

# EXPLORE!

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## Pembrokeshire Coast Walking

UNITED KINGDOM - TRIP CODE WPM

WALKING AND TREKKING

### Why book this trip?

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Explore the magnificent Pembrokeshire Coast in Britain's only truly coastal National Park. Walking is an ideal way to discover the stunning coastal scenery with towering cliffs, secluded coves, traditional fishing harbours, Neolithic burial chambers and unspoilt beaches. Try your hand at sea kayaking and learn about Welsh culture and history.

- **Inspirational Landscapes** - Wild open spaces and varied coastal scenery
- **Nature** - Abundance of seabirds, wild flowers and perfect for spotting Atlantic grey seals
- **St. Davids** - Britain's smallest city with impressive 12th century Cathedral



**INCLUDED MEALS**  
Breakfast: 5  
Lunch: 4  
Dinner: 5



**TRIP STAFF**  
Explore Tour  
Leader / Trek  
Guide  
Driver(s)



**TRANSPORT**  
Minibus  
On Foot



**ACCOMMODATION**  
5 nights simple  
lodge



**WALKING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

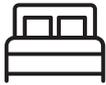
Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Mathry, Pembrokeshire

Arrive at the lodge located near Mathry village and only one mile from Abermawr Bay; ideally located for hiking the magnificent Pembrokeshire Coast National Park. Check in is available from 5pm but if you wanted to arrive earlier you can always leave your luggage in the car or reception while you go off exploring. There is a car park for guests. If arriving by train, Fishguard and Goodwick station is just 15 minutes away by taxi.

We stay at the simply-graded, family-run, Preseli Venture eco-lodge - nestled on the hillside of a National Trust valley and next door to the northern section of Pembrokeshire Coast National Park. Whilst the location and environmental credentials are fantastic, please be aware that the bedrooms are very basic. The lodge consists of three main areas. The first is an accommodation block containing 10 rooms which are simple / basic in design. The rooms have a hostel type feel, and are of different size and layouts, some containing a number of bunk beds although we allocate a maximum of 2 people to each room. Towels are not provided and so you should bring your own. The second area is the shower and toilet block. The rooms are not en-suite, they have their own allocated shower / toilet which is located in this separate part of the property (2 of the rooms are assigned their own shower, but will share a WC (with same sex)). These will be allocated on tour and it is not possible to pre-arrange. The third area is a fantastic communal space. Here there is a comfortable lounge/bar with a wood burning stove, which is a great place to relax after a full days walking. Meals are also served here. All meals are included, with full Welsh breakfasts, picnic lunches and two-course evening meals prepared in house. Dietary requirements can be catered for, but it is necessary to let us know at time of booking. The small bar is stocked with a variety of locally brewed beers and ciders as well as Welsh whisky and gin. WiFi is available in the lounge and bar areas only. With larger group sizes we will be the only people staying in the lodge. There is ample parking space. We have graded this accommodation as simple.

The Tour Leader plans to meet you in reception at 6.30pm for the introductory briefing, followed by the opportunity to meet your fellow guests over dinner.



ACCOMMODATION:  
Preseli Venture Eco-Lodge (or similar)



Grade: Simple Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

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## DAY 2 - Walk Pembrokeshire Coast Path from Porthgain to Abermawr Bay

After breakfast, we drive to the start point of our first walk. Before heading out on the walk we will prepare a packed lunch. Typically rolls, fruits, ham, cheese, tuna and salads are all laid out and everyone gets the opportunity to fill their own sandwiches (you should bring along your own sandwich box - this helps eliminate the need for plastic wrappings). Squash and tea / coffee are also available - so if you like a cup of tea with your lunch, then please bring a flask.

This morning we drive to the tiny fishing port of Porthgain (Chisel Port) that used to export slate from the nearby quarry until the 1930s. There's also the remains of an impressive industrial dolerite stone crushing plant, making stone for road-building around 1870-1895. We start our walk here, joining the Pembrokeshire Coast Path proper and walking east and north back towards our lodge. A short detour brings us to Carreg Samson - thought to be a 5,000-year-old Neolithic burial chamber with a massive capstone atop upright stones. We reach a long, narrow picturesque inlet at the traditional fishing harbour of Abercastle, where the natural shelter makes it ideal for kayakers and boats. The trail leads on past more pristine coves, through heather and wild flowers. Hundreds of small islands and rocky crags lie off shore here and provide a perfect haven for seals and seabirds, especially in spring and autumn. After a steep descent and ascent to pass Pwllstrodur cove we reach Castell Coch, once the site of an Iron Age fort. Finally, we reach Abermawr Bay and the final short section inland back to our accommodation. Isambard Kingdom Brunel once planned a harbour and railway terminus for transport to Ireland at Abermawr Bay that thankfully didn't go ahead, and Fishguard was chosen instead.

Today's moderate-graded walk will take approximately 5 hours and will cover a distance of 16 kilometres with a total ascent and descent of 640 metres.



ACCOMMODATION:  
Preseli Venture Eco-Lodge (or similar)



Grade: Simple Lodge



SINGLE ROOM AVAILABLE



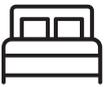
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 3 - Walk Pembrokeshire Coast Path from Carreg Wasted Point to Abermawr Bay

Today's walk is the longest of the week and explores the dramatic section of the Coast Path immediately to the north of the lodge. We drive after breakfast to the start of the trail at Llanwnda, and soon after we rejoin the Coast Path and reach Carreg Wasted Point where there is a memorial stone commemorating a Napoleonic-era invasion of Britain in 1797. Our route rounds the headland and we reach the end of the peninsula at Strumble Head, whose lighthouse is on its own island. Superb views start to open up of the coast all the way down towards St. David's and the chance to spot Atlantic grey seals. Seal pups are best seen in the late summer and autumn when they are on shore fattening up for the winter ahead. At Pwll Deri the cliffs reach 400 feet high and along all of the walks this week we keep our eyes peeled for birdlife along the way such as razorbills, guillemots, gannets, chough, kittiwakes and cormorants. Finally the familiar sight of Abermawr Bay comes into view and the final stretch back to our lodge. At low tide well-preserved tree stumps are exposed in the bay - the remains of a forest drowned 8000 years ago as the ice sheets retreated. We walk along the shingle beach at Abermawr Bay, through a wildlife-rich marshy area then the final mile through bluebell woods and meadows.

Today's moderate-graded walk will take approximately 8 hours and will cover a distance of 19 kilometres with a total ascent and descent of 660 metres.



ACCOMMODATION:  
Preseli Venture Eco-Lodge (or similar)

Grade: Simple Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 4 - AM optional Sea Kayaking; PM Walk to Tregwynt woollen mill

The morning is free for optional activities or to relax. We recommend a half-day sea kayaking excursion for a different perspective of this pristine and stunning coastline. Expert guides and all equipment is provided with a wetsuit and choice of either sit-on-top kayak or closed cockpit kayaks with spray decks. No experience is needed and the only requirement is that you can pull on a wetsuit! This is a great way to explore the rugged sea cliffs, secluded coves, sea caves, stacks and natural rock arches, as well as a plethora of coastal wildlife. Other optional activities that are possible include coasteering and surfing.

All activities depend on weather conditions and a minimum number of participants (around six people). Hot lunch is served at the lodge today and this afternoon we plan a walk from the lodge inland to Tregwynt woollen mill returning along the same route. There has been a mill on this site since the 17th century and today this is the last working woollen mill in Wales, complete with cafe and shop.

Please note that we need a high tide for kayaking so the walk may be changed to the morning if necessary.

Today's easy-graded walk will take approximately 2 hours and will cover a distance of 6 kilometres mostly on the flat.



**ACCOMMODATION:**

Preseli Venture Eco-Lodge (or similar)



**Grade: Simple Lodge**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## **DAY 5 - Walk Pembrokeshire Coast Path from Aberiddy to Whitesands. Visit St. Davids**

After breakfast, we drive to Aberiddy Bay whose dark sand beach was formed by weathered grey slate. There is a former slate quarry here, now named the Blue Lagoon, that was breached by the sea and its distinctive green colour comes from the minerals in the quarry. Following the Coast Path south we ascend onto the headland and the route undulates through sheep farming land alongside ragged clifftops. We walk past the ancient volcanoes, with their craggy outcrops, of Carn Penberi and Carn Llidi which proudly define St. David's Headland. We make our way around St. David's Head to the westernmost point of the north Pembrokeshire peninsular, where porpoise can sometimes be seen playing in the tide, then down to the beautiful wide expanse of golden sands at Whitesands Bay where the walk ends. From here we drive the short distance to St. Davids - Britain's smallest city. The magnificent 12th century cathedral is the birthplace and burial site of the nation's patron saint and has been a pilgrimage site for 1500 years.

Today's moderate-graded walk will take approximately 4-5 hours and will cover a distance of 13 kilometres with a total ascent and descent of 710 metres.



**ACCOMMODATION:**

Preseli Venture Eco-Lodge (or similar)



**Grade: Simple Lodge**





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 6 - Trip ends in Mathry**

The trip ends after breakfast at our lodge in Mathry.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **Climate and country information**

#### **United Kingdom**

##### **Climate**

The UK has a temperate but very variable climate. In general the summers are warm with July and August being the warmest. The winters are cool and the lowest temperatures are recorded during January and February. Whatever the season it is advisable to be prepared for rain!

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
0	3 Pin Flat	Christian	English

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### **Budgeting and packing**

#### **Optional activities**

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Half day Kayaking - £52/per person.

Half day coasteering - £52/per person.

Half day surfing - £52/per person.

Ramsey Sound and Island - 1hr Boat trip - £26-30 per person depending on numbers.

## Clothing

A warm sweater or fleece and long trousers are advisable, especially in early and late season when the weather tends to be cooler. Come prepared for all weather - waterproof jacket and trousers, fleece, warm layers, hat, gloves as well T-shirts, shorts, sunhat, good sun cream and sunglasses. As we are walking on the coast and on top of the cliffs, the wind can be a common feature. For Kayaking you need a synthetic (ideally not cotton) short/long sleeved T-shirt, or thermal top. Bring a swimming costume or bathing suit to wear underneath the wetsuit that will be provided. If you are considering Coasteering you will need trainers that you are happy to get wet (but not ruined).

## Footwear

We recommend you bring walking shoes or boots and comfortable footwear to change into in the evening. Make sure that your boots are worn-in and comfortable before the start of the trip.

## Luggage

20Kg

### Luggage: On tour

One main piece of baggage and a waterproof rucksack large enough to carry what you need for the day - waterproofs, warm layer, water, picnic, sun-cream, phone etc. On hot days you will carry more drinking water.

## Equipment

Bring a couple of towels - one for showering and one for taking out for after water activities. For full days out with an included packed lunch bring a plastic box for your picnic food. Bring a flask so you can fill up on tea or coffee at the lodge for the walks (very few cafes encountered on the coastal path). Bring a rucksack for the walks and a water bottle. You may like to bring trekking poles. If your rucksack doesn't have a waterproof cover then consider plastic bags to keep things dry should it rain. Tap water from the nearby Preseli Hills is great to drink but there won't be many places to refill on the walks. We encourage our clients not to buy mineral water because of the negative environmental impact with plastic bottles.

## Tipping

### Explore leader

At your discretion you might consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

## United Kingdom

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.



Arriving from Fishguard and Goodwick railway station: Our accommodation recommends getting a train that arrives no later than 14.00 on day one so that no included activities are missed. The journey should take around 15 minutes

Fishguard taxis: 01348 875 129

## **Food and drink**

All meals are included and prepared on site with picnic lunches and two course evening meals. Dietary requirements can be catered for, but it is necessary to let us know at time of booking. We will try to include some Welsh specialties such as Glamorgan sausages, Welsh rarebit, laverbread, crempog (pancakes), Welsh cakes and bara brith fruit cake. The bar is stocked with a variety of locally brewed beers and ciders as well as Welsh whisky and gin.

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## **Essential Information**

### **Government Travel Safety Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

UK: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## United Kingdom

### Vaccinations

Nothing compulsory, we recommend protection against tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

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## Walking and Trekking information

DAILY DISTANCES		
Day 2	17km	5hrs
Day 3	14km	4hrs
Day 4	13km	4hrs
Day 5	16km	4-5hrs

### Walking grade

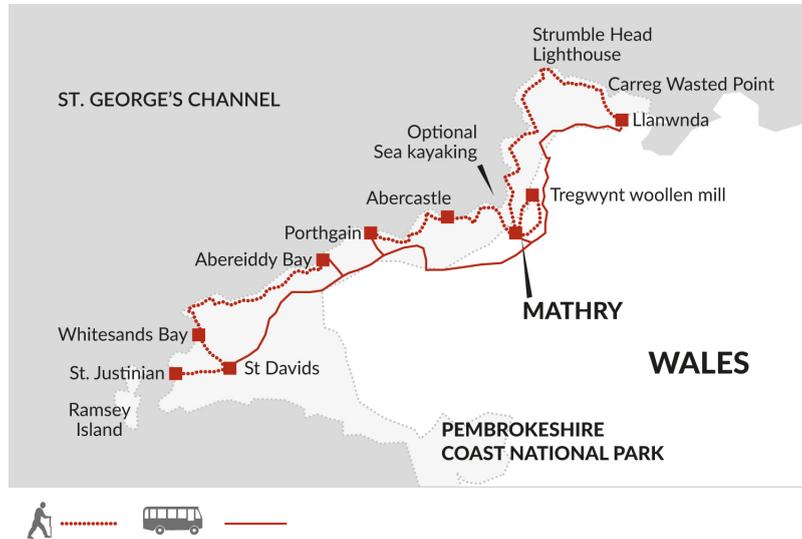
Moderate

### Trek details

We walk for 4 to 8 hours each day, mostly following the well-maintained Pembrokeshire Coast Path. Our route goes along the flat and undulating cliff top trail right on the coast. Terrain is generally easy going but can be uneven and rocky underfoot at times and there are ascents and

descents as we go across the valleys and past the coves. The order of the days may be changed in accordance with the weather, wind and sea conditions. We have graded this trek as Moderate.

## Additional Information



## Reviews



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS