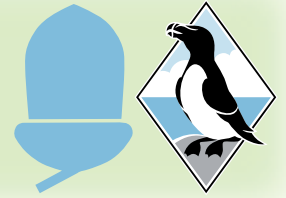


Ceibwr to Pwll y Wrach

Gentle Stroll



SCALE: 0 200 400 m

DISTANCE/DURATION: 0.7 miles (1.2 km) 40 minutes each way

PUBLIC TRANSPORT: *Poppit Rocket 405 (*seasonal, hail & ride) to Moylgrove - 0.9 miles (1.4 km) inland

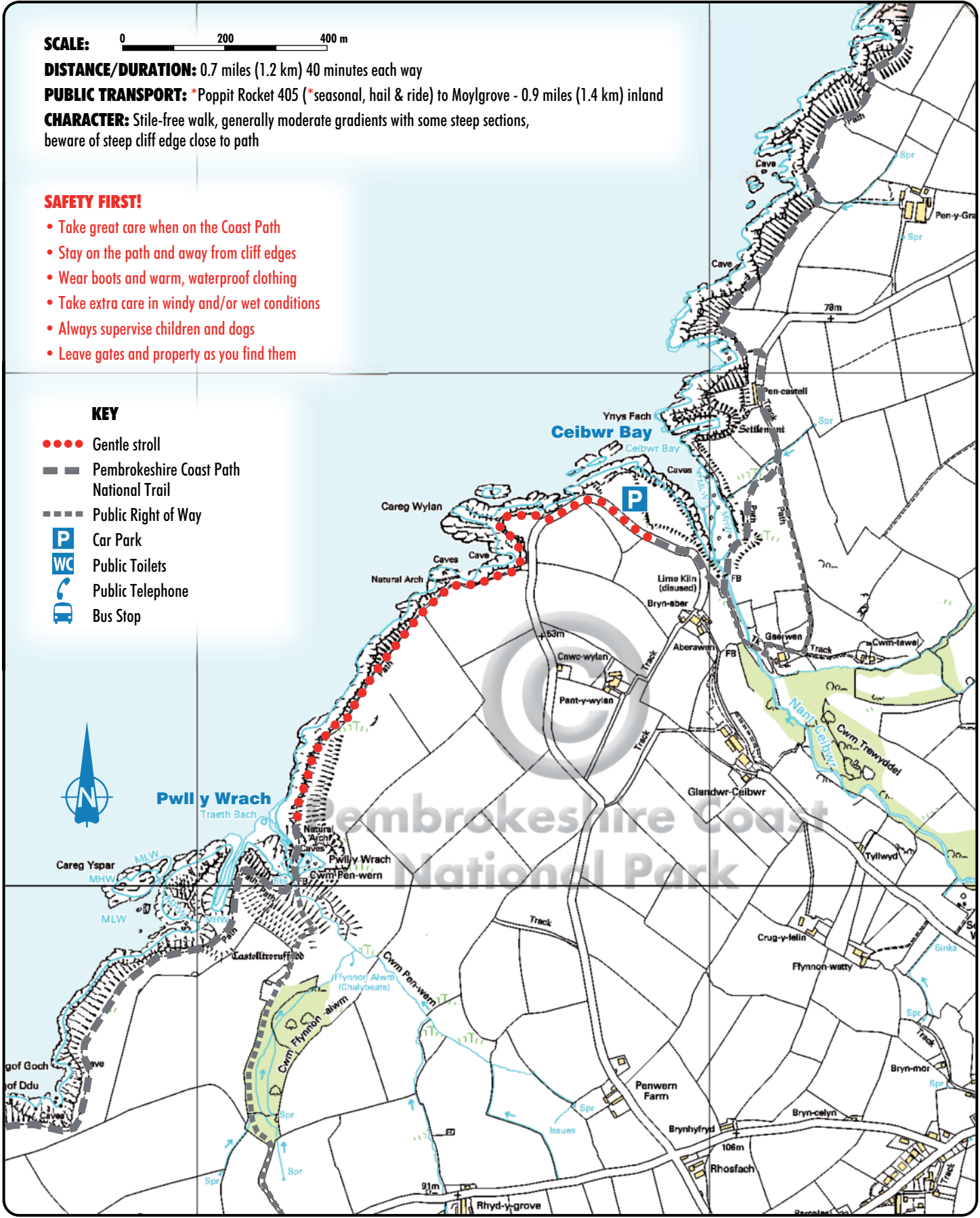
CHARACTER: Stile-free walk, generally moderate gradients with some steep sections, beware of steep cliff edge close to path

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

- Gentle stroll
- ▬▬▬ Pembrokeshire Coast Path
- ▬▬▬ National Trail
- ▬▬▬ Public Right of Way
- P** Car Park
- WC** Public Toilets
- Public Telephone
- Bus Stop



Ceibwr to Pwll y Wrach

Gentle Stroll

Parking: Roadside parking at Ceibwr (SN108457)

Length: 0.7 miles (1.2 km) each way

Grade: Moderate gradients

Surface: Dusty/mud in places

Toilets: Moylgrove (SN118446)
Open April - November

Telephone: Moylgrove car park

Grid ref: SN106457

Start from the informal parking area where the road widens at Ceibwr. Go up the hill (as steep as 1 in 13 in places) for 200m, turn right through an anti-vehicle barrier and walk along the Coast Path.

Ceibwr Bay was once the port serving Moylgrove and the surrounding agricultural community. At the mouth of the stream is a ruined lime kiln.

A century ago there was just one breeding colony of fulmars in Britain. They now nest in several places along this stretch, and their numbers are increasing.

Gradients are generally moderate and undulating on most of this stretch. There are some steeper slopes with gradients of 1 in 15 for 20m; 1 in 10 down for 45m; 1 in 5 up for 12m and 1 in 8 up and down for 90m.

There are two wet patches where seeps have created muddy areas. These have not been drained for conservation reasons and are crossed by stepping stones.

Pwll y Wrach (the Witches' Cauldron) is one of the most striking geological features of the Pembrokeshire coast. It is a collapsed cave, formed where the sea has picked out soft crumbling shales and sandstones along a fault.

The crater still connects to the sea and is a popular place for seals and the more daring canoeist. At certain times of the year the chough, a rare species nationally, may be spotted.

The dramatic folding to the north, of (Pen-yr-Afr) can be seen on the return route. Much of the Coast Path was cut out by machine in the 1960s and here that profile can be easily seen. Although the Path is fairly wide, **one needs to be aware of the sudden drop to seaward.**

