

CP	Name	OS Grid Ref	Total Distance (miles)	Day Distance (miles)	Leg (miles)	Time In	Time Out	Description
	Friday Night	SN 167 071						Camp overnight in car park near Amroth Castle or surrounding area nearby for an early start.
Saturday								
CP00	Amroth	SN 173 072	0.0	0.0				Start of PCP is just down the road (east) of Castle.
CP01	Saundersfoot	SN 136 049	3.1	3.1	3.1			Car park in harbour area (breakfast).
CP02	Tenby South Beach	SN 130 001	8.0	8.0	4.9			Large car park at South Beach.
CP03	Manorbier	SS 081 976	12.8	12.8	4.9			Parking area past YHA.
CP04	Freshwater East	SS 016 978	18.6	18.6	5.8			Car park. Path crosses nearby.
CP05	St. Govan's Chapel	SR 967 930	25.9	25.9	7.2			Car park. Path passes nearby.
CP06	Castlemartin	SR 916 983	32.1	32.1	6.2			Park near roundabout where route crosses road.
CP07	West Angle Bay	SM 854 032	39.6	39.6	7.6			Car park. Path passes nearby.
CP08	Rhoscrowther	SM 897 020	44.9	44.9	5.3			End of minor road east side of Angle Bay.
CP09	Pwllcrochan Church	SM 921 027	48.5	48.5	3.6			Parking space by Church.
CP10	Pembroke Castle	SM 982 016	53.9	53.9	5.4			Car parking by river bridge below Castle.
	Saturday Night	SS 008 973						Camp at East Trewent Farm near Freshwater East.
Sunday								
CP10	Pembroke Castle	SM 982 016	53.9	0.0				Start at same point as Day 1 finish.
CP11	Hazelbeach	SM 947 048	61.2	7.2	7.2			Car park.
CP12	Milford Haven	SM 899 060	65.9	12.0	4.8			Parking by bridge near docks - Tesco nearby.
CP13	Sandy Haven (East)*	SM 857 074	70.2	16.2	4.2			East side of crossing down minor road.
CP14	Sandy Haven (West)*	SM 852 077	74.0	20.1	3.8			On road by farm - only used if inland route necessary.
CP15	Dale*	SM 809 066	81.4	27.4	7.3			Car park north of Dale end of Pickleridge.
CP16	St. Ann's Head	SM 805 032	85.7	31.8	4.3			Parking area by The Officer's House.
CP17	Martin's Haven	SM 761 089	92.0	38.1	6.3			Car park.
CP18	St. Brides	SM 802 109	96.4	42.4	4.3			Car park.
CP19	Musselwick	SM 851 123	101.1	47.2	4.8			Parking area south of Little Haven.
CP20	Nolton Haven	SM 859 186	106.3	52.4	5.2			Car park.
	Sunday Night	SM 862 140						Broad Haven YHA
Monday								
CP20	Nolton Haven	SM 859 186	106.3	0.0				Start at same point as Day 2 finish.
CP21	Newgale	SM 850 216	108.9	2.6	2.6			Car park at Newgale Sands.
CP22	Solva	SM 806 243	113.9	7.6	5.0			Car park by Harbour.
CP23	Porth Clais	SM 740 242	119.9	13.6	6.0			Car park.
CP24	Whitesands Bay	SM 734 272	126.3	20.0	6.4			Car park.
CP25	Abereiddy	SM 798 313	133.8	27.5	7.6			Car park on beach.
CP26	Abercastle	SM 852 336	140.1	33.8	6.3			Parking area by beach.
CP27	Pwll Deri	SM 893 386	146.8	40.5	6.6			Layby on road near YHA (or park at YHA).
CP28	Strumble Head	SM 895 412	149.6	43.3	2.8			Car park.
CP29	Fishguard	SM 947 380	156.3	50.0	6.7			Car park by harbour near Ocean Lab.
	Monday Night	SM 892 387						Pwll Deri YHA
Tuesday								
CP29	Fishguard	SM 947 380	156.3	0.0				Start at same point as Day 3 finish.
CP30	Pwllgwaelod	SN 005 398	162.8	6.5	6.5			Car park by beach.
CP31	Newport Sands	SN 054 405	170.2	13.9	7.3			Car park.
CP32	Ceibwr Bay	SN 107 457	176.8	20.5	6.6			Layby on road.
CP33	Poppit Sands	SN 151 485	182.5	26.2	5.7			Car park (finish of PCP used to be here - marker).
CP34	St. Dogmaels	SN 163 468	184.0	27.7	1.6			New finish by Landing Stage since 2009.

*** Notes on tidal crossings at Sandy Haven and Dale (potential reduction of 5.5 miles on Day 2 mileage if tide is right)**

At Sandy Haven crossing the creek via the stepping stones reduces the distance by 3.5 miles compared to alternative inland route. This crossing is passable (according to the PCP web-site) between 2.5 hours each side of low tide.

At Dale crossing the creek at the northern end of the beach reduces the distance by 2 miles compared to alternative inland route. This crossing is passable (according to the PCP web-site) between 3.5 hours each side of low tide.