


Site Description: A beautiful, clean, unsullied wilderness coasteering site, brimming with seals, sea birds, idyllic coves, sandy beaches and rocky headlands. **P** Parking is near gate to the Coast Path on the seaward side verge only ensuring turning circle and public/emergency access is kept clear. There are no toilet/changing  facilities at site nearest public toilets are in the village of Mathry at the village hall. There are often seals, and cliff nesting sea birds including also Peregrine Falcons, and Choughs present on this coaster and the best practice guidelines outlined in the Pembrokeshire Marine Code should be followed at all times.

National Trust property - Aberbach also known as Treseissyllt

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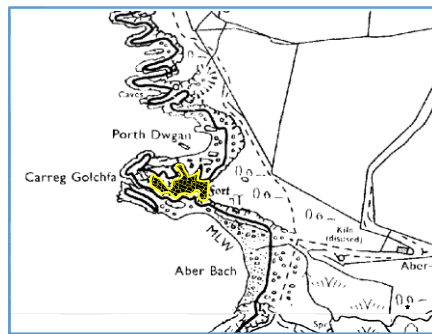
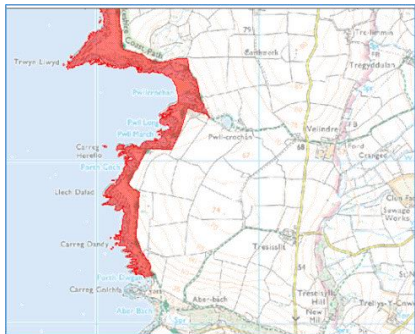
Access: Pembrokeshire Coast footpath. Pathways - steep climbs out of coves and harbours onto reasonably level, though naturally uneven, cliff top plateau **Please note:** there is no vehicle foreshore access between Aberbach and Goodwick

Facilities: None – When changing; **Please** encourage clients to keep the road and coast path free from obstruction / Respect local home owners and Public by maintaining decency and dignity.

Landscape: Rugged and wild coastline with glacial runoff valleys shaped by the Irish sea ice sheet during the last ice age, the visible rock strata forms part of the 'Tresseisyllt' syncline. The NT actively manages the grass and heathland with varied grazing and regular voluntary work; currently there are wild horses between Aberbach and Pwll crochan. Please discourage customers from getting too close or attempting to feed them.

Protection: Highly protected area with Multiple designations

Strumble Head S.S.S.I. and St. David's S.A.C There are excellent examples of Maritime cliffs, ledges and crevices and underlying Cambrian and Ordovician period Geology, Coastal Grassland, Coastal heathland, Dry Heath, Rare plants. These all help to provide a diverse range of habitats supporting many of the wildlife you will see such as Invertebrates like small Blue butterflies and Cliff nesting birds including Peregrine falcons, Chough, razorbills, Guillemots and Fulmar Petrels along with seals breeding in secluded caves and beaches.



Scheduled Ancient Monuments S.A.M. (CADW is responsible for their protection) Carreg Golchfa has an Iron age coastal promontory fort on the headland - this means the ground should be undisturbed.

OS Map: Explorer OL35 / Landranger 157 **Grid ref:** (Abermawr/ Aberbach turning circle) **SM 884347** **Emergency Information:** Unreliable mobile phone signal / Emergency phone: None

Tidal variations: (HW = High water)

HW Abermawr / Aberbach +1 to 1.15 hours HW Milford haven Between Abermawr and Pwllcrochan tidal streams are negligible within 100m of shore. Just outside of this area tidal streams run at 2knots (stronger in races around the headlands) NE stream begins -2.15 HW Milford Haven / SW stream begins +4.40 HW Milford Haven

Contact numbers:

NT Coastal Activity Ranger - Phil Sadler – 07919 560726

NT - 01348 837860

PCNPA – 01437 764636

OC Officer - 01646405693

Coast guard – 01646 690909

Emergency 999 / 112

Useful websites:

www.nationaltrust.org.uk

www.archwilio.org.uk

www.cadw.wales.gov.uk

www.naturalresourceswales.gov.uk

www.dyfedarchaeology.org.uk

www.pembrokeshirecoast.org.uk

www.pembrokeshireoutdoors.org.uk/

www.pembrokeshiremarinecode.org.uk/

www.walesactivitymapping.org.uk/