Down South Itinerary

This itinerary will take you on a tour of the Coastal Way and spectacular West Wales coast, taking in the amazing wildlife this area attracts along the way.

When: April – October

Time: 5-7 days
Mumbles Head, Swansea
Start your DOWN SOUTH adventure at the beginning of the Gower Peninsula’s coastline at Mumbles Head, Swansea. This relaxing stroll is the perfect start to exploring South Wales. Keep an eye out for Seabirds, Cetaceans and Jellyfish as you walk along the coast. The coastal path is accessible for all users and there is a selection of coffee bars and places to stop and have a bite to eat along the way. Why not surround yourself in the area’s history by visiting the old Lighthouse which was built in 1794, or go for a stroll along the Victorian Pier? Oystermouth Castle is also well worth a visit. For other visitor information, visit:
https://www.visitswanseabay.com/

St Govan’s Head, Pembrokeshire
Pack your camera and walking boots as we head west along the beautiful Welsh coast to St Govan’s Head, Pembrokeshire. This gentle walk is approx. 1.1 miles. Just to pre-warm you that the views along the coast are simply amazing! The cliffs here are home to a variety of amazing seabirds. Watch out for Manx Shearwaters, Guillemots, Razorbills and Kittiwakes. Look carefully out at sea for cetaceans too! What will you spot? If you fancy exploring the area further then check out St Govan’s Chapel which can be found close to the car park and down a flight of steps. For further visitor information, visit:
http://www.visitpembrokeshire.com/

St David’s Head, Pembrokeshire
Head north to St David’s Head, Pembrokeshire. St David’s is a particularly beautiful area of the county and a great place for the whole family to explore and enjoy. Pack your binoculars and keep an eye out for a variety of seabirds, Seals and Porpoise as you walk along the coast. Check out the remnants of the Iron Age community that once called it home with a fort and remains of huts whilst you’re there?! For further visitor information, visit:
http://www.visitpembrokeshire.com/

St Anne’s Head & Martins Haven, Pembrokeshire
Start the day by heading to St Anne’s Head to explore the Pembrokeshire Coast Path around the beautiful peninsula. The coastal scenery is epic so make sure you’ve charged your camera! Keep an eye out for wildlife including seabirds, Seals, Dolphins and Porpoise. Continue your day by car to Martin’s Haven. Head for the Wildlife Trusts Lockley Lodge Visitor Centre, situated on one of the most South-Westernmost peninsulas in Wales to embark on a journey you’ll never forget. Buy your ticket and take the 15 minute boat journey to Skomer Island where you’ll have the chance to see one of the most spectacular seabird colonies in the world and a few cetaceans along the way if you’re lucky! For further visitor information, visit:
http://www.visitpembrokeshire.com/

Strumble Head
Continue with your trip North for the next stop on the tour. Located on the North West tip of Pembrokeshire just west of Fishguard you’ll find Strumble Head. Strumble is one of the best places in Wales to see migrating seabirds as they follow the coast up and down the west of Britain. Because Strumble sticks out so far into The Irish Sea, the birds are concentrated and close to shore. Visitors to this part of Wales are always on the look out for Dolphins and Porpoise. For further visitor information, visit:
http://www.visitpembrokeshire.com/
Mwnt and Eglwys y Grog

Beach time is the next stop! Continue on the A487 to the award winning Mwnt Beach which is located on one of the most varied stretches of the Wales Coast Path, about 4.5 miles from the historic market town of Cardigan and is part of the Cardigan Bay Special Area of Conservation. Mwnt is an ideal place to spot Bottlenose Dolphins, Basking Sharks and Porpoise. Mwnt is also an ancient holy site and its picturesque and startlingly simple 14th century Church of the Holy Cross (Eglwys y Grog) served as a sailors’ chapel of ease, and was a welcome refuge for medieval pilgrims en route to the patron saint of Wales’ shrine at St Davids. For further information visit:

http://www.visitmidwales.co.uk/Cardigan-Mwnt-Beach/details/?dms=3&venue=1150040

New Quay

Finish your adventure with a visit to the golden sands and peaceful harbour of New Quay, at the heart of Cardigan Bay. Make sandcastles on the beach and have fish and chips on the harbour wall before visiting the Cardigan Bay Marine Wildlife Centre, where you can find out all about the bay’s famous Bottlenose Dolphins. Then take a boat trip with Dolphin Survey Boat Trips to get close to these amazing creatures in the company of a member of the Wildlife Trust’s Marine Team. Cardigan Bay is one of the best places to see Bottlenose Dolphins in the UK, so this is an experience not to be missed! For more info visit: