

Dinas Circular Walks

Dinas Island

Terrain: Rugged coastline with path near steep and very high cliffs. Moderate gradients with runs of steps. All weather footpath between Pwllgwaelod and Cwm yr Eglwys.

O.S. Map - 1: 50,000 - No. 157

Distance: 5.6km or 3½ miles **Duration:** 2 hours

Public Transport: Hourly bus service along the main road - A487 - Richards Service Bus No. 412 - between Cardigan, Newport, Fishguard and Haverfordwest - alight at Kiel House mini market, Dinas and follow the signpost to Pwllgwaelod - 0.8km (½ mile).

Poppit Rocket - Bus No. 405 - Fishguard to Poppit Sands stopping at Kiel House, Brynhenllan and Pwllgwaelod. Seasonal hail and ride service - 3 times daily.

Car Park: Pwllgwaelod (free)

Toilets: Pwllgwaelod and Cwm yr Eglwys



1. Start at Pwllgwaelod car park (GR - SN 005 400)

Note the 19th century circular lime kiln, where limestone was burnt and converted to quicklime for farming and building, and the Old Sailors Tea Rooms and Restaurant - formerly known as the Sailors Safety, where a lantern guided sailing ships. With the beach on the left - take the minor road towards the headland leading onto a concrete farm road.



2. Dinas Island - At the first sharp bend bear left through the gate on to the National Trust Property. As the path ascends, keep right where indicated by the yellow arrow. Look westwards at the panorama over Fishguard Bay with Fishguard Harbour in the distance and Pencaer headland behind. Looking back to the south, Dinas village sits on the coastal plain, with the Preseli Hills rising behind, topped with the rocky outcrop of Garn Fawr.



3. The slopes are clothed with gorse, heather, thyme and the creamy burnet rose. Bracken is cut to encourage grazing and create habitat for choughs - a small insect-eating crow with scarlet legs and beak. As the high point is approached, look at the dramatic vertical folds in the sandstone and slates at Aber Penclawdd.

4. Dinas Head - The high point (141 m or 463 ft) is marked by an OS triangulation station from where there are magnificent panoramic views - west to Strumble Head and east to Newport Bay and Cemaes Head.



To the south, Dinas Mountain rises above Dinas and Carningli watches over Newport. Across Cardigan Bay to the north-east, Mount Snowdon and the Lleyn Peninsula can be seen on a clear day.

5. Needle Rock - Start the descent eastwards past a strip of curiously raised anthills and note the geological folds in the inlet called Pwll Glas. The path divides after the gate - choose the upper or lower path. The lower path needs care in wet conditions, but directly overlooks Needle Rock.



This is an excellent vantage point to observe the sheltered sea stack where gulls, razorbills, guillemots, fulmars and shags nest from April to July.

6. Both paths meet just before the kissing gate marking the National Trust property. The path descends through sheltered woodland with lush vegetation, which is often the haunt of butterflies. A precipitous view of Aber Pig y Baw leads down to the pretty hamlet of Cwm yr Eglwys.

7. Cwm yr Eglwys - Walk into the graveyard, where only the west wall and double-arched bellcote of the old Norman Church remain after the 'Royal Charter' storm of October 1859 destroyed most of the building.



Before construction of the sea wall in 1882, bones and coffins were exposed by the rushing waves and the beach level was 1 - 2 metres higher.



8. Coastal Trade - At the entrance to the graveyard is a model of a coastal trader which brought goods into the hamlet for centuries.

9. The Cwm Valley - Proceed to the car park and join the path to Pwllgwaelod through the caravan park.



This leads to an all-weather footpath along a U-shaped glacial melt-water valley filled with peat and glacial clay. The valley is a haven for wildlife - reeds, grasses, willows, birds, butterflies and even otters and glow-worms

10. On reaching **Pwllgwaelod** at the rear of the Old Sailors Restaurant, bear left along the minor road to the starting point in the car park.

Points of Interest:

- Magnificent coastal walk with outstanding panoramic views of the sea and Preseli Hills
- Abundant wildlife including seabirds and occasional grey seals and dolphins.
- Colourful wild flowers in the spring, attractive shrubs and wind-pruned trees.
- Sandy bathing beaches and sheltered path
- Remains of Norman Church
- Glacial valley - a haven for wildlife.



Pembrokeshire Coast
National Park

Visit Wales

Yr Hen Ysgol

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