




# Dale peninsula


<b>Start</b>	Dale
<b>Distance</b>	7 miles (11.3km)
<b>Approximate time</b>	3½ hours
<b>Parking</b>	Dale
<b>Refreshments</b>	Pub and café at Dale
<b>Ordnance Survey maps</b>	Landranger 157 (St David's & Haverfordwest), Explorer OL36 (South Pembrokeshire)

*The walk starts by crossing the neck of the Dale peninsula to the west of Dale village and continues along the coast path around the peninsula to return to Dale. The first part of the walk on the western side is relatively flat and easy; after rounding St Ann's Head walking becomes more energetic along the more hilly and indented eastern shore.*

Dale, once an important port and now a popular sailing centre, lies in a valley at the eastern end of the neck of the peninsula. The shallow valley between Dale and Westdale Bay was once covered by the sea, thus making the peninsula an island.

 Begin by walking along the road signposted to St Ann's Head and at a T-junction turn right, following the sign to Milford Haven and Haverfordwest, passing to the left of Dale's medieval church, which is dominated by a tall, slim tower. Where the road turns to the right, turn left  through a gate, at a

public footpath sign, and walk along a track that passes to the left of the 19th-century Dale Castle, before turning left. Climb a stone stile at a public footpath sign and keep ahead across grass along a straight and clear path to climb another stone stile . Ahead are the impressive cliffs and fine sandy beach of Westdale Bay.

Turn left to join the coast path and follow it initially to the lighthouse on St Ann's Head, the tip of the peninsula. After climbing some steps this is easy, flat walking with impressive scenery, especially approaching St Ann's Head, with a good view to the right of Skokholm Island. Near the head the path curves left to a stile; climb it, turn right along a tarmac road towards the lighthouse and just before reaching it turn left through a gate at a coast path sign. Immediately turn right, continue by a wire fence on the right, turn left  in front of the lighthouse and row of coastguard cottages and shortly turn left again at another coast path sign to start the walk along the eastern side of the peninsula.

Dale village







0 200 400 600 800 METRES 1 KILOMETRES  
0 200 400 600 YARDS 1/2 MILES

The scenery on this more sheltered side is gentler and more wooded but the coast is more indented, with more ascents and descents. Follow the path around three bays: the first is Mill Bay, where Henry VII landed in 1485 at the start of the campaign that was to lead to his victory over Richard III at Bosworth; the second is Watwick Bay, at the southern end of which is the West Blockhouse Battery, one of a number of forts built during the mid-19th century to guard Milford Haven at a time of a

French invasion scare; and the third is Castlebeach Bay. This part of the walk passes above a number of small, secluded sandy beaches, and there are views to the right across to Milford Haven and the Angle peninsula.

On the far side of Castlebeach Bay you head towards Dale Point, occupied by another 19th-century fort, now a field studies centre, but before reaching the end of the headland the path turns left across its neck to a stile. Climb it, turn left **D** along a narrow lane above a wooded bank that drops steeply to the sea and follow it for  $\frac{3}{4}$  mile (1.2km) back to Dale.