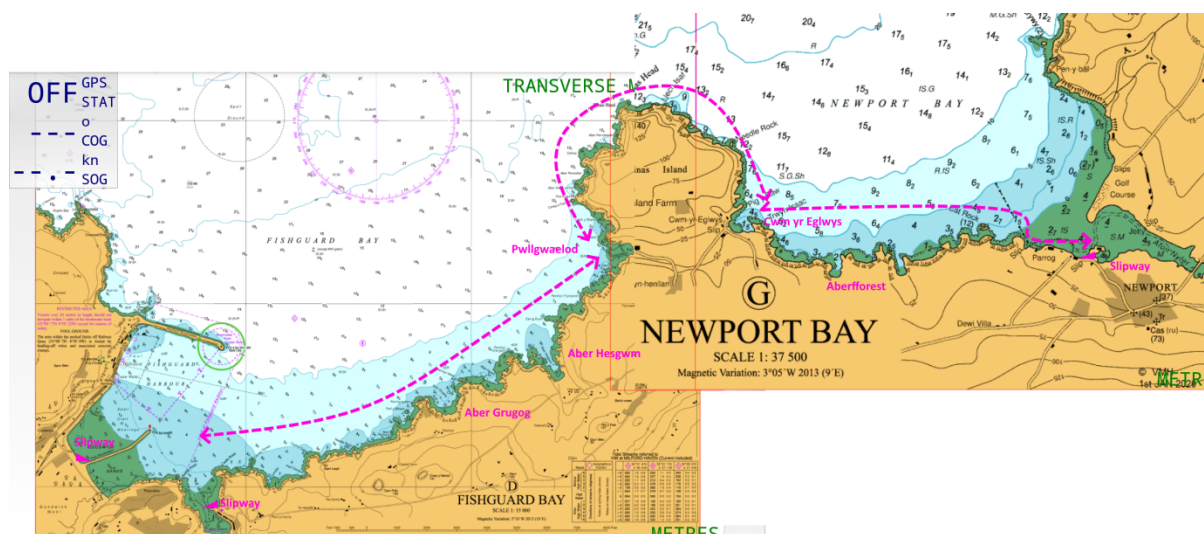


Dinghy trail: North Pembrokeshire

This trail takes you on the open sea along a beautiful stretch of the North Pembrokeshire coast, between Abergwaun (Fishguard) and Trefdraeth (Newport), rounding Dinas Head with optional stops at Pwllgwaelod and Cwm yr Eglwys.



Distance/Time:	6.5M, 4 hours
OS Map:	OL35 North Pembrokeshire
Charts:	1484-4 Fishguard Bay & 1484-7 Newport Bay
Launch/Recover:	Lower Town, Fishguard, SA65 9NB
	or Parrog, Goodwick, SA64 0DE
	Newport Boat Club, SA42 ORP
Tide times:	Milford Haven + 01:20

The one-way trip can be done in either direction, but allow a full day to go there and back. The Newport estuary is only accessible for 2 hours either side of high water.

The tide around Dinas Head can reach 3 knots at springs, so make sure you have the tide with you when rounding it.

Places

- **Fishguard:** public slipways on the quay at Lower Town, Fishguard Bay Yacht Club. Restricted parking
- **Goodwick:** public slipway and large car/trailer park
- **Aber Grugog** and **Aber Hesgwm:** these are pretty little coves with shingle beaches and narrow entrances
- **Pwllgwaelod:** sandy beach with Old Sailors' pub
- **Cwm yr Eglwys:** lovely village full of history. Ice cream van

- **Aberfforest:** small cove with shingle beach and nearby waterfall
- **Newport:** beautiful drying estuary, keep to the west when entering or leaving. Dangerous in strong north-westerlies. Newport Boat Club.

Interesting fact

In the Royal Charter storm of 1859, the church of St Brynach in Cwm yr Eglwys was partly washed into the sea. All that now remains is the east wall.