

Pembrokeshire Coast National Park

Ceibwr/Pwllgranant

Half Day + Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 5.2 miles (8.4 km) 3 hours

PUBLIC TRANSPORT: Service bus Moylegrove 409, Poppit Rocket (seasonal)

CHARACTER: Rugged coast, cliff edge, lanes, 430 m on minor road

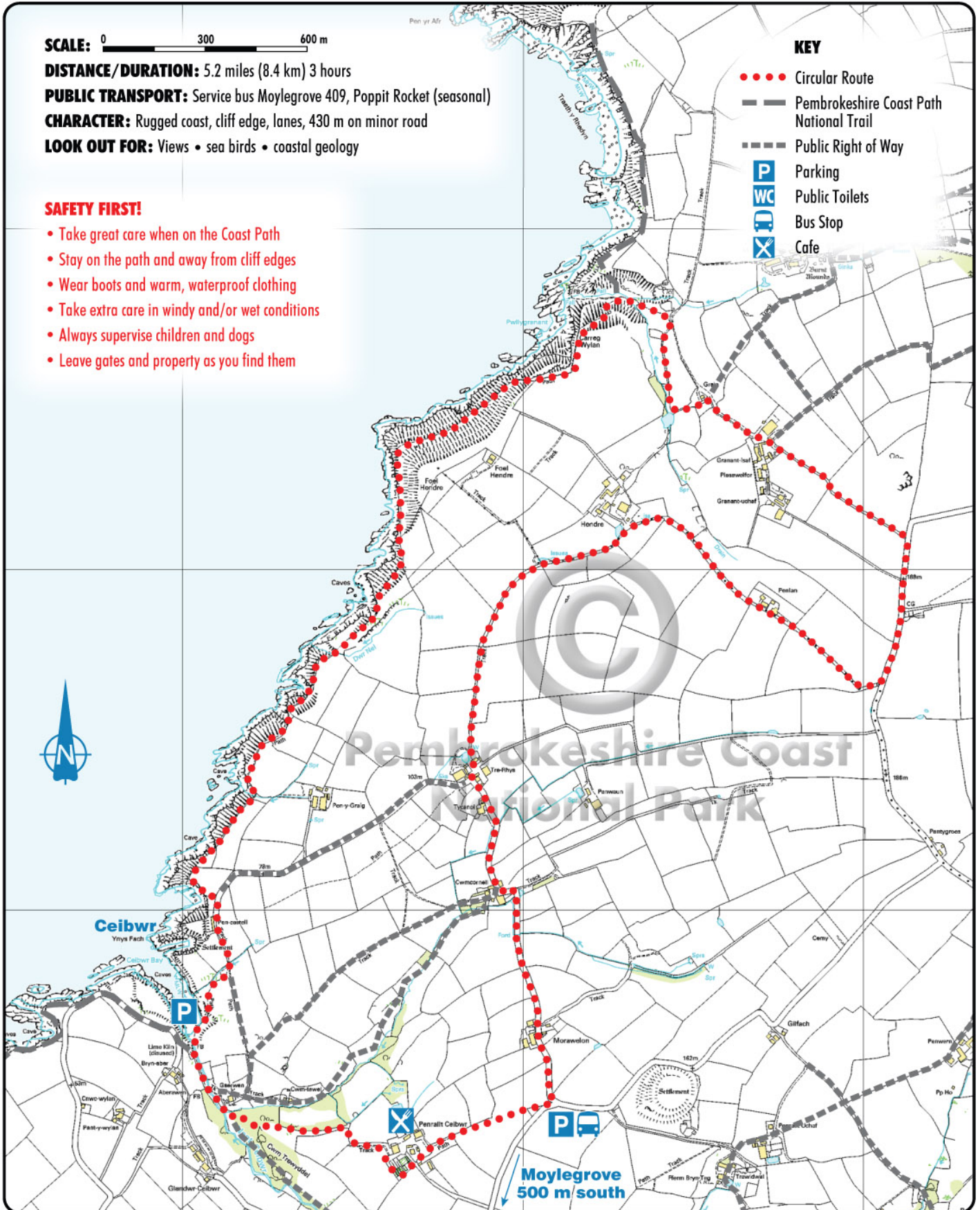
LOOK OUT FOR: Views • sea birds • coastal geology

SAFETY FIRST!

- Take great care when on the Coast Path
- Stay on the path and away from cliff edges
- Wear boots and warm, waterproof clothing
- Take extra care in windy and/or wet conditions
- Always supervise children and dogs
- Leave gates and property as you find them

KEY

- Circular Route
- Pembrokehire Coast Path
National Trail
- - - - - Public Right of Way
- P Parking
- WC Public Toilets
- Bus Stop
- X Cafe



Ceibwr / Pwllgranant

A wild and isolated stretch of coastline with a dramatic 'Witches' Cauldron'. The coast around Ceibwr is lonely and wild, probably more so than on any other stretch of the Pembrokeshire coast. The cliffs in Ceibwr Bay are spectacularly contorted and folded by earth movements in the Caledonian era, about 450 million years ago (the beach is unsuitable for bathing). Jagged rocks, caves, blowholes, unreachable small shingly beaches and arches make up the coastline. Pwll-y-Wrach (The Witches Cauldron), a cave whose roof has collapsed, is an overwhelming experience in bad weather as the waves boil within. The loneliness of this stretch of coast make it an excellent place to see seals and a variety of sea birds including gulls, fulmars, shags, cormorants, choughs, buzzards, kestrels and ravens. There's also an Iron Age hill fort, Castell Treriffith, to the south of Pwll-y-Wrach. Text provided by the BBC