

MINDFULNESS WALKS

ROUTE 1

A short, easy walk from Solva to Y Gribin with its Iron Age fort and fine views over the harbour and surrounding coastline

AT A GLANCE

Where: Solva, Pembrokeshire

Distance: 1.1 miles

Difficulty: Easy (although steep in places)

Start: Harbour car park

Grid Ref: SM 805243

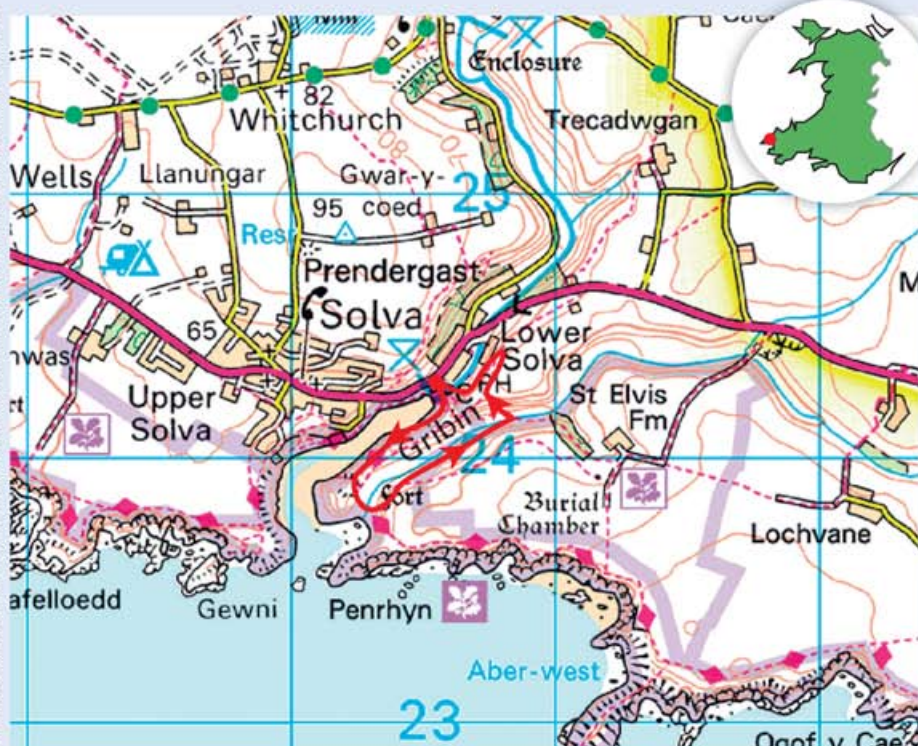
Post Code: SA62 6UT

Map: OS Explorer 35: North Pembrokeshire

DIRECTIONS

1. From the harbour car park, cross the bridge over the River Solva, turn left then immediately right onto the Pembrokeshire Coast Path up through the woods.

2. Stay on this path as it climbs quite steeply to take you in a roughly south-westerly direction along and above the harbour and out along the ridge known as Y Gribin; at the far end of Y Gribin you're effectively standing within the ramparts of the 3,000-year-old Iron Age fort, with magnificent views both out to sea and over the harbour and Solva village.



3. The path eventually descends steeply down a mix of narrow trail and steps to the pebbly beach of Gwadn. Here, turn left and follow the path up the valley; it crosses the valley floor at its upper end, with stepping stones across the stream, before zig-zagging over the ridge behind the sewage works, leading back to Solva through the woods. ▶

MAP POINTS OF INTEREST

- The picturesque harbour village of Solva was once the last stopping-off point for vessels crossing the Atlantic to the USA and beyond.
- The first Smalls Lighthouse, 20 miles offshore, was partially built in Solva before being towed out to sea. In 1801, Thomas Griffiths died while working there with Thomas Howell; Howell thought he might be suspected of murder if he discarded the body into the sea so lashed it to the lighthouse and worked alone with the decaying corpse until relieved, by which time he is said to have gone mad. After this, Trinity House always employed three keepers on its lights.

HIDDEN GEMS...



The Cambrian Inn, 6 Main Street, Solva SA62 6UU. Tel: 01437 721210.

www.thecambrianinn.co.uk

Tasty dishes made with mainly local produce.



St Brides Bay Cottages, Tel: 01437 720027.

www.stbridesbaycottages.com

Outstanding selection of self-catering holiday cottages in St Davids, Solva and Porthgain.



Dr Beynon's Bug Farm, Lower Harglodd Farm,

St Davids SA62 6BX. Tel: 07966 956357.

www.drbeynonsbugfarm.com

Learn about all things creepy crawlly.

