The Weatherman Walking maps are intended as a guide to help you walk the route. We recommend using an OS map of the area in conjunction with this guide. Routes and conditions may have changed since this guide was written.

The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.

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For this walk we’ve included OS grid references should you wish to use them.
This walk is all about the scenery, geology and wildlife. Much of the walk is along the undulating headland on fairly narrow tracks with sheer cliffs to one side so care should be taken at all times. If you are keen to see seal pups it’s best to do the walk in autumn when they are on the shore in the coves fattening up for the winter ahead. There are no coffee shops or public toilets along this route, so come prepared.

### Start:
Abereriddy Beach

### Distance:
Approximately 8 miles.

### Grade:
Moderate.

### Walk time:
Approximately 4 hours. This is a linear walk so you need to make arrangements for the return journey.

### Parking:
There are large pay and display car parks at both Abereriddy and Whitesands.

### Travel information:
The ‘Strumble Shuttle’ is a coastal bus service and the 404 runs along the coast between St David’s and Fishguard stopping at Whitesands on certain days. The service is reduced during the winter months so check local timetables.

### Further information:
Visit the ‘latest news’ section of the official Wales Coast Path website for more information and path diversions - https://www.walescoastpath.gov.uk
Directions
This route starts in the village of Abereddy, once a thriving fishing port but now a paradise for surfers. There’s a car park next to the beach and the public toilets are open from Easter to October. From the car park it’s worth heading uphill north for a couple of hundred yards along the coast path to the Blue Lagoon.

Continuing the walk, head back down the path and onto the beach. Towards the bottom of the slope there is a monitoring point where visitors are asked to photograph the beach as part of the Pembrokeshire Coast National Park Authority’s Changing Coasts project.

The images sent to the project are all helping to capture the erosion of the landscape, a wall has already disappeared, lost to the sea, and sections of the car park are likely to follow suit.

Blue Lagoon, Abereddy (SM 79605 31444)
This is a great place to take in the view and launch your walk.

The Blue Lagoon is a former slate quarry which was abandoned when the sea breached its walls.

The water in the Blue Lagoon is a distinctive green colour which comes from minerals in the quarry. Today the 25m deep lagoon is used for a number of water activities including coasteering and diving.
ABEREIDDY TO WHITESANDS BEACH

**Directions**

After crossing the beach to the south, head up the tarmacked road with no pavement for about a hundred yards and then turn off to the right, following the coast path waymark. This leads up on to the headland and away from the road.

Once on the headland the route undulates gently along ragged clifftops. Much of the land next to the footpath is used for farming and out of season there are more sheep to be seen than people.

Abereiddy was once a busy fishing port and slate mining centre. The slate was originally exported via the beach but later a tramway was laid to the harbour at Porthgain, a couple of miles further north. The remains of industrial quarry buildings sit on the clifftop as a reminder of the village's industrial heritage with the workers cottages closer to the car park along what was known as The Row.
Directions
Continue along the path which hugs the clifftops, you may notice that many of the fields in the area are separated by a specific type of dry stone wall. These are created using stones found in the vicinity and sods of turf used to ‘cement’ them together. Efforts are made to maintain these Pembrokeshire hedge banks and the National Trust has recently had teams of volunteers out working on them.

Carn Penberry (SM 76457 29341)
Carn Penberry marks the end of the industrial coast of the Pembrokeshire National Park and the start of the St David’s area.

If you are feeling fit you could take a detour off and climb it, but it’s a strenuous ascent.
Seal pups at Porth-gwyn (SM 74854 28741)

This stretch of the Pembrokeshire coastline is famous for its wildlife and a highlight in the late summer and autumn are the seal pups.

There are a number of coves along the coastal path where pups can be seen and the best is Porth-gwyn where you can get close enough to get a good view without disturbing them.

Position yourself above the cove but take care as the grassy bank can be slippy in wet weather and the drop is sheer.

Directions
Following the narrow headland path passing dramatic cliffs such as Porth Tre-wen (SM 7745 3025) where seal pups may be spotted in the autumn months.

Carry on for another mile or so following the waymarks past Carn Penberry (SM 76457 29341), a vast rocky hill to the left.
Directions
Walking on, the coast path hugs the headland but as there are several trails over and around St David’s Head, it can be easy to lose the track. But it won’t matter, as the whole headland area is worth exploring and you may even spot wild ponies, which roam freely.

The energetic could venture up Carn Llidi, a craggy peak from where you can see for miles in every direction. It is the highest point on St David’s Peninsula, climbing to around 600ft and well worth the effort.

However, sticking to the coast path the views are still pretty spectacular looking out to the Irish Sea, across Ramsey Island and along the coast to Whitesands Bay. Picking your way through the volcanic rock piles you can easily spot Coetan Arthur (SM 72530 28050), an ancient single slab Neolithic burial chamber with its huge capstone still in place.

St David’s Head (SM 72354 27952)
Allow about half an hour to detour here. The area is covered with rocky outcrops and stones and as there are no official markers it’s best to have a map with you. On the headland itself once stood an impressive clifftop fort known as Clawdd y Milwyn or ‘Soldiers’ or Warriors Dyke’. There are the remains of round houses which are likely to have sheltered a defence unit watching out to sea some 2,000 years ago.
Adders has been monitoring adders along the Pembrokeshire coastline and believes they they have been given a bad press. Part of her role is to re-educate the public not to be afraid. She says adders will only attack if cornered or threatened, they are actually very timid and much more likely to scurry away.

Dr Langdon believes adders are an indicator of a healthy eco-system and provide prey for other wild animals.
ABEREIDDY TO WHITESANDS BEACH

Directions
The coast path leads down to Whitesands Beach which can be packed with holidaymakers during the summer season. Most tend to stay in the most accessible central area but there is plenty of room to spread out.

This is a good place to finish the walk as there is a large car park, a welcoming cafe and a local coastal bus service.

End, Whitesands Beach  (SM 73320 27159)
In the dunes overlooking the beach is a site of archaeological excavation. St Patrick’s Chapel is an early medieval Christian cemetery, believed to date from the 5th – 10th century AD.

It was from Whitesands that Patrick was said to have set sail to Ireland, where he was canonised.
Marc Treanor creates incredible sand circles and designs on beaches all over the Welsh coastline, but Whitesands is one of his local destinations.

During filming of Weatherman Walking the Welsh Coast, Marc designed a logo for the series at low tide on the far south side of Whitesands Beach.