

Dinas Island

Start Pwllgwaelod. Turn off A487 at Dinas along lane to Bryn-henllan and Pwllgwaelod

Distance 3 miles (4.8km)

Approximate time 1½ hours

Parking Pwllgwaelod

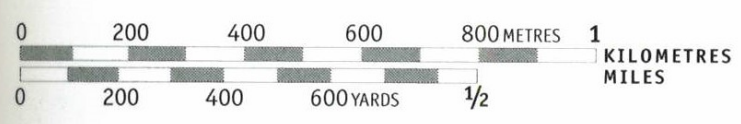
Refreshments Café and restaurant at Pwllgwaelod open Easter–end October

Ordnance Survey maps Landrangers 145 (Cardigan & Mynydd Preseli) and 157 (St David's & Haverfordwest), Explorer OL35 (North Pembrokeshire)


Cutting across the narrow neck of the peninsula of Dinas Island is a convenient short cut for those walking the Pembrokeshire Coast Path who want to reduce both distance and toil. But this walk shows that those who succumb to such temptation are missing out on a headland of great beauty, fine cliff scenery and ever-changing views, both inland and along the coast. Route finding could not be easier as you follow the well-waymarked coast path in a clockwise direction. Although a short walk, it is quite energetic with some reasonably steep ascents and descents.

A view from Dinas Head





As its name implies Dinas Island was once an island. At the end of the Ice Age, glacial meltwater scoured a channel across the neck of the peninsula linking Newport and Fishguard bays; that now dried-up channel forms the last part of the walk.

 Start by the Old Sailors Restaurant and take the coast path around the headland, keeping the sea on the left all the while. The views are superb all the way: initially across Fishguard Bay as you climb to the triangulation pillar on Dinas Head (463ft/141m) **A**, and later, after rounding the head, over Newport Bay and inland to the line of the Preseli Hills on the skyline. There is also some spectacular cliff scenery nearby, especially approaching and passing above the prominent Needle Rock.

After descending through an area of trees, bushes and gorse you eventually emerge onto a track **B**. Turn left into Cwm-yr-Eglwys, passing to the right of the ruined church, of which only the west wall and belfry remain. The 12th-century church, in a lovely position overlooking Newport Bay, was destroyed by a violent storm in 1859. Turn right by the church along what is now a tarmac lane and, where the lane starts to curve left, turn right at a public footpath sign onto a path that runs between houses and gardens. This is where you cross the neck of the peninsula, once covered by the sea.

Turn right near another public footpath sign, shortly turning left **C** to continue along the side of the valley. Climb a stile and keep ahead, finally going through a kissing-gate to the right of the Old Sailors Restaurant and turning left to the car park at the starting point.