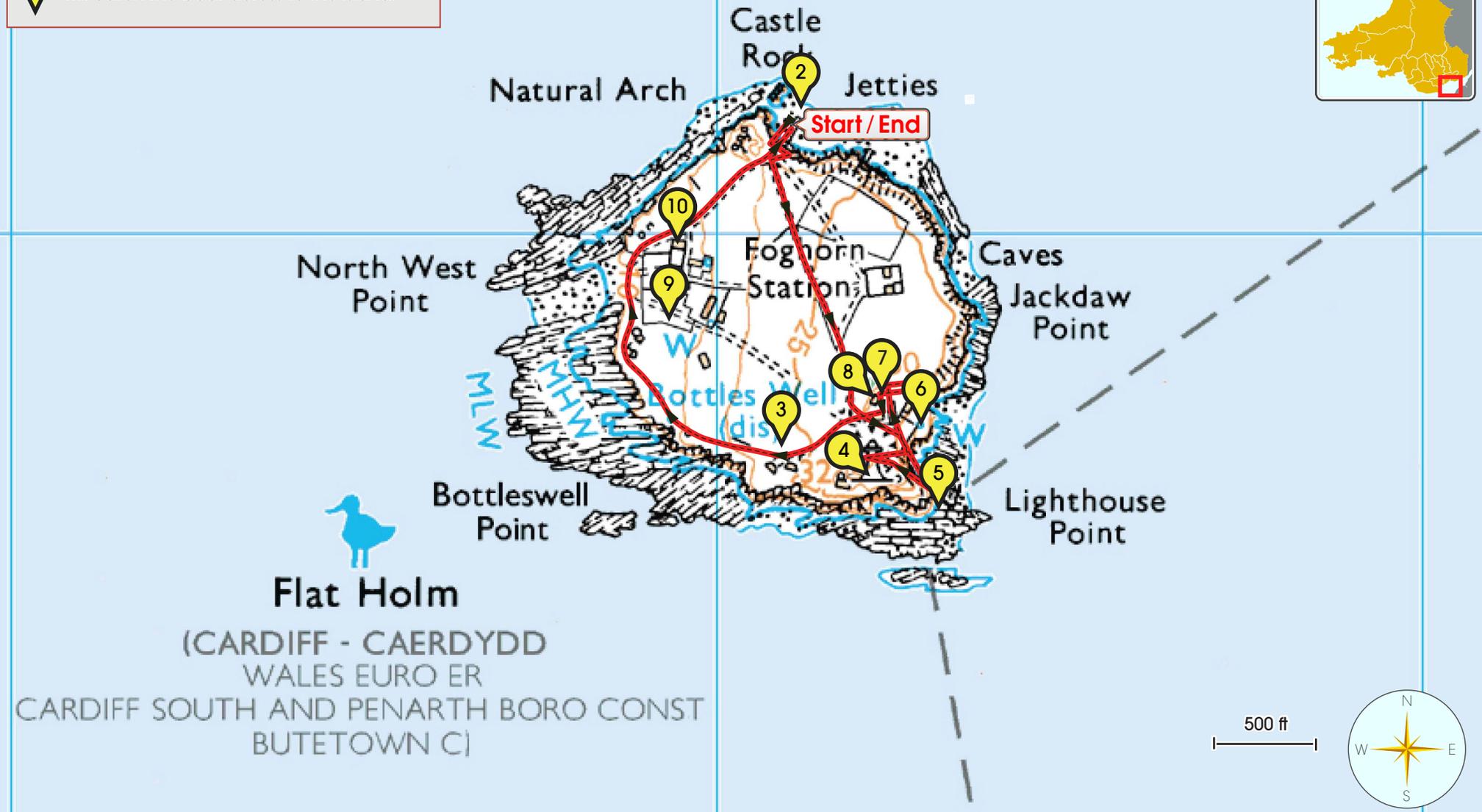


Approximate distance: 1.2 miles

1 This walk begins in Cardiff Bay where you will catch the boat across to the island.



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The Weatherman Walking maps are intended as a guide to the TV programme only. Routes and conditions may have changed since the programme was made. 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.

Approximate distance: 1.2 miles

A race against the tide to look at wartime relics and a stunning lighthouse on this beautiful island in the Bristol Channel.

**1. The Cardiff Bay Barrage**

This is where you will catch the boat to the island. The Barrage lies across the mouth of Cardiff Bay between Queen Alexandra Dock and Penarth Head and was one of the largest civil engineering projects in Europe during the 1990s.

**4. Flat Holm Lighthouse**

The first light on the island was a simple brazier mounted on a wooden frame, which stood on the high eastern part of the island.

The construction of a tower lighthouse with lantern light was finished in 1737.

Today it's solar powered and the light from its three 100 watt bulbs can be seen up to 16 miles away.

**2. The Jetty and start of the walk**

After a short boat trip, Derek stepped foot on the island and met up with guide - Matthew Lipton who lives and works on the island as its main warden.

The island has a wealth of history and wildlife to explore.

**5. The Gun Pit**

In 1860 the Royal Commission recommended that Flat Holm was to form part of a strategic coastal defence system for the Bristol Channel and a fort was completed in 1869.

**3. Gull Colony**

The island has a significant breeding colony of over 4,000 pairs of lesser black-backed gulls, 400 pairs of herring gulls as well as great black-backed gulls, shelduck and oystercatchers.

**6. Water Catchment**

An impressive tiled water-catchment area was constructed, sloping towards a large underground water-storage tank to supply the soldiers based here.

The tank is still used today to store rainwater.



7. Wild Leeks

These leeks can grow up to six feet tall and Flat Holm is one of only five places in the UK where they are found.

The plants are protected so don't pick them or you may be fined.



8. Stone Barracks

In 1869, stone barracks were built to sleep up to 50 soldiers needed to man the four batteries but only a Master Gunner and five gunners were ever stationed on the island.

Today, they have become the island's educational block.



9. Hospital

In 1883 Flat Holm was used as an isolation hospital to protect the mainland against a cholera epidemic.

In 1892, after a serious outbreak of cholera in Hamburg, five infected vessels were moored off Flat Holm.



10. Farm House

In 1897 the farmhouse was converted into a pub called The Flat Holm Hotel. Sadly it closed after a few years - probably due to a lack of business.