

Pembrokeshire Coast Path

Date: Friday 5th – Sunday 7th August
Depart: 11am from Trinity College gates
Return: Late Sunday evening
Cost: £47
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The Pembrokeshire Coast Path twists and turns its way along the most breathtaking coastline in Britain. It covers almost every kind of maritime landscape from rugged cliff tops and sheltered coves to wide-open beaches and winding estuaries. Lying almost entirely within the Pembrokeshire Coast National Park — Britain's only coastal national park — the trail displays an array of coastal flowers and bird life, as well as evidence of human activity from Neolithic times to the present.



Trip: We will be walking during the day, camping at campsites for the night. Prepare for some rugged walks with steep hills and steps, though it should be achievable by most people.

Accommodation: We will camp in Prendergast Caravan Park in Trefin (<http://www.prendergastcaravanpark.co.uk>) on Friday, and in Porthclais Farm Campsite south of St. David's (<http://porthclais-farm-campsite.co.uk>) on Saturday.

Equipment: You will need a worn-in pair of walking boots and a comfy rucksack that can carry all your camping gear - tent, sleeping mat, sleeping bag, stove (you can borrow from the club on request). Though we're hoping for sun, come prepared for all weather conditions. A waterproof jacket and trousers are a must, and so is sunscreen. A full equipment list will be circulated to participants.

Food: Food IS NOT provided within the cost of the trip. You should bring for money for two pub meals (lunch on Friday and dinner on Sunday), and food for all of your other meals (dinner would be cooked, and breakfast/lunch will likely be sandwiches etc. although you are welcome to cook yourself breakfast if you want).