

WORK IN PROGRESS

Most of the information in this guide is from the original 1997 text; problem grades are mostly UK technical. If you have any new areas/problems or wish to propose V grades please send information to:

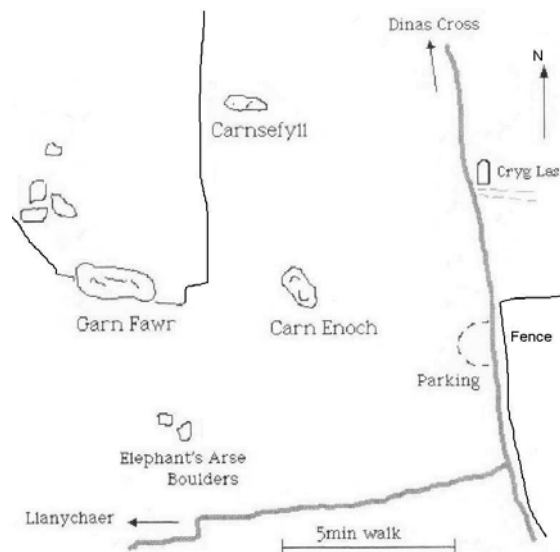
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TIDE TABLE

Severely affected by the tide – low tide only	Freshwater East	Newgale North
	Monkstone	Tenby
Moderately affected by the tide – mid to low tide only	Angle	Porthmelgan
	Broad Haven	Swanlake
	Caerfai	Tenby South
	Freshwater West	Waterwych
	Lindsway	Whitesands
	Pete and Paul's	
Little affected by the tide – most states OK	Marloes	Point St. John
	Newgale South	St. David's
	Porthclais	Tenby North
Not affected (yet)	Carn Enoch	Maiden Castle
	Garn Fawr	Plumstone
	Lydstep Quarry	Poll Carn

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Mynydd Dinas (FISHGUARD)

Local Map of Mynydd Dinas (not to scale)

Introduction

The bouldering here is better than anything else in Pembrokeshire, knocking the already impressive Treffgarne outcrops into a hat. Something very strange has happened here, as if a couple of square miles of the north Peak was dropped by the seaside. Driving up a gritstone moor, the tors are visible on the crest of the hill, surrounded by smaller boulders, some of which are not too shabby in their own right. The grain of the rock is comparable to Ashover grit (Black Rocks and the southeast Peak); this is probably smoother than, say, Stanage (and certainly) Ramshaw, and probably with less friction, but the approximation is close enough.

The rocks range in size from a couple of isolated small boulders (the Elephant's Arse Boulders), to a whole crag (Garn Fawr). Because of the openness of the hillside, the rock is generally sound and weathered but often very green. The passage of the wire brush is often evident, particularly on the earlier routes, for this the early developers apologise and have undertaken to be less obtrusive in future. It is easy to forget that Mynydd Dinas will never see as many climbers as it will walkers, and the beauty of the place ought not to be spoiled for others. Saying that, a brush is probably a good idea, but go carefully with it. The collections of boulders are listed separately, and approaches described, although it would be difficult to get lost here. Garn Fawr and Carn Enoch are of a much higher quality than the other grit outcrops in the region, although the Elephant's Arse and Carnsefyll are close by, and give some good fun; further east, above Newport, the rocks are not as good as they appear.

Do not damage the walls / fences or take dogs on the moor, particularly between January and April.

Approach

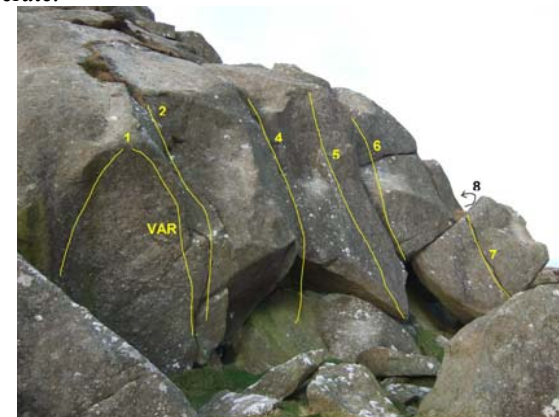
From Fishguard take the A487 east into Dinas Cross. Fifty metres after the filling station, take the tiny lane on the right, signed Cwm Gwaun & Viewpoint (if you reach the turning for Cwm-yr-Eglwys on the left, turn around). Follow this twisting lane all the way up onto the moor - pass a white painted stone on the left, bearing the title "Crug Las". Two hundred metres on the right is a large clearing for parking. From the parking spot, Carn Enoch can be seen directly up on the hill (7 minutes walk), and Carnsefyll down to the right. Garn Fawr can be seen from Carn Enoch, and is about five minutes further on in the same direction. Carnsefyll is directly down the hill from Carn Enoch, at about the same distance.

Carn Enoch (** / 7min)****OS Ref. 012 370**

Carn Enoch is the jumble of boulders up on the hill from the parking space. Several green paths lead up to it. Directly from the car, one approaches the east side; the cracks and slabs look all too easy, with an arrogance that that even Yorkshire's best couldn't match.

Everything is harder than first appearances would suggest. The rock quality is generally good, with reasonable friction beneath the greenness, but some of the very thin flakes need care (or pulling off; it all depends on your viewpoint). On a windy day, of which there are many here, this can offer the best shelter.

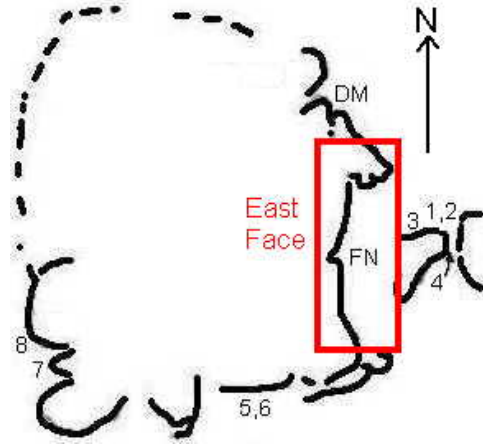
The east face holds plenty of problems, but there are many more dotted around the pile. Facing east two cracks divide the slabs; the left hand one is undercut, splits the face from top to bottom, and is a real classic: *Freddie's Nightmare*, one of those gems that take all the skin off your shins. The prow immediately left and the slabs to the right are depressingly desperate.



Carn Enoch, East Face

1. V1 R (5b) The nose of the wall on the left can be gained by stepping in from the left, or via the arête on the right at the same grade.
2. VB (4b) The ramp on the right is awkward.
3. **Project**. The prow, taken direct.
4. V2 (5c) *** **Freddie's Nightmare**. The central crack requires unavoidable jamming.
5. V2 (5c) **Pete's Slab**. To the right is a shin-scraper to start, and some horrible slab-type footwork leading to a side-pull and the top.
6. VB (2a) The crack to the right is a good introduction to off-widths - totally desperate.
7. V0 (5a) * The hanging crack to the right gives a short layback.

8. V0 (5a) Starting under the “Desperate Mantles”, hand traverse the sharp edge leftwards to the platform above the layback of 7.



Overview of Carn Enoch

1. V1 (5c) Standing on the arête, from the obvious side-pull go for the top just to the right.
2. V2 (6a) * Starting from the same place, go left and up the prow on a series of big side-pulls.
3. V0 (5a) Standing jump for the top of the boulder and mantel.
4. V3 (6a) Low-level traverse from the slab rightwards under the prow to finish up 3.
5. V0+ (5b) * Low sidewall, a sitting start from the break, through the side-pull for the top.
6. V4 (6a/b) * Starting in the same place, dyno for the top directly.
7. V2 (5c+) * Straight for the closed-in flying arête, with no assistance from the boulders on either side. A sitting start has still not been completed.
8. VB (4b) The small traverse crack to the left.

FN *Freddie's Nightmare* (see East Face 4)

DM **Project** “Desperate Mantles”

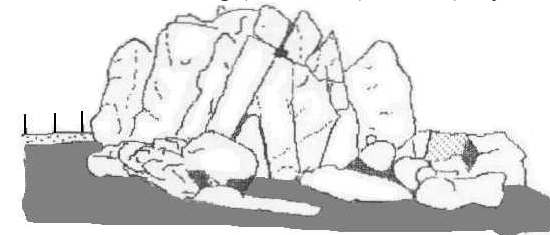
Garn Fawr (**** / 10min)

OS Ref. 008 368

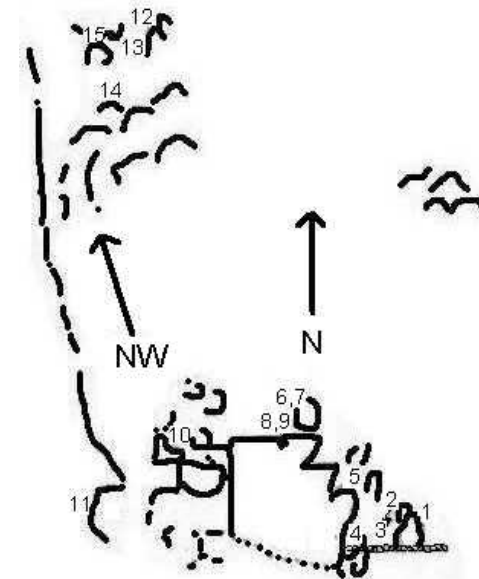


Although Garn Fawr is not visible from the car park, once Carn Enoch is reached its top can be seen further west. There is a wall and solid fence that runs across the south side.

Garn Fawr can be seen from the west and north sides as an outcrop above a boulder field. Much of the bouldering is around the main cliff but there are a few gems to be found lower down.



View of Garn Fawr South Face



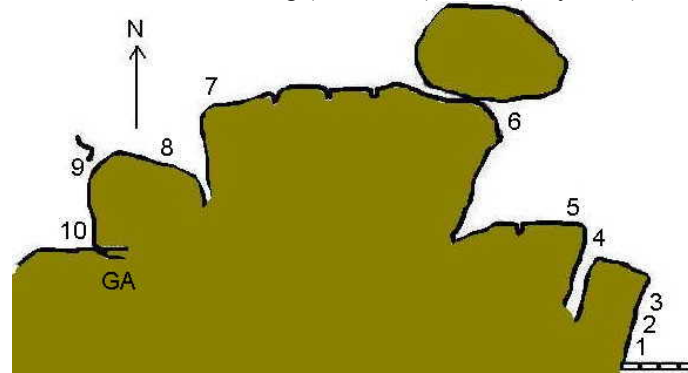
Garn Fawr Boulders

Garn Fawr Boulders - Upper Tier

1	Andie's slab	V0- (4c)	6	Cave on left	5b
2	Roof	V1 (5b)	7	Cave slightly rightwards	6c
3	Traverse of the lip	V2 (5b)	8	Bulge left of offwidth	6c
4	Small Wall	V0 X (5a)	9	Offwidth Crack	4b
5	Remembrance Direct	6b	10	Overhanging Slab	5c
11	Centre of the wall on large holds dyno (VB-4c) or sidepull (V0-), left arête (left of the green crack) (V0).				

Garn Fawr Boulders - Lower Tier

12 *	Start at the slab with an overhanging left side. Starting under the overlap on the right, with the feet in the back, hand traverse left to two sloping holds. Swing, and dyno footless for the break. Rock over.				6a
13	Slab to crack	V0- (4c)	15	Cave on left	6b
14	Layback crack	V0- (4c)			



Garn Fawr routes

1. * **Memoriam** 8m S 4b 13.4.97
Follows the crack on the left of the left wall of the buttress into the large niche, and then through the overhanging layback crack above.
 2. **Tombstone** 9m VS 4b 13.4.97
Starting halfway along the wall, traverse the obvious handrail rightwards to meet *Rememberance* halfway up the arête. Continue to the top. A nasty landing, without any real gear.
 3. ** **Rememberance** 9m S 4b 10.11.96
The easy-angled front face of the buttress, starting from the left side of the arête.
 4. * **Dougie the Wondercat** 9m E1 5b 29.7.97
The buttress to the right. Follow the line of holds left of the left arête, from a hard but eliminate right hand start to a long, insecure reach for a flake.
 5. **Project** - Cracks not yet cleaned
 6. * **Kamikaze Lichen** 9m VS 4b 29.7.97
Down and to the right, the crag sports a large face, with three cracks running up it, and a large raven's nest in the centre. The left arête of the face is reasonably easy, though lichenous. A bad route to fall off.
 7. **Project** - The right-hand arête.
 8. ** **Bunker Mentality** 9m E1 5c 30.3.97
Start the slab left of centre with some thin moves, and continue direct. The crux is at the bottom, but there is a nasty drop off the landing.
 9. **Stopgap** 8m VS 4b 13.4.97
A poor route up the wall and arête left of *Speed Trap*.
 10. ** **Speed Trap** 8m E3 5a 13.4.97
This takes the right side of the sidewall, past a hollow perched flake.
- Gargoyle Arête** the south facing wall around to its right at V5.

Carnsefyll (* / 7 min)

OS Ref. 012 374

Either park in the clearing as for Carn Enoch, and walk down the hillside, or else park a little further north, and walk straight across. The problems are similar to those on its bigger neighbours, but fewer of them. There is one big slabby face overlooking the sea VB (2a), and round to the east a crack just left of the roof (V0-) or a triangular roof over a spike V2 (6a).

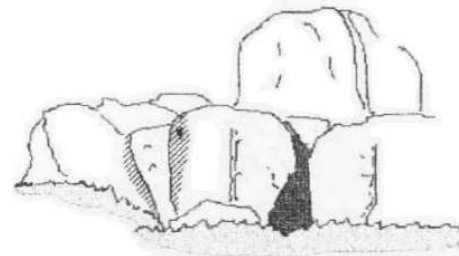
Elephant's Arse (* / 10 minutes)

OS Ref. 010 366

Head to the left of the brow of the hill from the care park, and these will come into view within a few minutes. They are easily recognisable: one has the appearance of a large tooth and, west of it is a spherical boulder resting on a base; both are only about 3 metres in height. The tooth has a good problem V0+ (5c) the NE arête; the latter has some excellent hanging start problems on slopers, and the top is the eponymous elephant's arse, particularly if the one poor hold is ignored V2 (6a). An esoteric and unclean gem.

Miscellaneous venues around Fishguard

Strumble Head is just littered with small outcrops, escarpments, tors and isolated boulders. None of these are worth a visit with the obvious exception of Crag-X OS Ref. xxx xxx (are we going to find out where this is?).



Above Newport there is a lot of small boulders and outcrops, but most of them are scrappy; all are a long, long way from the car, let alone civilisation. Crag-X. Only 5 minutes from the car is a crag full of overhanging technical problems. Arm busting overhangs; firm(ish) grit with man-sized crystals: crystals so big, you can pull them off with your hands. Leaving less firm grit with man sized holes in it.

Around Dinas Head, there are a lot of places marked on the map, but most are too short and/ or crumbly to be worth a visit.

Other possibilities

- | | |
|----------------|-----------------|
| Summertown | OS Ref. 991 300 |
| Graig Lwyd | OS Ref. 994 326 |
| Werndew Y Bryn | OS Ref. 017 380 |
| Carn Air | OS Ref. 092 303 |

NORTHERN COAST

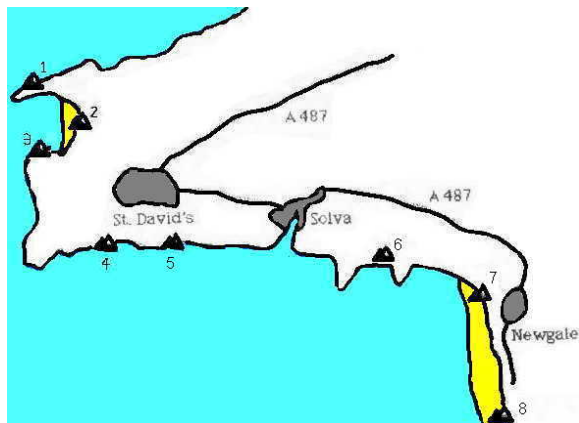
It's difficult to know what to say about this area: there is much less in the way of accessible bouldering than in other areas. From a distance, the outcrops of Carn Llidi (OS Ref. 737 279) and Penberry (OS Ref. 767 293) look OK, and are two of bouldering areas mentioning in the 1996 Pembroke Guide. But both have little to make the trip worthwhile. When you've walked all the way up onto Penberry, it matters. The smaller outcrops, which lie between the two, may be much better, but no promises can be made. In Porthgain (OS 813 327), there is some scattered bouldering, and also within the dolerite quarry, about a kilometre west of the village on the coast path.

Other possibilities

Abereiddy
Traeth Llyfn
Aber Draw
Abercastle

OS Ref. 797 313
OS Ref. 802 320
OS Ref. 834 325
OS Ref. 852 338

ST. DAVID'S



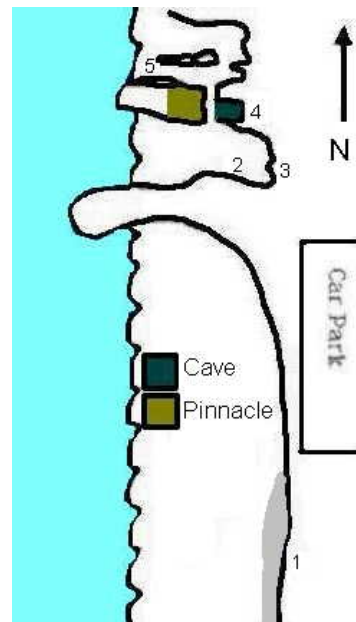
- | | | | |
|---|---------------------------|---|---------------------------|
| 1 | St. David's / Porthmelgan | 5 | Caerfai |
| 2 | Whitesands | 6 | St. Elvis / Pointz Castle |
| 3 | Point St John | 7 | Newgale (north) |
| 4 | Porthclais | 8 | Newgale (south) |

Whitesands (/ 5 min)**

OS Ref. 732 270

Park at the large pay car park overlooking Whitesands Beach. Mostly slabby in nature, and the rock is friable slate, so that climbing any overhanging rock on the main beach tends to be hopeless. This is not such a problem in the small bay to the north, Porth Lleuog, which is far better in any case. This is one of the better beach breaks around and is also very touristy in the summer. It is tidal, but accessible up to mid-tide. There are several slabs visible along the main beach, and some of these are OK(ish), but the better problems lie in the bay immediately to the north (Porth Lleuog). This is easily reached by scrambling over the rocks running out to the small headland at the car park end of the bay.

1. The slabs on the main beach visible from the car park are pretty shoddy, and the only real problems lie around the first corner. You keep expecting it to get better in each small inlet, but it never does.
2. The slabs on the south side of the northern bay are infinitely better, bringing them into the poor-mediocre category. Not too bad, but not worth coming all the way here just for this.
3. There are some small caves in the back of the bay, which is surprisingly solid, and – if you're feeling fit – and the floor were removed, might even be OK. This is one of the examples in Pembrokeshire of rock being better close to than from a distance.



4. **The Cave** Perhaps the only point of including Whitesands at all. On the north side of this small bay is a small loose pinnacle. Adjacent to this is reasonably large cave. For some reason the ceiling of this is extremely solid and at perfect height, with small lip at about 2½m in height. In fact, it looks a lot like the original bouldering wall at the Foundry. Unfortunately, the floor is littered with boulders, which would be easy enough to remove, underneath is a smooth but distinctly firm rock base. At present the problems awaits someone good enough to hang on the holds.
 5. In the next small bay, just up from the pinnacle, is a steep little wall.
 6. At the base of the north face of the pinnacle is a long low wall or surprisingly good rock. The landings are hard, but again smooth.
- There appears to be a numbering error here, the base of the north wall is 5 ?

Porthmelgan (* / 10min)

OS Ref. 728 279

As for Whitesands. Take the footpath north out of the car park (there is a sign and a bolted wooden gate). Porthmelgan is the small beach on the left after going down the stepped section of footpath, and just before the headland of St. David's Head. More slate, although this time it is reasonably solid. The bouldering is packed into a small section on the south side of the beach, which is hidden from view when approaching from Whitesands. It is reasonably solid, although not impressively so, but the landing is nice soft sand, although there may be a few small rocks at the foot of the cliff. There is little enough here, but of note is the overhang and headwall taken direct. There are a good few problems involving big arms and little feet between the breaks, and the obvious hanging prow will warrant attention in the future.

St. David's Head (*) / 15 min)**

OS Ref. 722 279

As for Whitesands. Take the footpath north out of the car park (there is a sign and a bolted wooden gate). St. David's Head is about 1½ kilometres walk, and is obvious because of the path eroded to it. The rock is generally very solid sandstone, and there are some good crags around to the east. There are many boulders scattered all over the headland, and a few faces down near sea level on the north side.

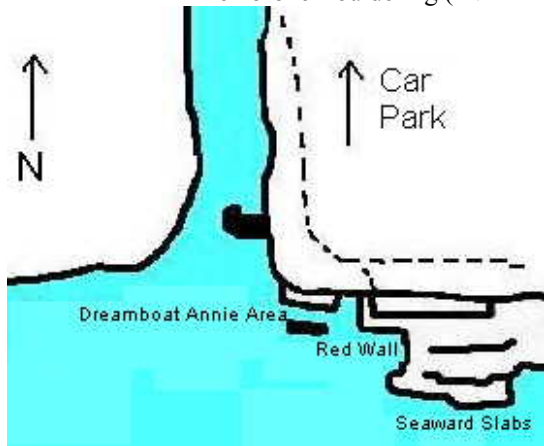
Point St. John (?? / 15min)

OS Ref. 719 262

The west side of the Point offers a number of steep boulder problems up to 12m high at a variety of standards. Approach by descending a slabby rib just right (North?) of the Point to gain ledges.

Porthclais (/ 10min)**

OS Ref. 743 238



The crag is reached by an easy walk along the coast path rising along the east side of the harbour. Just to the left of the harbour mouth, walk down towards the sea; the cliffs are hidden just below the top.

The rock is of very good quality, and similar to most of the cliffs on this part of the coast in that it forms steep, compact slabs. However, unlike the other crags, it is arranged in the large part as a number of tiers. The slabs of the upper tiers contain good problems, but it is the very bottom slabs which give the best bouldering:

high tide is recommended for the best landings, and the traverse of the slab nearest the sea is fun, save for one move about two-thirds of the way across, which is just plain scary.

Caerfai (/ 5min)**

OS Ref. 760 243

Check sand level on beach. From the car park walk down the concrete steps onto the beach. As with most beaches the bouldering is tidal. The rock is variable, from a firm sandstone that is more like Peak grit to a soft and variable vertical sand dune. Because of this care is needed, not against breaking the holds but against ruining the more delicate rock formations. Following the cliffs rightwards (west?) from the bottom of the path leads to a cave of astonishing beauty.

The bouldering is of variable quality, and the better rock is limited. On the overhanging back face of the obvious buttress at the bottom of the path, there is some good bouldering, including a desperate low-level traverse. Heading in the opposite direction, a lot of rock is friable, and whilst there are a few problems on good rock, including a roof, it would be sad to damage the more friable rock.

Dinas Fawr / Dinas Fach (?? / Boat)

OS Ref. 812 230 / 826 227

Dinas Fawr and Dinas Fach are the two headlands between Solva Harbour and Newgale Sands. Access can be gained in several ways: on foot by walking east from Solva Harbour car park, starting from the obvious padlocked tunnel; by car from the A487, go west past the turning for Brawdy, and turn left through a farmyard. At a bend in road about 500m down, there is a small verge where the footpath runs towards the sea. There is very limited parking here.

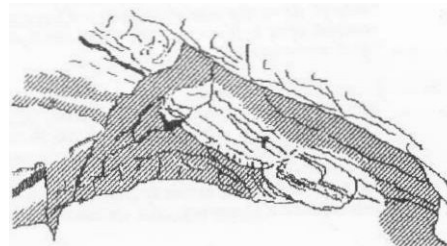
Scrappy, disappointed and frustrating. There is some bouldering on either headland, but it is not very good. Better potential lies in the two bays immediately left (east?) of St. Elvis, in the western (larger) one, there is good looking overhanging wall on the east side, which would appear to be unclimbed. One snag: these areas are not accessible on foot at any state of the tide, and are only approachable from the sea.

Newgale (north) (*) / 10min)**

OS Ref. 845 225

Park in the car park on the left at the bottom of the hill from Haverfordwest. This is in the centre of the beach.

The bouldering at the north end is around the corner from the obvious slabs, and is contained mainly within the caves. There is potential for a huge amount here, but unfortunately most of the caves seep, and it is uncertain if they ever really dry out. However not all are like this, and there are some really decent problems. This area is really affected by tides: although the floors of the caves are at high tide level, the retreat is not. The 3 hours around low tide are best.



The first cave encountered is actually formed in the underside of one of the slabs, and the roof is less than a metre thick. It is totally smooth, apart from where the right hand portion has fallen away, leaving a lip, which can be traversed. It is worth coming in here just to imagine being able to climb the main roof.

The two caves to the left both seep, but would probably dry out given a couple of weeks' good weather.

Left again, the next slab hides another cave, and it is here that much of the potential lies. This cave is much more open, with a shingle and sand base, and dries quickly, but is equally quick to seep after rain. It is also uniformly desperate, there being almost no discernable problems under 6a. The most credit must go to the (project) shallow flared crack on the overhanging wall to the left.

Further left, there is a lot of frustrating dampness. The coastline opens into another small bay (Cwm-Bach), at the left hand end of which is a slot; there are some good problems in here, some of which aren't even overhanging, but the landings aren't good.

Rumours of a *** V5 somewhere cannot be confirmed.

Newgale (south) (/ 10min)**

OS Ref. 854 205



From the Newgale (north) car park continue down the lane until another car park is reached in about 750m. The cliffs are further down the beach to the south.

Bad landings, and much loose rock on the small headlands mar Newgale south, but there are some worthwhile problems here, and it is less tidal than the north side of the beach. Don't bother with the headlands themselves, they really aren't worth it: even the overhanging black wall on the left of the first headland is rather friable, with poor landings, although it does have potential for low level traversing.

Better to keep walking: at the end of the headlands, there is a small dark wall set back on the shingle, which contains some low but hard problems. Where the grass runs directly down to the beach, there are some low slabs, and it is in the inlets formed by these that the only half-decent problems lie.

1. The first dark coloured wall to the left of the first headland.
2. The low wall past the last headland, set back on the shingle. This is much better, but a little short.

The next boulders are about 100m further on, and are marked by the very shallow angled slabs at the top of the beach.



The first major slab has an inlet on its right side, and some problems lie within this:

3. A small wall to the left at the back of the inlet, past the pool of water.
4. Further right, there is a very overhanging face, which is slightly friable and with a bad landing.

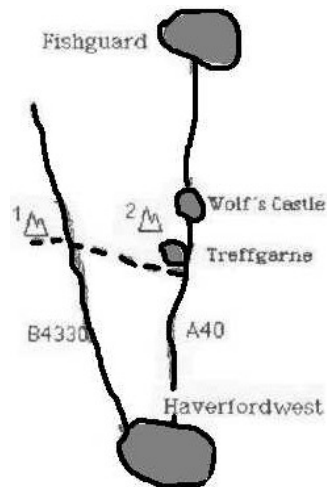
To the right, the next slab slopes down to form a tongue on the right side. Another flat boulder lies alongside this, creating an enclosed corner against the slab.

5. The back corner: although this is not very high, the rock is excellent, the landings OK, and the slopers the slopiest around. This is quite hard.

There is an overhanging face on a boulder a few metres further on, and this is undoubtedly the best here, but the landings are shocking, and much rock moving will be required.

TREFFGARNE

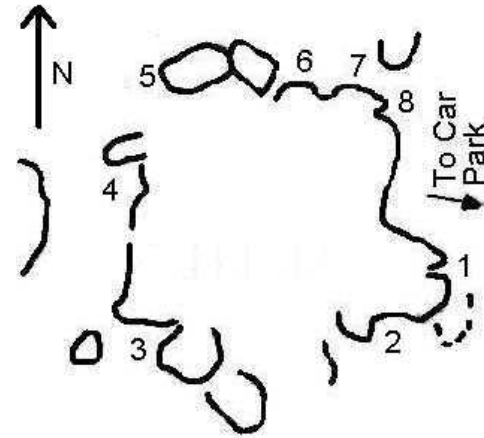
Treffgarne Area



- 1 Plumstone
- 2 Maiden Castle / Poll Carn

Plumstone Mountain (**** / 2min)

OS Ref. 937 233



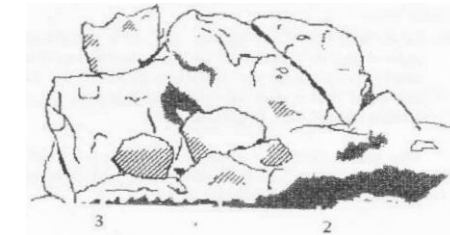
To find the B4330 from Haverfordwest, turn west (towards St. David's) at the Morrison's supermarket roundabout, cross the river and turn north at the next roundabout (signposted Croesgoch). After about 5 miles (measure this) at the top of the hill is a tarmac road (bridleway) leading to the covered reservoir, there is a parking area surrounded by large blocks next to this, only 100m from the rocks.

The rocks are open and panoramic views extend on all sides of the relatively square cut mass (which means that at least one side is always sheltered). The rock is generally excellent, and there are roof problems, arêtes, gritstone laybacks and

steep faces all crowded into one small area. Much of the climbing is overhanging by 10° or 20°, and as a result fairly powerful.



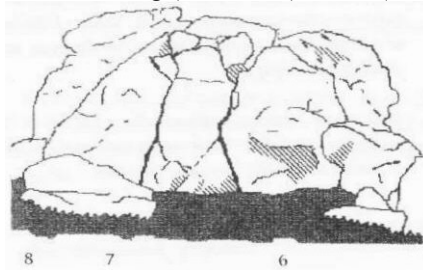
East



South



West

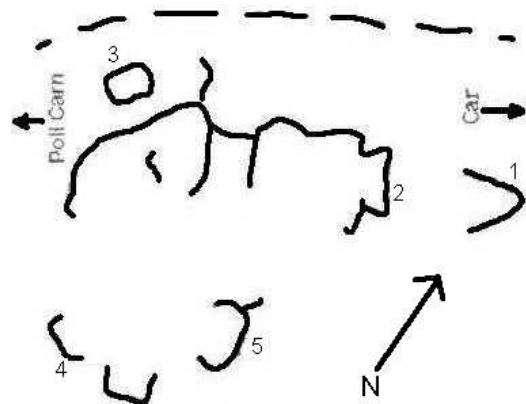


North

1. 3c On the left side of the face are a couple of cracks, one a layback (3c) and the other an off-width (3c).
2. 5b Moving around, there is a steep face – climb directly up the flake (5b) or a thuggish problem underclinging the diagonal crack to its conclusion (5a).
3. 5c Further down, the wall gives a fingery problem with a sloping finish (5c). The southwest arête is a one of the classic problems here (5b).
4. 6a Perhaps the best section, the prominent overhanging rib on the west side is taken from a sitting start, with a variety of dynamic slaps; most of the problems have similar grades.
5. 6a The obvious roof problem on the boulder marking the northwest corner is surprisingly desperate.
6. 5c Another overhang, another sitting start. What looks suspiciously easy becomes a desperate open-handed slap and sprawl onto the holdless slab.
7. 5a * In the wall further along, a jump for the prominent jug gives a good dynamic problem (5a). Gaining the jug from a sitting start gives a whole new difficulty (5c). The crack to the right, climbed as an eliminate jamming exercise, again from a sitting start, is painful (5b).
8. 5a ** The small face just around the corner taking a direct line just right of the arête.

Maiden Castle (***/ 5min)**

OS Ref. 954 259



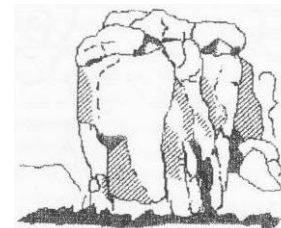
The Roch rhyolite outcrops of Poll Carn and Maiden Castle are conspicuous features on the hillside just west of the A40 between Treffgarne and Wolfscastle about 6 miles north of Haverfordwest. When approaching from Haverfordwest take a sharp left up a steep, narrow road from Nant-y-Coy Mill, which is situated just after a bend 1 mile north of Treffgarne. Cars may be parked on the right at the end of the public section of the narrow road, a few hundred metres up the hill from the A40. Follow a footpath opposite the

parking place (south) for 30m then take a smaller path leading up the hillside to the right. Maiden Castle is reached in five minutes or so, and the route to Poll Carn, 500m further on is obvious.

Maiden Castle gives some of the best bouldering in Pembrokeshire. The rock is generally excellent and has a grit-like quality, both in texture and soundness (mostly). The better problems range around the bottom of the rocks, with usually good landings, and an open, sunny aspect.

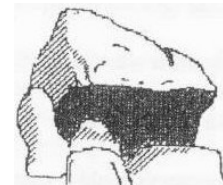
There are so many top quality problems here that to attempt to document them all would be a life's work. Some of the better areas and suggestions are indicated on the map, and in more detail on the topos.

1. First small buttress, with cracks (V0- to V1) on its west side, a few problems around the back, and a good arête problem, which is harder on the left (overhanging) side.
2. A little further up the hill, this large collection of boulders also gives potential for a few short routes.
3. ** An isolated boulder where the ground levels out in front of the biggest pinnacle. This has an excellent roof, at about V2 (5c) direct, or V0 (5a) on the right.
4. *** There is an undercut boulder round the corner, which is one of the best in Pembrokeshire: the toss up would have to be this, *The Cave* at Broad Haven and Carn Enoch (Mynydd Dinas).
5. Hidden away slightly around the east side is a recess with a really good overhanging wall.



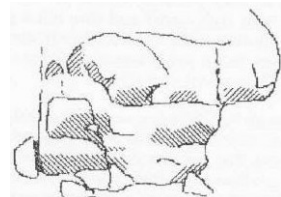
Buttress No.1

This is a slightly distorted end-on view, and one normally approaches from the side. The obvious landmark is the undercut arête on the near side; there are some (much easier) crack problems to the right and left.



Boulder No.3

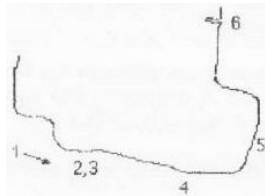
This boulder stands alone below the largest pinnacle; turning the lip may be gained by standing on the boulders beneath, but turning it is quite tricky: there are some flat holds left of centre (5b/c), or a crack on the right (5a). A fairly desperate problem is the no foot traverse of the lip from the left of the arête across the front to right of the right arête (5b).



Boulder No.4

This is a really great boulder, and contains myriad problems: many of the problems go off slopers, and the front of the boulder overhangs by about 30°, giving some really desperate moves.

Boulder No.4

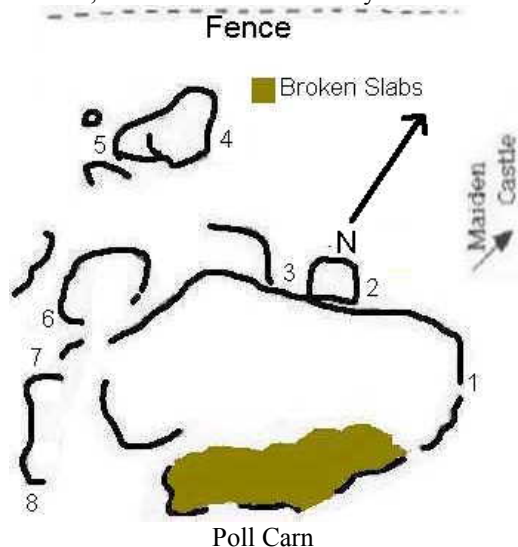


1. 5c Traverse break line to arête; then to the top
2. 5c From slopers on the break; round bulge to top.
3. 6a Sitting start, using layaways low on the left, move dynamically through the bulge.
4. 5c Sitting start under the right-hand arête; pull on using undercuts, for slopers in break; dyno for knob up and right.
5. 6a+ Start under roof round to the right. From the back, pull round roof, using right-hand pinch on the lip. Hard!
6. **Project** Faint seam.

Poll Carn (*/ 10min)**

OS Ref. 952 245

Although Poll Carn is more imposing than Maiden Castle, and at a distance appears to be more solid, the bouldering is not as good. The eastern side consists of broken slabs, and it is the south-western corner where the better problems (and potential for routes) exist. That said, some of these are superb, and most are steeply overhanging. Sitting starts are de rigeur. Around the south side, there are some slabs for your weak mates.



1. On the approach, the recess and cave on the left is disappointing. Soot making the holds very slippery. The small wall next to the right arête gives a mediocre problem.
2. An obvious squat, gritstone-type boulder halfway along the main mass. A desperate but short problem goes from a sitting start on the front face.
3. There are some short, steep, slab problems immediately up the hill.

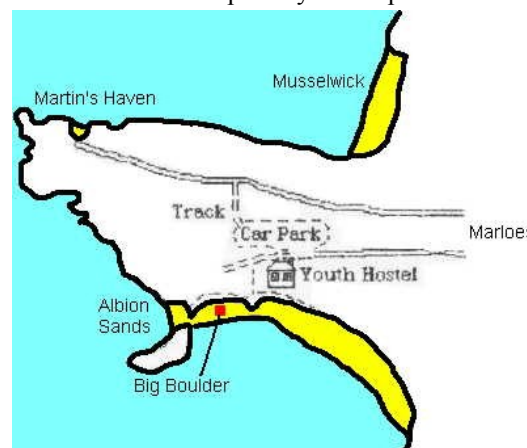
4. The low freestanding boulder where the ground levels out has surprising potential. A sure future classic is to take the facing waist high roof from the back, without touching the ground.
5. On the backside of the same boulder is a low but long roof problem with good holds out on the right. This also gives much harder eliminates, much of the difficulty being in keeping off the ground. There are some great dynos on this boulder, which make "Roof of the World" look like a slab. The hardest move (almost) is topping out over the lip.
6. The buttress leaning against the main crag has an extremely overhung back face. One of the better problems around goes up the line of holds in the shallow groove leftwards, from a sitting start and involving a lunge for a very sharp (and very painful) sloper. There are some easier problems slightly left, but the face to the right remains a project.
7. * Immediately opposite is a steep wall. There are several ways of doing this though the centre, all of them good and at least 5b, on insecure edges. The arête is OK, at 4c.
8. Directly round to the right on the same boulder are some easy slabs.

MARLOES / DALE

Marloes (Slab City) (*/ 20min)**

OS Ref. 775 076 & 785 073

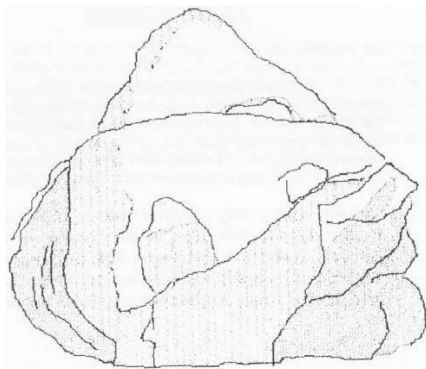
Follow the road to Marloes village, and after the first few houses, take the lane on the left (signposted for the Marloes Sands). This leads on to a pay car park (National Trust). There are a couple of ways of reaching the bay from the car park, but probably the easiest is to turn right down the track, past the YHA / PC and then thru a gate on the left, down the side of a field, to another gate on the cliff top. For here Albion Sands may be reached by going rightwards (west) but for the main beach, head left (east) and follow the path downwards. This deposits you at a point about midway along the beach.



The rock is sandstone of varying degrees of firmness – in general, it gets worse further east. Generally the planes of rock are such that slabs of varying steepness have been left overlooking the beach: occasionally the sides of these will be overhanging, but these are often very friable. The exception is **The Big Boulder**, which is pretty solid all over.

Landings are a mixture of sand and shingle, bring a bouldering map. There is a vast quantity of rock, but some of it is not so good. The smooth slabs are generally OK, but a lot of the steeper rock is loose. There is a vast quantity of rock, but some of it is not so good. The smooth slabs are generally OK, but a lot of the steeper rock is loose.

Pembroke Bouldering (INTERIM) V2.04 (May 2008)

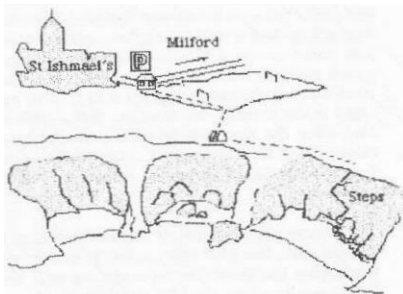


To the right (west), there is much the same, with the exception of one really quality boulder, **The Big Boulder**. The front facing slab is a polished horror, although a line of weakness runs diagonally up from the left. On the right are some stepped overhangs, and on the left overhanging walls, with stuck on calcite. To the left (east) there is one good boulder **The Big Boulder's Wider Brother** which nearer granite than sandstone, and so big as to be marked on the Map OS Ref. 785 073 Albion Sands, which is separated from the main beach by the spit and island at the west end, also

has some reasonable bouldering, although it is again mixed with a lot of dross. For the sake of this one quality boulder the walk-in of 1½ kilometre, may be hard to justify, but the place is rather beautiful, particularly in winter when it is often deserted, and maybe before / after surfing or supervising a day on the beach.

Lindsay Bay (/ 10min)**

OS Ref. 840 067



On the southeast side of the village of St. Ishmael's lies a sports ground (OS Ref. 838 072), and there is ample room for parking by the pavilion and toilets. There is a sign for the coastal path, which runs along the side of the sports field to the far corner, and then along a field towards the sea. At the cliff-top, there is stone stile. Turn left (east) along the cliff-top. Pass the first bay (which is actually the middle of three bays), and then at the top of the next, there are stone steps

down to the beach. This is actually quite a nice place: the headland obscures the view of the Oil Refinery, and if it were not for the tankers gliding past, you might not realise they were so close. There is a lot of potential in this and the next two bays to the west, often on very good rock, but the rocky landings, needing bouldering mats, have restricted development. The bay that you are in initially probably has most of the bouldering, and is accessible at all states of the tide.

In the initial bay, there are a number of vertical sandstone slabs up to 10m high littering the back of the bay (over a boulder field).

In the next bay to the west there are a few things at the back and a freestanding boulder with some good problems on its east face, left-hand flakes, central groove, right-hand crack all V0/ V1.

The last bay to the west looks good from a distance, but on closer inspection is not worth the walk.

Miscellaneous Areas

The sandstone around the entire headland is such that it forms numerous crags and inlets, unfortunately, most of these are small and/ or scrappy. For completeness, the following is a quick reference.

Pembroke Bouldering (INTERIM) V2.04 (May 2008)

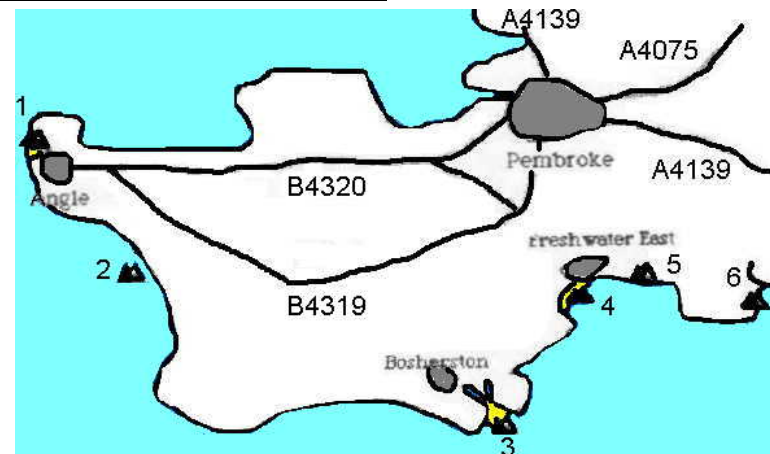
Herbandston (OS Ref 855 075) contains some extremely dank bouldering along the sides of the inlet. Monk Haven (OS Ref 827 063) has a couple of nice slabs, but the landings are treacherous. The area from Dale round eastwards is largely devoid of any boulders, but southwards there are several cliffs, but little of note. Westdale Bay (OS ref 798 058) is an excellent surfing spot, particularly for beginners, but the bouldering is a little poor. North of Marloes, there is much rock but again little for the boulderer. Musselwick (OS Ref 787 094) isn't a bouldering place, but is quite nice and secluded, and a surprisingly short walk from the car parking - best in a lay-by just outside Marloes village on the Martin's Haven road. Moving on towards Little and Broad Havens (OS Ref. 858 135) the rock tends to be a little fragile and tottery, and doesn't need too much encouragement to fall down. Martin Haven (OS Ref. 760 092) has poor bouldering, but is worthy visiting for the views of the seals.

Other Possibilities

Frenchman's Bay
Welshman's Bay

OS Ref. 800 037
OS Ref. 798 042

ANGLE AND EAST PEMBROKE



- | | |
|-------------------------|-------------------|
| 1 West Angle (Pill Bay) | 4 Freshwater East |
| 2 Freshwater West | 5 Swanlake Bay |
| 3 Broad Haven | 6 Lydstep Quarry |

West Angle (Pill Bay) (● / 5 min)

OS Ref. 853 032

Head west out of Angle village to the large free beach car park, toilets and cafe. This area had not been developed due to the "Sea Empress" oil spill, but as it cleans up development may become more inviting. The slabs on the south side of the beach are too easy angled (and topped with gorse); the steeper rock on the north side of the beach shows some promise. The cafe with its ice cream is certainly worth the visit.

Freshwater West (*) / 10min)**

OS Ref. 886 998

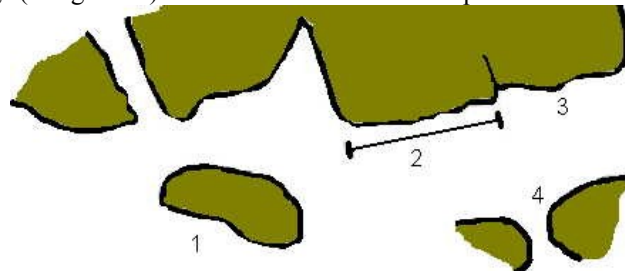
Park either in the car park in the dunes at the north end of the beach or the large one with toilets and burger van at the south end. It's about 10 minutes walk from one to the other.

Fresh West is one of the best surfing breaks in South-West Wales; the bouldering does not rate so highly, but in patches is very good indeed. The rock is red sandstone, which varies from vertical shale to something, which feels and climbs like carboniferous limestone - without the pockets.

Immediately below the south car park is a squat headland, with some suspicious looking rocks lurking around the base. These give variable quality problems, above more variable landings. The rock underneath the Range West boundary fences has little of interest except a boulder under the highest point of the "cliff" which as an excellent overhanging face.

The better problems lie at the north end of the beach. Approaching the first group of boulders, set into the hill at the top of the beach, one is fairly encouraged, but these turn out to be extremely friable, and should not be bothered with at all.

Further across the boulders some higher rocks are visible and these turn out to be much more solid, and with undercut bases. These faces are largely excellent, but suffer from boulder landings (bring a mat). Much of the rock is so compact as to be nearly holdless.



Freshwater West

1. The large freestanding boulder in front of the centre of the crags is barnacle encrusted but is extremely compact and undercut giving a few contrived but good and desperate problems.

Back and left, the rocks are a little cluttered and the landings occasionally appalling, but there are some really good problems. To the right is an overhanging wave of rock, consisting of three conjoined faces.

2. The left-hand of the three faces is excellent. The middle is reasonably good, and the right is again excellent, but with a poor landing.

3. Further right are more faces, but again the landings can be poor.

4. Down in front are two freestanding boulders, one larger than the other, with severely undercut bases, which give good sitting start problems.

Broad Haven (** / 5min)**

OS Ref. 980 940

Park at the National Trust (pay) car park at Broadhaven beach. Walk down the steps onto the beach and cross to the far (east) side.



The Cave

The bouldering is a real find, but only accessible at low tide. The landings are superb – lovely soft sand (no mats needed here) – and the problems are short. The best problems are overhanging, and the best boulder of all is found 50m to the left of the large shallow cave, situated slightly to the left of centre: An obvious roof beckons from a distance, but close up it is not so good. However immediately left is The Cave, and this contains one of the better boulders around. Fifty metres to the left and right are more roof problems, which are also very good. All these ought to be obvious because of the openness of the place.

Pete and Paul's (*/ 5min)**

OS Ref. 977 936

Park as for Broad Haven. This area is contained within a small inlet to the south of the car park, and again is only accessible at low tide. Finding it is easy: instead of following the main path down onto Broad Haven beach, head in the opposite direction out of the car park, following the well worn path into a steep sided bay. The bouldering is within the large cave at the back left corner as one faces the sea.

There is certainly more here than meets the eye. The walls of the cave are overhanging and quite solid in the first 3-4m, giving various power problems. Again, landings are excellent, in soft sand. The diagonal crack at the mouth of the cave, from a sitting start, is one of the better lines.

Wandering through the natural arches to the south amongst slightly surreal rock landscapes gives views across Mowing Word which are breathtakingly beautiful, and worth the visit alone; one of the better adverts for climbing in Pembrokeshire.

Freshwater East (*/ 10min)**

OS Ref. 020 977

From Pembroke head out on the A4139 to Tenby. In Lamphey (about 2 miles east of Pembroke), there is a railway bridge, and just on the Tenby side at a right-angled bend a turning off for Freshwater East. Follow this to the village and take the beach road. Where the road begins to level out, there is a (pay) car park on the right.

The bouldering here is quite reasonable and exists in a haven of peace, away from the tourist attractions of the village. However the best problems are hard and climbing 6a and above is optimum to get the best out of the place. This is because although several easier problems exist on soft sandstone, the harder rock is very similar to Freshwater West, being compact and holdless.



Freshwater East (97)

1. The first set of rocks is quite steep at its right end, and there is small inset wall next to where AP/KC carved their initials.
2. Right of the next jumble of boulders, tucked in behind and facing away from the sea, is an uninteresting limestone wall which is friable in the upper reaches but with good sandy landings.
3. Just further on is an inlet in the rocks which opens out inside to give reasonable problems on slightly suspect rock over shingle and boulders.
4. The next inlet, just before the sloping sidewall, which opens into a very nice place, with good rock and sand/shingle landings. There are plenty of problems here, but because of the compact nature of the rock, they are mostly desperate. It's also perhaps a little high to top out.
5. After this the sloping sidewall is a disappointment although nicely overhanging, the rock is friable and the landing hard (take a mat). About halfway along the base is a low boulder choked cave, through which you can crawl. This opens out onto some grooves, but the rock and landings are even worse.

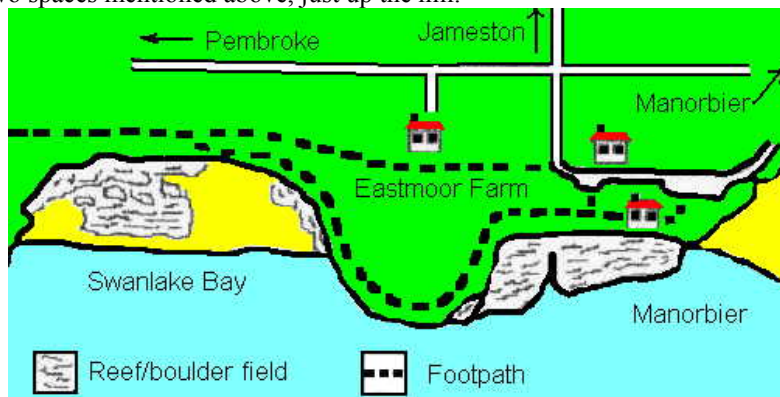
Swanlake Bay (*/ 20min)**

OS Ref. 045 979

A right slog - whichever way you do it. Reaching the bay is only half the battle. Which is a shame, because there are some top problems here. A number of ways are possible, but walking in from the east is probably the best.

From Pembroke head east on the A4139 to Jameston. Once in the village, take the first right and head down towards the sea. Go straight across the crossroads, and follow the lane until an isolated house is reached on the left. There is a clearing opposite on which you can park, or else a larger space down the road towards the bay (Manorbier).

From Tenby, head for Manorbier: after going through Lydstep, take the first left and continue along this road into Manorbier; there is a one way system here, and at the bottom of the loop, a lane runs down towards the sea. There is a car park on the left, but you should forget this and follow the convoluted lane to the right, which opens into the bigger of the two spaces mentioned above, just up the hill.



From the bottom car park, the coastal path goes off west around the headland, on the other side of which is Swanlake Bay. Although this is the more direct access, it is interminably up-and-down. From the upper space, one can either drop down onto the Coastal Path, or walk up the road to the right-angled bend, and take the footpath from there to pass Eastmoor Farm (there are teas and camping facilities here in the summer). Please adhere

to the footpaths and refrain from taking short cuts: the stiles and access are well maintained, and should be respected.

Similar rock to Freshwater East; there is a mixture of soft sandstone, and a very firm but smooth undercut variant. This is much in evidence in the bay, particularly in the Large Cleft. Unfortunately, most of the beach consists of a reef/ boulder field, and it is rather sapping to get across. There are several good areas, which to make up for this inconvenience. Landings tend to be quite good: small shingle and sand.

Along the coast path, there are several inlets in the shore, containing soft rock, which is not all that good, although there are a few isolated good problems.

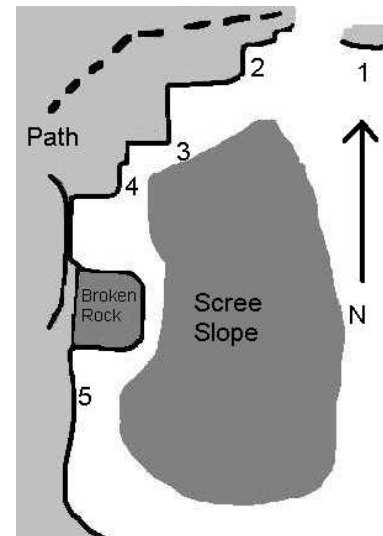
Within the bay itself, there is some bouldering at the east end on the low rocks. Most of the problems lie either midway along the beach, or else at the west end.

The first good area is the obvious and impressive Large Cleft, which is overhanging on both sides. The rock is generally good and compact, giving achingly desperate problems: probably frustrating to nearly everyone. There is potential for routes here, and because the rocks are quite high, the boulder problems don't top out.

The boulders around the west end are very good, and more amenable, with surprisingly good landings. There are some slabs here but they tend to run with water.

Lydstep Quarry (/ 5min)**

OS Ref. 094 977



Park as for Mother Carey's. Walk east along the north side of Lydstep Point, after 250m there is a small wooden fence, and a footpath runs over this and down the bank, towards Lydstep Pinnacle. The quarry is obvious on the right.

Lydstep Quarry could never be described as a quality place, but it is easy to reach, non-tidal and is in close proximity to some seriously good cliffs. It is mostly limestone, generally stable, but mostly dirty. The first wall reached from the car park is quite nice, if a little friable, but suffers from being in a narrow gully, so that the landing area is restricted. It is worth having a useful spotter.

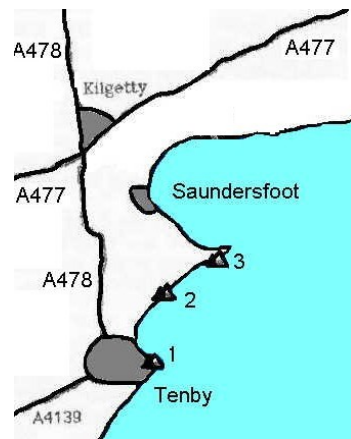
Although the main quarry is of a reasonable size, much of it is loose or blocky, and the bouldering tends to be on the north side where a number of small faces have been cut out, bounded by corners and arêtes. There are piles of scree over the base of

the quarry, so many of the problems have less than a metre of flat ground at the base, which doesn't encourage staggering backwards. In the midst of this, there are two good crack problems.

Lydstep Main Quarry (101)

1. V4 Small walls standing alone from the rest of the quarry.
2. V0 Several small arêtes at the base of the walls.
3. V1 More faces and arêtes; a little taller.
4. VS 4c / V0 R A layback crack above a mass of bramble and scree.
5. E1 5b / V2 X The best-looking line in the quarry: a finger crack about 8m high; to its left is a scruffier crack.

TENBY EAST



- 1 Tenby
- 2 Waterwynch
- 3 Monkstone

Tenby (**** / 2min)

OS Ref. 130 000

From within Tenby itself, you are best to head for the South Beach, this is well signposted. This place is crawling in the summer, and should be avoided at this time. There are three areas of note: the Quarry, the South Beach and St. Catherine's Island.

The quarry is obvious from the south beach car park, and the south beach cliffs are in plain view disappearing around the corner to the north along Castle Beach. Once around the corner, St. Catherine's is seen to stand-alone.

Tenby South and Castle Beaches (with St. Catherine's on the right)



In the quarry itself, the bouldering is pretty sparse and the real significance of the place is that it is the only sanctioned bolted area in Pembroke.

The beach gives surprisingly good bouldering, although often in slightly cramped surroundings, some of the best

problems lying in narrow caves and inlets. Landings are uniformly sandy, but there isn't much room to crater either elaborately or stylishly.

Where the beach runs out at St. Catherine's Island, the spot is known as Castle Beach, and walking up the slipway gives access both to the town and the Harbour/ North Beach.

Oddly enough, some of the best bouldering is on the North Beach, on the concrete back wall. These have the distinct advantage of being solid, with excellent landings, access to almost high tide, and a shop/ café within 3m. Altogether better than some loose sea cliff. Bouldering on the South and Castle beaches is possible up to mid-tide, although it may be a scramble to get into the caves. As with all sea cliffs, two points should be made: the first is that the rock is driest when the tide has had time to go all the way out and then start coming back in again; the second is that perhaps more than anywhere else in Pembrokeshire, it is vitally important that you consider other people here: avoid the place in mid-summer, don't try to climb too far up the rocks as they get pretty loose, don't climb over passers-by.

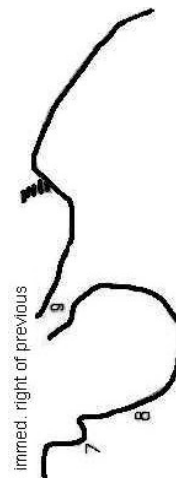
St. Catherine's has a slightly loose but decidedly attractive blank wall facing the town, with a sign forbidding climbing.

Tenby - South and Castle Beaches



Starting at the left-hand end of the cliffs, just down from the South Beach car park:

1. The solid slabs give a large number of problems, most of which are based around eliminates.
2. Further right, across a narrow cleft, are more broken slabs.
3. The next inlet has an excellent left wall, with a number of dynamic problems, most of which end at the large hold on the right; also the sharp crack immediately right, and the undercling wall to the right again, although landings become more cramped.
4. Past the first set of steps (private) is an open corner, with two small clefts. The larger one to the right has a decent little wall on its right side.
5. To the right again is a narrow inlet, the left wall of which has some of the best problems around. Of particular merit are dynos from either side of the two undercutts for the large sloping hold (6a from the top one, 6c from the bottom). Over on the right is a good eliminate-type arête.



Immediately right again are some public steps.

6. Around to the right, under the Cliffhanger Restaurant, is a steep little wall with a few mediocrities on it.
7. The arête of the retaining buttress in the right corner.
8. A selection of steepish slab problems, generally bitty and with poor landings.
9. Another excellent section, the big cave round the corner. Of chief interest is the leaning wall to the left, with a good hand traverse and some rockovers, and the roof crack to the right at 5c. At particularly high tides a pool of water is left behind in the cave.

Tenby - North Beach

Don't climb on the big rock (Gosker's Rock)

It not that it's not allowed, it's just pointless.

The concrete wall at the back of the beach has a number of solid problems, most with a desperate rounded finish; using the railings is cheating, but entirely understandable. These are described from right to left. The first problems are below the large café and shop, where the wall is at its lowest.

- 1 5b To the right, swing across the underside of the stone steps.
- 2 ?? Climb the right arête of the concrete wall on its left side with no discernible friction.

3 5c To the left, jump straight for the rounded finish and grovel over.

4 5c The left layback by the steps.

Moving left past the steps, the wall is a little higher, and is punctuated by a few drain holes at half-height. These form the basis of several good problems.

6 5c Use the right-hand drain hole and layback on the right.

7 5c Any dyno to the left using small drain holes and small edges.

8 ?? Try repeating the problem just using smears.

Over to the right is a large old mill, with steps up its right side. Further on is another set of public steps, and immediately on the right of where these meet the beach are a few problems on the stone and concrete wall:

9 4a The groove on the right.

10 5b The arête immediately right, take on its right side.

11 5b Just right again, a number of small lurches from small holds for rounded finishes.

Waterwynch (***/ 15min)

OS Ref. 137 019

On the A478 just north of Tenby, is a small turning on the right by a signpost for the Waterwynch Hotel. The beach is about a kilometre down from here, but there is no parking past the top of the lane. Three-quarters of the way down, where the lane forks, a footpath runs down on the right of the collection of buildings, to come out at some steps on the beach. Probably the easiest access is by bike from wherever you left the car. There is not a huge amount of rock here, but what there is, makes the walk worthwhile. As with most of the coastline north of Tenby, the upper cliffs are rotten and constantly shedding rocks, but the bottom strata and caves are hard worn.

The best point is round the large headland to the right (south) and tucked back above the high tide level. An obvious cave is bounded on the left by an overhanging wall and on the right by a slab.

In the opposite direction, round to the left (north), are two caves, both of which are a little barnacled, but with some interesting problems. Further again, another bay opens out, but there is not much there.

The obvious cave is utterly desperate. On the overhanging face, a faint weakness leads from the left. Traversing this is hard enough (as in really hard), but where it runs out the difficulty starts in earnest; the whole traverse has not yet been linked. Going upwards, there are some awesome dynos (just begging to be completed), and a lot of powerful pulls. The landings are usually sandy, but winter storms may uncover boulders.

The slabs across the gaps are also pretty good, but tend to drip after rain. A good problem is the undercut crack at the mouth of the cave, from a sitting start.

This is quite a tourist area, as the hotel above the beach indicates; best not to come here in the summer. The overhanging cave, being sandstone, remains dry after a storm.

Monkstone Point (**/ 10min)

OS Ref. 148 033

This is the first prominent headland that can be seen from Tenby Harbour. About 2 miles north of Tenby on the A487 is a roundabout; turn for Saundersfoot. One hundred metres further on make a right turn, and then almost immediately left (signposted for Trevayne Caravan Park). Follow this for a kilometre until the farm is reached – there is parking on the grass verge. A footpath leads through the caravan park to the cliff tops. From here, a

steep little path runs down to the beach. About halfway down somebody has kindly constructed some benches. Don't laugh: you will need these on the way up.

In all honesty, the best description of Monkstone encompasses one word: frustrating. At the bottom of the path, the cave on the left of the bay looks promising, but turns out to be rather disappointing, in quality of both rock (a friable sandstone) and bouldering. The slabs up on the shingle are no great improvement either. At first glance, this would seem to be all, but tucked right around to the south is another, smaller, bay: in here the rock is much better (a compact limestone), but the landings are poor. This is a real shame, because some of the problems here are excellent, perhaps the best being the low level traverse on the large freestanding boulder to the south, and the overhanging wall immediately to the north. It is just about possible to do some bouldering at all states of the tide, but the southward bay does get cut off.

Unfortunately, Monkstone is probably not a place you would visit in its own right, although it is a nice, secluded spot in winter, and used to be an excellent mussel place. If one could swap the landings so that the better problems were over sand, then it would be a top place. **(Check what this means with mats).**

Miscellaneous

The limestone rocks along the coast north of Tenby mean that outcrops occur frequently, as do small quarries: at Ludchurch (OS Ref. 142 198), there is a small broken cliff overlooking (and in parts directly touching) the village duck pond. Access is unknown, but probably not worth checking. Just along the way, Longstone (OS Ref. 155 106) has some small quarries of such numbing esotericism that they have not been viewed.