethlehem, Haverfordwest, SA62 5QL
 Tel: 01437 731328
 scolton.enq@pembrokeshire.gov.uk
 www.scoltonmanor.co.uk
 Facebook: Maenordy Scolton / Scolton Manor
 Explore Scolton Manor Park and discover a day out with a difference. Go for a wildlife wander and explore our 60 acres of park and woodland. Check out our NATURE Welcome Centre as an introduction to the park and discover the secret Explorer Play Village in the woodland. Get on your bike and try out our 1km bike track or challenge yourself on our pump track. Uncover the stories of our Welsh Myths and Legends Sculpture Trail. Play the outdoor instruments in our Musical Play Area, get exercising in our Adventure Play Area or "sail" our Pirate Ship across the lower meadow. Discover our locomotive 'Margaret' in the Railway Garden and play at driving the Scolton Express Play Train. For those with an interest in heritage, experience a day in the life of a Victorian country house, above and below stairs, across the three floors of the Manor House. Dig into history in our restored Victorian Walled Garden and take home some organic garden produce and wonderful plants from the Station Shop. Find out about our busy bees in the Pembrokeshire Beekeeping Centre and buy some of their heavenly honey to taste. And don't forget to take time out in our Tea Room for some well-deserved eats and treats after a busy time exploring the park. There's room to roam and rooms to roam in the timeless tranquillity of Scolton Manor Park, the place where the past meets the present.

Ymchwiliwch ychydig yn ddyfnach i hanes a diwylliant yr ardal gydag ymweliad ag amgueddfa.

Delve a little deeper into the history and culture of the area with a museum visit.

■ **Narberth Museum**, The Bonded Stores, Church Street, Narberth, SA67 7BH
 Tel: 01834 860500
 www.narberthmuseum.co.uk
 Facebook: Narberth Museum
 Instagram: @narberthmuseum
 Explore Narberth's history from the Mabinogion to the Rebecca Riots and more, or browse our indie bookshop and visit our cafe. Open Tuesday to Saturday 10am to 5pm. Dog friendly.

■ **Ty Twt Dolls' House and Toy Museum**, Market Street, Newport, SA42 0PH
 Tel: 01239 820590
 pandvripley@btinternet.com
 www.tytwtdollhouseandtoy-museum.org.uk
 A unique private collection of dolls' houses from 1840 onwards, reflecting 170 years of family living styles. Plus toy stables, shops, theatres, games and other vintage toys. Fascinating for both young and old. Open Mondays, Wednesdays, Fridays during school and Bank Holidays. Other times by arrangement. Groups welcome. Adult: £3, child: £1.50, family ticket: £8.



Maenorbŷr Manorbier

Visit Wales



Penrhyn Marloes Marloes peninsula

Getty Images

West Wales Maritime Museum
 www.wwmhs.org.uk
 Check website for opening times
FREE ADMISSION
 Front Street, Pembroke Dock, SA72 6JY 01646 839448

Pembroke Dock Heritage Centre
 200 years of history
 All weather family attraction
 pdht.org SA72 6WS

Narberth Museum Amgueddfa Arberth
 BOOKSHOP & COFFEE SHOP
 OPEN ALL YEAR
 INTERACTIVE EXHIBITS
 WWW.NARBERTHMUSEUM.CO.UK
 01834 860500
 The Bonded Stores, Church Street, Narberth SA67 7BH

I hysbysebu yn rhifyn y flwyddyn nesaf, ebostiwch hysbysebu@arfordirpenfro.org.uk

To advertise in next year's issue email advertising@pembrokeshirecoast.org.uk

Milford Haven Museum
 Amgueddfa Aberdaugleddau
 Visit our award winning museum housed in one of the oldest buildings in the town. Totally volunteer led, the well curated exhibits tell the fascinating story from 1790's to the present day.
 Ship building, whaling, fishing, gas and oil and now renewable energy have all played a part.
 www.milfordhavenmuseum.co.uk

The Old Customs House, Milford Haven Waterfront SA73 3AF 01646 694496 milfordmuseum@gmail.com
 Monday to Saturday 10.30am-4pm
 30th March to end October (Please check website and facebook in case times vary)
 Child-friendly free activity book for all child visitors.
 Accessible toilet.
 Dog friendly.
 Gift shop.
 Stair lift.
 Group Tours by arrangement.
 Audio tours in English, Welsh and German.

TAPESTRY GLANIAD Y FFRANCOD THE LAST INVASION TAPESTRY
 Abergwaun 1797 Fishguard
 Experience a truly unique piece of local and national history
 TAPESTRY, GALLERY & AUDIO VISUAL ROOM
 "...an amazing display of Fishguard's history."
 A must-see 100ft tapestry masterpiece, produced by 78 local people depicting the last invasion of Britain
 "...a wonderful tapestry and fascinating exhibition"
 www.lastinvasiontapestry.cymru
 For opening hours and entry fees see our website
 Tapestry Gallery, Town Hall, Market Square, Fishguard, Pembrokeshire SA65 9HA

Llanrath / Amroth

Y Rheng Flaen Anweledig The Unseen Front Line

Getty Images

Mae cofeb newydd bellach yn sefyll yn Llanisan-yn-Rhos, i anrhydeddu'r rhai a adawodd ond wnaeth fyth dychwelyd. Ond nid yw gorffennol milwrol Sir Benfro wedi'i gyfyngu i un garreg - mae wedi'i gerfio i mewn i'r dirwedd ei hun.

Ar draws y sir, fe welwch chi ffosydd wedi'u cerfio i mewn i bentiroedd, canonau yn sefyll uwchben porthladdoedd tawel, mannau lle plymiodd awyrennau i'r ddaear wedi'u tagu gan redyn, a meysydd hyfforddi a ail-luniodd gymunedau cyfan. Nid oes placiau i ddynodi'r rhan fwyaf o'r rhain, dim canolfannau ymwelwyr - mae eu gorffennol milwrol wedi'i anghofio i raddau helaeth, a'u pwrpas wedi hen fynd yn angof.

Ymhell cyn y rhyfeloedd modern, roedd yr arfordir eisoes wedi'i arfogi yn erbyn bygythiadau o'r môr. Mae gan Sir Benfro un o'r casgliadau cyfoethocaf o gaerau pentir yr Oes Haearn ym Mhrydain.

Adeiladwyd y llociau hyn wrth ymyl clogwyni i ddal tir. Ym Mhorth y Rhaw gerllaw Solfach, mae ffosydd amddiffynnol yn dal i greithio'r llethr wrth i'r arfordir chwalu oddi tanant - tra bo Trwyn Greenala yn rhwystru mynediad gyda rhagfur wedi'i slaesio ar draws gwddf y penrhyn. Dyma strwythurau milwrol hynaf y Parc, a hefyd y rhai sydd fwyaf agored i niwed ac mewn perygl o gael eu colli i erydiad arfordirol.

Yn y canrifoedd a ddilynodd, parhaodd arfordir Sir Benfro i fod yn ffin amddiffynnol. Yn ystod Rhyfeloedd Napoleon, ail-luniwyd y dirwedd ar raddfa fawr - naddwyd llwyfannau magnel i mewn i wyneb y clogwyni mewn lleoliadau strategol, fel Abergwaun, lle roedd caer yn rhan o'r amddiffynfeydd a baratowyd ar frys cyn glaniad y Ffrancwyr ym 1797.

Ciliodd y bygythiad, ond parhaodd yr adeiladu. Yn y degawdau a ddilynodd, codwyd caerau Palmerston ar hyd Dyfrffordd Aberdaugleddau - gwaith costus i greu strwythurau yr oedd eu pwrpas wedi darfod cyn dechrau, bron. Ni chawsant erioed eu defnyddio, ond fe wnaethant newid yr arfordir mewn ffyrdd tawelach, gan ddargyfeirio llwybrau a ddefnyddiwyd ers amser maith, cyfyngu mynediad i dir cyfarwydd ac atgoffa pobl leol, er gwaethaf eu lleoliad anghysbell, y gallai rhyfel fod ar y gorwel unrhyw adeg.

Cafodd rhai o'r caerau eu defnyddio at ddibenion newydd pan ddechreuodd y Rhyfel Byd Cyntaf - lleoli criwiau yno i amddiffyn yr arfordir, eu hail-arfogi i ffurfio'r blocâd llyngesol a rwystrodd linellau cyflenwi'r Almaen, neu eu defnyddio ar gyfer hyfforddiant a chymorth.

Tuag at y tir ym Mhenalun, cloddwyd ffosydd yn y caeau i baratoi milwyr ar gyfer y Ffrynt Gorllewinol. Er bod porfa wedi meddalu'r ymylon ers hynny, mae eu holion yn parhau - dyma un o'r ychydig systemau ffosydd ymarfer cyflawn sydd wedi goroesi yn y DU.

Gadawodd dyfodiad yr Ail Ryfel Byd greithiau dyfnach. Daeth awyr a dyfroedd Sir Benfro yn fyw wrth i Frwydr yr Iwerydd ddwysáu - a daeth seilwaith newydd yn ei sgil. Mewn nifer o safleoedd ledled y sir, ildwyd ffermdir i greu llwybrau glanio, gorsafodd radar, mannau arsylwi a ffyrdd perimedr, y gellir gweld nifer ohonyn nhw hyd heddiw.

Ychydig y tu hwnt i ffin y Parc, cafodd yr arfordir o amgylch Doc Penfro ei drawsnewid yn fwy parhaol. Pentref pysgota bach o'r enw Paterchurch oedd yma'n wreiddiol, ac roedd eisoes wedi cael ei ail-lunio yn ystod Rhyfeloedd Napoleon yn sgil adeiladu Iard Longau'r Llynges Frenhinol. Yn ystod yr Ail Ryfel Byd, adeiladwyd lliithrfeydd, angorfeydd a siediau awyrennau ar hyd yr harbwr ar gyfer cychod hedfan fel y Catalina a'r Sunderland a fu'n patrolio confois yr Iwerydd.

Cafodd traethau poblogaidd arfordir y de fel Llanrath a Llanusyllt eu newid yn ddramatig, ond dros dro, gan groesawu Churchill - ac Eisenhower yn ôl y sôn - yn ystod ymarferion D-Day ar gyfer Ymarfer Jantzen.

Yn bwysicach fyth, cafodd miloedd o erwau o ffermdir ar draws y sir eu hatafael ar gyfer hyfforddiant tanciau - gan ddadleoli teuluoedd, cymunedau a ffyrdd o fyw yn gyfan gwbl. Er bod Brwydr y Preselau, ymglyrch ffyrnig i ddiogelu'r bryniau rhag defnydd milwrol parhaol, wedi llwyddo, ni ddychwelodd pobl Castellmartin fyth.

Heddiw, mae'r Weinyddiaeth Amddiffyn yn dal i reoli Castellmartin, gan weithio ochr yn ochr ag Awdurdod y Parc Cenedlaethol i warchod cynefinoedd prin a safleoedd archaeolegol ar draws y tir hwn lle mae hyfforddiant milwrol yn parhau.

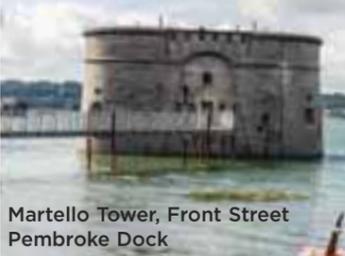
Mae'r dirwedd yn cofio'r hyn rydyn ni'n ei anghofio. O ragfuriau'r Oes Haearn i dir fferm a atafaelwyd, mae treftadaeth filwrol Sir Benfro wedi'i naddu nid mewn marmor, ond mewn pridd, creigiau ac absenoldeb. Mae'r garreg goffa newydd yn

Llanisan-yn-Rhos yn anrhydeddu'r rhai a adawodd ond wnaeth fyth dychwelyd - ond ar draws y Parc Cenedlaethol, mae ffosydd heb eu marcio, amddiffynfeydd ar ben clogwyni, a meysydd hyfforddi gwag yn adrodd stori wahanol: am dirwedd sydd wedi bod yn amddiffyn, yn paratoi ar gyfer gwrthdaro ac yn goroesi gwrthdaro ers dros ddwy fil o flynyddoedd.

Maes Tanio Castellmartin Castlemartin Range



Tŵr Martello, Front Street, Doc Penfro



Martello Tower, Front Street Pembroke Dock

Ffosydd Penalun Penally trenches



Cofeb Ryfel Llanisan-yn-Rhos

Mae Cofeb Ryfel Llanisan-yn-Rhos, gan yr artist llwyddiannus Howard Bowcott, yn 3.8m o uchder ac wedi'i gwneud o dywodfaen coch gyda darnau o lechi o Gymru wedi'u mewnosod. Mae'n anrhydeddu 12 o bobl ifanc leol a fu farw yn y Rhyfeloedd Byd, tra bo sielau clai a fodelwyd gan Ysgol Gynradd Coastlands yn cysylltu'r genhedlaeth bresennol â'r dyfodol y collasant eu bywydau drosto.

Wedi'i chomisïynu gan Gyngor Cymuned Llanisan-yn-Rhos, mae'r gofeb yn ffrwyth pum mlynedd o gydweithio cymunedol, sy'n cyfuno cofio â gobaith.

St Ishmael's War Memorial

The St Ishmaels War Memorial, by award-winning artist Howard Bowcott, stands 3.8m tall in red sandstone with Welsh slate insets. It honours 12 local young people who died in the World Wars, while clay shells modelled by Coastlands Primary School pupils link today's generation with the future they gave their lives for.

Commissioned by St Ishmaels Community Council, the memorial is the result of five years of community collaboration, blending remembrance with hope.

Porth y Rhaw



Caer Abergwaun Fishguard Fort



A new memorial now stands in St Ishmael's, honouring those who left and never returned. But Pembrokeshire's military past isn't confined to a single stone - it's etched into the landscape itself.

Across the county lie trenches carved into headlands, cannons perched above quiet harbours, crash sites choked with bracken, and training grounds that reshaped entire communities. Most have no plaques, no visitor centres - their military past largely unnoticed, and their purpose long since overwritten.

Long before the rise of modern warfare, the coast was already armed against seaborne threats. Pembrokeshire holds one of the richest concentrations of Iron Age promontory forts in Britain.

These cliff-edge enclosures were built to hold ground. At Porth y Rhaw near Solva, defensive ditches still scar the slope as the coastline crumbles beneath them - while Greenala Point blocks access with a rampart slashed across the neck of the headland. These are the oldest military structures in the Park, and also the most vulnerable and in danger of being lost to coastal erosion.

In the centuries that followed, Pembrokeshire's coast remained a defensive frontier. During the Napoleonic Wars that the landscape was reshaped at scale - gun placements were hewn into the cliff-face at strategic locations, such as Fishguard, where a Fort formed part of the defences hastily prepared before the French landing of 1797.

The threat eased, yet the building continued. In the decades that followed, Palmerston forts rose along the Milford Haven Waterway - costly works already verging on obsolescence. They never saw action, but they altered the coastline in quieter ways, diverting long used paths, restricting access to familiar ground and reminding locals that despite their remote location, war could ride in at any time on the tide.

Some of the forts found new duties when the First World War arrived - manned for coastal defence, re armed for the naval blockade that choked German supply lines, or used for training and support.

Inland at Penally, trenches were dug into the fields to prepare soldiers for the Western Front. Although grass has since softened the edges, their outlines remain, forming one of the few complete surviving practice trench systems in the UK.

Castell Penfro Pembroke Castle



The arrival of the Second World War left deeper marks. Pembrokeshire's skies and waters came alive as the Battle of the Atlantic intensified - and with it came new infrastructure. At numerous sites across the county, farmland gave way to runways, radar stations, observation points and perimeter roads, many of which can still be seen today.

Just beyond the Park boundary, the coastline around Pembroke Dock was transformed more permanently. Originally a small fishing village named Paterchurch, it had already been reshaped during the Napoleonic Wars by the construction of the Royal Navy Dockyard. During the Second World War, slipways, moorings and hangar bases were built along the harbour to accommodate flying boats such as the Catalina and Sunderland, which patrolled Atlantic convoys.

Dramatic but temporary changes came to popular south coast beaches like Amroth and Saundersfoot, hosting Churchill and, reportedly, Eisenhower during the D-Day rehearsals of Exercise Jantzen.

More significantly, thousands of acres of farmland across the county were requisitioned for tank training - displacing families, communities and entire ways of life. While the Battle of the Preselis, a fierce campaign to protect the hills from permanent military use, was successful, the people of Castlemartin never returned.

Today, the Ministry of Defence still controls Castlemartin, working alongside the National Park Authority to safeguard rare habitats and archaeological sites across the same land where military training continues.

The landscape remembers what we forget. From Iron Age ramparts to requisitioned farmland, Pembrokeshire's military heritage is written not in marble, but in earth, stone and absence. The new memorial at St Ishmael's honours those who left but never returned - but across the National Park, unmarked trenches, clifftop fortifications and empty training grounds tell a different story: of a landscape that has been defending, preparing for and surviving conflict for over two thousand years.

Olion traed yn y Goedwig



Olion goroeswr dirgel yng nghoedwigoedd gwyllt Sir Benfro



Footprints in the Forest



Signs of a secretive survivor in North Pembrokeshire's wild woods

I'r rhan fwyaf o bobl, mae gweld pathew yn rhywbeth sy'n digwydd unwaith mewn einioes – os o gwbl. Ond yn ystod yr haf y llynedd, cafodd gwirfoddolwyr a oedd yn gweithio mewn lle cyn tawel o goetir ger Pentre Ifan dipyn o lwyddiant.

Gydag olew olewydd, padiau inc a llond llaw o dwneli plastig, aethant ati i geisio darganfod un o'r mamaliaid mwyaf dirgel, heb iddynt ei weld o gwbl.

Mae'r pathew yn rhywogaeth sy'n cael ei diogelu, ond nid yw hynny'n ei gwneud hi'n haws i'w darganfod. Mewn ambell i goetir, bydd blychau nythu'n aros yn wag o un tymor i'r llall. Felly mae cadwraethwyr wedi troi at ddull mwy cynnil - dull sy'n dibynnu ar yr olion traed bychain sy'n cael eu gadael ar ôl yn hytrach na gweld yr anifeiliaid eu hunain.

Roedd pob un o'r pymtheg twnnel a osodwyd yn y coetir sydd wedi'i adfer ym Mhentre Ifan ym mis Gorffennaf y llynedd yn cynnwys strîbed o bapur a mymryn o inc. Dim ond digon i weld olion traed nodweddiadol siâp sleisen pizza wrth i'r pathew fynd heibio. Ac erbyn diwedd y tymor, roedd mwy na hanner ohonynt wedi cofnodi olion traed pathewod - rhai ohonynt fwy nag unwaith.

Gorau oll, nid oedd yr arwyddion wedi'u cyfyngu i un ardal. Dros amser,

dechreuodd olion traed ymddangos mewn mannau newydd ar draws y safle, gan awgrymu y gallai'r pathewod fod yn symud ymhellach.

"Mae'n hyfryd gweld pathewod yn dychwelyd i goetiroedd a fu unwaith yn llawn coed conwydd," meddai Mary Chadwick, Swyddog Cadwraeth gydag Awdurdod y Parc. "Mae pob ôl troed yn dweud rhywbeth newydd wrthym ni am y ffordd y mae'r anifeiliaid hyn yn symud drwy'r tirlun, sy'n ein cynorthwyo i reoli'r safle mewn modd sy'n rhoi'r cyfle gorau posibl iddynt ffynnu."

Gwelwyd yr arwydd amlycaf fyth ym mis Hydref: pathew benywaidd yn gorffwys mewn blwch nythu'n agos at y llinell o dwneli. Nid ôl troed y tro hwn, ond yr anifail ei hun - yn ffynnu ac yn gwbl gartrefol.

Mae'n ddyddiau cynnar, ond i'r gwirfoddolwyr sy'n cymryd rhan, mae'r camau bychain hyn yn gam sylweddol ymlaen. Nid o ran cadwraeth pathewod yn unig, ond hefyd o ran deall sut mae rhywogaethau'n ymateb pan fo cynefinoedd yn cael llonydd i adfer.

Mae adfer coetir brodorol yn cymryd amser ac amynedd. Ond diolch i wirfoddolwyr lleol a llond llaw o dwneli plastig, mae un o famaliaid prinnaf y DU bellach yn ôl ar y map yng Ngogledd Sir Benfro.



For most people, spotting a dormouse is a once-in-a-lifetime moment – if it happens at all. But last summer, volunteers working in a peaceful patch of woodland near Pentre Ifan made a quiet breakthrough.

Armed with olive oil, ink pads, and a handful of plastic tunnels, they set out to trace one of the UK's most elusive mammals, without ever setting eyes upon it.

The hazel dormouse is a protected species, but that doesn't make it easy to find. In some woodlands, nest boxes remain empty season after season. So conservationists have turned to a more subtle method – one that relies not on sightings, but on tiny footprints left behind.

Each of the fifteen tunnels set up in Pentre Ifan's restored woodland last July, held a strip of paper and a smudge of ink. Just enough to catch the tell-tale 'pizza-slice' footprints of a dormouse passing through. And by the end of the season, more than half had recorded dormouse prints – some more than once.

Best of all, the signs weren't limited to one area. Over time, footprints started appearing in new spots across the site, suggesting that the dormice



might be moving further afield.

"It's wonderful to see dormice returning to woodlands that were once dominated by conifers," said Mary Chadwick, a Conservation Officer at the Park Authority. "Every footprint tells us something new about how these animals are moving through the landscape, which helps us manage the site in a way that gives them the best possible chance to thrive."

October brought the clearest sign yet: a female dormouse, resting in a nest box close to the tunnel line. Not a footprint this time, but the animal itself – thriving and very much at home.

It's early days, but for the volunteers involved, these tiny signs are a huge step forward. Not just for dormouse conservation, but for understanding how species respond when habitats are allowed to heal.

Restoring native woodland takes time and patience. But thanks to local volunteers and a handful of plastic tunnels, one of the UK's rarest mammals is back on the map in North Pembrokeshire.

Lle i anadlu yn y Goedwig Law Geltaidd



Cwm Gwaun



Llanychaer, Cwm Gwaun

Breathing Space in the Celtic Rainforest



Tŷ Canol

Yn ddwfn yn nyffryn coediog Cwm Gwaun, mae rhywbeth hynafol yn adfywio'n araf bach.

Roedd y cen gwyrdd trawiadol, Llysiau'r Ysgyfaint - mae ei enw a'i rinweddau iachau'n deillio o'i debygrwydd i feinwe'r ysgyfaint - yn gyffredin iawn yng nghoetiroedd gwlyb Cymru. Ond gyda newidiadau mewn ansawdd aer a dulliau rheoli coetir, mae wedi prinhau'n sylweddol, a chafodd ei gofnodi ar bum coeden yn unig yng Nghwm Gwaun yn 2007.

Yna, yn dilyn storm dros y gaeaf, cafwyd hyd i ddarn bach ohono ar lawr y goedwig.

Trwy hap a damwain, roedd Swyddog Cadwraeth o Awdurdod y Parc yn digwydd cerdded drwy'r safle ac fe adnabyddodd y darn a oedd wedi torri'n rhydd gyda'r gwynt. Wedi iddo gael ei osod yn ddiogel ar gangen coeden onnen gerllaw gyda rhydydi bagiau ffrwythau, llwyddodd y darn nid yn unig i oroesi, ond i dyfu.

Nawr, fel rhan o brosiect Cysylltu Natur 25x25, mae 46 darn arall wedi cael eu trawsblannu ar draws tri safle a ddewiswyd yn ofalus yn y cwm. Mae pob coeden wedi cael ei mapio a'i labelu, gan alluogi gwirfoddolwyr

i olrhain y cennau wrth iddynt wau eu hunain drwy'r goedwig unwaith eto.

Dim ond mewn aer glân a llaith mae Llysiau'r Ysgyfaint yn ffynnu, ac mae ei bresenoldeb yn arwydd bod rhywbeth yn gwella.

Nid buddugoliaethau sydyn mo'r rhain. Ond i'r rhai sy'n cerdded drwy'r coed, maen nhw'n arwydd o adferiad, nid ar ffurf olion traed, ond yn hytrach, tyfiant cen bregus gwyrdd ar risgl coed.



Llysiau'r Ysgyfaint
Tree lungwort

Deep in the wooded valley of Cwm Gwaun, something ancient is stirring back to life.

Tree lungwort, a striking green lichen – its name and alleged healing properties both derived from its distinctive resemblance to pulmonary tissue – was once common in Wales's wet woodlands. But with changes in air quality and woodland management, it's become increasingly rare and was recorded on just five trees in Cwm Gwaun in 2007.

Then, after a winter storm, a single fragment was found on the forest floor.

By sheer chance, a Conservation Officer from the Park Authority happened to be passing through the site and recognised the scrap that had been torn loose by the wind. After being secured to the branch of a nearby ash tree with fruit-bag netting, the fragment didn't just survive – it grew.

Now, as part of the Cysylltu Natur 25x25 project, 46 more fragments have been transplanted across three carefully chosen sites in the valley. Each tree is mapped and labelled, allowing volunteers to track the lichens as they slowly knit themselves into the woodland once more.

Tree lungwort thrives only in clean, humid air, and its presence is a signal that something is healing.

These aren't fast victories. But for those walking the woods, they are signs of recovery written not in footprints, but in the delicate green bloom of lichen on bark.



Cwm Gwaun

Sir Benfro ar Blât Pembrokeshire on a Plate



BLAS RESTAURANT
ST DAVID'S

Lunch, Sunday Lunch, Bar Menu,
Afternoon Tea, Dinner & Drinks

*Dining inspired by the Seasons
& Surroundings*

BLASRESTAURANT.COM | DINE@BLASRESTAURANT.COM | +44 (0)1437 725 555



Foxhill
CYFFEITHIAU • PRESERVES

Chutney, Jam, Jelly, Marmalade - available from:

- Brynhoffnant - Sioip Hoffnant Stores SA44 6ED - Open Daily
- St Dogmaels: Local Producers Market - Tuesday mornings
- Glebelands Market Garden Thursday-Sunday
- Cardigan - Dewi James Butchers
- Cilgerran - Sioip y Pentre - Open Daily
- Cenarth Deli - Friday-Sunday

foxhillpreserves@gmail.com



Pembrokeshire's
BARTI

Use Code:
BARTICOAST
for 10% off
bartirum.wales



THE REALLY WILD RESTAURANT

FORAGE • EAT SHOP • STAY

Wild and Local! Join us for a dining experience like no other, at The Really Wild Restaurant! Tantalise your tastebuds with some of the finest wild and seasonal foods that Pembrokeshire has to offer, in our rustic and intimate setting!

Taster Menu • Plates Menu • Events Menu

The Really Wild Emporium, 24 High St, St Davids, SA62 6SD • 01437 72755 • reallywildemporium.co.uk



MELIN TREGWYNT

Cafe - open everyday - all year

Mon-Fri 8:30-5:00pm
Sat-Sun 10:00-3:00pm

Melin Tregwynt, Castlemorris,
Haverfordwest, Pems, SA62 5UX

+44 (0)1348 881 225
info@melintregwynt.co.uk
melintregwynt.co.uk

Mwynhewch Flas Sir Benfro

Mae Sir Benfro yn enwog am ei thraethau a'i harfordir gwyllt, ond mae'r ardal yr un mor gyfoethog ar y plât. Diolch i hinsawdd fwyn a phridd ffrwythlon, mae'r sir yn cynhyrchu amrywiaeth rhyfeddol o fwyd. Mae ffermydd lleol yn cyflenwi cig a dofednod ffres, tra bo'r môr yn cynnig popeth o gregyn bylchog melys i ddraenogod y môr.

I sicrhau eich bod yn mwynhau bwyd dilys, chwiliwch am Nod Cynnyrch Sir Benfro. Mae'r logo hwn yn dangos bod cynnyrch wedi'i wneud yn y sir, neu fod busnes yn defnyddio cynhwysion lleol. Caiff pob aelod ei wirio i sicrhau eu bod yn bodloni safonau uchel y cynllun.

Mwynhewch y bwyd hwn ym marchnadoedd ffermwyr Hwlfordd ac Abergwaun, neu ddigwyddiadau fel Haverfoodfest, Gŵyl Fwyd Stryd Sir Benfro, a Gŵyl Fwyd Arberth. Dewis y Nod Cynnyrch yw'r ffordd orau o fwynhau blas iawn Sir Benfro. Am restr o aelodau, ewch i www.sir-benfro.gov.uk/nod-cynnyrch-sir-benfro.



AA Rosette award for culinary excellence 2024

THE LINKS

Tenby's Hidden Gem - Open to All
SIMPLE FOOD, BRILLIANTLY DONE!

A light and airy dining destination, overlooking the fairways at Tenby Golf Club

- ★ Ranked #1 Restaurant in Tenby on TripAdvisor
- AA Rosettes for Culinary Excellence
- "Excellent food. Great service" Trip Advisor 2026

Enjoy relaxed dining, minutes from Tenby town centre.

The Links pairs outstanding local produce with friendly, professional service.

BOOK YOUR TABLE
www.thelinkstenby.co.uk **01834 495001**

LOCAL PRODUCE | WELSH BEERS & SPIRITS | FREE PARKING (ANPR)
The Links | The Burrows | Tenby | Pembrokeshire | SA70 7NP



THE PERFECT SETTING FOR
COFFEE • CAKE • LIGHT LUNCHES

Black Pool MILL

FIND US JUST OFF THE A40 AT CANASTON BRIDGE.
Bring your pooch. They'll love it too! 🐾

blackpoolmill.com f i



Enjoy the Taste of Pembrokeshire

Pembrokeshire is famous for its beaches and wild coastline, but it is just as rich on the plate. Thanks to a mild climate and fertile soil, the county produces a remarkable range of food. Local farms supply fresh poultry and meats, while the surrounding sea offers everything from sweet scallops to delicate sea bass.

To ensure you are eating genuinely local food, look for the Pembrokeshire Produce Mark. This logo shows a product is made in Pembrokeshire, or that a business uses local ingredients. Every member is verified to ensure they meet the scheme's high standards.

Enjoy this local food at Farmers Markets in Haverfordwest and Fishguard, or at events like Haverfoodfest, Pembrokeshire Street Food Festival, and Narberth Food Festival. Choosing the Produce Mark is the easiest way to enjoy the real taste of Pembrokeshire. For a full list of verified members, visit www.pembrokeshire.gov.uk/produce.



Ynys Bŷr / Caldey

Bydoedd ar y Môr

Mae ynysoedd Sir Benfro yn teimlo fel bydoedd ar wahân, gyda phob un ohonynt wedi'u siapio gan gyfuniad unigryw o greigiau, llanw ac amser. Mae gan nifer ohonynt enwau Llychlynnaidd, wedi'u henwi ar ôl morwyr Llychlynnaidd a fu'n hwylio heibio'r arfordir dros fil o flynyddoedd yn ôl. Mae eraill, fel Ynys Bŷr ac Ynys Dewi yn arddel enwau Cymreig gyda chysylltiadau â bywyd Cristnogol cynnar.

Mae'r hanesion hynny'n parhau, ond mae eu lle yn y Parc erbyn heddiw'n cael ei ddiffinio gan rywbeth arall. Mae rhai ohonynt yn warchodfeydd natur, eraill yn lleoedd ar gyfer pererindod neu enciliad tawel. Mae pob un ohonynt wedi'u siapio gan yr elfennau - a'r gofal angenrheidiol er mwyn eu cadw'n wyllt.

Ynys Sgomer

Mae un o ynysoedd mwyaf eithriadol y Parc Cenedlaethol, sef Ynys Skomer yn gartref i nythfeydd eang o adar y môr, gan gynnwys oddeutu hanner poblogaeth y byd o adar drycin Manaw a'r nythfa balod fwyaf yn ne Prydain. Mae llethrau'r ynys yn dal i ddangos olion anheddiad cyn-hanesyddol, ac mae ei natur ynysig wedi caniatáu i lygoden bengron Sgomer esblygu fel isrywogaeth unigryw. Erbyn heddiw, mae Sgomer yn warchodfa natur genedlaethol, sy'n cael ei rheoli'n ofalus gan Ymddiriedolaeth Natur De a Gorllewin Cymru i ddiogelu'r bywyd gwyllt a'r dirwedd fregus.

Ynys Sgogwm

I'r de o Sgomer, mae Sgogwm yn teimlo'n galetach rhywsut: clogwyni tywodfaen coch, glaswellt byr, a fflachiadau cyson ei oleudy o'r 19eg ganrif yn goleuo'r llwybr gorllewinol i Aberdaugleddau. Mae unigedd yr ynys wedi ei wneud yn un o'r safleoedd bridio pwysicaf yn Ewrop ar gyfer y pedryn drycin ac aderyn drycin Manaw. Mae ganddo hefyd hanes gwyddonol. Sylfaenodd y naturiaethwr Ronald Lockley arsyllfa adar cyntaf Prydain yma ym 1933, gan ddechrau cofnod astudio sy'n dal i lywio bywyd ar yr ynys hyd heddiw.

Ynys Bŷr

Mae Ynys Bŷr wedi'i siapio gan haenau o hanes: claddedaethau cyn-hanesyddol mewn ogofâu, mynachdy Celtaidd yn y chweched

ganrif, a'r abaty Celf a Chrefft a adeiladwyd ym 1910 sy'n dal i angori bywyd yr ynys hyd heddiw. Er ei fod mor adnabyddus am ei heddwch, bu hefyd yn cynnig swyddogaeth wahanol am gyfnod. Roedd herwlongau, gan gynnwys Henry Morgan, yn llechu yn ei ddyfroedd tawel pan oedd perygl ar y gorwel.

Mae clogwyni calchfaen a childraethau cysgodol yr ynys yn denu morloi llwyd ac adar y môr sy'n nythu ar glogwyni, ac mae'r coetir sydd wedi'i adfer bellach yn gartref i boblogaeth ffyniannus o wiwerod cochion. Ychydig o'r lan, mae Ynys Farged yn codi fel ynys lanwol serth sydd wedi'i ddiogelu ar gyfer bywyd gwyllt, gyda'r clogwyni'n gartref i nythfa fulfrain fwyaf Cymru.

Ynys Dewi

Mae Ynys Dewi yn wyllt drwyddi draw - clogwyni serth, gwyntoedd cryfion o'r lweydydd a'r boblogaeth fwyaf o forloi llwyd yng Nghymru. Mae ei hen enw Llychlynnaidd yn golygu Ynys y Gigfran, ac mae ei glogwyni uchel yn dal i ddenu cigfrain, hebogau, brain coesgoch a gwylogod. O dan y tonnau, mae llif llanwol yn corddi drwy Swnt Dewi, lle mae gwely'r môr yn gostwng 200 troedfedd ac mae'r cerhyntau'n byrlymu rhwng y creigiau pigog. Mae olion dynol yno ers cyn cof: carneddi cyn-hanesyddol, capel canoloesol ac olion fferm goll. Erbyn heddiw, mae'r ynys yn warchodfa natur sy'n eiddo i'r RSPB.

Gwales

Ymhell y tu hwnt i Sgomer, mae Gwales yn codi fel tirnod gwyn, amlwg - ei glogwyni'n frith o ganlyniad i'r nythfa fulfrain llwydion sy'n ei wneud yr unig safle o'i fath yng Nghymru ac un o'r mwyaf yn y byd, gydag oddeutu 39,000 o barau bridio. Mae'r ynys wedi bod yn warchodfa RSPB ers 1947, gyda'r dyfroedd o'i amgylch yn llawn dolffiniaid, llamhidyddion a morloi llwyd. Mae adar drycin y graig, llursod, a gwylanod coesddu'n nythu ymysg y clogwyni, ac yn ystod y cyfnod canoloesol, byddai bugeliadau yn pori defaid ar y llethrau gwyntog. Mae'r enw Cymraeg, sef Gwales, yn deillio o'r ynys arallfydol yn chwedl Branwen. Nid oes neb yn glanio yma erbyn heddiw, ond mae cychod yn dal i deithio i weld y cadarnle gwyllt a gorlawn o adar môr.



Ynys Dewi / Ramsey Island



Sgomer / Skomer



Gwales / Grassholm



HUGan / Gannet



Ynys Sgogwm / Skokholm

Offshore Worlds

Pembrokeshire's islands feel like separate worlds, each shaped by their own mix of rock, tide and time. Many carry Norse names, left by Viking sailors who passed along this coast over a thousand years ago. Others, like Caldey and Ramsey, keep older Welsh names tied to early Christian life.

Those histories linger, but their place in the Park today is defined by something different. Some are nature reserves, others places of pilgrimage or quiet retreat. All are shaped by the elements - and by the care it takes to keep them wild.

Skomer

One of the National Park's most remarkable islands, Skomer is home to vast colonies of seabirds, including around half the world's Manx shearwaters and the largest puffin colony in southern Britain. The island's slopes still carry traces of prehistoric settlement, and its isolation has allowed the Skomer vole to evolve as a unique subspecies. Today Skomer is a national nature reserve, carefully managed by the Wildlife Trust of South and West Wales to protect its wildlife and fragile landscape.

Skokholm

South of Skomer, Skokholm feels harder edged: red sandstone cliffs, short cropped grass, and the steady flash of its 19th-century lighthouse marking the western approach to Milford Haven. The island's seclusion has made it one of Europe's most important breeding sites for storm petrels and Manx shearwaters. It also carries a scientific legacy. Naturalist Ronald Lockley founded Britain's first bird observatory here in 1933, beginning a record of study that still shapes life on the island today.

Ronald Lockley (gyda Warden Graham Gynn tua 1983)

Ronald Lockley (with Warden Graham Gynn c1983)

Caldey

Caldey is shaped by layers of history: prehistoric cave burials, a Celtic monastery in the sixth century, and the Arts and Crafts abbey built in 1910 that still anchors island life today. For all its quiet reputation, it once served a rougher purpose too. Passing privateers, including Henry Morgan, were known to lie low in its sheltered waters when danger was near.

The limestone ledges and sheltered coves of the island draw grey seals and cliff-nesting seabirds, while its restored woodland now supports a thriving population of red squirrels. Just offshore, St Margaret's rises as a steep tidal island protected for wildlife, its cliffs holding Wales's largest cormorant colony.

Ramsey

Ramsey is wild from the start - sheer cliffs, Atlantic gales, and the largest grey seal colony in Wales. Its Old Norse name means Raven's Island, and its soaring rock ledges still draw ravens, peregrines, choughs and guillemots. Beneath the waves, tidal races churn through Ramsey Sound, where the seabed drops away by 200 feet and currents tear between jagged rocks. Human traces are older than memory: prehistoric cairns, a medieval chapel, and the relics of a long-lost farm. Today, the island is an RSPB nature reserve.

Grassholm

Far out beyond Skomer, Grassholm rises as a stark, white landmark - its cliffs stained by the vast gannet colony that makes this the only site of its kind in Wales and one of the largest in the world, with around 39,000 breeding pairs. The island has been an RSPB reserve since 1947, its waters busy with dolphins, porpoises and grey seals. Fulmars, razorbills and kittiwakes nest among the ledges, and in medieval times shepherds grazed sheep on its windy slopes. In Welsh tradition it appears as Gwales, the otherworldly island from Branwen's tale. Today, no one lands here, though boats still travel out to witness this fierce, crowded stronghold of seabirds.



Sgomer o Barc y Ceirw, Martin's Haven / Skomer from the Deer Park, Martin's Haven

Castell Caeriw
Carew Castle



Mannau Gwylt, Safleoedd Croesawgar

Wild Spaces, Welcoming Places

Wrth ymateb i'r argyfwng natur, mae pob ymdrech fach yn cyfrif. Dewch i weld sut rydym yn gwneud y gorau o fyd natur yn ein mannau amwynder ac ar ein hadeiladau.

Castell Caeriw

Mae bywyd gwylt wrth eu bodd yn Nghastell Caeriw - bron cymaint â'n hymwelwyr!

Mae'r Castell wedi'i ddyodi'n Safle o Ddiddordeb Gwyddonol Arbennig (SoDGA) oherwydd ei ystlumod pedol mwy, er y gall cymaint ag un ar ddeg o rywogaethau o ystlumod fod yn bresennol ar unrhyw un adeg. Oherwydd hyn, rhaid i bob digwyddiad a gweithgaredd i ymwelwyr fod yn gyfeillgar i ystlumod, sy'n golygu cadw swm a goleuadau mor isel â phosibl. Mae ymwelwyr ac ystlumod yn cwrrd â'i gilydd bob hyn a hyn yn ystod ein teithiau cerdded tywys gyda'r nos.

Er mwyn rhoi hwb i nifer y pryfed sydd ar gael i'r ystlumod, rydym hefyd wedi mabwysiadu trefn rheoli glaswelltir newydd sy'n caniatáu i'r tywarchen flodeuo a gwasgaru hadau. Dros y gaeaf, mae ffermwr lleol yn pori ei ddefaid Jacob ar y safle i gadw'r cynefin yn agored ac i ddarparu'r tail sy'n cynnal y pryfed y mae'r ystlumod yn dibynnu arnynt.

Mae'r glaswelltir hefyd yn werthfawr oherwydd ei ffyngau, yn enwedig y capiau cwyr lliwgar, gan gynnwys y cap cwyr pinc, y cap cwyr coch a'r cap cwyr euraidd.

Dyweddod Daisy Hughes, Rheolwr Gwasanaethau Ymwelwyr (De): "Gall fod yn heriol taro cydbwysedd rhwng anghenion atyniad ymwelwyr prysur a'r bywyd gwylt sy'n gwneud hwn yn lle mor arbennig. Gall hyd yn oed newidiadau bach - fel newid i drefn dorri porfa sy'n fwy cyfeillgar i fywyd gwylt - ennyn llawer o ddiddordeb a gwneud i ambell un godi ael. Ond i ni, nid traferth sydd

angen ei reoli yw natur; mae'n un o'n hasedau mwyaf."

Rydym yn ymfalchïo'n fawr mewn helpu ymwelwyr i ddeall pam rydym yn gofalu am y safle fel hyn, a sut mae'r penderfyniadau hyn yn cefnogi'r adar, yr ystlumod, y pryfed a'r planhigion sy'n galw'r lle hwn yn gartref. Drwy rannu'r straeon y tu ôl i'n dewisiadau rheoli, rydym wedi canfod bod pobl nid yn unig yn gwerthfawrogi'r bywyd gwylt yn fwy, ond eu bod hefyd yn dod yn gefnogwyr brwd o'r gwaith sydd ei angen i'w amddiffyn.

Parc Llanion

Mae nifer y gwenoliaid duon yng Nghymru wedi gostwng mwy na 76% ers 1995. Mae hyn i raddau helaeth oherwydd bod gwaith cynnal a chadw ar adeiladau modern wedi cael gwared ar y tyllau a'r cilfachau y maent yn dibynnu arnynt ar gyfer nythu. Er mwyn gwneud ein rhan i atal y dirywiad hwn, rydym wedi gosod terasau gwenoliaid duon newydd ar ein hadeilad yn Noc Penfro. Mae'n fan delfrydol i wenoliaid duon - neu felly rydym yn gobeithio - ac rydym yn anelu at ddenu adar ifanc pan fyddant yn dychwelyd o Affrica i fridio y flwyddyn nesaf. Yn ystod y cyfnod mudo, byddwn hefyd yn defnyddio apiau sain i'w hannog i archwilio eu cartrefi newydd.

Skrinkle Haven

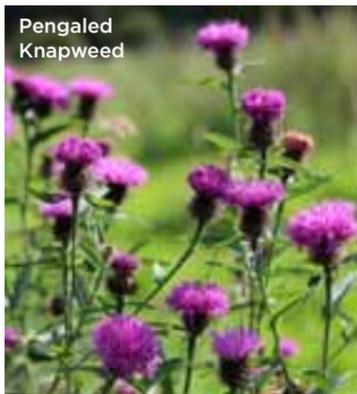
Rydym wedi gweld buddion amlwg ers newid o lawnt amwynder sy'n cael ei thorri'n dynn i drefn dorri dolydd gwair fwy hamddenol ar y safle hwn, sy'n gyn-wersyll byddin. Mae'r glaswelltir bellach yn gyfoeth o flodau gwylt sy'n nodweddiadol o gynefin dolydd gwair, gan gynnwys gwalch-lys cyffredin, troed-y-ceiliog, pengaled ddu a chribell felen, yn ogystal â nifer o rywogaethau o degeiriannau. Mae hefyd yn fwrwm o bryfed fel gwenyn a gloynnod byw.



Ystlum pedol mawr
Greater horseshoe bat



Gwennol ddu / Swift



Pengaled
Knapweed



Troed-y-ceiliog
Birds-foot trefoil

In responding to the nature crisis every little bit helps. Find out how we are maximising nature on our amenity spaces and on our buildings.

Carew Castle

Wildlife loves Carew Castle almost as much as our visitors!

The Castle is designated as a SSSI for its greater horseshoe bats, although as many as eleven bat species may be present at any one time. As a result, all events and visitor activities must be bat-friendly, which means keeping noise and lighting to a minimum. Visitors and bats do occasionally cross paths during our evening guided bat walks.

To boost insect numbers for the bats, we've also adopted a new grassland management regime that allows the sward to flower and set seed. Over winter, a local farmer grazes his Jacob sheep on the site to keep the habitat open and to provide the dung that supports the insects bats depend on.

The grassland is also valuable for its fungi, particularly the colourful waxcaps, including pink waxcap, scarlet waxcap and golden waxcap.

Daisy Hughes, Visitor Services Manager South, said: "It can be challenging to balance the needs of a busy visitor attraction with the wildlife that makes this such a special place. Even small changes - like shifting to a more wildlife-friendly grass-cutting regime - can spark a lot of interest and the occasional raised eyebrow. But for us, nature isn't an inconvenience to be managed; it's one of our greatest assets."

We take real pride in helping visitors understand why we look after the site the way we do, and how these decisions support the birds, bats, insects and plants that call it home. By sharing the stories

behind our management choices, we've found that people not only appreciate the wildlife more, they become enthusiastic supporters of the work needed to protect it.

Llanion Park HQ

Swift numbers in Wales have fallen by more than 76% since 1995, largely because modern building maintenance has removed the nooks and crannies they rely on for nesting. To play our part in reversing the decline, we've installed new swift terraces on our building in Pembroke Dock. It's an ideal spot for swifts - or so we hope - and we're aiming to attract young birds when they return from Africa to breed next year. During the migration period, we'll also use audio lures to encourage them to investigate their new homes.

Skrinkle Haven

We've seen real benefits since shifting from a tightly cut amenity lawn to a more relaxed hay meadow mowing regime at this former army camp. The grassland is now rich with wildflowers typical of hay meadow habitat, including common cat's-ear, birds-foot trefoil, black knapweed and yellow rattle as well as a number of orchid species. It is also buzzing with insects such as bees and butterflies.



Skrinkle Haven

Capiau Cwyr

Mae mwy yn digwydd yn Sir Benfro yn yr hydref na dail yn newid lliw. O dan eich traed, mae mwy o liw - maent yn rhyfedd, yn fyw ac mae'n hawdd eu colli os nad ydych chi'n edrych i lawr.

Dyma'r cyfnod y mae madarch lliwgar yn ymddangos yng nghorneli tawel y Parc Cenedlaethol. Mae'r lliwiau coch, melyngoch, pinc rhosyn ac oren llachar yn edrych fel petaent yn dod yn syth o lyfr i blant. Capiau Cwyr yw'r enw ar y rhain - grŵp prin a phrydferth o ffyngau sy'n tyfu.

Yn wahanol i'r caws llyffant trawiadol sydd i'w weld mewn coetiroedd, mae capiau cwyr yn ffynnu mewn hen lefydd: arfordiroedd comin, hen fynwentydd, dolydd gwair a phorfeydd sydd heb eu haredig. Mae eu presenoldeb yn arwydd o gyfoeth ecolegol, ac yn dangos bod bioamrywiaeth gudd dan draed.

Yr hydref diwethaf, dysgodd gwirfoddolwyr y Parc Cenedlaethol sut i'w canfod a'u cofnodi fel rhan o brosiect i leoli glaswelltiroedd capiau cwyr Sir Benfro. Daethpwyd o hyd i sawl man newydd, sy'n ychwanegu at enw da Cymru fel cadarnle i'r rhywogaeth hwn sydd dan fygythiad.

I ddysgu rhagor am wirfoddoli gyda'r Parc Cenedlaethol, ewch i www.arfordirpenfro.cymru/cymryd-rhan/gwirfoddoli.

Caiff y prosiect hwn ei ariannu gan y Gronfa Rhwydweithiau Natur a'i gyflawni gan y Gronfa Dreftadaeth ar ran Llywodraeth Cymru.



Cap cwyr euraidd

Golden waxcap



Cap cwyr rhuddgoch

Crimson waxcap



Cap cwyr balerina

Pink waxcap

Wonderful Waxcaps

Autumn in Pembrokeshire isn't just about turning leaves. Beneath your boots, you'll find another burst of colour rising - strange, vivid, and easily missed unless you're looking down.

This is the time of year when brightly coloured mushrooms begin appearing in quiet corners of the National Park. Scarlet, saffron, rose pink and vibrant orange, they seem conjured from a child's storybook. These are waxcaps - a rare and beautiful group of fungi that grow only in undisturbed, unimproved grassland.

Unlike the showier woodland toadstools, waxcaps thrive in places with a long memory: coastal commons, old churchyards, hay meadows, and pastures left unploughed for centuries. Their presence is a sign of ecological richness and a hidden treasure trove of biodiversity underfoot.

Last autumn, National Park volunteers learned how to spot and record them as part of a project to map Pembrokeshire's waxcap grasslands. Several new hotspots were discovered, building upon Wales's reputation as a stronghold for these threatened species.

To learn more about volunteering in the National Park, visit www.pembrokeshirecoast.wales/volunteering.

This project is supported by the Nature Networks Programme and delivered by The National Lottery Heritage Fund on behalf of the Welsh Government.

Teithiau Cwch ac Ymweliadau Ynys Boat Trips and Island Visits



■ **A Bay to Remember:**
Trips depart from Cardigan.
Book online at www.baytoremember.co.uk
Tel: 01239 623558
tony@baytoremember.co.uk
Find us on Instagram, Facebook & Twitter @abaytoremember
We operate out of Cardigan, within Cardigan Bay's Special Area of Conservation, home to over 250 bottlenose dolphins, Europe's largest resident population.
1 hour Bay Explorer Trip
Our first stop is at Cardigan Island, an important nesting area for seabirds, then along the coast to Mwnt, where we regularly see resident bottlenose dolphins. On average we see dolphins and/or porpoises on 60% of our 1 hour trips. We then head to Cemaes Head for Atlantic grey seals, some of the highest sea cliffs in Wales with spectacular sea caves (our boat fits in the caves!). Suitable for all ages, adults & children £30. Minimum age 4.
1.5 & 2 hour Extended Bay Explorer Trip
The extra time allows us to explore further, increasing your chances of finding bottlenose dolphins. On average we see dolphins and/or porpoises on 80% of our 1.5-hour and 95% of our 2-hour trips. Adult & children £45-£60. Minimum age 8.

■ **Dale Sailing Company**
www.pembrokeshire-islands.co.uk
Tel: 01646 603123
Facebook: Pembrokeshire Islands - Boat Trips
Instagram: @_pembrokeshireislands
Dale Sailing Company operates six vessels. The 90-seat Dale Queen and Dale Prince, the 50-seat Dale Princess and Lady Helen, and the 12-seat Helen Clare and Wavedancer 2.
Running from 1 April to 30 September. Departing from Martin's Haven. See our advert on page 47 for full details.
SKOMER DAILY LANDINGS:
Depart Tuesday to Sunday from 10am. Return boats from 3pm. No landings Monday, except May Half Term week.
SKOMER CRUISE:
1hr guided cruise. Operate daily. Adult £24, Child £18.
SEABIRD SPECTACULAR:
Guided 1.5hr evening cruise. Departs at 7pm. 14 April to 31 July. Adult £34. Child £28.
DALE SEA SAFARIS:
Exhilarating wildlife adventures around Skomer, Skokholm and Grassholm Islands. Please see our website for full and up to date timetables, prices and availability. BOOK ONLINE at www.pembrokeshire-islands.co.uk.
PRIVATE CHARTERS: Available on all vessels - call for more details.

9/10 Dolphin sighting rate on extended trips

A Bay to Remember
WILDLIFE BOAT TRIPS

VOTED #1 in UK

★★★★★
"I wish I could give it 6 stars"
Tripadvisor

"Amazing, on every level"

DOLPHINS BIRDS SEALS SEA CAVES

Book online 01239 623558
www.baytoremember.co.uk



01437 721721
www.bluesharkuk.com



1.5 hour mackerel Fishing
3 hour Deep Sea
4 hour Bait Fishing
Bass, Wreck, Shark and Tuna Fishing also available
Tuition provided



Rod, Reel and End Tackle included

THOUSAND ISLANDS EXPEDITIONS BOAT TRIPS

Cross Square
St Davids
SA62 6SL
01437 721721
www.thousandislands.co.uk

RAMSEY ISLAND FERRY
GRASSHOLM GANNETS
SKOMER PUFFINS

1975

RSPB

Dewch i gwrdd â Jinx: Y Ci Canfod sy'n Gwarchod Ynysoedd Adar Môr Cymru

Gan Dîm Biodegielwch i Gymru, RSPB Cymru

Mae Biodegielwch i Gymru yn gweithio'n agos gydag ynysoedd adar môr Sir Benfro gan gynnwys Sgomer, Ynys Bŷr ac Ynys Dewi i warchod adar y môr trwy atal mamaliaid ysglyfaethus goresgynnol anfrodorol megis llygod mawr rhag cyrraedd a chytrefu'r ynysoedd.

Mae'r ysglyfaethwyr hyn yn gallu dinistrio nythfeydd adar môr trwy fwyta wyau, cywion ac adar llawn dwf. Mae llygod mawr yn gallu nofio dros filltir, a gall un llygoden fawr feichiog gynhyrchu nythfa o dros 300 o fewn cyn lleied ag wyth mis!

Os bydd ysglyfaethwr goresgynnol yn cyrraedd un o'r ynysoedd adar môr, mae angen i ni wybod hynny ar unwaith. Ynghyd ag adnoddau goddefol fel trapiau camera, cardiau olrhain olion traed a blociau cnoi wedi'u gwneud o gwyr, mae ein ci canfod arbennig, Jinx, a'i hyfforddwr, Greg, yn gallu chwilio'r ynysoedd yn ogystal â chychod a llwythi risg uchel, megis deunyddiau adeiladu, sydd ar eu ffordd i'r ynysoedd.

Mae Jinx wedi'i hyfforddi'n union fel cŵn canfod ffrwydrion neu gyffuriau, ond yn seiliedig ar arogl llygod mawr. Os bydd yn arogl llygoden fawr neu faw llygoden fawr, bydd yn eistedd er mwyn dangos i Greg ei fod wedi dod o hyd i rywbeth. Yna, bydd Greg yn ei alw'n ôl ac yn mynd i chwilio'n fwy trylwyr ar ei ben ei hun i weld beth mae Jinx wedi'i ddarganfod. Nid yw Jinx yn erlid nac yn dal llygod mawr.

Mae gwybod bod Jinx ar ein tîm yn ein galluogi i gwmpasu ardaloedd chwilio ehangach ac i fod yn fwy hyderus yn ein canlyniadau - mae'n newid byd go iawn!

Ewch i wefan www.biosecurityforLIFE.org.uk am ragor o fanylion.



Meet Jinx: The Detection Dog Defending Wales' Seabird Islands

By the Biosecurity for Wales Team, RSPB Cymru

Biosecurity for Wales works closely with Pembrokeshire seabird islands including Skomer, Caldey and Ramsey to protect seabirds by preventing invasive non-native mammalian predators, such as rats, reaching and colonising the islands.

These predators can quickly decimate island seabird colonies by eating eggs, chicks, and adult birds. Rats are capable of swimming over a mile and one pregnant female rat can produce a colony of over 300 in just eight months!

If an invasive predator does reach a seabird island, we need to know about it quickly. Alongside passive tools such as camera traps, footprint tracking cards and wax chew blocks, our amazing conservation detection dog, Jinx, and his handler, Greg can actively search the islands as well as boats and high-risk cargo, such as building materials, heading over to the islands.

Jinx is trained exactly as bomb or drug detection dogs, but on the scent of rats. If he smells a rat or rat droppings, he sits to indicate to Greg that he has found something. Greg will then call him back and go for a closer look himself to identify what Jinx has found. Jinx does not chase or catch rats.

Having Jinx on our team allows us to cover more ground during searches and have more confidence in our results - a real game changer!

Visit our website www.biosecurityforLIFE.org.uk to learn more.

SeaMôr 1 hour wildlife boat trips

DOLPHIN WATCHING

- Listen to the dolphins with our underwater microphone
- Fully guided trips with knowledgeable marine biologists
- View and handle the creatures caught in our lobster pots

Our booking office is inside the gift shop on the seafront in New Quay (SA45 9NP)
Booking in advance is necessary as we only carry 12 passengers.

Adults: £15 Children: £10
Tel: 07795 242 445 | Web: www.seamor.org

Find us on facebook [7seamordolphins](https://www.facebook.com/seamordolphins)

falcon boats

Outstanding wildlife boat trips

SPECIALISTS IN BESPOKE WILDLIFE EXPERIENCES

On our fully guided marine voyages, explore echoing sea caves, towering rock gorges, marvel at seabird cities & enjoy close encounters with seals, porpoise, dolphins and more. Learn all about our unique wildlife, spectacular geology & local history & experience some of the fastest tidal races in the country.

EXPLORE THE PEMBROKESHIRE ISLANDS OF RAMSEY, SKOMER, GRASSHOLM, THE SMALLS AND THE BISHOPS & CLERKS .

T. 07494 141764 E. info@falconboats.co.uk, www.falconboats.co.uk, 10 New St, St Davids, SA62 6SN

VOYAGES OF DISCOVERY

Discover the Pembrokeshire Islands of Ramsey, Skomer, Grassholm, The Smalls and The Bishops & Clerks

Book online now www.ramseyisland.co.uk

T. 01437 721 911
1 High Street, St Davids. SA62 6SA

Suitable for all ages

Mae'r tablau'n dangos dŵr uchel y bore ac yna'r uchder mewn metrau, wedyn dŵr uchel prynhawn ac yna'r uchder hwnnw.
The tables show the morning high water followed by the height in metres and then the afternoon high water followed by that height.

Tablau Llanw Tide Tables

- Gwahaniaethau o Aberdaugleddau
- Dale tynnwch 5 munud
- Little Haven ychwanegwch 7 munud
- Niwgwyl ychwanegwch 30 munud
- Solfach ychwanegwch 10 munud
- Swnt Dewi ychwanegwch 5 munud
- Abergwaun ychwanegwch 1 awr 3 munud
- Poppit ychwanegwch 1 awr 5 munud
- Llangwm ychwanegwch 15 munud
- Cei Ystagbwll tynnwch 15 munud
- Dinbych-y-pysgod tynnwch 14 munud
- Llanusyllt tynnwch 13 munud

- Differences from Milford Haven:
- Dale minus 5 mins
 - Little Haven add 7 mins
 - Newgale add 30 mins
 - Solva add 10 mins
 - Ramsey Sound add 5 mins
 - Fishguard add 1 hour 3 mins
 - Poppit add 1 hour 5 mins
 - Llangwm add 15 mins
 - Stackpole Quay minus 15 mins
 - Tenby minus 14 mins
 - Saundersfoot minus 13 mins

Ebrill / April		Mai / May		Mehefin / June		Gorffennaf / July		Awst / August		Medi / September		Hydref / October	
1	0647 7.01 1906 6.94	1	0652 6.73 1909 6.76	1	0735 6.36 1951 6.53	1	0756 6.26 2012 6.53	1	0845 6.61 2103 6.86	1	0926 6.87 2146 6.93	1	0941 6.80 2206 6.60
2	0722 7.10 1939 7.01	2	0725 6.72 1941 6.77	2	0809 6.31 2025 6.48	2	0830 6.29 2048 6.54	2	0918 6.61 2136 6.82	2	1002 6.64 2224 6.61	2	1024 6.39 2256 6.08
3	0755 7.07 2011 6.99	3	0757 6.65 2012 6.71	3	0842 6.22 2100 6.39	3	0905 6.28 2123 6.51	3	0953 6.54 2212 6.69	3	1041 6.31 2308 6.18	3	1120 5.92
4	0826 6.96 2040 6.87	4	0827 6.52 2042 6.57	4	0917 6.09 2136 6.25	4	0939 6.23 2159 6.44	4	1028 6.38 2251 6.47	4	1130 5.90	4	0003 5.56 1240 5.54
5	0855 6.76 2109 6.67	5	0859 6.33 2114 6.37	5	0954 5.92 2215 6.08	5	1017 6.13 2238 6.32	5	1109 6.14 2334 6.18	5	0006 5.69 1241 5.50	5	0136 5.28 1422 5.53
6	0924 6.49 2138 6.40	6	0930 6.07 2148 6.12	6	1034 5.74 2259 5.91	6	1057 6.00 2321 6.18	6	1157 5.86	6	0133 5.32 1421 5.39	6	0318 5.48 1551 5.95
7	0953 6.15 2208 6.06	7	1005 5.78 2226 5.83	7	1121 5.58 2350 5.76	7	1142 5.85	7	0030 5.84 1302 5.59	7	0318 5.39 1600 5.75	7	0430 5.98 1652 6.48
8	1024 5.76 2243 5.67	8	1047 5.47 2314 5.54	8	1217 5.46	8	0009 6.02 1236 5.72	8	0145 5.57 1427 5.50	8	0442 5.86 1709 6.34	8	0521 6.48 1740 6.91
9	1103 5.33 2331 5.28	9	1141 5.19	9	0049 5.70 1321 5.46	9	0108 5.87 1340 5.64	9	0315 5.55 1556 5.73	9	0540 6.42 1800 6.89	9	0604 6.86 1821 7.18
10	1201 4.93	10	0018 5.33 1254 5.04	10	0154 5.75 1429 5.60	10	0216 5.81 1453 5.71	10	0439 5.86 1711 6.22	10	0627 6.87 1845 7.27	10	0642 7.08 1859 7.28
11	0048 4.98 1336 4.73	11	0135 5.31 1415 5.16	11	0300 5.93 1533 5.88	11	0330 5.89 1606 5.95	11	0547 6.33 1810 6.74	11	0707 7.15 1924 7.46	11	0718 7.17 1933 7.25
12	0233 5.02 1524 4.97	12	0250 5.55 1526 5.52	12	0402 6.20 1633 6.23	12	0442 6.13 1712 6.32	12	0640 6.77 1900 7.17	12	0745 7.27 2002 7.48	12	0751 7.14 2006 7.11
13	0353 5.43 1626 5.48	13	0351 5.94 1622 5.98	13	0501 6.49 1728 6.58	13	0547 6.44 1814 6.71	13	0727 7.07 1945 7.43	13	0821 7.23 2036 7.33	13	0822 7.01 2038 6.89
14	0445 5.95 1712 6.03	14	0444 6.38 1711 6.44	14	0557 6.75 1822 6.88	14	0645 6.75 1909 7.05	14	0809 7.21 2027 7.50	14	0854 7.07 2109 7.07	14	0853 6.79 2108 6.59
15	0529 6.46 1752 6.53	15	0533 6.77 1757 6.82	15	0651 6.94 1915 7.09	15	0739 6.97 1959 7.28	15	0849 7.19 2106 7.39	15	0925 6.81 2140 6.70	15	0924 6.50 2139 6.23
16	0610 6.90 1831 6.94	16	0620 7.06 1842 7.10	16	0745 7.02 2006 7.19	16	0827 7.07 2046 7.35	16	0926 7.02 2143 7.13	16	0956 6.46 2211 6.28	16	0955 6.16 2212 5.83
17	0650 7.23 1910 7.22	17	0707 7.22 1928 7.24	17	0836 6.99 2057 7.17	17	0912 7.02 2131 7.27	17	1001 6.73 2218 6.75	17	1027 6.06 2244 5.81	17	1032 5.77 2251 5.40
18	0731 7.41 1950 7.35	18	0754 7.22 2015 7.24	18	0927 6.84 2147 7.03	18	0955 6.84 2214 7.04	18	1036 6.36 2252 6.30	18	1104 5.63 2324 5.33	18	1121 5.38 2349 5.01
19	0812 7.42 2030 7.31	19	0843 7.07 2103 7.09	19	1015 6.60 2236 6.79	19	1036 6.56 2255 6.69	19	1111 5.96 2329 5.83	19	1155 5.20	19	1236 5.10
20	0854 7.23 2112 7.10	20	0933 6.78 2153 6.82	20	1104 6.30 2326 6.49	20	1117 6.21 2336 6.29	20	1151 5.54	20	0026 4.89 1324 4.92	20	0122 4.81 1421 5.14
21	0939 6.88 2157 6.75	21	1024 6.40 2247 6.49	21	1154 5.99	21	1200 5.85	21	0013 5.35 1248 5.16	21	0225 4.72 1522 5.09	21	0309 5.03 1537 5.51
22	1027 6.39 2248 6.30	22	1121 6.02 2346 6.17	22	0018 6.17 1248 5.72	22	0021 5.86 1249 5.51	22	0121 4.96 1419 4.98	22	0405 5.07 1629 5.57	22	0410 5.50 1628 5.99
23	1124 5.87 2351 5.86	23	1223 5.70	23	0114 5.89 1348 5.54	23	0115 5.48 1351 5.27	23	0309 4.88 1557 5.19	23	0457 5.57 1713 6.07	23	0454 6.01 1710 6.46
24	1236 5.44	24	0051 5.92 1332 5.54	24	0215 5.69 1451 5.50	24	0224 5.23 1508 5.23	24	0434 5.18 1700 5.63	24	0536 6.06 1751 6.52	24	0532 6.48 1749 6.86
25	0112 5.59 1403 5.31	25	0202 5.83 1442 5.57	25	0319 5.61 1554 5.59	25	0342 5.22 1621 5.43	25	0527 5.61 1745 6.08	25	0611 6.49 1826 6.89	25	0509 6.87 1727 7.17
26	0240 5.64 1527 5.52	26	0309 5.87 1545 5.74	26	0419 5.66 1650 5.77	26	0452 5.42 1720 5.75	26	0607 6.02 1823 6.46	26	0644 6.84 1900 7.17	26	0547 7.16 1806 7.36
27	0355 5.94 1630 5.90	27	0409 5.99 1638 5.95	27	0514 5.79 1739 5.99	27	0545 5.71 1806 6.08	27	0642 6.37 1857 6.77	27	0718 7.09 1935 7.35	27	0625 7.32 1847 7.40
28	0451 6.27 1718 6.25	28	0459 6.13 1724 6.16	28	0601 5.95 1822 6.20	28	0628 5.99 1845 6.36	28	0715 6.64 1930 6.99	28	0751 7.23 2010 7.39	28	0705 7.33 1928 7.28
29	0536 6.52 1759 6.51	29	0543 6.24 1805 6.33	29	0642 6.09 1901 6.36	29	0706 6.22 1921 6.58	29	0748 6.85 2003 7.14	29	0827 7.23 2047 7.29	29	0746 7.18 2012 6.99
30	0616 6.67 1836 6.67	30	0623 6.31 1842 6.45	30	0721 6.20 1938 6.47	30	0739 6.40 1956 6.73	30	0820 6.97 2037 7.19	30	0903 7.09 2124 7.02	30	0830 6.89 2100 6.57
		31	0700 6.36 1918 6.52			31	0813 6.53 2029 6.83	31	0853 6.98 2111 7.13			31	0921 6.50 2156 6.09

Mae'r tablau llanw a ddangosir yn gywir ar gyfer Amser Haf Prydain. Cyfrifwyd gan y Ganolfan Eigioneig Genedlaethol. Gweler y tablau llanw am y flwyddyn gyfan yn www.tidetimes.co.uk.

The tide tables shown are correct for British Summer Time. Computed by National Oceanography Centre. View tide tables for the full year at www.tidetimes.co.uk.

HAWLFRAINT AC YMWADIAD: Mae'r data llanw hwn wedi'i gyfrifo gan y Ganolfan Eigioneig Genedlaethol (CEG), Hawlfraint wedi'i Gadw. Nid yw CEG yn gwneud unrhyw warant na chynrychiolaeth ynghylch ansawdd, cywirdeb na dibynadwydd y data rhagfynegiadau llanw nac y bydd data'r llanw yn ddi-wall neu'n addas at unrhyw ddben penodol. Mae'r holl warantau, telerau ac amodau ymhlwg yn cael eu heithrio i raddau llawn y gyfraith. Mae'r data llanw yn rhagfynegiad yn unig ac nid yw'n ystyried amodau tywydd lleol, gwynt a phwysau barometrig. Nid yw CEG yn derbyn unrhyw atebolrwydd am unrhyw golled, difrod, anaf nac unrhyw ddigwyddiad arall o unrhyw fath sy'n deillio o ddefnyddio'r data llanw hwn.

COPYRIGHT AND DISCLAIMER: This tidal data has been computed by the National Oceanography Centre (NOC). Copyright Reserved. NOC makes no warranty or representation as to the quality, accuracy or reliability of this tidal predictions data nor that the tidal data will be error free or fit for any particular purpose. All implied warranties terms and conditions are excluded to the fullest extent of the law. The tidal data is a prediction only and takes no account of local weather conditions, wind and barometric pressure. NOC accepts no liability for any loss, damage, injury, or any other occurrence of any kind arising from the use of this tidal data.

Wildlife Trust of South & West Wales

Operated by Dale Sailing

Landing boats and island cruises

Visit the Islands of Skomer, Skokholm & Grassholm

Island Cruises

View the island wildlife from the sea – we offer a choice of non-landing cruises...

Skomer Cruise
See Puffins, Guillemots and Razorbills and watch out for seals, dolphins and porpoise as you cruise round Skomer's Marine Conservation Zone.
1 hour
Adult £24 Child £18
BOOK & PAY ONLINE

Seabird Spectacular
Take an evening cruise around Skomer guided by a wildlife expert, and look for Manx Shearwaters returning from their day's fishing.
1½ hours
Adult £34 Child £28
BOOK & PAY ONLINE

Land and visit Skomer Island

The **only** boat trip to land on Skomer Island – 15 minutes by boat, a million miles from everywhere!
Surrounded by shaded inlets, offshore rocks and sheltered coves, Skomer is an island full of mystery and discovery – this is a unique island just waiting to be explored!
Wildlife enthusiasts, photographers, walkers and visitors will instantly fall in love with Skomer!

ONLINE BOOKING & PAYMENT REQUIRED
at www.pembrokeshire-islands.co.uk

Dale Sea Safaris

An exhilarating adventure into a fascinating world of island wildlife
A trip onboard a comfortable catamaran through the waters of Skomer, Skokholm, or Grassholm Islands to see puffins, razorbills, gannets, guillemots, Manx shearwaters, seals, porpoise, dolphin, whales and more...
1½hr, 2hr & 2½hr trips from Adult £38/Child £32
FULL TRIP DETAILS, BOOKING AND ONLINE PAYMENT
at www.pembrokeshire-islands.co.uk

ISLAND CRUISES 2026 BOOK & PAY ONLINE							
Sailing Times	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Skomer Cruise 1st April – 30th Sept	10:30am 12:30pm <i>(except 25th May)</i>	Depart 12:30pm daily Additional sailings in busy periods Please visit our website for full schedule					
Seabird Spectacular 14th April – 31st July	No sailing	Depart 7.00pm daily					

SKOMER ISLAND LANDINGS 2026 BOOK & PAY ONLINE							
Sailing Times	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st Apr – 8th Aug	No sailings	Depart 10:00, 10:30, 11:00, 11:30 & 12:00					
9th Aug – 31st Aug		Depart 10:00 & 10:30					
September		One sailing only at 10:30					
Closed Bank Hol Mondays except 25th May							
Return trips from 3pm – allocated according to your outward journey							

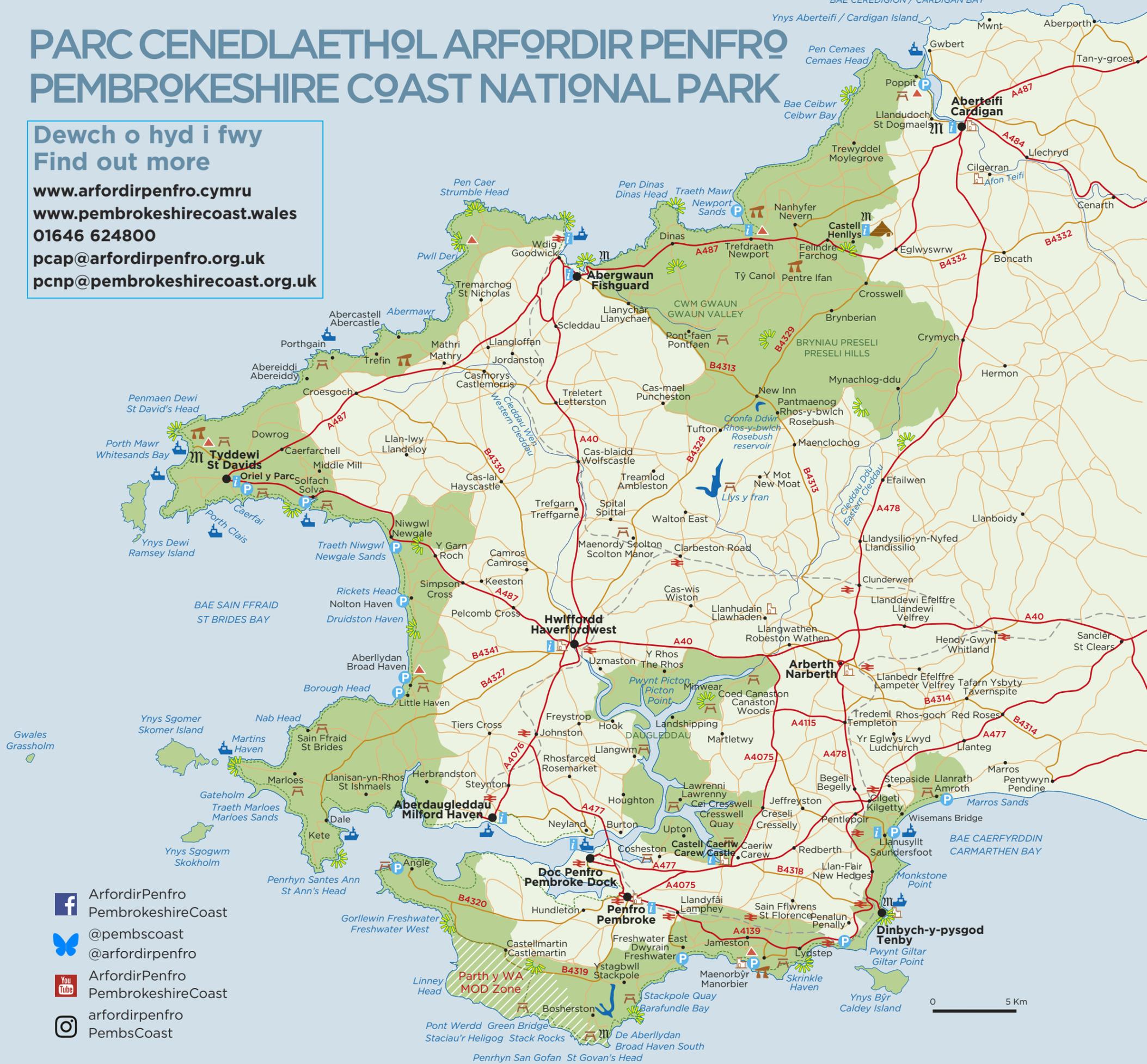
ALL trips depart from Martin's Haven (What3Words: decisive.jigsaw.songbirds) Tel: 01646 603123
www.pembrokeshire-islands.co.uk up to date boat info from x.com @skomer_boatinfo
 Please see our website for full and up to date timetables.

Photos: Andy Davies, Elliot Neep, Mike Smellie, Mike Alexander, Lynne Newton and Jochen Hietchen

PARC CENEDLAETHOL ARFORDIR PENFRO PEMBROKESHIRE COAST NATIONAL PARK

Dewch o hyd i fwy
Find out more

www.arfordirpenfro.cymru
www.pembrokeshirecoast.wales
01646 624800
pcap@arfordirpenfro.org.uk
pcnp@pembrokeshirecoast.org.uk



-  ArfordirPenfro
-  PembrokeshireCoast
-  @pembcoast
-  @arfordirpenfro
-  ArfordirPenfro
-  PembrokeshireCoast
-  arfordirpenfro
-  PembCoast

- | | | |
|---|--|---|
|  Parc Cenedlaethol/National Park |  Gorsaf Reilffordd/Railway Station |  Man Gwyllo/Viewpoint |
|  Llwybr yr Arfordir/Coast Path |  Harbwr/Harbour |  Cromlech/Cromlech |
|  Canolfan Wybodaeth/Information Centre |  Cofeb Hanesyddol/Historic Monument |  Hostel Ieuenctid/Youth Hostel |
|  Safle Picnic/Picnic Site |  Castell Cerrig/Stone Castle |  Maes parcio'r Parc Cenedlaethol lle codir ffi National Park fee-paying car park |

Ar gyfer gwybodaeth am feysydd parcio'r Parc Cenedlaethol, ewch i www.arfordirpenfro.cymru neu ffoniwch 01646 624800.
For National Park car park information visit www.pembrokeshirecoast.wales or call 01646 624800.

Pen Caer • Strumble Head



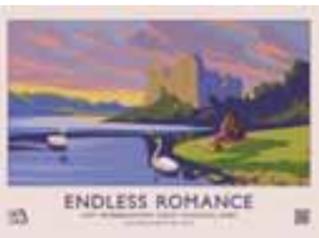
Ynys Sgomer • Skomer Island



Dinbych-y-pysgod • Tenby



Traeth Llyfn



I gael rhagor o wybodaeth am brynu ein posteri a'n cardiau post arobryn ewch i www.arfordirpenfro.cymru.

For more information about purchasing our award-winning posters and postcards visit www.pembrokeshirecoast.wales.

Castell Caeriw • Carew Castle De Aberllydan • Broad Haven South Bae Santes Non • St Non's Porth Mawr • Whitesands Bay