



Getting close to the cliff scenery | Andy Biggs

St Govan's Head



Route No. 41 | Grade B | 28km | OS Sheet 158 | Tidal Port Milford Haven

Start  West Angle Bay (853032)

Finish  Freshwater East (018975)

HW/LW at West Angle Bay is 5 minutes before Milford Haven.

Tidal times As the flood tide enters Milford Haven it sets up a SE eddy in Freshwater West, which then flows around Linney Head. During the ebb tide this eddy continues to flow in the same SE direction, so when it meets the main NW flow at Linney Head it can cause confused water.

Off St Govan's Head the NE flood starts 4 hours 30 minutes after HW Milford Haven and the SW ebb starts 2 hours before HW Milford Haven.

Tidal rates Off St Govan's Head the tide can reach 4 knots.

Coastguard Milford Haven, Tel. 01646 690909, VHF weather 0335 UT.

INTRODUCTION One of the most impressive and varied trips along the Welsh coastline. Continual cliffs yield few places to get out until the safety of Broad Haven, and overfalls, surf beaches, caves and a firing range make this a challenging trip to plan.

DESCRIPTION West Angle Bay has parking and toilets, with a sheltered beach making launching straightforward. The west-running tidal stream starts 4 hours after HW Milford Haven, so it is best to leave around then, giving you 6 hours to reach your destination.

Follow the coast past Rat Island and Sheep Island to enter Freshwater West. There are submerged rocks around Linney Head where you may encounter rough water. Further down the coast there are small coves where it is possible to land, but are strictly prohibited as they fall within the firing range. Look out for seals here, as well as the firing range control boats. Soon you'll come across the Green Bridge of Wales (925944), which can be paddled through 3 hours either side of HW and Elegug Stacks which provide safe nesting sites for guillemots ('elegug' in Welsh). As you round St Govan's Head you will find respite at Broad Haven, with parking and toilets. This provides an ideal finishing point for a shorter trip as the coastal bus service calls here, which will take you back to Angle or Freshwater West. At Stackpole Head there are a number of spectacular caves and around the next headland is Stackpole Quay, leading up to Stackpole Court estate, with parking, toilets and a tea room. Rounding Trewant Point you will be in sight of the finish at the busy beach of Freshwater East.

TIDE & WEATHER Tides can reach 4 knots on this exposed coast. When wind is against tide expect a rough ride. There are few places to escape, so don't set out unless you have a settled forecast.

For accurate local weather information see www.metoffice.gov.uk/research/ocean/goos/marwv_pic.html. The Marine Automatic Weather Station ID: 62303 Turbot Bank is 4NM south of St Anne's Head. Position: Latitude 51° 36' N, Longitude 5° 6' W.

ADDITIONAL INFORMATION It is worth finding out if the range is closed in advance. Phone the Range Office, Tel. 01646 662287, (or 01646 662367 to hear a 24hr. answer phone message). Unscheduled firing may take place without warning, therefore it is worth listening out on CH16 and looking out for the range boats displaying a red flag. The range extends up to 12 miles offshore, so it is a long detour to keep out of the way.

Warren Tower, Tel. 01646 662336.

Guard Room, Tel. 01646 662280.

Milford Haven Coastguard, Tel. 01646 690909.



Excerpt abridged and adapted from *Welsh Sea Kayaking* by Andy Biggs & Jim Krawiecki ISBN 0954706188, published by Pesda Press, Caernarfon. For details of this and other books, as well as downloads of further mini-guides and route cards in this series, visit: WWW.PESDAPRESS.COM

Trip Name & Number	
Page Number	VHF Weather
Date	Weather Forecast
Coastguard Contact	

TIDAL INFORMATION

Tidal Port		Mean Sp Range			Local Port		
		Mean Np Range					
Tidal Port Tide Times (UT)	Height in Metres	Tidal Range in Metres	HW/LW	+1 Hr for BST?	Local Port HW/LW Time Difference	Local Port HW/LW	Sp or Np Tides

TIDAL STREAM TIMES

Location	Direction of Tidal Stream	Tidal Stream Time Diff.	Tidal Port HW (BST?)	Tidal Stream Start Time	Tidal Rate	Est. Max Speed
Location	Direction of Tidal Stream	Tidal Stream Time Diff.	Tidal Port HW (BST?)	Tidal Stream Start Time	Tidal Rate	Est. Max Speed
Location	Direction of Tidal Stream	Tidal Stream Time Diff.	Tidal Port HW (BST?)	Tidal Stream Start Time	Tidal Rate	Est. Max Speed

ROUTE PLAN

Location	Notes	ETA	ETD
Start			
1st			
2nd			
3rd			
4th			
5th			
Finish			