



Marloes Sands to Martin's Haven, Pembrokeshire

Discover one of Pembrokeshire's more remote corners, packed with wonderful wildlife and spectacular coastal scenery.

"A wonderful walk packed with views and wildlife! Don't forget to bring your binoculars, camera and bucket and spade on this glorious part of the path."

Theresa Nolan, Wales Coast Path Officer

Start and Finish:

Marloes Sands car park to Martins Haven car park.

Distance:

2 miles/3km.

Along the way...

The Wales Coast Path winds its way around the cliffs, with stunning views over the islands of Skomer, Skokholm and Gateholm. The islands, named by Viking invaders, are famous for their huge colonies of puffins. These charismatic seabirds are just one of the local residents. You can also spot nesting choughs, rafts of shearwaters, buzzards, ravens, peregrines and a host of other coastal birds.

In late August and early September, watch out for grey seals with their pups at the water's edge. As you follow the clifftop path, you'll be dazzled by colourful displays of wildflowers. Expect to see scurvy grass, primroses and snowdrops early in the year, giving way to bluebells in late spring and red campions, foxgloves and sea thrift in summer.

At the western end of the Marloes Peninsula there's a rugged, almost island-like headland. Stop at National Coastwatch Institution (NCI) Wooltack Point Station at its tip for long-range views across St Brides Bay towards Ramsey Island and St Davids Peninsula. The headland is also home to Deer Park. Built in the 18th century, this walled enclosure has never actually contained deer and is now grazed by Welsh mountain ponies and Welsh Black cattle. Boat trips operate from Martin's Haven to Skomer and Skokholm.

Need to know:

There are car parks and public toilets at both ends of the walk. For refreshments, pop into Runwayskiln café, located 150m from the Marloes Sands car park.

The Puffin Shuttle bus links both ends of the walk, while the 315 service connects Marloes with Milford Haven and Havefordwest. Check www.pembrokeshire.gov.uk/bus-routes-and-timetables for details.