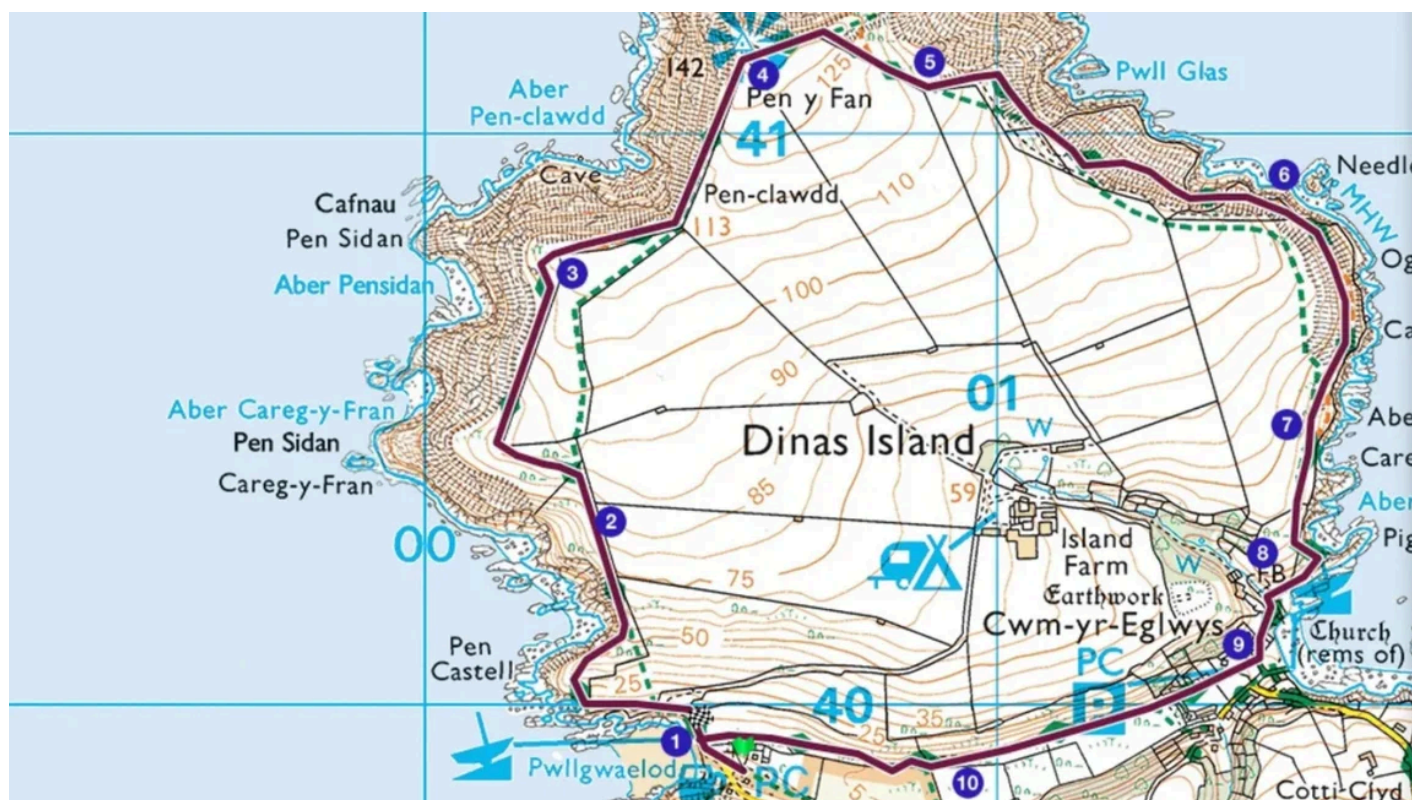


WALES

Dinas Island circular walk

A circular walk with steep ascent and descent gives you some of the finest views anywhere on the Pembrokeshire coast. This isn't a long walk, but definitely one to test your fitness, with plenty of reasons to stop and admire the scenery.



Information

Address: Pwllgwaelod Beach car park, Dinas Island, Pembrokeshire, SA42 0SE.

Activity: Walking

Moderate: Steep, rocky coast path, sharp gradients, steps, stiles and kissing gates. For further details, please see Terrain section.

Dog friendly: Dogs on leads welcome – livestock nearby.

Full trail: Miles: 3 (km: 4.8)

Duration: 2 hours

Terrain

Steep, rocky coast path, sharp gradients, steps, stiles and kissing gates.

Total stages: 10

Start point: Pwllgwaelod car park, grid ref: SN005398

1. From Pwllgwaelod Beach, turn right uphill following coast path signs. At the cattle grid, turn left through a kissing gate.
2. The path soon begins to climb sharply and includes 40 steps. You'll pass through heather and gorse on either side. After a stiff climb you'll reach a stile and the path becomes easier. Your reward is fine views across Fishguard Bay.
3. The path soon becomes steep again and as you round a corner, you'll see the highest point of Dinas Island, Pen-y-Fan, ahead. Newport comes into view on your right.
4. Pause at the Ordnance Survey triangulation pillar (OS trig point) to take a well-earned rest and enjoy the views north to the cliffs at Pen-yr-Afr and inland to the Preseli Hills.
5. It's mostly downhill from here, but steep. Follow the path downhill. Around 55yds (50m) beyond a kissing gate the path divides. The main coast path plunges away to your left – you can see it snaking round the coast. If this looks too exciting you can follow a broad path along the fence to your right. The two paths reunite further on.
6. Around half a mile (0.75km) after the paths split, look out for Needle Rock below you. Seabirds, including guillemots, breed here in early summer.
7. The bay at Cwm-yr-Eglwys comes into view. Go through the kissing gate, which leads to a shady section of the path, but take care: it is rocky with tree roots.
8. A timber footbridge leads onto the road. Follow this down to Cwm-yr-Eglwys and past the toilets on your right.
9. Follow the path along the right hand side of boatyard, signposted 'Pwllgwaelod 2/3 mile', and walk straight ahead through the car park and alongside some caravans on your right. You'll see the footpath by a solid wood panel fence in the far right-hand corner.
10. Walk back to Pwllgwaelod through the valley along a tarmac path. With the rise in sea levels, Dinas Island could well be a real island again one day.

