

# Coastal walk – 4 miles

## Ynys Barri, Porthgain to Abereiddi


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Enjoy some of Pembrokeshire's finest coastal scenery while exploring its industrial past. The tiny fishing port of Porthgain used to export road stone all over the UK, while Abereiddi's famous Blue Lagoon was once an old slate quarry. Ynys Barri (or Barry Island) is also home to a fantastic array of wildlife... will you be lucky enough to spot a chough on your walk!?


**Start:** Porthgain – OS Landranger 157 & Explorer OL 35 map – grid ref: SM816325


### How to get there & local facilities


On the Pembrokeshire Coast Path between St David's and Fishguard. The Celtic Trail, National Cycle Network route 4, travels along quiet lanes ½ a mile away from the coastline here. The Strumble Shuttle bus runs a regular service to Abereiddi and Porthgain from St David's and Fishguard (near ) in the summer and a less regular one in the winter. By car, turn off A487 at Croes Goch, taking signs for Llanrhian.

WCs & car park in Porthgain and Abereiddi. Pub, café, shops & art gallery in Porthgain

### Things to look out for...

 **Porthgain**  
Today it's a pretty village best known for its pub, cafés and galleries, but bricks were made here until 1912, and granite road stone from the nearby coastal quarry was exported in boats to all parts of the UK until 1931. A pair of white pillars at the mouth of the harbour act as markers for small boats.

 **Abereiddi Blue Lagoon and Beach**  
The spectacular 'Blue Lagoon' at Abereiddi is a flooded former slate quarry. Quarrying finished in about 1910 and the sea wall soon collapsed, allowing the sea in. A tramway ran from the slate quarry here to the harbour at Porthgain: the track can still be seen. Abereiddi Beach is a great stony shoreline for fossil-spotting. However, it's currently eroding rapidly thanks to defective sea defences.

 **Fantastic views**  
Ynys Barri is a rugged coastal outcrop of hard volcanic rocks framed by a marshy valley which was carved in the last Ice Age. It offers super panoramas to Strumble Head with its lighthouse in the northeast and the peaks of Pen Beri and Carn Llidi (on St David's Head) to the southwest.



Ty Mawr is the building in the foreground here; it was once Porthgain's brick-making shed. Huge red brick 'hoppers' provide a dramatic backdrop to the tiny harbour. Granite road stone was crushed and stored in them before being loaded into boats and transported across the UK.

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Chough may be seen swirling up above the cliffs on sea breezes, all along the Pembrokeshire coast, at any time of year. They're part of the crow family but have bright red beaks and legs. Look offshore for seabirds like gannet and, if you're very lucky, pods of porpoise.

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The Blue Lagoon at Abereiddi – you might spot people down there as it's a great place for diving and coastering. Ruins of quarry buildings perch on the edge of the cliff top, while the remains of the workmen's cottages can be found behind the car park.

© NT / David Sellman

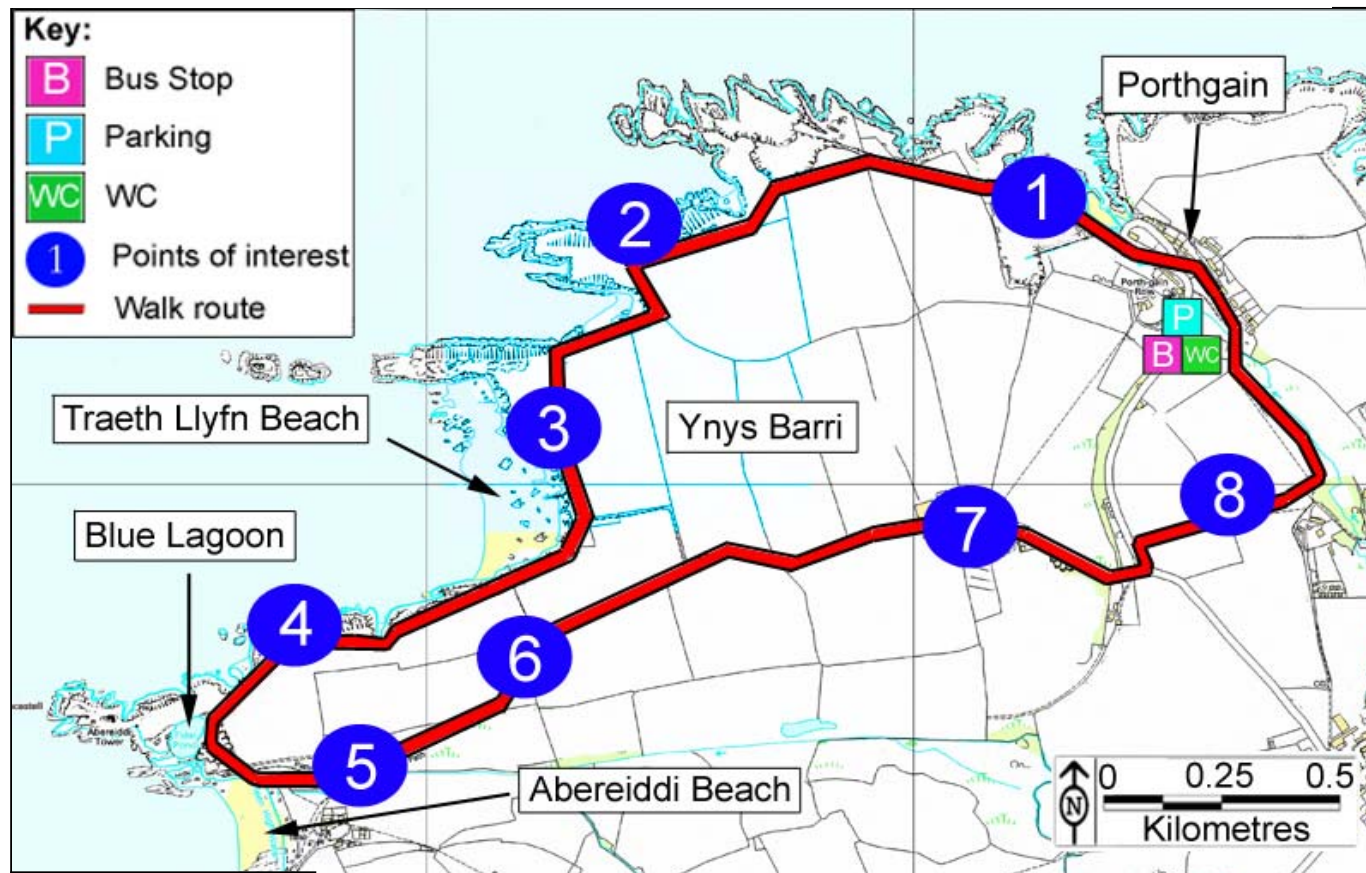
## Route and directions

1. Walk along the south side of Porthgain harbour below the brick hoppers. To reach the coast path, climb some steps next to a white building. Take time to explore the granite quarry workings.
2. At a sharp left bend in the path at a field corner, the tower above Aberreiddi comes into view. Continue on the coast path along a section of very dramatic, high cliffs.
3. Steps from here lead down to the tiny beach at Traeth Llyfn. Secluded and remote, the shore is completely covered by the highest tides. There can also be nasty rip currents so it's not good for bathing, just sand castles and a paddle.
4. The coast path continues over open grassland to Aberreiddi. Great care should be taken as you approach the Blue Lagoon. The views are spectacular but the cliff edge is sudden. The path skirts along the cliffs before zig-zagging down towards Aberreiddi beach.

Catch the Strumble Shuttle bus to Porthgain, St David's or Fishguard, or continue walking inland for a circular route back to your start point...

5. Walk towards the car park and toilets. Follow the yellow footpath arrows up a short slope and pick up a broad grassy footpath leading inland. From here you get lovely views up the valley towards Llanrhian; this was carved by glacial meltwater during the last Ice Age. It actually continues for two miles out to sea along the sea bed!
6. Cross a stile, cut across the corner of the field and head over another stile by a pile of rocks. Follow a wide track eastwards to Barry Island Farm.

7. Take this track down to the road and cross to the other side, climbing some slate steps into a field. Walk straight across the field and go over a stile and along a hedge to a kissing gate. Follow this route back to Porthgain.



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### Walk distance, terrain and accessibility

4 mile circular walk or 2 miles from Porthgain to Aberreiddi. Mainly level, grassy cliff top paths. Some steep climbs and descents (height gain of 300m), steps, stiles and kissing gates in places. Take care at edges and overhands.

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