



Walking Holidays in Britain's most Beautiful Landscapes

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Pembrokeshire Coast Path

Within the Pembrokeshire Coast National Park in South Wales, the Pembrokeshire Coast Path is one of the UK's well established National Trails. Following the stunning, rugged Welsh coastline, this is one of the finest long distance walks in Britain. The path enjoys stunning views across sea and land as it twists along a coast line of ever-changing natural beauty.

The Pembrokeshire Coastal Path is a varied and at times challenging walk. The undulating nature of some parts of the walk presents physically demanding ascents and descents, however it can be enjoyed in shorter sections accessible to walkers of all ages and abilities.

Bird watchers and plant lovers are drawn to the area due to the rich diversity of wildlife to be seen. Sea birds thrive on the inaccessible cliffs and offshore islands and, due to a multitude of habitats, an amazing array of flowers and plants can be seen at all times of year.

Summary

Why do this walk?

- Walk along one of the most scenic and diverse coastlines in the UK.
- Challenging in its ascents and descents.
- Stay in some beautiful seaside villages and market towns.
- A beautiful blend of sand, sea and scenery.

Essential Info

Length	5 - 17 nights
Full Route Length	186 miles / 299 km
Shortest Break Length	48 miles / 77 km

Average Grade



Moderate to Challenging

This is not a technically difficult walk and

should be easy to tackle for most reasonably fit people. The paths are good, and there are no major route finding challenges.

Terrain: A coastal path mainly through farmland and moorland on the cliff tops, with stretches along sandy beaches.

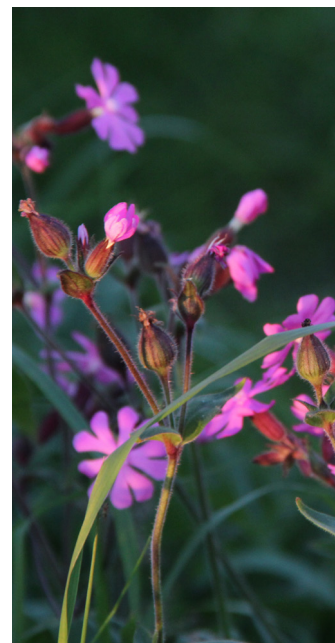
What's it like underfoot? Generally good paths and tracks, although a few sections can get muddy after heavy rain.

How Much Up & Down? More than you'd think! Although you never reach more than 200m above sea level (and most of the time not more than 100m) there are many short steep sections. On completion you will have ascended more than the height of Everest! Most days involve ascents of 200-500m metres, although no section is very steep for very long.

Signposting: Good - the path is well way marked.

Navigation: Pretty straightforward – good signposting, and generally well defined tracks.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential, but don't forget your sunhat, sunblock and shorts!



Route

Amroth to Angle

Beaches, villages, coves, cliffs and gun fire! The beautiful beaches and tourist attractions around Tenby make this the busiest section of the whole route with superb views of Caldey Island, and the coasts of The Gower and Exmoor. This section really typifies why this coast is worthy of National Park status. It contains Barafundle beach which was recently voted one of the top ten beaches in the world! It also fringes the famous Lily Ponds at Bosherton which are a National Nature reserve. The path is quite undulating, but you're never far from a beach or a village pub. Also included is possibly the flattest section of the trail much of which is restricted because of military use. Despite being a firing range, this ranks as one of Britain's most important wildlife sanctuaries and is protected by some of Europe's strongest designations. The final part of this section is very rugged and away from Angle village it is deliberately managed to retain a 'remote and challenging' experience. The entire stretch is coastal - no roads, no

houses, few stiles and no amenities at all.

Angle to Dale

History Mixed with Modern Industry

Due to its shelter from coastal winds this stretch includes many sections of woodland. Care must be taken to check the tide tables in two locations to avoid long detours on roads. Unfortunately a large part of this section is not within the National Park due to the proximity of industry associated with the haven. It is however still a very interesting walk rich in historic, environmental and agricultural interest. The historic town of Pembroke and its castle are well worth a visit.

Dale to Solva

Gentle to Wild to Mild

This section takes you around the Dale Peninsula which is a walk of contrasts starting in the gentle, pastoral and, in places, wooded shelter of the Milford Haven waterway and ending on the wild and treeless Atlantic coast with spectacular views of the rugged offshore islands of Skomer, Skokholm and Grassholm. The path then continues



to change again as you reach strikingly red low cliffs and coastal slopes and cliff tops rich in wild flowers. In places the old red sandstone is brightly streaked with yellow algae. The pretty village of Solva is well worth a visit due to its situation on an old glacial water melt channel.

Solva to Porthgain

Tough, Rugged and a Cathedral

A must on this section is to visit the smallest city in Britain - St David's and its beautiful cathedral. Make time to linger on the wild and rocky peninsular of St David's Head which abounds with archaeology and has views across to Ramsey Island. Keep an eye out too for seals in the rocky coves below the path and gannets diving for fish out to sea - you may be lucky enough to see the grey dorsal fins of porpoises hunting for fish beneath the gannets. The section between Whitesands and Abereiddi feels wild and remote with hardly a building to be seen making the cafe at Whitesands or the refreshment van at Abereiddi a welcome sight for the weary walker! This is an exhilarating and in places rugged section of path above high cliffs and beneath the dramatic craggy volcanic outcrops of Pen Beri, Carn Lleithyr and Carn Llidi.

Porthgain to Fishguard

Snake Your Way Along the Cliffs

There are plenty of dramatic sheer cliffs on this section where coastal erosion is an obvious process. Every year Pembrokeshire is a little



smaller than the year before and the route of the Coast Path has to be continually reviewed to ensure safety. Mostly 30 to 70m high, the cliffs are of volcanic origin - gently rounded cliffs where the rock is strong and hard, sheer where there are weak strata. There are infrequent steep hills with rocky outcrops and loose volcanic stone where heather and gorse abound in a dramatic blaze of colour in August.

Fishguard to St Dogmaels

The Big Finish

The cliffs on the section from Fishguard to Newport are lower, mostly at around 40m. Although Pen Dinas rises to 142m, the level valley path (also National Trail) avoids this. Hills up from and down to the little beaches are steep but well spread out. Newport Town to St Dogmaels is the most challenging section of the Coast Path, 15.5 miles long with frequent very steep hills. There are no services between Newport Sands and Poppit. Walkers should ensure that they are properly prepared with adequate food, drink and clothing along this remote section.

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. Here are a few suggestions:

Pembroke

Pembroke is the birthplace of Henry VII and is steeped in history. The 900 year old castle is the focal point of the town, standing guard over the river and well worth a visit. The town itself was fortified and walled, and sections of these walls are still visible. Visitors can take the popular town trail and there is also a daily indoor market and numerous small craft, gift and specialist shops.

Marloes Sands

To the west of the Marloes Peninsula are the islands of Skomer, Skokholm and Grassholm which are brought to life by the thousands of sea birds which breed on the sheer cliffs. All the islands can be visited by boat from Martins Haven and guided walks are available on Skomer and Skokholm.

St David's

St David's is the smallest city in Britain - granted city status by Queen Elizabeth II because of the presence of the cathedral, St David's is in reality a small attractive village. The Cathedral has been a dominant presence since the 12th century and was a popular pilgrimage destination throughout the middle-ages and indeed remains so to this day attracting thousands of visitors every year. Adjacent to the cathedral stand the magnificent ruins of the medieval Bishops Palace. Boat trips can also be taken to Ramsey Island which is the most northerly of the Pembrokeshire islands and is a wildlife reserve managed by the RSPB.



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Goodwick/Fishguard

Standing on an imposing headland commanding superb views of the bay, Fishguard is the main shopping centre of north Pembrokeshire with two small supermarkets and family-run shops and businesses. The area is famous as the location of 'The Last Invasion of Britain' when in 1797 French troops landed nearby. Local heroine Jemima Nicholas captured many of the invaders single handed and the Frenchmen later negotiated their surrender at the Royal Oak inn and laid down their arms on Goodwick Sands.

Getting There and Away

General travel information for the Pembrokeshire Coast route will be in your holiday pack including train and bus timetables where available. Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps. To view train times please visit www.qjump.co.uk where you can also purchase tickets in advance. For information on bus timetables please visit www.traveline.info

Getting There:

By Air: The nearest airports are Cardiff (CWL) and Bristol (BRS) – International airports are London, Birmingham and Manchester. You can then travel by public transport to Amroth.

By Public Transport: By train from London

(5-6 hours) via Swansea to Kilgetty (request stop) or from Bristol and Cardiff (2-3 hours). Then bus to Amroth (3 miles).

By coach National Express from London or Birmingham to Haverfordwest via Tenby.

By Road: M4 to Swansea, A48 to Carmarthen, A40 to St Clears, A477 to Kilgetty then a short drive to Amroth.

Leaving from St Dogmaels:

By Public Transport: Bus (Provider: Richards Bros 407) to Cardigan then bus (Provider: Morris Travel 460) to Carmarthen for main rail links.

By Road: B4546 to Cardigan, A48 Swansea, M4 for all directions southeast.

How our Holidays Work

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday.

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or

extra, from the holidays described here, give us a ring and we'll do our best to please. You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details. Alternatively you can either book online using our website at www.mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation. As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight into the day-to-day operation, and lets us spot any potential issues before they become a problem. We



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have three former Keswick guest house owners on the staff – so we know the industry well. One of the great features of our Pembrokeshire Coast holidays is the quality of the accommodation, including small country house hotels, guest houses, bed and breakfasts and farm house accommodation. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail.

Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than 2 for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

Accommodation Overnight accommodation in selected hotels, farmhouses, village inns, guest houses and family run B&Bs including a Full English or Continental breakfast.

Guidebook A detailed guidebook with route information, maps, photos and background information.

Information of Services Along the Route A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

Maps Appropriate map or maps to cover the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including

large scale maps of each accommodation, to ensure you find them easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

15% discount at Cotswold Outdoors We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – if you leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this). Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!

What's Not Included

Evening Meals Your evening meal isn't included in the package, but we include full details and

recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow £20 per person each meal.

Transport to the Start & Away from the Finish

You will need to pay for your own transport, but we can help you to make arrangements.

Taxi or bus transport along the way

If you need to miss a stage you will need to pay for the cost of a bus or taxi, but we can help you to organise it.

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website at www.mickledore.co.uk

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service. We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone, drop us an email or visit us in Keswick.



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We specialise in UK holidays, and by concentrating on what we consider to be the best routes, we get to know the trails, accommodation, and local area really well.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We are all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Book With Confidence Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully

compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement



Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.

Client Feedback

We are proud of our reputation for quality holidays on the Pembrokeshire Coast. There are plenty of customer reviews on our website, but here are a couple of comments to give you a flavour:

"Thanks, we had a wonderful holiday and everything was perfectly organised and taken

care of. All the accommodation was lovely and I would like to come back and stay again at every one. I hope to come back for another of your walking holidays in the future."

Mrs Gunnell Garsell, Lindome, Sweden

"All the accommodations were excellent! Nice and friendly people. Lovely! It was an unforgettable experience! Many thanks. In one word: It was marvellous! And of course for sure, we will do business again!"

Mr Peter Groot, Alkmaar, Netherlands

Would you use Mickledore again? *"For sure, we will probably be looking for another "adventure" We really enjoyed the trip and your arrangements were excellent. We are already wondering where to go on our next Mickledore adventure."*

Mr and Mrs Strand, Toronto, Canada





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Our Itineraries

The Whole Pembrokeshire Coast Path

Amroth to St Dogmaels 167 miles / 269 km

We offer 4 holidays covering the whole route, from a challenging 13 day hike to a more leisurely 16 day trip. Most people spend a minimum of 14 days walking the whole Pembrokeshire Coast Path and incorporate rest days into this.

Amroth to St Dogmaels in 13 days walking Code: PC14				Amroth to St Dogmaels in 14 days walking Code: PC15		
		Miles	km		Miles	km
Day 1	Travel to Amroth for your first night's accommodation			Travel to Amroth for your first night's accommodation		
Day 2	Amroth to Manorbier	14	23	Amroth to Tenby	7	11
Day 3	Manorbier to Bosherton	10	16	Tenby to Manorbier	8	12
Day 4	Bosherton to Angle (plus 1.5m if firing range is open)	16	26	Manorbier to Bosherton	10	16
Day 5	Angle to Pembroke	10	17	Bosherton to Angle (plus 1.5m if firing range is open)	16	26
Day 6	Pembroke to Milford Haven	11	18	Angle to Pembroke	10	17
Day 7	Milford Haven to Dale (plus 4m and plus 3m at high tides)	10	16	Pembroke to Sandy Haven (plus 4m at high tide)	16	26
Day 8	Dale to Marloes	8	13	Sandy Haven to Marloes Sands (plus 3m at high tide)	13	21
Day 9	Marloes to Broad Haven	11	18	Marloes Sands to Broad Haven	11	18
Day 10	Broad Haven to St David's	14	23	Broad Haven to Solva	11	18
Day 11	St David's to Trefin	19	31	Solva to Whitesands Bay	11	18
Day 12	Trefin to Goodwick	17	27	Whitesands Bay to Abercastle	13	21
Day 13	Goodwick to Newport	12	19	Abercastle to Goodwick	15	24
Day 14	Newport to St Dogmaels	14	23	Goodwick/Fishguard to Newport	12	19
Day 15	Depart from St Dogmaels after breakfast			Newport to St Dogmaels	14	23
Day 16				Depart from St Dogmaels after breakfast		

Turn over for more Itineraries →



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Amroth to St Dogmaels in 15 days walking Code: PC16				Amroth to St Dogmaels in 16 days walking Code: PC17		
		Miles	km		Miles	km
Day 1	Travel to Amroth for your first night's accommodation			Travel to Amroth for your first night's accommodation		
Day 2	Amroth to Manorbier	14	23	Amroth to Manorbier	14	23
Day 3	Manorbier to Bosherton	10	16	Manorbier to Bosherton	10	16
Day 4	Bosherton to Angle (plus 1.5m if firing range is open)	16	26	Bosherton to Angle (plus 1.5m if firing range is open)	16	26
Day 5	Angle to Pembroke	10	17	Angle to Pembroke	10	17
Day 6	Pembroke to Milford Haven	11	18	Pembroke to Milford Haven	11	18
Day 7	Milford Haven to Dale (plus 4m and plus 3m at high tides)	10	16	Milford Haven to Dale (plus 4m and plus 3m at high tides)	10	16
Day 8	Dale to Marloes Sands	8	13	Dale to Marloes Sands	8	13
Day 9	Marloes Sands to Broad Haven	11	18	Marloes Sands to Broad Haven	11	18
Day 10	Broad Haven to Solva	11	18	Broad Haven to Solva	11	18
Day 11	Solva to Whitesands Bay (St Davids)	11	18	Solva to Whitesands Bay (St Davids)	11	18
Day 12	Whitesands Bay (St Davids) to Trefin	12	19	Whitesands Bay (St Davids) to Trefin	12	19
Day 13	Trefin to Strumble Head then transfer to Trefin / Fishguard	12	19	Trefin to Strumble Head then transfer to Trefin / Fishguard	12	19
Day 14	Transfer to Strumble Head then walk to Fishguard	7	11	Transfer to Strumble Head then walk to Fishguard	7	11
Day 15	Fishguard to Newport	11	18	Fishguard to Newport	11	18
Day 16	Newport to St Dogmaels	14	23	Newport to Ceibwr Bay/Moylegrove	7	11
Day 17	Depart from St Dogmaels after breakfast			Ceibwr Bay/Moylegrove to St Dogmaels	7	11
Day 18				Depart from St Dogmaels after breakfast		

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Pembrokeshire South Coast: Amroth to Milford Haven 62 miles / 100 km

The "tamer" end of the route but with very varied scenery takes you up and down along spectacular precipitous cliffs, past MoD firing ranges and along the wild and remote Angle peninsular all the way past the industrial oil refineries and through the historic town of Pembroke with its beautiful castle.

Amroth to Milford Haven in 6 days walking Code: PCS7

		Miles	km
Day 1	Travel to Amroth for your first night's accommodation		
Day 2	Amroth to Tenby	7	11
Day 3	Tenby to Manorbier	8	12
Day 4	Manorbier to Bosherton	10	16
Day 5	Bosherton to Angle (plus 1.5m if firing range is open)	16	26
Day 6	Angle to Pembroke	10	17
Day 7	Pembroke to Milford Haven	11	18
Day 8	Depart from Milford Haven after breakfast		

Pembrokeshire Central Coast: Milford Haven to St David's 43 miles / 69 km

This section is a real mixture from its beginnings in a part of Wales devoted to industry which soon changes to gentle cliffs, wooded valleys and pretty bays. The terrain then changes again to high rugged cliffs leading on through the ghostly past of coal mining, interspersed with coves and sandy beaches.

Milford Haven to St David's in 4 days walking Code: PCC5

Milford Haven to St David's in 5 days walking Code: PCC6

		Miles	km		Miles	km
Day 1	Travel to Milford Haven for your first night's accommodation			Travel to Milford Haven for your first night's accommodation		
Day 2	Milford Haven to Dale (plus 4m and plus 3m at high tides)	10	16	Milford Haven to Dale (plus 4m and plus 3m at high tides)	10	16
Day 3	Dale to Marloes	8	13	Dale to Marloes	8	13
Day 4	Marloes to Broad Haven	11	18	Marloes to Little Haven	10	17
Day 5	Broad Haven to St David's	14	23	Little Haven to Newgale	6	10
Day 6	Depart from St David's after breakfast			Newgale to St David's	8	13
Day 7				Depart from St David's after breakfast		

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Pembrokeshire North Coast: St David's to St Dogmaels 62 miles / 100 km

This is a great route in its own right from a wild, rugged coastline with old quarrymen's houses, along beautiful snaking cliffs with coves, bays and beaches to the most strenuous section of the entire path taking in steep, overhanging cliffs and spectacular rock formations with the highest point of the coastal path at 175 metres.

St David's to St Dogmaels in 5 days walking Code: PCN6				St David's to St Dogmaels in 7 days walking Code: PCN8		
		Miles	km		Miles	km
Day 1	Travel to St David's for your first night's accommodation			Travel to St David's for your first night's accommodation		
Day 2	St David's to Whitesands Bay	8	13	St David's to Whitesands Bay (St Davids)	8	13
Day 3	Whitesands Bay to Abercastle	13	21	Whitesands Bay (St Davids) to Trefin	12	19
Day 4	Abercastle to Goodwick/Fishguard	15	24	Trefin to Strumble Head then transfer to Trefin / Fishguard	12	19
Day 5	Goodwick/Fishguard to Newport	12	19	Transfer to Strumble Head then walk to Fishguard	7	11
Day 6	Newport to St Dogmaels	14	23	Fishguard to Newport	11	18
Day 7	Depart from St Dogmaels after breakfast			Newport to Ceibwr Bay/Moylegrove	7	11
Day 8				Ceibwr Bay/Moylegrove to St Dogmaels	7	11
Day 9				Depart from St Dogmaels after breakfast		

Turn over for our Booking form →



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Booking Form

Contact Details

Address: _____

Telephone: _____ Mobile / Alternative Tel: _____

Email: _____ Emergency Contact No: _____

Your Holiday

Holiday Name: _____ Holiday Code: _____ *(Hadrian's Wall: Add an "R" if starting in the West)*

Date of First Night: _____ Date of Last Night: _____

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): _____

Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel) <input type="checkbox"/>
Rest Days <input type="text"/>	I would like to pay by card (we will contact you to arrange this). <input type="checkbox"/>
Total cost per person <input type="text"/>	I would like to pay by bank transfer (we will contact you to arrange this). <input type="checkbox"/>
Number in group <input type="text"/>	
Total group cost <input type="text"/>	I confirm that the above details are correct and that I have read the terms and conditions available on the website. Signed _____ Date _____ Name _____
Deposit (20% of Total Cost) <input type="text"/>	
Single and solo supplements will be added where applicable.	

How did you hear about Mickledore Travel: _____