

## 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

There may be climbing restrictions within 'Mother Carey's Kitchen' ('Inner Space' to 'Star Gate') and 'The Chimney'. For further details please contact the National Trust or visit the BMC website.

## 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](mailto: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](mailto:access@thebmc.co.uk) [www.thebmc.co.uk](http://www.thebmc.co.uk)  
[www.thebmc.co.uk/modules/RAD](http://www.thebmc.co.uk/modules/RAD)
- Natural Resources Wales, Senior Reserve Manager - Tel 01646 661368  
[paul.culyer@naturalresourceswales.gov.uk](mailto:paul.culyer@naturalresourceswales.gov.uk)
- National Trust Pembrokeshire - Tel 01646 623110  
[Stackpole@nationaltrust.org.uk](mailto:Stackpole@nationaltrust.org.uk)
- Pembrokeshire Coast National Park Authority - Tel 01646 624800  
[www.pembrokeshirecoast.wales](http://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](mailto:climbing@pembrokeshirecoast.org.uk)
- Pembrokeshire Outdoor Charter Group  
[www.pembrokeshireoutdoors.org.uk](http://www.pembrokeshireoutdoors.org.uk)

# AGREED CLIMBING RESTRICTIONS Pembrokeshire 2025



**BMC**



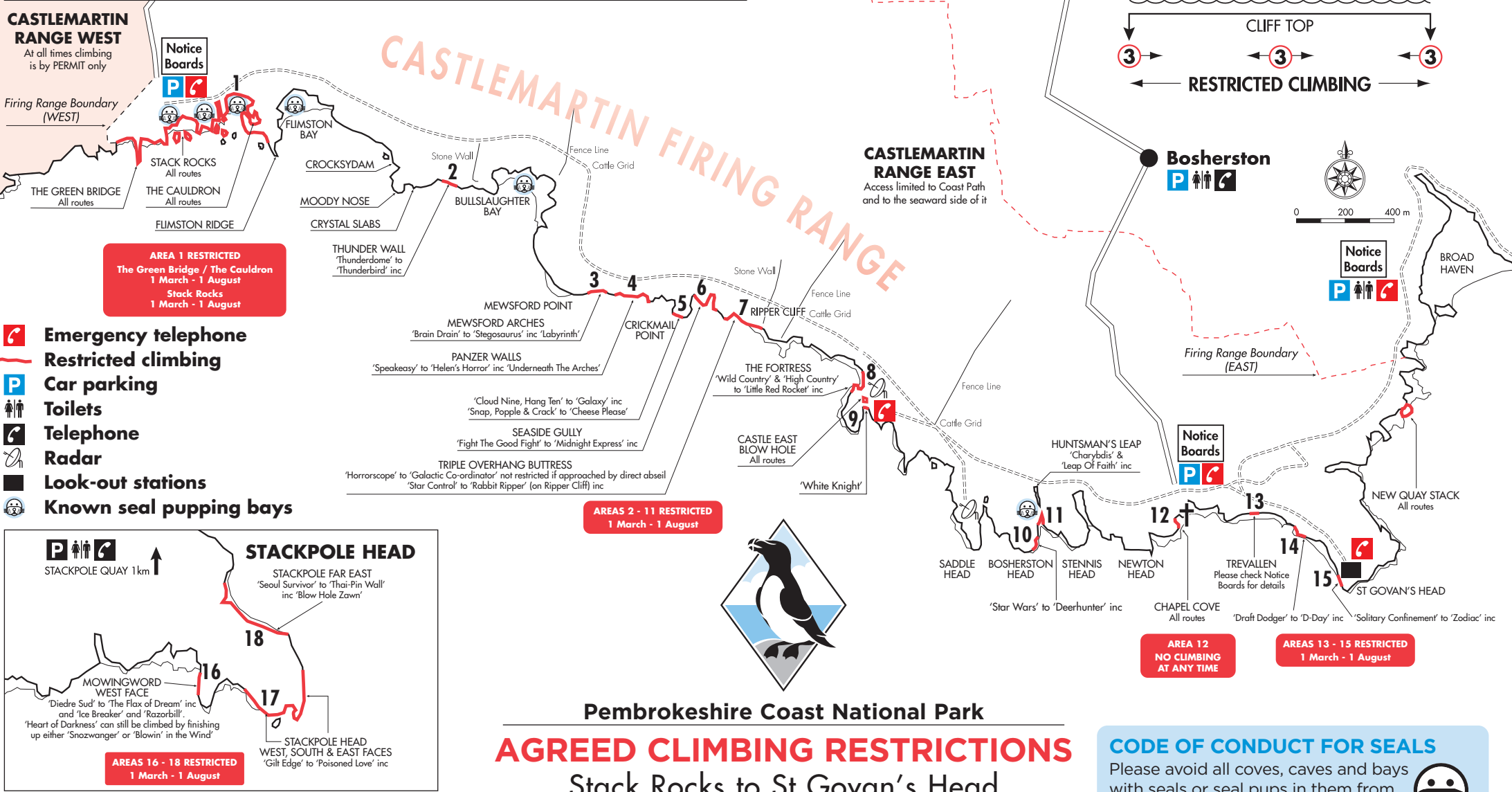
Parc Cenedlaethol  
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Pembrokeshire Coast  
National Park

**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

**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.



**AREA 1 RESTRICTED**  
The Green Bridge / The Cauldron  
1 March - 1 August  
Stack Rocks  
1 March - 1 August

**AREAS 2 - 11 RESTRICTED**  
1 March - 1 August

**AREA 12**  
NO CLIMBING  
AT ANY TIME

**AREAS 13 - 15 RESTRICTED**  
1 March - 1 August

**AREAS 16 - 18 RESTRICTED**  
1 March - 1 August

**Pembrokeshire Coast National Park**

**AGREED CLIMBING RESTRICTIONS**  
Stack Rocks to St Govan's Head  
**2025**

**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**

**EMERGENCY PHONES AT BROAD HAVEN AND STACKPOLE QUAY TOILETS**