

Pembroke and Gower Trad

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Additional text and route information Mike Robertson
Action photography as credited
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Cover: Edmund Morris on *Gorak* (E5) - *p.325* - on
Forbidden Head in Pembroke. Photo: Stefan Morris

This page: Andi Smith on *Star Wars* (E4) - *p.187* -
on Boshersston Head, Pembroke. Photo: Stefan Morris

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North Coast
Stack to Hollow Caves
Saddle to St Govan's
Mowing Word/Stackpole
Lydstep
Penally
Gower
V. of Glamorgan Coast

The remarkable coastline of south and southwest Wales is a stunning area of great natural beauty and wild coastlines dotted with spectacular cliffs and idyllic beaches. For the climber, the three areas covered in this book offer an immense variety of climbing on some of the finest rock formations in the country.

Pembroke epitomises all that our eclectic world of climbing can offer: isolation, wonderment, freedom, space and a feeling that you're poised on the very edge of nowhere, a place that only the circling gulls and the diving seals can call home. These hinterland qualities, combined with the nuances of the wide-ranging tides, give the region that magical wild-coast flavour. Nowhere else on earth will you discover such a serene oceanic atmosphere coupled with the superb physicality of Pembroke's perfect cliffs, and nowhere else can offer the sheer quantity of its endless tally of routes.

The Gower Peninsula is encircled by a protective ring of limestone cliffs that rise from the sea or sweep down to sandy beaches. Its rugged beauty is legendary, and best appreciated from above, after a climb to take in the breathtaking views. Some crags here are so scenic that walking in is a highlight in itself. From gently-angled slabs to steep walls, from dramatic sea cliffs to beach-side crags, and from short technical pitches to adventurous multi-pitch lines, Gower offers something for every climber. This is a playground especially for low- to mid-grade trad climbers looking for seaside adventure. That said, there are also harder testpieces waiting to be discovered by those who seek them out. Climbing on Gower has a quiet, distinctive beauty - and it's deeply loved by many.

The coastline south of Bridgend features a mix of fine beaches and striking limestone cliffs, varied in shape and structure. The two most popular traditional climbing crags - Ogmore and Box Bay - lie on either side of the picturesque Ogmore River and offer two very different trad experiences. Ogmore is one of the UK's most demanding sea cliffs, boasting a challenging array of adventurous and often very strenuous single-pitch routes. In contrast, Box Bay offers a more accessible and relaxed climbing environment. Situated close to a beautiful beach, it features many lower-grade routes that can entertain climbers for numerous visits.

When climbing in all these areas perhaps the best part of the day is not the climbing at all, but the moments in between: belaying on a clifftop, watching the waves, scanning for seals or the elusive cough, catching sight of a horse galloping across the beach as the tide retreats, or relaxing with friends for a drink re-living your day's experiences.



Rob Greenwood climbing *The One-eyed Man* (E5) - p.343 - in Blind Bay by Mother Carey's in Pembroke. Like many routes in Blind Bay, *The One-eyed Man* can be soloed but it is quite a serious solo destination with most getting S2 or S3 - see p.44 for more on S-grades. Photo: Rob Greenwood Collection

Lower Grade Sea Cliff Climbing

For many, sea cliff climbing can seem a daunting prospect. The thought of abseil approaches, crashing waves and incoming tides are intimidating for those who are still trying to get themselves used to all the technicalities involved with trad climbing. If you are just getting started then here are a few suggestions of areas to consider.

Gower

For those beginning their sea-cliff climbing adventures, the Gower Peninsula is probably the best area in the country for beginners to get the full sea-cliff experience with manageable approaches and an abundance of quality lower- and mid-grade routes.

The standout areas are Tor Bay and Three Cliffs; neighbouring areas that boast an impressive variety of single and multi-pitch climbs. The climbing styles are diverse, ranging from delicate slabs and technical face cracks to sweeping ridge routes, all set against breathtaking coastal backdrops. While tidal considerations are a factor, careful consultation of tide tables will ensure a safe and enjoyable outing.

If the tides aren't in your favour, Lewes Castle at Fall Bay and the Boiler Slabs near Port Eynon offer reliable options. These non-tidal sea cliffs are popular and provide memorable climbing days without the worry of a rising sea yet still have a sea-cliff ambience.

North Coast Pembroke

The triple slab venues of Porthclais, Porth-y-Ffynon and Craig Caerfai are conveniently covered with plentiful cracks and have plenty to offer the aspiring climber, with manageable tide considerations. For even easier fayre, the Organ Pipes and Pen y Cyfrwy are worth a look.

South Coast Pembroke

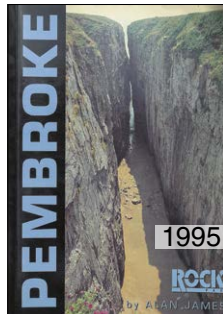
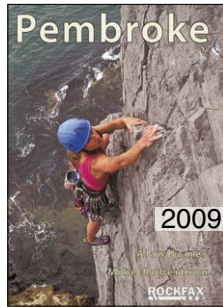
Long thought to be restricted to the fine slabs of Flimston Bay and the shorter non-tidal walls of Saddle Head, there is more on offer than people think. Newton Head has a great starter wall and Becks Bay and Giltar Slabs are brilliant venues that are both tidal and require abseil approach, but all in a much more manageable way than elsewhere.



Dominic Green on *Lego Wall* (S) - *p.75* - on the Organ Pipes on Porth-y-Ffynnon. These two small crags contain a great set of easy routes up wide cracks above a tidal inlet. The climbs are easy to check out before you make the scramble descent to the base and offer everything you would expect from sea cliff climbing. Photo: Alan James

Rockfax Guides

This is the third print book from Rockfax to cover Pembroke and the first to include Gower Trad. The first Pembroke Rockfax back in 1995 caused something of a stir. Prior to its publication, there hadn't been many privately-produced guidebooks to traditional climbing areas and no-one knew what to make of it - a useful addition to the UK guidebook repertoire, or the 'thin end of the wedge' and the beginning of the end for definitive guidebooks? Whatever the thoughts of the politicians of the time, the detailed topos and precise approach maps were welcomed by those who wished to explore Pembroke. The second edition of Pembroke Rockfax in 2009 included a completely new set of photo-topos and much expanded coverage. In the intervening years guide coverage has changed dramatically with digital-only guides becoming much more prominent and drones being used for crag photos. Both Pembroke and Gower have benefitted from this with a much-expanded version of the Pembroke Rockfax being released on Rockfax Digital in April 2022 and then updated again in April 2024. Gower Trad was released in April 2023 as one of the first digital-only Rockfax guides. This book brings together all these previous offerings and adds more crags and routes and is a joint print and digital publication.



Other Guidebooks

There are some other guides by different publishers which complement the Rockfax series of books. We are very grateful to all those who have worked on previous guidebooks.

Climbers' Club Guides to Pembroke (CC 2011 to 2013)

Five volumes giving detailed coverage of most of the climbing found from North Pembroke to Penally.

Pembroke Rock 2 (Wired 2025)

1,200 of the best routes from North Pembroke to Penally.

Gower Rock (Pesda Press 2020)

A selected guide to the climbing available on Gower.

Gower & S.E.Wales (SWMC 2003)

An older book which includes coverage of Ognore and Box Bay.

Websites

South Wales Climbing Wiki swcw.org.uk - A big online Wiki that covers all of the trad and sport climbing in the area. A good spot to look for new developments.

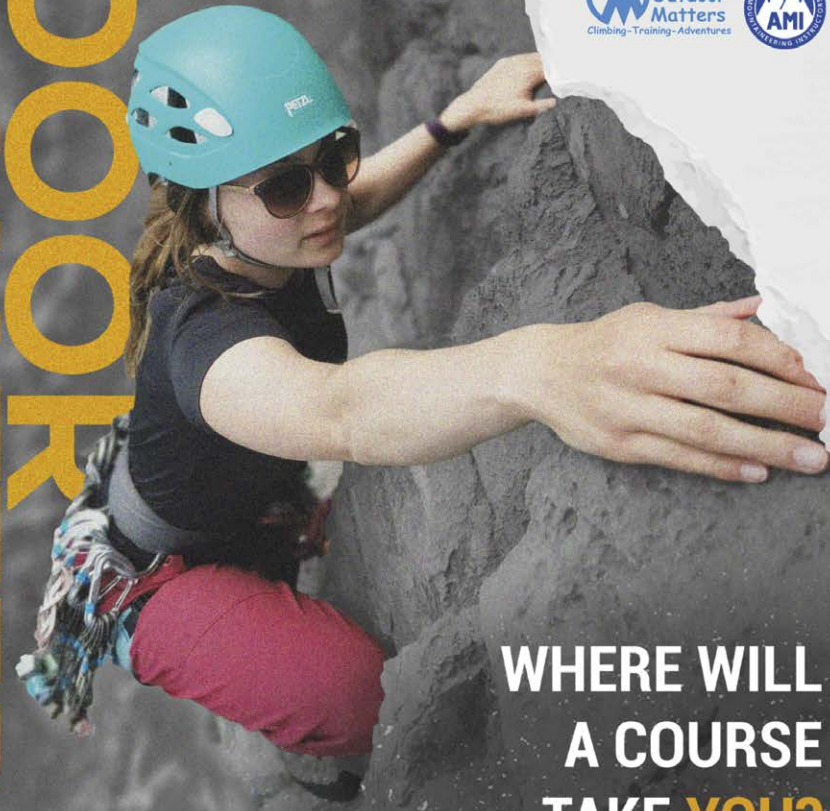
UKClimbing ukclimbing.com - Online route database for all areas covered in this guidebook.

Guidebook Footnote

The inclusion of a climbing area in this guidebook does not mean that you have a right of access or the right to climb upon it. The descriptions of routes within this guide are recorded for historical reasons only and no reliance should be placed on the accuracy of the description. The grades set in this guide are a fair assessment of the difficulty of the climbs. Climbers who attempt a route of a particular standard should use their own judgment as to whether they are proficient enough to tackle that route. This book is not a substitute for experience and proper judgment. The authors, publisher and distributors of this book do not recognise any liability for injury or damage caused to, or by, climbers, third parties, or property arising from such persons seeking reliance on this guidebook as an assurance for their own safety.

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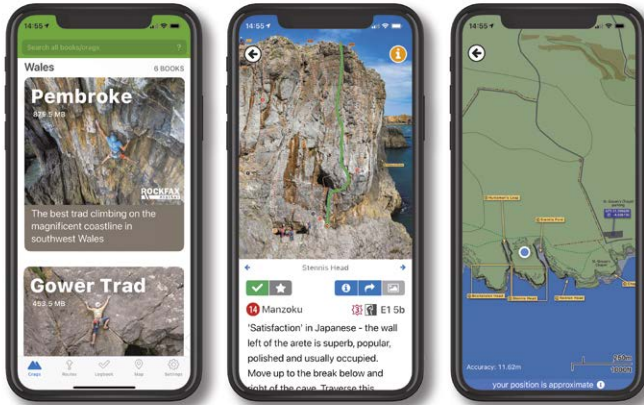
Rockfax Digital brings together 50 guides from 4 publishers covering over 81,000 routes on 1600+ crags and presents it in a user-friendly package for use on mobile devices.



The heart of Rockfax Digital is the crag and route information covering 'areas' which roughly correspond to the printed guidebooks. The main data is sold by subscription so that you purchase access to everything for a period of time, from a month to a year. Once you are subscribed, you will have everything on Rockfax Digital for the duration. You can download the main data and store it on your device so you don't need any signal to be able to read the descriptions and see the topos and maps. There is plenty of free content available without a subscription, enabling you to get a really good impression Rockfax Digital crag and topo coverage without shelling out any money.



Rockfax Digital is available as an app which is free to download and very useful in its own right. It contains a detailed crag map linked to the UKClimbing crags database with basic information and route lists for crags worldwide. The map also displays all the 3,800+ listings from the UKClimbing Directory of climbing walls, outdoor shops, climbing clubs, outdoor-specific accommodation and instructors and guides, amongst others.



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UKC Logbooks

A popular method of logging your climbing is to use the UKClimbing.com logbooks system. This database has 664,000+ routes on over 25,000+ crags. So far, over 70,400 users have recorded more than 11.4 million ascents! To set up your own logbook, just register at UKClimbing.com and click on the logbook tab. You will be able to record every ascent you make, when you did it, what style you climbed it in and who you did it with. Each entry has a place for your own notes. You can also add your vote to the grade/star system which is used by guidebook writers to get opinions on grades and quality of routes. The logbook can be private, public or restricted to your own climbing partners only.

Rockfax Digital can be linked to your UKClimbing.com user account and logbook so that you can record your activity while at the crag. To do this you will need a 3G/4G/5G data connection. You can also look at the UKC logbooks to see if anyone has climbed your chosen route recently to check on conditions.

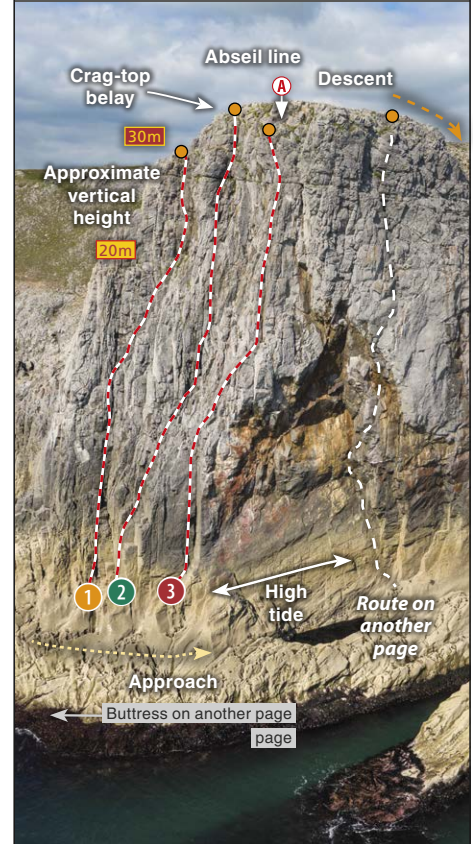
Route Symbols

- A good route which is well worth the effort.
- A very good route, one of the best on the crag.
- A brilliant route, one of the best in the area.
- Technical climbing requiring good balance and technique, or complex and tricky moves.
- Powerful climbing; roofs, steep rock, low lock-offs or long moves off small holds.
- Sustained climbing; either lots of hard moves or steep rock giving pumpy climbing.
- Fingery climbing with significant small holds on the hard sections.
- Fluttery climbing with long fall potential or a scary run-out.
- A long reach is helpful, or even essential, for one or more of the moves.
- Some loose rock may be encountered.
- Graunchy climbing - wide cracks or awkward and thrutchy moves.
- A route which can be climbed in a deep water solo style. May also be leadable on trad gear.

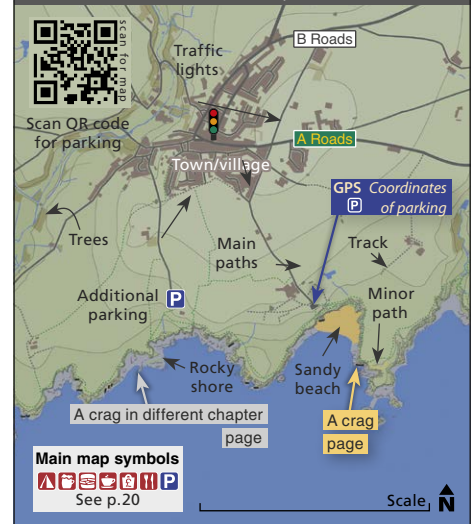
Crag Symbols

- Angle of the approach walk to the crag with the approximate approach time.
- Approximate time that the crag is in the sun (when it is shining).
- The crag can offer shelter from the wind.
- A buttress with some multi-pitch routes.
- A buttress where some, or all, of the routes are affected by the tide. Check the details carefully.
- The buttress suffers from seepage. It may be wet and unclimbable after prolonged periods of rain.
- A buttress that requires an abseil approach.
- The crag/buttress has a restriction due to nesting birds - check the crag information.
- The buttress is in the military firing range and has special access requirements - see p.30.
- Deserted** - Currently under-used and usually quiet. Fewer good routes or remote and smaller areas.
- Quiet** - Less popular sections on major crags, or good buttresses with long approaches.
- Busy** - Places you will seldom be alone, especially at weekends. Good routes and easy access.
- Crowded** - The most popular sections of the most popular crags which are usually busy.

Topo Key



Map Key



Main map symbols See p.20

Scale, N

North Coast
Stack to Hollow Caves
Saddle to St Govan's
Mowing Word/Stackpole
Lydstep
Penally
Gower
V. of Glamorgan Coast

North Coast
Stack to Hollow Caves
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Gower
V. of Glamorgan Coast

The Pembroke Rockfax of 1995 was a watershed moment for me. It was very early in my guidebook writing career and marked the point where the Rockfax ethos of producing the guidebooks that we wanted to use as climbers began to really take shape. For the 2009 edition I was happy to pass the reins to Mike Robertson as the main author due to my other commitments. Thanks are due to Mike whose work provided a great foundation.

For this edition it has been incredibly enjoyable to re-discover my passion for the area armed with the latest technology. In 1995 I abseiled into most crags with a drawing pad and pencil and managed to get one or two done in a day. This time I was able to cover a kilometre of coast on one drone battery, although the demands of the mapping, detail in the photo-topos and digital versions means that writing guidebooks has got significantly more complicated in the last 30 years!

Huge thanks to the two prominent photographers featured in the Pembroke section - Mike Hutton and Stefan Morris have both been superb to work with especially Mike for joining us on a number of research trips. Thanks to all the other action photographers David Simmonite, Rob Greenwood, Andrew Peterken, James West, Sarah Celozzi, Chris Firth, Matthew Shirt, Nick Matthews, Martin Allen, Henry Castle, Jordan Frier and Chris Craggs. Edmund Morris has been a valuable source of detailed information about the climbing and given some great feedback as well as featuring in many of his brother's photographs. Other great feedback has come from Dave Pickford, Remus Knowles, Steve Quinton, James McHaffie and Charlie Woodburn, plus all those who have given feedback through UKC logbooks with their votes and comments.

Thanks to my climbing partners over the years particularly Dominic Green, Rory Park and Sam James-Louwerse; to the UKClimbing staff for their work around the book and on Rockfax Digital; to Rebecca Ting for her proofing and Mark and Matt for their superb work on the other sections of the book.

Alan James, June 2025

Climbing, documenting, photographing and roaming the coast of Gower and Ogmore, as you may imagine has not been a particularly onerous task. However, it has been made even better by the people I have worked with on producing this section of the book, especially Matt who has answered my many questions without complaint (and very swiftly for a man with a busy business to run and young family). Huge thanks are due to Rebecca and to all those I have climbed with and photographed, and to Alan who has made a superb and inspiring job of the Pembroke section of the book - how did he get those crag shots of Huntsman's Leap?!

Mark Glaister, June 2025

When Mark first suggested we work together on a project I never thought it would ever be this fantastic. I couldn't be more pleased with the outcome and the whole experience has been a pleasure. More than anything I love that there are people out there climbing and enjoying these amazing places because of it. I'm lucky to have an ever patient family who tolerate my constant rambling on about rocks, guidebooks and climbing, so thank you Becky and Hannah. Thanks must also go to all the climbing partners I've explored Gower with over the years, especially Steffan, Ben and Jacob who I've dragged on many a day out in the name of checking routes and taking photos.

Matt Woodfield, June 2025



Sé Jeffery making the extremely exposed pull over the roof high up on *Lazy Sunday Afternoon* (E2) - p.385 - at Lewes Castle, Fall Bay, Gower. Photo: Matt Woodfield

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North Coast

Stack to Hollow Caves

Saddle to St Govan's

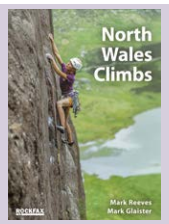
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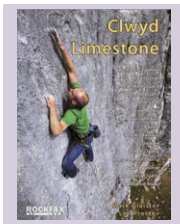
Penally

Gower

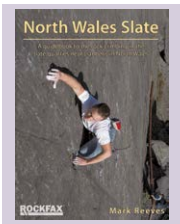
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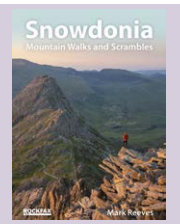
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March 2023
October 2023



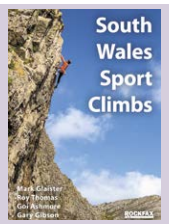
Clwyd Limestone
December 2015
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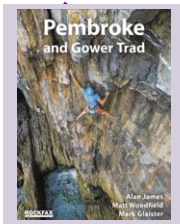
North Wales Slate
September 2018
March 2023



Snowdonia Scrambles
December 2020
December 2020

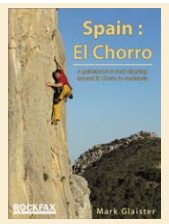


South Wales Sport Climbs
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November 2024

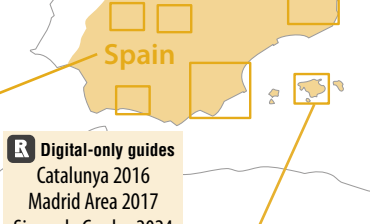


Pembroke
July 2025
July 2025

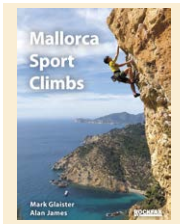
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North Wales Winter 2016
Gower Trad 2024



El Chorro
December 2018
December 2018



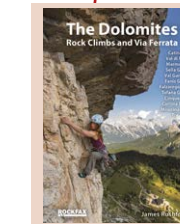
Spain: Costa Blanca
February 2013
March 2023



Mallorca Sport Climbs
April 2025
April 2025



Mallorca DWS
April 2025
April 2025



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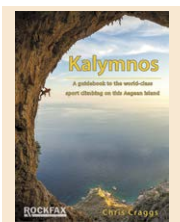
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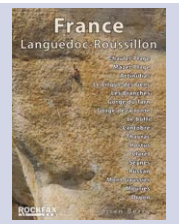


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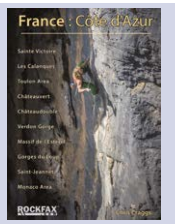
France: Ariège
December 2012
April 2021



France: Lang.Roussillon
November 2011
November 2011



France: Haute Provence
December 2009
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France: Côte d'Azur
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North Coast

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Penally
Gower
V. of Glamorgan Coast

Pembroke and Gower Logistics

Ben Hallett getting the gear in on *Wave Band* (E2) - p.513 - at Ogmore on the Vale of Glamorgan Coast. Photo: Mark Glaister

Mountain Rescue

In the event of an accident requiring the assistance of Mountain Rescue:

Dial 112 and ask for

'POLICE - MOUNTAIN RESCUE' or 'COASTGUARD'

This is very important since just asking for 'Police' will redirect you to a switchboard which could be a long way from your current location. This can cause delays in the rescue procedure as the authorities try and track down where the injured party is. Asking for 'Mountain Rescue' or 'Coastguard' will redirect you to people who know the area well.

When to Go

Although the three main areas covered in this guide are all sea cliffs, their locations offer different conditions depending on the time of year.

Temperature °C	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average Max Temp (°C)	5	6	7	10	13	16	18	18	15	11	7	5
Average Min Temp (°C)	1	1	2	3	6	8	10	11	9	6	3	1
Average Rain Days/month	10	6	9	7	6	8	7	8	7	9	8	9

Pembroke is exposed to the Atlantic and is often the first place in the country to receive weather from the west. Big seas with massive waves crashing over the clifftops make spectacular viewing but not great climbing conditions and there is relatively little shelter on offer. It is occasionally possible to grab a route in Huntsman's Leap when the weather is stormy, but this is an exception. Come more reliable weather in the Spring and Pembroke is always a popular destination with Easter being traditional for many. Even better is August after the bird restrictions have lifted and when the military range is fully open. There is also plenty of potential later in the year where many of the cliffs clean up after the nesting season.

Gower is blessed with a mild climate, allowing for good climbing conditions year round. It has its fair share of rainy days, but less than inland crags in South Wales and on a showery day the rock will often dry fast enough to still let you enjoy some climbs. T-shirt climbing days are not uncommon in the winter months, so long as you are in the sun and out the wind. There are crags facing every angle, so on a windy day there will always be somewhere sheltered to climb.

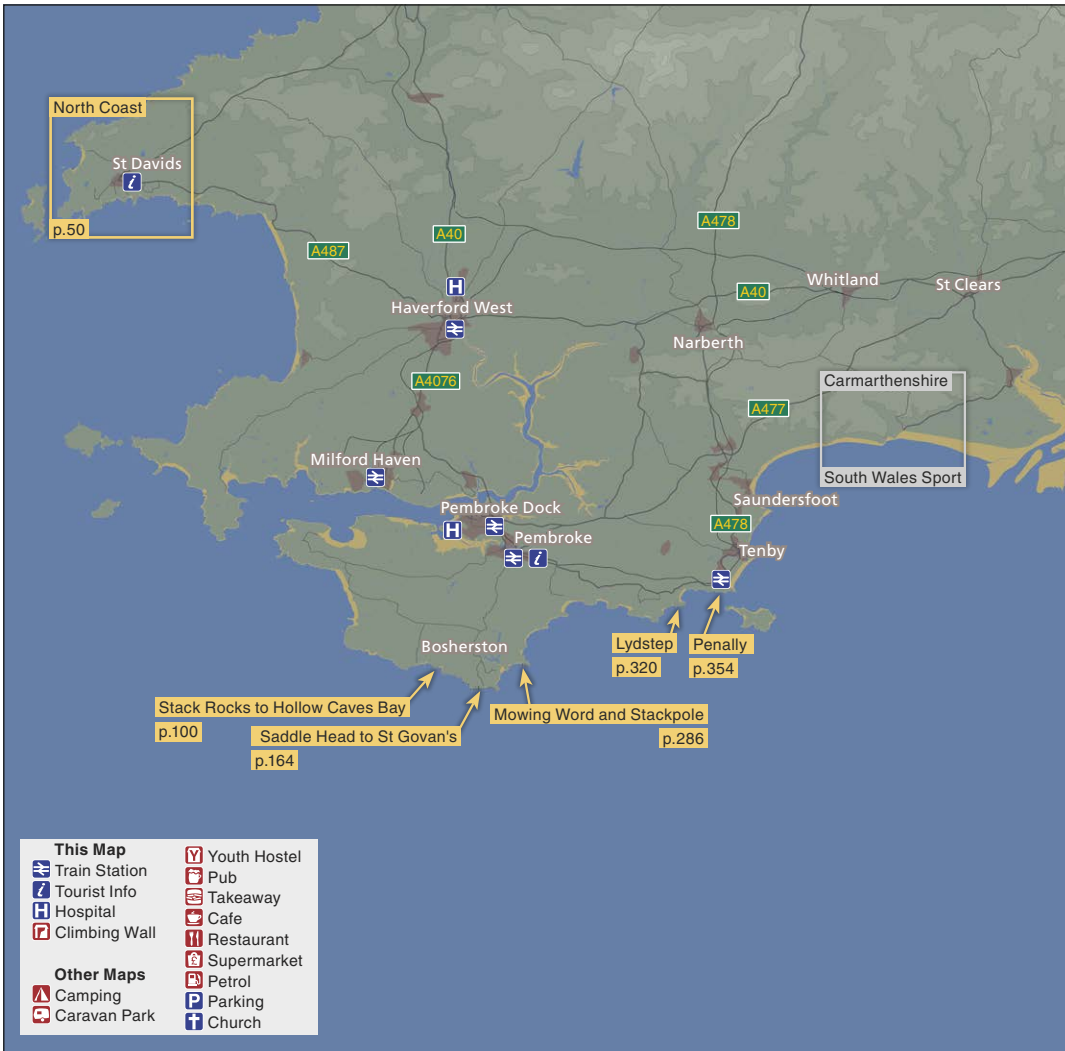
Climbing is possible year round at both Box Bay and Ogmore, though Ogmore is best only visited in good weather after a dry spell and often needs a bit of sun for it to come into good condition.



Kel Vargas climbing *Blucher* (E5) - p.271 - on the Tactician Area of St Govan's, Pembroke. Photo: Mike Hutton

North Coast
Stack to Hollow Caves
Saddle to St Govan's
Mowing Word/Stackpole
Lydstep
Penally
Gower
V. of Glamorgan Coast

North Coast
Stack to Hollow Caves
Saddle to St Govan's
Mowing Word/Stackpole
Lydstep
Penally
Gower
V. of Glamorgan Coast



Getting Around

The starting points for approaches to the crags are all easily reached by car and the approach descriptions are written assuming you have access to a car.

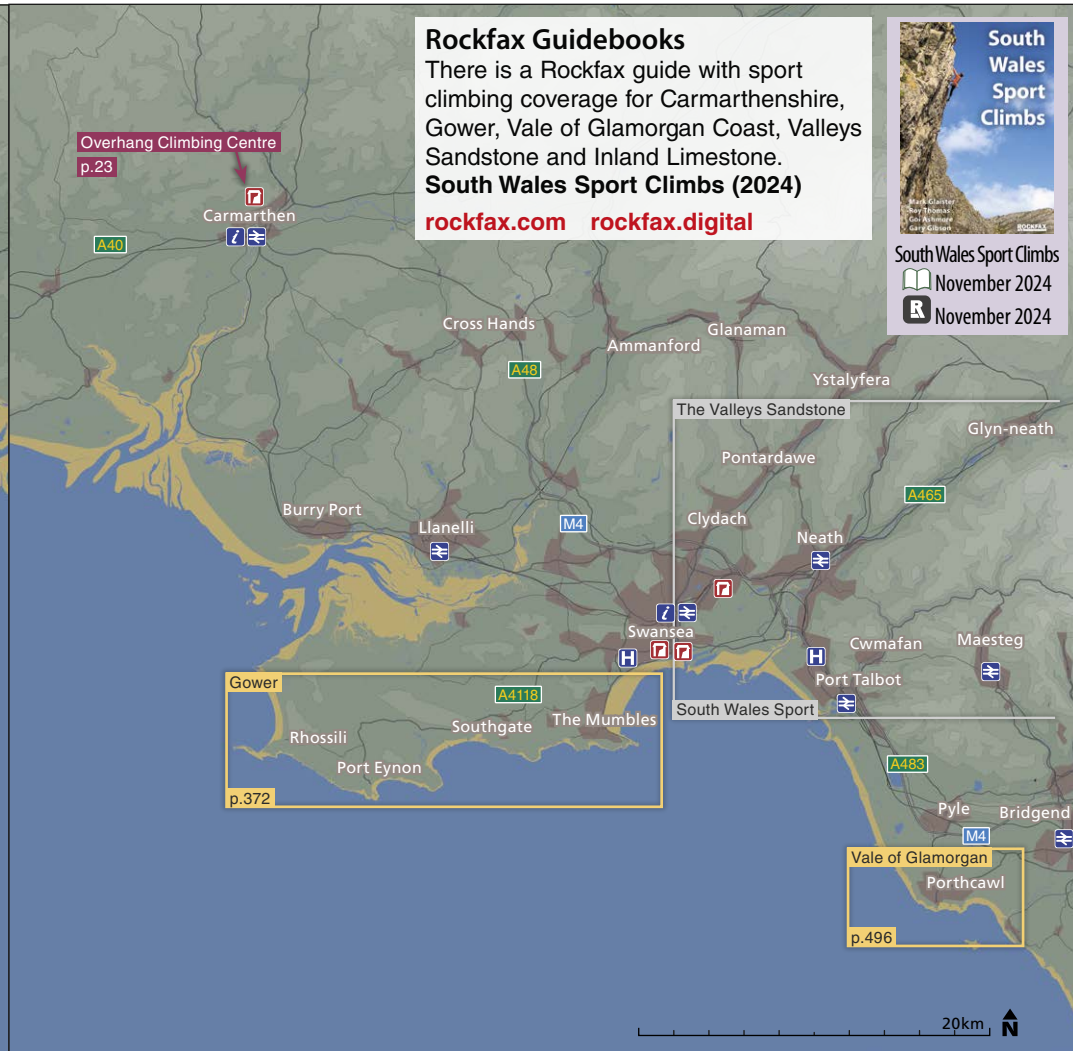
Public Transport

If you do wish to use public transport then the crags of Gower and the Vale of Glamorgan Coast are all easily reached by rail and bus. On Gower it is possible to camp within easy walking distance of some of the crags.

The Pembrokeshire area is less accommodating although there are buses to St Davids, Bosherton, Stackpole, Lydstep and Penally. Many of the crags may have significant walks required from your bus drop-off point.

Buses - The best website is traveline.info

Trains - For timetable information go to thetrainline.com



Satellite Navigation

GPS 51.566867
-4.087787

The parking spots on the close-up maps and overview photos are indicated with a precise GPS location and QR code (right). Just point your phone camera at the QR code and open in your chosen navigation app to take you direct to the parking spots.



Tourist Information

For general information for a visit contact the tourist information websites listed below:
visitpembrokeshire.com
visitswanseabay.com

More information on all areas and travel tips are at information-britain.co.uk and visitwales.com

North Coast
Stack to Hollow Caves
Saddle to St Govan's
Mowing Word/Stackpole
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Penally
Gower
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North Coast
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Mowing Word/Stackpole
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Penally
Gower
V. of Glamorgan Coast

Camping

North Pembroke

There are two well placed camp sites for the north coast area.

Porthclais - porthclaiscampsite.co.uk

Caerfai Farm - caerfaifarm.co.uk

Range East

Two sites are available on the right as you enter Bosherton. They have limited facilities but are very convenient.

Larger sites with more facilities are available on the road from Bosherton to Broad Haven.

There is also a popular site at **St Petrox**
stpetroxcampingandcaravansite.co.uk

Lydstep and Penally

There are plenty of sites to choose from around Tenby.

Skrinkle Bay - skrinklebaycamping.co.uk

Penally Court - penallycourtfarm.wales

Gower

There are plenty of camping possibilities.

Pitton Cross Camping - pittoncross.co.uk

A great site that is well positioned within walking distance of many Gower crags.

Eastern Slade Farm -

easternsladebarngower.co.uk

Superb accommodation plus a basic camping field. Book ahead for the bunkhouse.

Skysea - porteynon.com

Many of the nearby crags such as Boiler Slab can be approached on foot.

Nicholaston Farm - nicholastonfarm.co.uk

Cliff-top campsite from which many of the nearby crags can be approached on foot.

Vale of Glamorgan Coast

Acorn Camping - acorncamping.co.uk

A nice site not too far from Ogmere.

There are many campsites in Porthcawl from which Box Bay can be approached.

Youth Hostels

There are three well-placed youth hostels for climbers - yha.org.uk

YHA St Davids (map p.54) - Close to the St Davids Head crags.

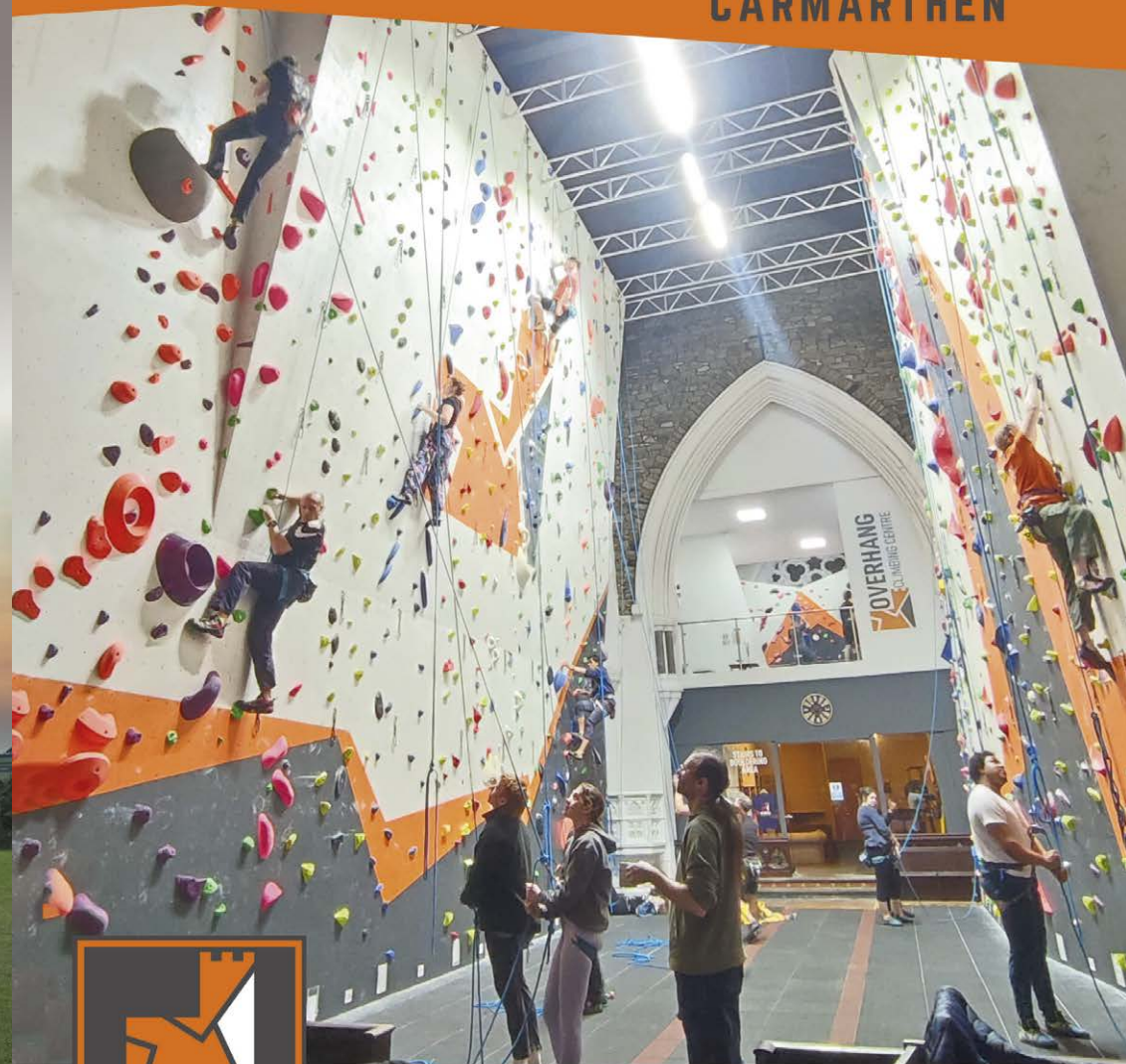
YHA Manorbier (map p.340) - Well positioned with all Lydstep crags, including Mother Carey's, within walking distance.

YHA Port Eynon - Walkable to Port Eynon and Paviland areas.



Relaxing at St Petrox camp site after a great day's climbing. Photo: Alan James

OVERHANG CLIMBING CENTRE CARMARTHEN



01267 237981

OVERHANGCARMARTHEN.CO.UK

OVERHANG CLIMBING CENTRE PICTON TERRACE CARMARTHEN SA31 3DF



Maxim Gerrard and Charley Forrest-Smith on *South West Diedre* (HVS) - *p.386* - at Lewes Castle, Fall Bay, Gower. Photo: Matt Woodfield

Pubs

Pubs and pub talk are integral to climbing and it is important to know where the best places are to hang out after a tiring day at the crag. There are many more pubs than listed below but these tend to be of most interest to climbers.

Pembroke North Coast

Farmer's Arms - *map p.62*

St David's. The best pub for the north coast crags. Good food and an outside terrace.

Pembroke South Coast

St Govan's Inn

Bosherston. Real ales and a full menu. THE pub for post-crag analysis.

The Stackpole Inn

Stackpole. Passed on the approach to the northern parking for Stackpole.

Swanlake Inn

Jameston. Close to Mother Carey's. Good food and beers.

Gower

Worm's Head Hotel - *map p.376*

Rhossili. A fine location overlooking the beach and Worm's Head. Decent food and great outside terrace. Can be busy.

King Arthur Hotel

Reynoldston. Excellent venue. Good food and beer garden. Not particularly close to the coast but worth the effort to get to.

The Joiners Arms

Bishopston. Handy spot for crags at the eastern end of Gower. Good food.

Vale of Glamorgan

The Three Golden Cups - *map p.508*

Southerndown. Small pub close to Ogmore and the beach.

Prince of Wales - *map p.508*

Ton Kenfig. Good pub with food not too far from Box Bay.

Cafes

Around here, cafe means pots of tea and toasted tea cakes while greasy full breakfasts are harder to find.

Pembroke

St David's is bursting with cafes. In the southern areas, one famous cafe stands out.

The Olde Worlde Cafe

The legendary cafe situated next to the pub in Bosherston. Refurbished 2025.

Gower

The View Cafe - *map p.376*

Rhossili. Great views out over the beach and close to the parking. Good coffee.

Three Cliffs Coffee Shop - *map p.458*

Southgate. Great Cafe next to the parking. Has a shop with Post office.

Vale of Glamorgan

Dunraven Beach Cafe - *map p.508*

Southerndown. Cafe close to Ogmore.

Climbing Walls

Overhang Climbing Centre

Churchill House, Picton Terrace, Carmarthen SA31 3DF. Tel: 01267 237981
overhangcarmarthen.co.uk

Indoor climbing centre with a 12m lead wall and 2 bouldering areas. Cafe with snacks.

See page 23, map page 21.

Dynamic Rock - Hebron Road, Swansea.

Climbing Hangar - Castell Close, Swansea.

Flashpoint Swansea - Parc Tawe, Swansea.

More walls at -

ukclimbing.com/listings/climbing_walls/

Climbing Shops

Up and Under - Victoria Park, Cardiff.

More shops at -

ukclimbing.com/listings/outdoor_shops/

Pembroke and Gower Climbing

Ryan Gilbert on *Pleasure Dome* (E3) - p.215 - at Stennis Head, Pembroke. This is undeniably one of the finest trad climbs in the country. It has sustained climbing that builds as you navigate across an imposing wall of harder routes leading to a semi-haven before escape can be made up the only viable line up the headwall. Photo: Mike Hutton

Gower and North Pembroke for the most part are free from major access problems but it is a different story with the South Pembroke cliffs which are fraught with complex arrangements in the military range and a number of additional restrictions due to nesting birds. Over the years, climbers have got used to these stringent requirements and, with a bit of good planning, there is usually still plenty to climb. The Range restrictions are covered in more detail on p.30.

What the restrictions do mean is that you will get more from a week-long trip to South Pembroke after August 1, when the bird restrictions have lifted. The Range is usually fully open for all of August as a bonus.

General Behaviour

Rock climbing has become ever more popular, increasing numbers of people want access to the cliffs and the pressures on the crag environment have never been greater.

Some general guidelines:

- Be polite to other countryside users
- Don't light fires or use barbecues
- Close gates after you go through them
- Park sensibly as described in this book
- Don't stray from the popular paths
- Don't disturb animals especially sea birds
- Use less chalk
- Don't use wire brushes
- Take your litter home
- Go before you go!

Parking **P**

The crags have parking areas which are indicated with GPS coordinates and QR codes on the maps (see right - just scan with your phone). Please use these parking areas. In some cases parking may involve you spending some money in one of the Pay and Display or National Trust parking areas.



BMC RAD App

Access arrangements can change so please use the BMC Regional Access Database (RAD) to check the current situation.

RAD - thebmc.co.uk/modules/RAD/ or install the BMC RAD app from the relevant app store.

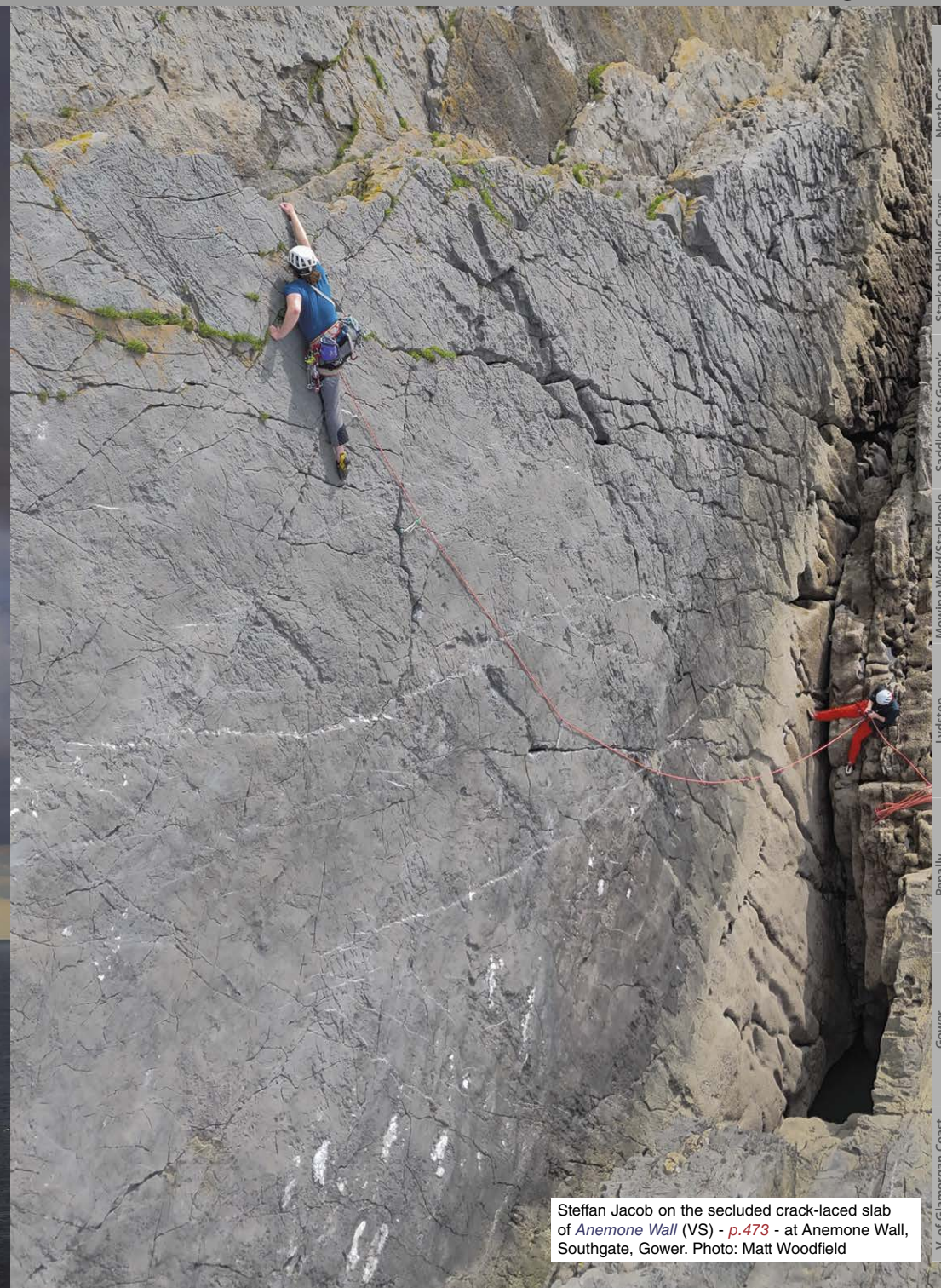


If you do encounter problems, contact the BMC Access and Conservation representative. Their involvement at an early stage can defuse a situation before it escalates into a serious access dispute.

British Mountaineering Council,
177-179 Burton Road,
Manchester, M20 2BB.
 Tel: 0870 010 4878
 Web: thebmc.co.uk
 Email: office@thebmc.co.uk



Stennis Head with St Govan's in the background. Photo: Mike Hutton



Steffan Jacob on the secluded crack-laced slab of *Anemone Wall* (VS) - p.473 - at Anemone Wall, Southgate, Gower. Photo: Matt Woodfield

Pembroke Military Range Restrictions

The cliffs from St Govan's westwards for almost 10km is a military range used by the MOD to practise firing. There are two halves to this - Range East and Range West. There is plenty of great climbing in Range West but access requires attendance of a military briefing and is not covered in this book - see the Climbers' Club or Wired guides (p.10).

 The MOD area covered in this book is Range East which includes all the cliffs from Stack Rocks up to, and including, Chapel Point and occasionally all the way to St Govan's. The tank symbol to the left is displayed with these crags.

When Range East is shut there is supposed to be a red flag flying, however there is often still a red flag flying when access is allowed. There is always someone on the gate by St Govan's car park, or by the cattle grid above Bullslaughter Bay when only half Range East is shut. They have often finished firing by around 3pm or 4pm so it is often worth checking to see if you can nip in for a quick route. On some occasions the road from Bosherton to St Govan's car park is also closed. When this is the case, all of Range East and Trevallen, St Govan's and St Govan's East are inaccessible.

The MOD normally aims to use Range East for 5 days mid-week but never at weekends, on bank holidays or during some school holidays.

At Easter and for all of August, MOD activity is much reduced and access is open to all the crags from Stack Rocks to St Govan's at all times. There are also occasionally weeks in May and June where there is a full week of open access. The MOD do say that they may close half of Range East (Stack Rocks to Bullslaughter Bay) during these periods however in practice this hasn't happened in recent years.

Notification of when firing is to take place is shown on the notice boards in Bosherton and at the notice boards by St Govan's and Stack Rocks car parks. The firing times are also posted a month or two in advance on the [.gov](http://www.gov.uk) website - search for 'Castlemartin firing'. It is worth noting that the MOD don't use up all their allocated firing days and sometimes the Range will be open even though the schedule suggests it should be closed.

The Penally Range was previously subject to closures but the MOD are in the process of selling this land and it is now always open for access.

Emma Twyford shaking out on *Barbarella* (E5) - p.249 - at Trevallen, Pembroke. Although the main military Range East doesn't include Trevallen and St Govan's, there are times when the road from Bosherton is closed and all these cliffs are off limits. Photo: Mike Hutton



Military vehicles in Range East. Photo: Mike Hutton

Sea Cliff Nesting Birds

All wild birds and their eggs are protected by law under the Wildlife and Conservation Act 1981. The bird nesting restrictions on the cliffs in this guide are voluntary and are a result of careful negotiation between the BMC and the R.S.P.B. These restrictions aim to protect the rarer birds. A crag which has obvious and plentiful nests may have no ban because the species there are deemed to be common enough to fend for themselves. Those which need the protection of a ban include guillemot, chough, peregrine, kittiwake and razorbill.

Just because you can't see birds nesting on a banned cliff or route doesn't mean the ban can be ignored. Some birds, such as chough, nest in deep crevices so they could well be there even though you can't see them. Others, such as peregrine, have such exacting requirements for a nest site that only a few spots may be appropriate. They return to these year after year, or after a gap of many years or even generations.

Disturbance of the rarer birds can have serious consequences. Peregrines are unlikely to nest anywhere if there is a climber near their chosen site. Guillemots place their eggs on their feet to incubate them and if they are disturbed suddenly, the egg may well end up in the sea. You may look at the acres of rock around you and think "but they've got all that to nest on"! However some birds like their personal space. For example, a Peregrine generally won't nest within 800m of another peregrine. Please remember that habitat is very precious. Respect all bird nesting restrictions.

Climbing Restrictions


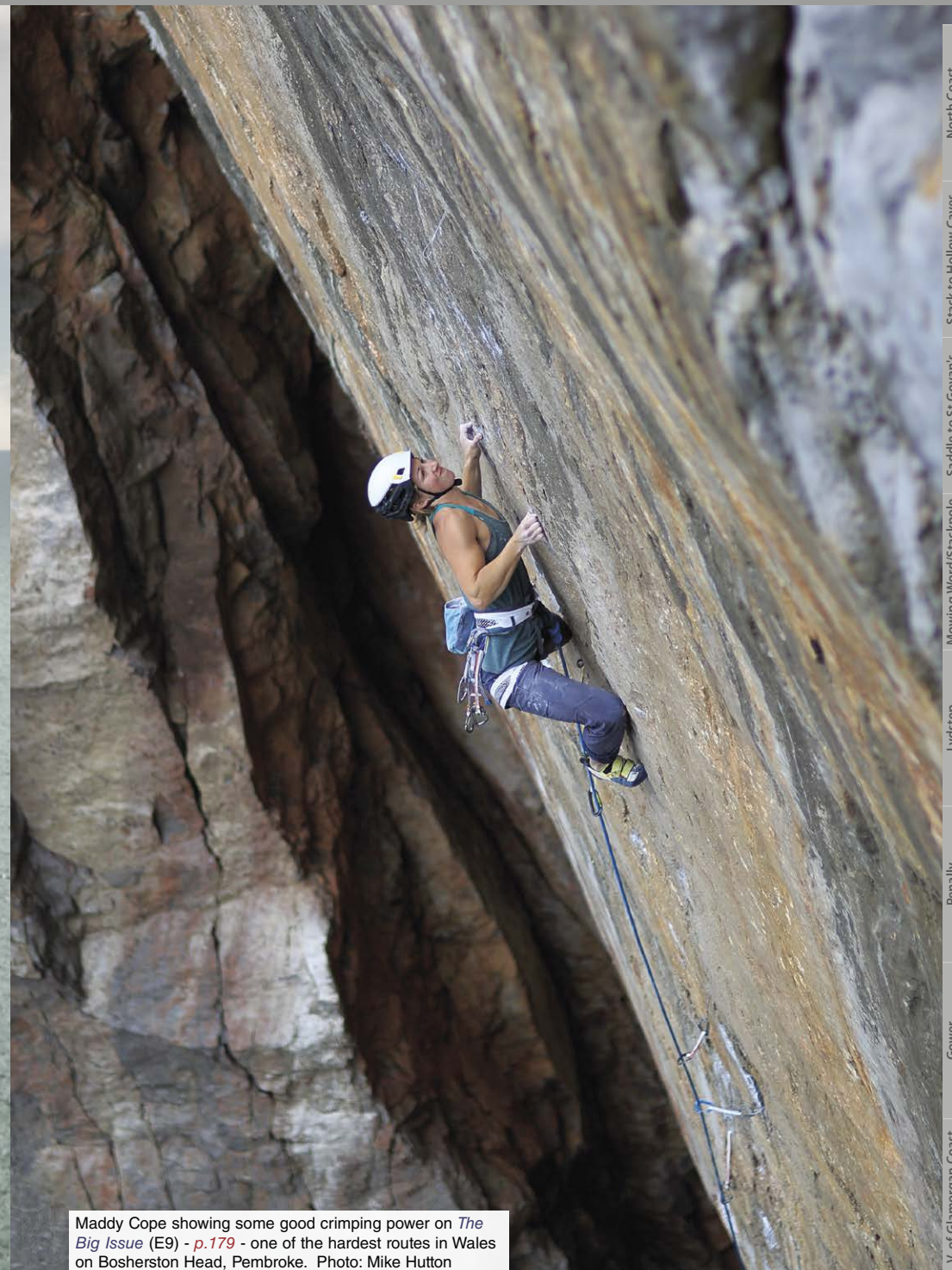
 The restrictions in Pembrokeshire and Gower due to nesting birds are covered in detail with the relevant crags. Each buttress with a current restriction is indicated with the bird symbol (left). The Pembrokeshire Coast National Park produces a free leaflet with a detailed map which gives up-to-date information about the bird restrictions which do change from year to year. You can download this leaflet from thebmc.co.uk and pcnpa.org.uk but you need to search for it. The leaflet should always be available from the notice boards by St Govan's and Stack Rocks car parks, plus various other locations familiar to climbers. Clifftop markers (inverted bucketfuls of concrete, painted red) have also been placed on all the areas where there is a bird restriction. On the top of these markers there is a number, which refers to the leaflet, and an arrow, which refers to the direction from the marker in which the restriction applies. Signs are also placed at abseil points where there is a new or temporary restriction.



Photo: Alan James



Maddy Cope showing some good crimping power on *The Big Issue* (E9) - p.179 - one of the hardest routes in Wales on Bosherton Head, Pembroke. Photo: Mike Hutton

Fixed Gear

Pegs - In the past, many of the harder routes put up in Pembroke and Gower were climbed using pegs for protection on the first ascent. Most of these pegs should now be regarded as untrustworthy. For routes that still have pegs in them, the slow process of re-climbing them without relying on the pegs is ongoing.

Threads - There are a lot of threads in the cliffs and they can be found on routes across the whole grade range. Threads tend to be more accepted than pegs since they use a natural feature without damaging the rock, and they are replaceable, however some climbers are also of the opinion that threads too should be removed. When you get to a thread, pull it around so that you can examine all of it and leave a different section in the rock. If you decide to replace a thread, remove all the old ones since one brand new thread is a lot better than 5 manky ones of different lengths.

Climbing Ropes

The normal practice for leading routes is to use double 50m double ropes. This will enable you to follow the weaving lines with limited rope drag and make use of gear placements away from the line of where you are climbing.

Rope Buckets - A great solution for routes where you abseil in to a hanging or restricted stance, or a very wet crag base, is a rope bucket to feed your ropes into before you abseil. You can then keep them dry and feed rope to your lead climber easily.

Abseil Ropes

An abseil rope is virtually essential to reach the base of most of the cliffs and it is hardly ever possible to abseil on your climbing ropes due to the belays being set well back from the edge. A single rope of 50m is the minimum requirement but preferably 60m if you have one. Ideal is a static rope but sport climbing single ropes that are no longer supple enough to lead climb on make acceptable abseil ropes - just make sure they are still trustworthy!

Many of the abseils consist of stakes hammered into the ground. Use your own judgement when abseiling and always back up a belay even if you are sure it is solid. Often when you arrive at your crag you may well find an abseil rope in place. In such circumstances it is accepted practice to use this rope rather than clutter up belays with an extra abseil rope.

Helmets and Loose Rock

Many routes on sea cliffs have loose rock on them, especially on their final sections. Always wear a helmet since rock can be dislodged at any time, and always put an extra runner in before you do the last moves, no matter how easy it looks. Test every hold and be especially careful early in the season, or on days after heavy rain. When belaying, keep out of the fall zone when your leader is finishing a pitch.

Other Gear

Prussik Loops - A prussik loop is useful as a brake on your abseil and having two is invaluable if you fall off when seconding a steep route and can't reach the rock.

Threads - If you are climbing harder routes then loose untied tape or cord is useful for replacing threads.

Abseil Rope Protectors - These are useful for the cliff top edges particularly if the rope is going to see a lot of traffic ie. if you are first to arrive at one of the very popular spots!



Alan James fiddling small wires into *Orogeny* (E2) - *p.85* - at Craig Caerfai on the North Coast of Pembroke. In general for sea cliff limestone, lots of small to medium wires are your best bet with plenty of duplicates and lots of extenders to manage rope-drag. Micro wires are useful on the slabs of the North Coast and some of the very compact grey walls on other areas. Cams can be useful in wider cracks and breaks but be wary of smooth and slippery limestone which isn't always reliable for cams. Photo: Mike Hutton

The routes in this book are graded using the British traditional grading system. Some of the harder routes are given a sport grade in their descriptions, which is becoming more common practice. This doesn't mean that the routes are 'sport routes', it is just used to give another impression of the overall difficulty of the route.

British Trad Grade

1) **Adjectival grade (Diff, VDiff, Severe, Hard Severe (HS), Very Severe (VS), Hard Very Severe (HVS), E1... to E10).**

The trad grade gives an overall picture of the route including how well protected it is, how sustained and a general indication of the level of difficulty of the whole route.

2) **Technical grade (4a, 4b, 4c... to 7b).**

The difficulty of the hardest single move, or short section.

Deep Water Solo Grades

The Deep Water Solo (DWS) routes covered in this book have a sport grade and an S grade.

S0 routes are relatively safe, with danger increasing up to S3 with considerable possibility of injury in the event of a fall - see p.44 for more.

Some routes are given a trad grade and a solo grade within their descriptions.

These are routes that are normally done with ropes but do offer the possibility to be soloed above deep water.

By its very nature, safe deep water solos tend to be steeper and harder - no-one deep water solos on slabs! Experience is essential if you intend to climb unroped. You will also need to pay particular attention to the tides since DWS requires high spring tides in most areas.

More information on grades: rockfax.com/publications/grades.html

Colour Coding

The routes are given a colour-coded dot corresponding to a grade band.

Green Spots *Beginners* - everything at grade **Severe/4c and under**.

Orange Spots *Experienced* - **HS to HVS/5a to 6a+** inclusive. General ticking routes.

Red Spots *Advanced* - **E1 to E3/6b to 7a** inclusive. The next level to push yourself on.

Black Spots *Expert* - **E4 to E6/7a+ to 7c+**. Hard routes for dedicated climbers.

White Spots *Elite* - **E7/8a and above**. The hardest routes for the world's best climbers.

British Trad Grade		Sport Grade	UIAA	USA
Mod <i>Moderate</i>		1	I	5.1
Diff <i>Difficult</i>		2	II	5.2
	VDiff <i>Very Difficult</i>	2+		5.3
		3a	III-	5.4
Sev <i>Severe</i>		3b	III	5.5
	HSD <i>Hard Severe</i>	3c	III+	5.5
		4a	IV-	5.6
	VS <i>Very Severe</i>	4b	IV	5.7
		4c	IV+	5.8
		5a	V-	5.9
E1		5b	V	5.10a
		5c	VI-	5.10b
	E2	6a	VI	5.10c
		6a+	VI+	5.10d
		6b	VII-	5.11a
		6b+	VII	5.11b
		6c	VII+	5.11c
		6c+	VIII-	5.11d
		7a	VIII	5.12a
		7a+	VIII+	5.12b
		7b	IX-	5.12c
		7b+	IX	5.12d
		7c	IX+	5.13a
		7c+		5.13b
		8a	X-	5.13c
		8a+	X	5.13d
		8b	X+	5.14a
		8b+		5.14b
		8c	XI-	5.14c
		8c+	XI	5.14d
		9a	XI+	5.15a
		9a+		5.15b
		9b	XII-	5.15c
		9b+	XII	5.15c

Tides are an important consideration when climbing in Pembroke, Gower and The Vale of Glamorgan Coast since the access to, or escape from, most of the cliffs, is affected by the tides. The area has one of the largest tidal ranges in the world with tides swings as big as 7m to 8m being common.

About Tides

During one lunar month there are two spring or high-range tides, and two neap or low-range tides. Spring tides occur during the full and new moons, when the sun and moon are in line and the combined gravitational pull causes the highest tides, which then ebb to the lowest level. During spring tides the low tides will always fall towards the middle of the day. During the first and third quarters of the moon, when the sun and moon's attraction forces are at right angles, we experience lower neap high tides and higher low tides. Neap tides will always be low at either end of the day with the high tide occurring in the middle.

By knowing the phases of the moon you can pretty roughly work out what kind of tide you are going to get. Tides are available on rockfax.digital.

From high tide to low tide takes approximately 6 hours, which means that there are two high tides and two low tides in every 24 hour period. The average time for the tide to turn around is actually slightly longer than 6 hours. This means that each day the high and low tide times are between 30 and 80 minutes later than the previous day.

In Pembroke, Gower and The Vale of Glamorgan Coast spring tide swings range from a massive 10-12m (spring and autumn) to at least 6.5m (summer and winter), and neap tide range from around 2.5m (spring and autumn) to 4.5m (summer and winter).

Important Considerations

- 1) During the middle hours between low and high tide, the sea comes in MUCH faster and areas of flat rock and boulder beach can disappear rapidly and escape routes can be cut off. This means that you may have spent a few hours at the crag and not noticed much tide movement when suddenly there is water lapping around your ankles. This is significantly more pronounced during spring tides.
- 2) The smaller fall to low neap tides may give much less access than low spring tides to certain cliffs. For example, *Blue Sky* at Saddle Head and the *Space Face* at Mother Carey's are all inaccessible from below during low neap tides.
- 3) The lower level of high neap tides may allow access to certain routes which are cut off in high spring tides.
- 4) Persistent and strong onshore winds can prolong or even raise high tide levels as can a high swell from some distant ocean storm.



This graded list has been assembled from the votes on UKClimbing Logbooks. If you disagree strongly with the list then register your vote online at ukclimbing.com/logbooks/

Route	Photo	Page
E9		
*** <input type="checkbox"/> The Big Issue		33, 175, 179
*** <input type="checkbox"/> Something's Burning		225
*** <input type="checkbox"/> Muy Caliente!		226
E8		
*** <input type="checkbox"/> Chupacabra		194
*** <input type="checkbox"/> San Simian		163
*** <input type="checkbox"/> Do You Know Where Your Children Are?		194
** <input type="checkbox"/> Pirate Punk		179
** <input type="checkbox"/> Daddy Cool		98
*** <input type="checkbox"/> Point Blank		226
** <input type="checkbox"/> Eurothing		225
*** <input type="checkbox"/> Nothing to Fear		194
** <input type="checkbox"/> The Jackals		225
*** <input type="checkbox"/> Mercia Wall		220, 225
E7		
*** <input type="checkbox"/> Boat to Naxos		194
*** <input type="checkbox"/> The Great White		353
*** <input type="checkbox"/> Terminal Twilight		194
** <input type="checkbox"/> Bubbly Bosun		225
*** <input type="checkbox"/> The Black Lagoon		194
*** <input type="checkbox"/> Night-Seeker		193, 193
*** <input type="checkbox"/> Napalm in the Morning		392
** <input type="checkbox"/> Internationale		225
** <input type="checkbox"/> The Subterranean		39, 197
*** <input type="checkbox"/> From a Distance		226
*** <input type="checkbox"/> Always the Sun		Back cover, 313
E6		
*** <input type="checkbox"/> Grezelda, Grezelda		160
*** <input type="checkbox"/> The Divine Guiding Light		393
*** <input type="checkbox"/> Souls		197
*** <input type="checkbox"/> Ghost Train		226
*** <input type="checkbox"/> Masterpiece		392
*** <input type="checkbox"/> Knock Yourself Out!		160
*** <input type="checkbox"/> Man of the Earth		399
** <input type="checkbox"/> Snake Charmer		201, 197
*** <input type="checkbox"/> Shock and Awe		404
*** <input type="checkbox"/> Skyhedral Wall		399
*** <input type="checkbox"/> Orange Robe Burning		249
*** <input type="checkbox"/> A Rush of Blood to the Head		392
** <input type="checkbox"/> The Pulsebeat		200
*** <input type="checkbox"/> Yellow Regeneration		399
*** <input type="checkbox"/> Light at the End of the Tunnel		194
*** <input type="checkbox"/> Big in America		187
** <input type="checkbox"/> Heugamont		246

E5		
*** <input type="checkbox"/> Luke Skywalker		187
*** <input type="checkbox"/> Out of my Mind		205, 209
*** <input type="checkbox"/> Grey English Morning		215
*** <input type="checkbox"/> Yellow Pearls		248
*** <input type="checkbox"/> Beat Surrender		342
*** <input type="checkbox"/> Barbarella		31, 249
** <input type="checkbox"/> Mean Streak		215
** <input type="checkbox"/> Beyond the Beyond		98
** <input type="checkbox"/> Fitzcarraldo		199
*** <input type="checkbox"/> Darkness at Noon		193
*** <input type="checkbox"/> John Wayne		266
*** <input type="checkbox"/> White Heat		353
*** <input type="checkbox"/> Just Klingon		339, 350
*** <input type="checkbox"/> Fool's Fantasy		510
*** <input type="checkbox"/> Get Some In		271
** <input type="checkbox"/> All at Sea		298
** <input type="checkbox"/> Fetish		218
*** <input type="checkbox"/> Circus Circus		151
*** <input type="checkbox"/> Head Hunter		197
*** <input type="checkbox"/> Jabberwock		157, 160
*** <input type="checkbox"/> Mean Feat		97
*** <input type="checkbox"/> Ships that Pass in the Night		255
** <input type="checkbox"/> Draught Dodger		273
** <input type="checkbox"/> Blucher		19, 271
*** <input type="checkbox"/> The Minotaur		197
** <input type="checkbox"/> Moving Away from the Pulsebeat		200
*** <input type="checkbox"/> Mother Night		350
E4		
*** <input type="checkbox"/> Spellbinder		517
** <input type="checkbox"/> Flash		213
*** <input type="checkbox"/> Tangerine Dream		275
*** <input type="checkbox"/> Out for the Count		144
*** <input type="checkbox"/> Finger Print		511
*** <input type="checkbox"/> Under the Influence		145, 144
** <input type="checkbox"/> Over the Hill		145
** <input type="checkbox"/> Just Another Day		197
*** <input type="checkbox"/> Witch Hunt		194
*** <input type="checkbox"/> The Fascist and Me		253
** <input type="checkbox"/> Ghostly Galleon		279
** <input type="checkbox"/> Body Language		282
** <input type="checkbox"/> The Rising Tide		269
*** <input type="checkbox"/> Wallbanger		111, 114
*** <input type="checkbox"/> Steam Train		399
*** <input type="checkbox"/> Plot 13		405
*** <input type="checkbox"/> Downward Bound		143, 145
*** <input type="checkbox"/> Pan		323, 328
** <input type="checkbox"/> Scorch the Earth		197
** <input type="checkbox"/> Vladimir on the Rocks		200
*** <input type="checkbox"/> Bloody Sunday		189, 197
*** <input type="checkbox"/> Star Wars		1, 164, 187
** <input type="checkbox"/> No Man's Land		271
*** <input type="checkbox"/> Trevalen Pillar		255
*** <input type="checkbox"/> Suspense		226
*** <input type="checkbox"/> Brave New World		279
*** <input type="checkbox"/> Fire		517
** <input type="checkbox"/> Poisoned Arrow		269
*** <input type="checkbox"/> Airship		345



Edmund Morris on *The Subterranean* (E7) - p.197 - in Huntsman's Leap, Pembroke. This photo required Stefan to rig ropes from either side of the Leap so that he could get into a position in space midway between the two walls to get a slightly different angle. Photo: Stefan Morris

North Coast
Stack to Hollow Caves
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Mowing Word/Stackpole
Lydstep
Penally
Gower
V. of Glamorgan Coast

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Route *Photo* Page

E3

***	<input type="checkbox"/>	Transformer	399
**	<input type="checkbox"/>	Merchant of Stennis	218
***	<input type="checkbox"/>	Sunlover	249. 248
***	<input type="checkbox"/>	Test Case	266
***	<input type="checkbox"/>	Pleasure Dome	27. 215
**	<input type="checkbox"/>	The Hypocrite	94
***	<input type="checkbox"/>	Kitten Claws	93. 97
***	<input type="checkbox"/>	Zeppelin	345
***	<input type="checkbox"/>	Swordfish	311. 314
***	<input type="checkbox"/>	Yellow Wall	399
**	<input type="checkbox"/>	The Mercenary	256
**	<input type="checkbox"/>	Forbidden Fruits	277. 284
**	<input type="checkbox"/>	Widowmaker	298
***	<input type="checkbox"/>	Billy Spragg	97
***	<input type="checkbox"/>	Star Gate	349
***	<input type="checkbox"/>	Ghost Ship	177
***	<input type="checkbox"/>	The Whaler	317. 313
**	<input type="checkbox"/>	Howling Gale	285
***	<input type="checkbox"/>	Space Cadet	275. 266
***	<input type="checkbox"/>	A Bigger Splash	516
***	<input type="checkbox"/>	Power Trap	410
***	<input type="checkbox"/>	Mysteries	226
**	<input type="checkbox"/>	Stand by to Boogie	298
**	<input type="checkbox"/>	The Onion Eaters	295. 296
***	<input type="checkbox"/>	Heaven's Door	313
**	<input type="checkbox"/>	Quiet Waters Direct	199
***	<input type="checkbox"/>	Puritan	316
***	<input type="checkbox"/>	The Butcher	265

E2

***	<input type="checkbox"/>	The Gong	105
**	<input type="checkbox"/>	Baker's Door	179
**	<input type="checkbox"/>	Kraken	267
**	<input type="checkbox"/>	Shape-Up	190. 199
**	<input type="checkbox"/>	High Life	183
***	<input type="checkbox"/>	Charenton Crack	306
**	<input type="checkbox"/>	Uncertain Smile	85
***	<input type="checkbox"/>	Silver Shadow	315
***	<input type="checkbox"/>	Dan Dare	481
**	<input type="checkbox"/>	Mythical Monster	203
**	<input type="checkbox"/>	Hidden Secrets	279
**	<input type="checkbox"/>	Wraith	345
***	<input type="checkbox"/>	First Blood	283
***	<input type="checkbox"/>	Brazen Buttress	346
***	<input type="checkbox"/>	Bon Voyage	155
***	<input type="checkbox"/>	Chimes of Freedom	297. 298
***	<input type="checkbox"/>	Deep Space	351. 349
**	<input type="checkbox"/>	Intensive Scare	179
***	<input type="checkbox"/>	Keelhaul	179
***	<input type="checkbox"/>	Deranged	273. 272
**	<input type="checkbox"/>	War Crime	271
**	<input type="checkbox"/>	Enter the Goat	251
**	<input type="checkbox"/>	Ultravox	242
***	<input type="checkbox"/>	The Honey Monster	203
**	<input type="checkbox"/>	Starling by the Seaside	97
***	<input type="checkbox"/>	Preposterous Tales	183

**	<input type="checkbox"/>	Sunsmoke	346
**	<input type="checkbox"/>	Ricochet	269
**	<input type="checkbox"/>	Depraved	272
**	<input type="checkbox"/>	Orogeny	35. 85
**	<input type="checkbox"/>	Stingray	99
**	<input type="checkbox"/>	Wave Band	16. 513
**	<input type="checkbox"/>	Daydreams	117. 121
**	<input type="checkbox"/>	The Beast from the Undergrowth	199
**	<input type="checkbox"/>	Herod	346
**	<input type="checkbox"/>	Clean Hand Blues Band	259. 265
**	<input type="checkbox"/>	Master Blaster	155
**	<input type="checkbox"/>	Be Clever	97
**	<input type="checkbox"/>	Nuclear Arms	435
**	<input type="checkbox"/>	Lazy Sunday Afternoon	13. 385
**	<input type="checkbox"/>	Surprise Attack	119
***	<input type="checkbox"/>	The Strait Gate	345

E1

***	<input type="checkbox"/>	Good Luck, Mr Gronski	151
**	<input type="checkbox"/>	Tempest	346
**	<input type="checkbox"/>	Strike Lucky	151
***	<input type="checkbox"/>	Lucky Strike	149. 151
**	<input type="checkbox"/>	Mistaken Identity	218
**	<input type="checkbox"/>	Seth	385
**	<input type="checkbox"/>	War Games	271
**	<input type="checkbox"/>	Solidarity	151
**	<input type="checkbox"/>	Hangover '77	271
***	<input type="checkbox"/>	Sealhunt	302
**	<input type="checkbox"/>	Cupid's Bow	269
***	<input type="checkbox"/>	Beyond the Azimuth	91. 98
***	<input type="checkbox"/>	Ultravixens	242
**	<input type="checkbox"/>	Superdirect (Tor Bay)	444
**	<input type="checkbox"/>	B-Team Buttress	126
**	<input type="checkbox"/>	Beeline	97
***	<input type="checkbox"/>	Manzoku	213
**	<input type="checkbox"/>	Be Brave	97
**	<input type="checkbox"/>	Soldier of Fortune	255
**	<input type="checkbox"/>	Salthearth Foam Follower	71. 73
***	<input type="checkbox"/>	Cool for Cats	217. 213
***	<input type="checkbox"/>	Magic Flute	362
***	<input type="checkbox"/>	Rock Idol	345
**	<input type="checkbox"/>	Perch	426
**	<input type="checkbox"/>	Snozwanger	300
***	<input type="checkbox"/>	The Arrow	Opposite. 269
***	<input type="checkbox"/>	Wishful Thinking	100. 147
**	<input type="checkbox"/>	Gamma Minus	481
***	<input type="checkbox"/>	Sinecure	95. 94
**	<input type="checkbox"/>	Calisto	283
**	<input type="checkbox"/>	Jolly Sensible Arete	130. 137
***	<input type="checkbox"/>	Heart of Darkness/New Morning	302
**	<input type="checkbox"/>	Shiraz	75
**	<input type="checkbox"/>	The Fermenting Telescope	99
**	<input type="checkbox"/>	Too Much Pressure	144
***	<input type="checkbox"/>	Barad	56
**	<input type="checkbox"/>	Blowin' in the Wind	298
***	<input type="checkbox"/>	The Great Valerio	97
***	<input type="checkbox"/>	Mad Hatter's Tea Party	105



Martin Allen on *The Arrow* (E1) - p.269 - at St Govan's, Pembroke. A popular classic but one which requires a considered approach to placing gear. The lower moves can lead you into difficulties if you aren't careful, so make sure your runners are good, especially low on the route. Photo: Stefan Morris

North Coast

Stack to Hollow Caves

Saddle to St Govan's

Mowing Word/Stackpole

Lydstep

Penally

Gower

V. of Glamorgan Coast

North Coast

Stack to Hollow Caves

Saddle to St Govan's

Mowing Word/Stackpole

Lydstep

Penally

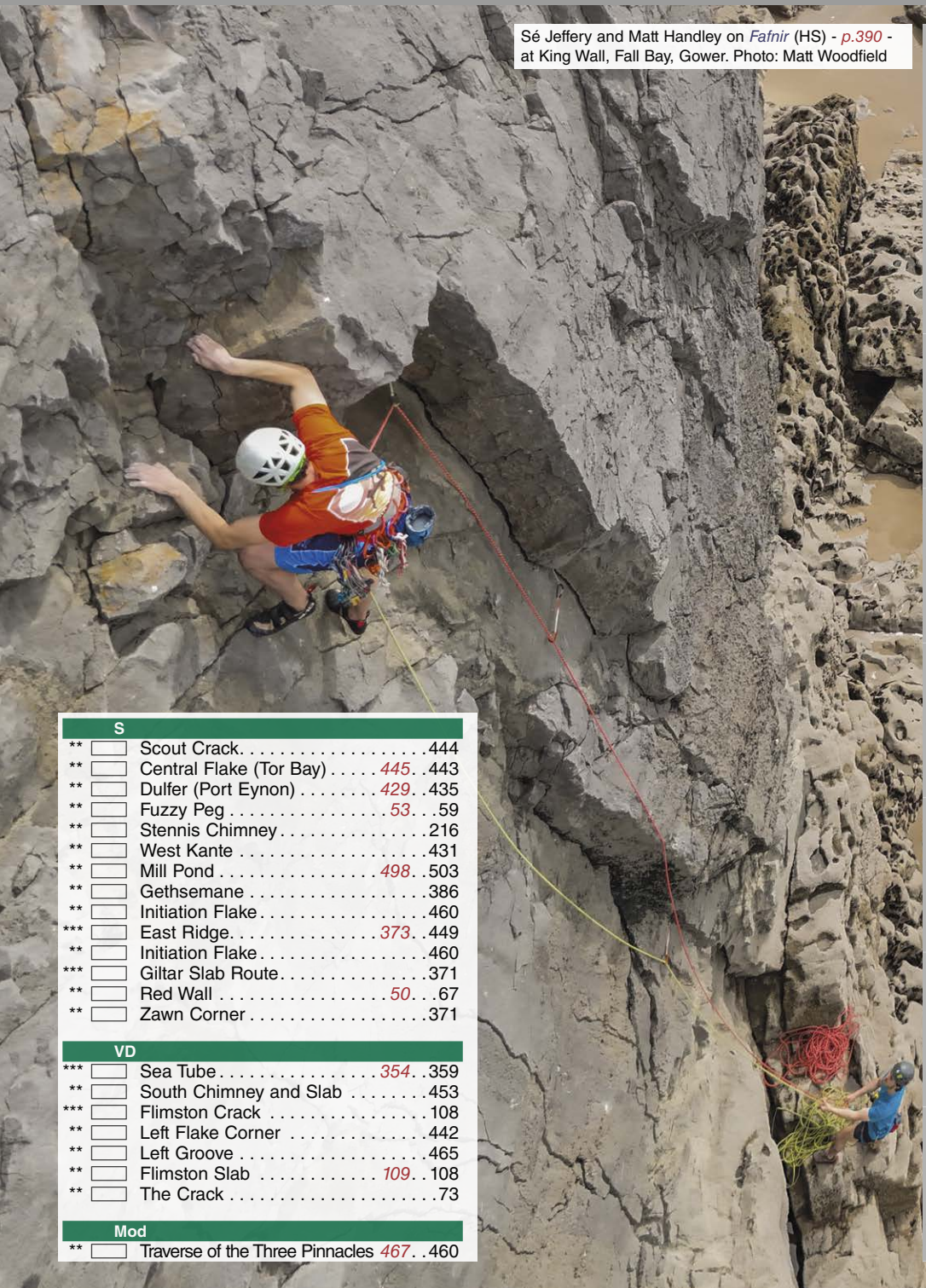
Gower

V. of Glamorgan Coast

Route	Photo	Page
HVS		
** <input type="checkbox"/> Horus		385
** <input type="checkbox"/> Skive Direct		479
** <input type="checkbox"/> Joyous Gard		345
*** <input type="checkbox"/> Pigs on the Wing	129	129
** <input type="checkbox"/> Tactician		271
*** <input type="checkbox"/> Abbey Road		511
** <input type="checkbox"/> Rhea		385
** <input type="checkbox"/> Gamma (Pennard)		481
*** <input type="checkbox"/> South West Diedre (Fall Bay)	24	386
** <input type="checkbox"/> Ethos		92
** <input type="checkbox"/> Horsis		385
** <input type="checkbox"/> The Hole		251
*** <input type="checkbox"/> Assassin	421	426
*** <input type="checkbox"/> Pinocchio	496	512
*** <input type="checkbox"/> Riders on the Storm	211	211
*** <input type="checkbox"/> Sunny Corner	181	180
** <input type="checkbox"/> Sarsparilla Sunset		141
** <input type="checkbox"/> Dreamboat Annie	65	66
** <input type="checkbox"/> Hercules		213
** <input type="checkbox"/> The Right Wall		301
*** <input type="checkbox"/> Exposure Explosion	506	514
** <input type="checkbox"/> Front Line		261
*** <input type="checkbox"/> Welcome to the Cruise		128
*** <input type="checkbox"/> Heart of Darkness	286	302
*** <input type="checkbox"/> Galactic Co-ordinator		128
** <input type="checkbox"/> Unreasonable Stipulations		132
** <input type="checkbox"/> Eaves Dripper		168
** <input type="checkbox"/> Poltergeist		183
*** <input type="checkbox"/> Isis		385
*** <input type="checkbox"/> Army Dreamers	263	263
** <input type="checkbox"/> Tokyo II		435
** <input type="checkbox"/> Swirtler		435
*** <input type="checkbox"/> Inner Space		349
** <input type="checkbox"/> Hair Raiser		427
** <input type="checkbox"/> East Gully Groove		425
** <input type="checkbox"/> Dry Riser		427
** <input type="checkbox"/> Twinkler		56
** <input type="checkbox"/> Bludgeon		218
** <input type="checkbox"/> Just Fits		99
*** <input type="checkbox"/> Space		135
** <input type="checkbox"/> Chinon	69	75
** <input type="checkbox"/> Thanksgiving		407
VS		
** <input type="checkbox"/> Nat Not		488
** <input type="checkbox"/> Aero		126
** <input type="checkbox"/> Anemone Wall	31	473
*** <input type="checkbox"/> Armorican		85
** <input type="checkbox"/> Gwyn's Route		464
** <input type="checkbox"/> Ocean Passage		184
** <input type="checkbox"/> Pink 'un		170
** <input type="checkbox"/> The Meridian		346
** <input type="checkbox"/> Socialist Worker		427

*** <input type="checkbox"/> Pluto (Ogmore)	509	510
*** <input type="checkbox"/> Osiris		385
** <input type="checkbox"/> Limbo		213
** <input type="checkbox"/> Vertical Smile		482
** <input type="checkbox"/> Landvetter		168
** <input type="checkbox"/> Joybringer		185
** <input type="checkbox"/> The Gadfly		112
*** <input type="checkbox"/> Aries		79
** <input type="checkbox"/> Act of God		58
*** <input type="checkbox"/> Arch Slab	463	462
** <input type="checkbox"/> Task Force		427
** <input type="checkbox"/> The Jewel		412
** <input type="checkbox"/> Smalt		468
** <input type="checkbox"/> All There		407
** <input type="checkbox"/> Direct (Tor Bay)		451
** <input type="checkbox"/> On the Horizon		427
*** <input type="checkbox"/> Scavenger	456	462
** <input type="checkbox"/> Sea Rider		66
*** <input type="checkbox"/> Blue Sky	169	168
** <input type="checkbox"/> Something's on the Wall		494
** <input type="checkbox"/> The Curver		304
** <input type="checkbox"/> Needle Crack		390
** <input type="checkbox"/> Gone with the Wimp		180
** <input type="checkbox"/> Stennis Arete		216
*** <input type="checkbox"/> Under Milk Wood	459	462
** <input type="checkbox"/> Sea Groove	353	353

HS		
** <input type="checkbox"/> Ganymede		283
** <input type="checkbox"/> The Ring		424
** <input type="checkbox"/> The Nose (Fall Bay)		394
** <input type="checkbox"/> East Ridge Variation	449	449
** <input type="checkbox"/> Metamorphosis		96
** <input type="checkbox"/> Red Wall Right-Hand		67
** <input type="checkbox"/> Ragnarok		389
*** <input type="checkbox"/> Diedre Sud		300
*** <input type="checkbox"/> Myola	207	206
** <input type="checkbox"/> Cave Traverse		404
** <input type="checkbox"/> Perseverance		461
** <input type="checkbox"/> The Jackdaw	359	358
** <input type="checkbox"/> The Cracks		346
** <input type="checkbox"/> Inset Slab		110
** <input type="checkbox"/> The Arete		67
** <input type="checkbox"/> Sea Mist	167	170
*** <input type="checkbox"/> Bow-Shaped Corner		110
** <input type="checkbox"/> Great Slab	485	488
*** <input type="checkbox"/> Bow-Shaped Slab		110
** <input type="checkbox"/> Sheer Delight		132
*** <input type="checkbox"/> Threadneedle Street		346
** <input type="checkbox"/> Maelstrom Chimney		216
** <input type="checkbox"/> Rib and Crack		412
** <input type="checkbox"/> South Pillar Rib	401	410
** <input type="checkbox"/> Fafnir	Opposite	390



Sé Jeffery and Matt Handley on *Fafnir* (HS) - p.390 - at King Wall, Fall Bay, Gower. Photo: Matt Woodfield

S		
** <input type="checkbox"/> Scout Crack		444
** <input type="checkbox"/> Central Flake (Tor Bay)	445	443
** <input type="checkbox"/> Dulfer (Port Eynon)	429	435
** <input type="checkbox"/> Fuzzy Peg	53	59
** <input type="checkbox"/> Stennis Chimney		216
** <input type="checkbox"/> West Kante		431
** <input type="checkbox"/> Mill Pond	498	503
** <input type="checkbox"/> Gethsemane		386
** <input type="checkbox"/> Initiation Flake		460
*** <input type="checkbox"/> East Ridge	373	449
** <input type="checkbox"/> Initiation Flake		460
*** <input type="checkbox"/> Giltar Slab Route		371
** <input type="checkbox"/> Red Wall	50	67
** <input type="checkbox"/> Zawn Corner		371
VD		
*** <input type="checkbox"/> Sea Tube	354	359
** <input type="checkbox"/> South Chimney and Slab		453
*** <input type="checkbox"/> Flimston Crack		108
** <input type="checkbox"/> Left Flake Corner		442
** <input type="checkbox"/> Left Groove		465
** <input type="checkbox"/> Flimston Slab	109	108
** <input type="checkbox"/> The Crack		73
Mod		
** <input type="checkbox"/> Traverse of the Three Pinnacles	467	460

North Coast
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Gower
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The following routes are all primarily climbed as deep water solos. This list has been assembled from the votes on UKClimbing Logbooks. If you disagree strongly with the list then register your vote online at ukclimbing.com/logbooks/

S-Grades

These routes all have S grades which indicate the seriousness of an ascent.

50 - Safe at most tides, not high crux moves.

51 - Care required with either tide or the water depth needs checking. May have a high crux.

52 - Great care required. May only be possible in high spring tides or be above shallow water or a reef. Also may have a high crux requiring a push out in the event of a fall.

53 - These are borderline normal solos where falling is not an option. Shallow water or water too far away to avoid rock or reefs.

Route	Photo	Page
8b		
*** <input type="checkbox"/> Olympiad		327..327
8a		
*** <input type="checkbox"/> Pollinator		326
*** <input type="checkbox"/> The Wizard		367
*** <input type="checkbox"/> Excalibur		333
*** <input type="checkbox"/> Jaws		289..291
7c+		
*** <input type="checkbox"/> Occam's Razor		326
*** <input type="checkbox"/> Imposterbee		326
7c		
** <input type="checkbox"/> Renaissance		291
*** <input type="checkbox"/> Strangelands		158
7b+		
** <input type="checkbox"/> Stinging Bee		326
*** <input type="checkbox"/> The Shield		228
*** <input type="checkbox"/> Hairy Ball Theorem		337
** <input type="checkbox"/> Waterland		367
7b		
*** <input type="checkbox"/> The Abyss		343
** <input type="checkbox"/> Rusty Dog		367
** <input type="checkbox"/> Chalk and Cheese		158
** <input type="checkbox"/> Feersum Endjin		222
** <input type="checkbox"/> Isostasy		332
** <input type="checkbox"/> Black Mass		158
*** <input type="checkbox"/> Instant Black		158
7a+		
** <input type="checkbox"/> Bruce Lee		367
** <input type="checkbox"/> Terrapigeon		89
** <input type="checkbox"/> Wet T-Shirt Contest		291
** <input type="checkbox"/> Living on Air into Overexposed		222
** <input type="checkbox"/> Mad World		367

Route	Photo	Page
7a		
** <input type="checkbox"/> The Blind Man's Traverse		343
** <input type="checkbox"/> Broadhaven Cove Traverse		291
** <input type="checkbox"/> Scotch on the Rocks		332
*** <input type="checkbox"/> Abduction		343
*** <input type="checkbox"/> Reef Walker		333
** <input type="checkbox"/> Strange Love		327
** <input type="checkbox"/> Giant Farts		89
** <input type="checkbox"/> Bingo Master's Breakout		222
*** <input type="checkbox"/> Topology		331..337
6c+		
*** <input type="checkbox"/> Captain Caveman		332
** <input type="checkbox"/> Sand Cyclone		333
*** <input type="checkbox"/> Iron Pirate		326
** <input type="checkbox"/> World of Bonobos		234
6c		
*** <input type="checkbox"/> Overexposed		222
** <input type="checkbox"/> Barrel Traverse Extension		89
** <input type="checkbox"/> Strangeness		337
** <input type="checkbox"/> Wreck of the Hesperus		335
** <input type="checkbox"/> Joule Thief		293
** <input type="checkbox"/> Deep Water Alien		343
6b+		
*** <input type="checkbox"/> Restraint of Beasts	320	333
** <input type="checkbox"/> Water Gel		332
** <input type="checkbox"/> Confucius		290
** <input type="checkbox"/> Splashdown	231	232
** <input type="checkbox"/> Musketeer		329
*** <input type="checkbox"/> Exultation	273	228
6b		
** <input type="checkbox"/> Mouse Claws		88
** <input type="checkbox"/> Not Now, Kato!		367
** <input type="checkbox"/> Fishing for Compliments		337
*** <input type="checkbox"/> Barrel Traverse	86	88
** <input type="checkbox"/> Dynamite		332
6a+		
** <input type="checkbox"/> Offshore Drift		335
*** <input type="checkbox"/> Perfect Pitch	Opposite	337
** <input type="checkbox"/> Cellar Deck		335
** <input type="checkbox"/> Cold Turkey		334
** <input type="checkbox"/> The Cutting Edge		329
6a		
** <input type="checkbox"/> Tidy Tackle Campaign		337
** <input type="checkbox"/> Curly Mick		88
** <input type="checkbox"/> Angry Child		329
** <input type="checkbox"/> Godliness		229
5a		
** <input type="checkbox"/> Avoid Meeting		
** <input type="checkbox"/> the Portuguese Man of War		380
** <input type="checkbox"/> Hate		367
4c		
** <input type="checkbox"/> True Blue		88



Mike Robertson on *Perfect Pitch* (6a+) - p.337 - on Lydstep Cavern Promontory. A (re)discovery during the DWS boom of the early 2000s which is when most of the deep water areas in Pembroke were developed. These were first documented in Mike Robertson's award-winning Deep Water Rockfax of 2007. Photo: Mike Hutton

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Lydstep
Penally
Gower
V. of Glamorgan Coast

	Routes	up to Sev	HS to HVS	E1 to E3	E4 to E6	E7 and up	Approach	Sun	DWS	Multi pitch	Abseil	Tidal	Bird	Range	Summary	Page	
North Coast	St David's Head	36	12	15	6	3		20 - 30 min							Three crags reminiscent of Cornish granite. Big cliffs and very different to the rest of the North Coast crags. Multi-pitch.	56	
	Porthclais	28	7	20	1	-		10 - 20 min							A beautiful duo of slabs with quality mid-grade routes following cracks and aretes. Also a small DWS area.	64	
	Porth-y-Ffynnon	36	21	11	4	-		10 - 15 min							A great headland with an excellent slab and an east-facing section with some good, mostly easier routes.	70	
	Pen y Cyfrwy	32	22	8	-	2		10 - 20 min							Plenty of good easier routes but with slightly awkward access to some of them. A nice exposed headland slab as well.	78	
	Craig Caerfai	14	3	7	4	-		10 min							One brilliant slab with superb routes across the grades including a few harder slab routes.	84	
	Barrel Zawn	20	2	6	11	1		15 min							The main DWS area on the North Coast is a barrel-shaped wall with some good short routes. Not the deepest water.	88	
Stack to Hollow Caves	Carreg-y-Barcud	62	4	13	34	10		20 min							A set of superb steeper slabs with routes mostly in the upper-mid to extreme grades.	92	
	Stack Rocks	6	-	-	4	2		10 min							Remarkable rock architecture on the exposed west end of Range East with three big adventurous walls.	104	
	Flimston Bay	33	6	12	9	6		20 - 25 min							Three isolated slabs with plenty of low-to-mid grades routes, and one hard wall. A distant location and a dramatic setting.	108	
	Mewsford	15	-	-	12	3		30 min							The furthest crag but worth the walk. Mostly two-pitch routes with steep starts and slabbier upper sections.	119	
	Crickmail to Triple Overhang	44	3	23	15	2		25 min							Two big crags that are often quiet. One is in two tiers with easier routes, the other has big roofs and atmospheric routes.	124	
	Blockhouse Bay	25	-	16	8	1		20 min							Four distinct buttresses on more broken cliffs. Each has a different character with some good routes across the grades.	132	
	The Castle	53	2	17	16	17		20 min							An exposed headland with routes on either side. Brilliant hard routes on the south wall, some DWS and some easier stuff.	140	
	Rusty Walls	16	-	-	11	5		18 min							A superb red wall with one of the great classics plus a set of other routes that are almost as good. Mostly non-tidal.	151	
	Misty Walls	14	1	1	7	5		18 min							This compact grey wall is a suntrap with some sustained wall climbs on rock that can be slippery. Good when in condition.	154	
	Hollow Caves Bay	35	-	-	16	16	4		18 min							A complex area of bays and buttresses with a DWS area, a mega hard wall and some pillars with a spectacular approach.	158
	Saddle Head	40	9	27	4	-		15 min							The best venue in south Pembroke for easier routes. Many great routes but can get a bit busy.	168	
	Bosherston Head	56	2	14	20	16	4		10 min							A huge headland with routes from VS upwards. Thin slabs, steep walls and exposed ribs, plus a caving expedition.	176
	Huntsman's Leap	50	-	-	11	29	10		8 min							An iconic Pembroke landmark, thought by many to be one of the finest crags anywhere. Intimidating routes of E2 upwards.	193
	Stennis Head	76	4	22	33	17		10 min							A popular headland with a walk-in approach and non-tidal routes. Superb across the grades.	206	
Stennis Ford	39	1	6	9	12	11		5 min							A wide zawn with a stunning west wall with an E3 classic and many harder routes. Two good DWS walls.	222	
Newton Head	43	5	11	21	6		4 min							A complex headland with several trad buttresses and some good DWS. Also a non-tidal easy wall with a quick approach.	232		
Chapel Point	9	-	1	6	2		2 min							The closest crag to the parking with a busy approach as far as the chapel. Two popular routes plus a few others of interest.	242		
Trevallen	52	-	3	14	34	1		5 min						A magnificent crag with stunning hard routes on some great rock. Less in the middle and easier grades.	246		
St Govan's	89	4	17	39	29		8 min							The most popular crag in Pembroke with loads of quality routes at VS and above. Only a few routes are affected by the tide.	260		
St Govan's East	50	1	9	20	20		10 min							A quiet southeast-facing crag with a good set of routes in the mid-grades and some steep harder offerings. Some non-tidal.	278		

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	Routes	up to Sev	HS to HVS	E1 to E3	E4 to E6	E7 and up		Approach	Sun	DWS	Multi pitch	Abseil	Tidal	Bird	Summary	Page	
North Coast	Mowing-Stackpole	Broadhaven Beach	22	2	2	13	4	1	20 min							Two small DWS crags and a secluded cove with some great adventurous routes but challenging conditions and approach. Close to the beach for apres-climb relaxing.	290
		Mowing Word	64	2	13	32	17	□	25 min							One of the prime venues of Pembroke with a majestic east-facing wall with classics from Severe upwards including a few essential ticks. The idyllic situation is a delight.	296
		Stackpole	42	1	5	17	16	3	25 min							One of the most intimidating crags in Pembroke. Huge roofs and imposing corner dominate giving routes mostly in the upper grades and all situated above a worryingly short tide window.	310
Stack to Hollow Caves	Lydstep	Forbidden Head	34	1	3	12	16	2	1 - 5 min							A huge clean face, intimidating narrow zawn and a couple of DWS areas including one of the best for hard routes. Difficult tides and access means that it is one for experienced climbers only.	324
		Lydstep Cavern Bay	39	3	19	13	3	1	10 - 20 min							Arguably the best DWS area in Pembroke with a beautiful arch and several other complex walls offering good routes above deep water.	332
		Mother Carey's	63	1	8	30	22	2	10 - 15 min							One of the iconic Pembroke crags with classic routes from Severe to E7. Great lines and exposure, plus plenty to do when the tide is in. Situated away from the main areas and virtually free of any restrictions.	342
Saddle to St Govan's	Penally	Becks Bay	28	10	14	4	-	□	15 - 20 min							A delightful area with some great easier routes on a trio of wedge-shaped slabs. Abseil approach to non-tidal belays possible. One smaller wall with harder routes and a bit of DWS.	358
		Penally Range	35	14	7	8	5	1	12 - 20 min							One of the best big slab areas in Pembroke and a great place to get experience of tides and abseil approaches. A couple of other areas including a great DWS crag for harder routes.	366
		Rhossili	37	9	15	9	4	□	12 - 15 min							A small number of crags that contain some reasonable single-pitch routes across the grade spectrum. Most are very tide dependent. DWS also available. The beach is magnificent.	377
Mowing Word/Stackpole	Gower	Fall Bay	114	24	45	22	21	2	10 - 15 min							Multiple big crags above a superb beach. Most are tidal apart from Lewes Castle. Many climbs across the grades both single and multi-pitch.	385
		Mewslade	108	31	43	26	8	□	13 - 15 min							A series of varied, adventurous sea cliffs approached along a stunning stretch of sand. There are three crags that are non-tidal which are useful should the tides or sea state not be ideal.	404
		Thurba Head	33	14	8	7	4	□	15 - 20 min							One big sea-cliff right on the headland that features some hard multi-pitch routes, plus a couple of more sheltered, smaller inlets that have some lower-grade pitches. Rarely frequented.	416
Lydstep	Gower	Paviland Area	23	-	16	6	1	□	25 min							Two non-tidal multi-pitch cliffs that have great outlooks. Both hold some Gower classics, but Paviland itself is prone to being vegetated so avoid in the wet.	424
		Port Eynon	49	27	17	5	-	□	20 - 35 min							A long and remote feeling stretch of coastline with a good number of lower to mid-grade routes. Boiler Slab is the best venue and quickest to approach but can be busy.	430
		Tor Bay	105	52	36	17	-	□	15 - 20 min							Majestic scenery and one of the best locations for lower-grade climbs both single and multi-pitch. Climbing is straight off the massive beach at some of the cliffs.	440
Penally	Gower	Three Cliffs Bay	70	49	19	2	-	□	20 - 22 min							A well travelled, photographed and loved crag with lots of easier pitches and some harder classics. Can get very busy but the nearby small inlets will give the opportunity for a quieter time.	460
		Southgate	36	24	10	1	1	□	14 - 20 min							One well-defined ridge and a number of isolated sea-level crags that are tricky to approach. The parking and approach is the same for Three Cliffs so could be combined. Good cafe next to the parking.	472
		Pennard	56	7	17	25	7	□	17 - 25 min							A large headland that has lots of crags but is rarely climbed on. There are some long pitches but most are pretty short and often pack in some difficult climbing. Fine views.	479
Gower	Gower	Caswell Bay	36	25	7	2	2	□	5 min							Some big and not-so-big slabs next to a very popular beach. This is very much a holiday area so expect some interest from non-climbers. The clifftop belays take a bit of sorting out.	486
		Crab Island	22	11	9	2	-	□	20 min							Walls and slabs in a very pleasant setting. Most routes are in the lower to mid-grades. Close to a good beach and cafe. Parking can be tricky at busy times.	493
		Box Bay	66	32	25	9	-	□	15 min							An extensive easy-going venue that will be of most interest to the lower and mid-grade climber. A quick approach and near a good beach. Sun and shade to be had all day.	501
V. of Glamorgan Coast	V. of Glam	Ogmore	30	2	8	11	9	□	2 - 4 min							An adventurous and extensive sea cliff that has a huge tidal range and many challenging and strenuous routes in the higher grades. Memorable routes only minutes from the car park.	510
TOTALS (full book)		2084	450	607	606	378	43										

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