

WEST DALE BEACH



This is our family's favourite beach - it offers something for all ages.

West Dale beach is part of the Pembroke Coast National Park. It is a stunning beach with panoramic views surrounded by jagged old red sand stone cliffs and the Atlantic Ocean.

10 to 15 mins walk from the house or 5 mins if you take the car.

Check tides on tide timetable provided in information pack.

Dog friendly (don't forget to pack water for the dog).

There are no amenities here so we always pack a loo roll, useful for all sorts of things!

The cross currents are strong so we recommend that you do not go out of your depth if bathing as there is no life guard at this beach.

DIRECTIONS:

Walk out the house, turn left and follow the one way until you get to the castle. Continue straight on and up the gravel track past the castle (instead of following the road around). Don't follow the track left either but go over the fence straight across

the field heading for the horizon. There are cows in the field. Then you'll find yourself looking down on the beach! It's about a mile.

Or you can take the car (useful if you are taking a lot of things down to the beach). Again, go around the one way system and just before the church you will see a left hand turning, go up the lane and at the top you will see roadside parking. There is a footpath down to the beach.

The walk down the cliff is steep but there are steps and it's well worth the effort.

This beach is a great place. It is a large sandy beach with pebbles, rock pools and surf. Take beach games, a bucket & spades is a must, fishing net for the rock pools, body boards, surf boards or just a book. I recommend that you take food and drink with you as we always stay longer than we plan. Matches and paper are a good idea as there is always lots of drift wood to build a fire.

GREAT SURFING: while being quite a small bay, it can pick up some massive swells because of its South West facing aspect. It works best on an incoming tide, and tends to drop off at high tide as the bay becomes too deep and the waves break on the pebbles. There are two main breaks on this beach, a left hander off the rocks on the left side of the bay, and a right hander off the cliffs on the right side of the bay. You can also get a peak in the middle, but this is less consistent. The waves here can be surprisingly powerful, and the paddle out much tougher than it looks from above the beach. Because of the limited peaks and the good quality rides, it can be quite busy here when it's working.

Have a lovely day out!