

INFORMATION FOR CLIMBERS

The cliffs of Pembrokeshire are within the Pembrokeshire Coast National Park. They are of international importance for cliff-nesting birds and provide some of the best sea-cliff climbing in the country. This leaflet gives details of agreed seasonal climbing restrictions established to protect nesting and feeding sites. These are essential for the continued existence of the colonies of seabirds and for the chough, peregrines and ravens which nest here. The climbing areas are within Sites of Special Scientific Interest (SSSI) and European Special Protection Areas (SPA). Please refer to the 'Green Guide' to climbing which can be found on the British Mountaineering Council website.

CASTLEMARTIN RANGE EAST (MoD LAND)

- **CHECK NOTICEBOARDS EACH DAY BEFORE CLIMBING (see map).** These show the latest changes to restrictions during the season.
- **ACCESS TO RANGE AREA IS ONLY PERMITTED IN NON-FIRING PERIODS** - check local press or phone 24hr information line. Tel 01646 662367
- **DO NOT CLIMB BETWEEN RED MARKERS** during restricted periods.
- **AVOID GARDENING ROUTES** - flora on the cliff include some nationally scarce species.
- **DO NOT ATTACH BELAYS TO MoD PROPERTY** or place any new stakes due to the risk of unexploded ordnance and conservation reasons.
- **NO CLIMBING ON CHAPEL COVE AT ANY TIME** (Public safety).

CASTLEMARTIN RANGE WEST (MoD LAND)

Access is by Ministry of Defence permission only and climbers are required to attend a briefing. For further details and the briefing dates please contact the BMC or Castlemartin Ranger.

LYDSTEP HEAD (Mother Carey's Kitchen)

A restriction is in place within the Chimney from 1 March to 1 August. Please do not climb the following routes 'Karma Waters' to 'Star Gate' plus 'Narrow Carriage', 'Mars Bar' and 'Brittle Nerve'. There is also a restriction at Skrinkle Haven from 1 March to 1 August, 'Gorak' to 'Sweet Dreams' inclusive'.

NORTH PEMBROKESHIRE

- Needle Rock, Fishguard - 1 March to 1 August.
- Llech Dafad Restriction - 1 March to 1 August.
- Penbwchdy Restriction - 1 March to 1 August.
- Abercastle - Ynys Deullyn cliffs - Site will be restricted if birds nest here. Please look for cliff-top signs.
- Mur Cenhinen - site restricted if birds nest here. Check BMC Regional Access Database.
- Ogof Mrs Morgan - 1 March to 1 August.
- Dinas Fach (between Solva and Newgale) - 1 March to 1 August.

Please notify BMC Access Rep steveqpembs@googlemail.com of sightings of peregrine or chough nests at Ynys Deullyn or St David's Head.

AGREED SEASONAL CLIMBING RESTRICTIONS

These restrictions have been agreed between the BMC, Pembrokeshire Climbing Club, National Trust, Ministry of Defence, Pembrokeshire Outdoor Charter Group, Natural Resources Wales and the Pembrokeshire Coast National Park Authority. They are reviewed annually as part of the liaison process between all the organisations involved. All climbers are asked to observe the restrictions. The periods when they apply are indicated on the map. Caves on the Pembrokeshire coast contain rare and sensitive wildlife, geology and archaeology. Access should be avoided.

FURTHER INFORMATION

Further information can be obtained from:

- British Mountaineering Council - Tel 0161 445 6111
access@thebmc.co.uk www.thebmc.co.uk
www.thebmc.co.uk/modules/RAD
- Natural Resources Wales, Senior Reserve Manager - Tel 01646 661368
paul.culyer@naturalresourceswales.gov.uk
- National Trust Pembrokeshire - Tel 01646 623110
Stackpole@nationaltrust.org.uk
- Pembrokeshire Coast National Park Authority - Tel 01646 624800 www.pembrokeshirecoast.wales
- MoD Castlemartin Camp, Range Office (office hours) - Tel 01646 662306
- The Castlemartin Ranger - Tel 07866 771188
e-mail: climbing@pembrokeshirecoast.org.uk
- Pembrokeshire Outdoor Charter Group
www.pembrokeshireoutdoors.org.uk

AGREED CLIMBING RESTRICTIONS

Pembrokeshire 2026



BMC



Parc Cenedlaethol
Arfordir Penfro
Pembrokeshire Coast
National Park

NOTICE BOARDS PROVIDE THE MOST UP-TO-DATE INFORMATION AND SHOULD BE READ BEFORE EACH DAY'S CLIMBING

- Look out for cliff-top climbing notices and markers
- **In an emergency contact Coastguard - Tel 999**
- MoD Castlemartin, recorded information about firing times on Range East - Tel 01646 662367

CASTLEMARTIN RANGE WEST

At all times climbing is by PERMIT only

Firing Range Boundary (WEST)

Notice Boards



STACK ROCKS All routes

THE CAULDRON All routes

FILMSTON RIDGE

CROCKSYDAM

MOODY NOSE

CRYSTAL SLABS

THUNDER WALL 'Thunderdome' to 'Thunderbird' inc

Stone Wall

BULLSLAUGHTER BAY

Fence Line

Cattle Grid

MEWSFORD POINT

MEWSFORD ARCHES 'Brain Drain' to 'Stegosaurus' inc 'Labyrinth'

PANZER WALLS 'Speakeasy' to 'Helen's Horror' inc 'Underneath The Arches'

SEASIDE GULLY 'Fight The Good Fight' to 'Midnight Express' inc

TRIPLE OVERHANG BUTTRESS 'Horrorscope' to 'Galactic Co-ordinator' not restricted if approached by direct abseil 'Star Control' to 'Rabbit Ripper' (on Ripper Cliff) inc

Stone Wall

CRICKMAIL POINT

Fence Line

Cattle Grid

THE FORTRESS 'Wild Country' & 'High Country' to 'Little Red Rocket' inc

CASTLE EAST BLOW HOLE All routes

'White Knight'

AREAS 2 - 11 RESTRICTED 1 March - 1 August



CASTLEMARTIN RANGE EAST

Access limited to Coast Path and to the seaward side of it

Bosherton



Notice Boards



Firing Range Boundary (EAST)

HUNTSMAN'S LEAP 'Charybdis' & 'Leap Of Faith' inc

SADDLE HEAD

BOSHERSTON HEAD

STENNIS HEAD

NEWTON HEAD

'Star Wars' to 'Deerhunter' inc

CHAPEL COVE All routes

TREVALLEN Please check Notice Boards for details

'Draft Dodger' to 'D-Day' inc

'Solitary Confinement' to 'Zodiac' inc

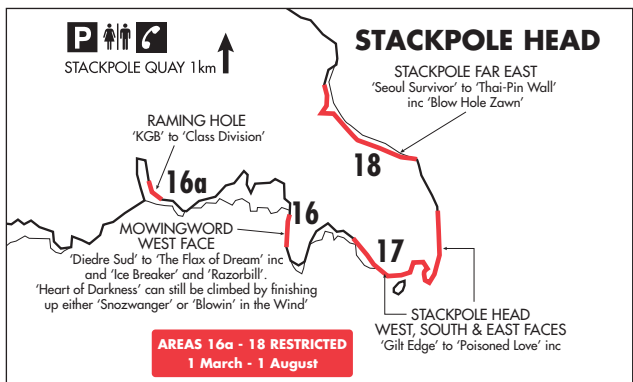
NEW QUAY STACK All routes

ST GOVAN'S HEAD

AREA 12 NO CLIMBING AT ANY TIME

AREAS 13 - 15 RESTRICTED 1 March - 1 August

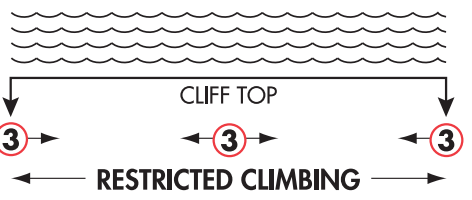
- Emergency telephone
- Restricted climbing
- Car parking
- Toilets
- Telephone
- Radar
- Look-out stations
- Known seal pupping bays



EMERGENCY PHONES AT BROAD HAVEN AND STACKPOLE QUAY TOILETS

CLIFF-TOP MARKERS (RED CONCRETE FLOWER POTS)

Climbing restrictions are indicated by numbered cliff-top markers which correspond to the numbers shown against the restrictions on the map. Please do not climb between markers of the same number. Arrows on the markers show the direction in which restrictions apply.



Pembrokeshire Coast National Park

AGREED CLIMBING RESTRICTIONS

Stack Rocks to St Govan's Head

2026

CODE OF CONDUCT FOR SEALS

Please avoid all coves, caves and bays with seals or seal pups in them from 1 August to 30 November

