

THE WALKING HOLIDAY COMPANY

# ITINERARY

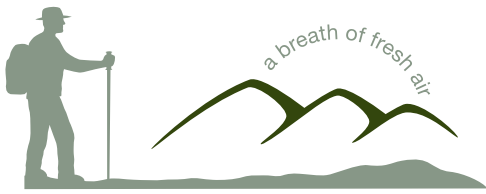
PCP17: 17 nights / 16 walking days

complete path

Arrival day - at Amroth - overnight accommodation booked

Walk Day 1:	Amroth to Manorbier	15 miles/24km
Walk Day 2:	Manorbier to Bosherton	11 miles/17.5km
Walk Day 3:	Bosherton to Angle	15 miles/24km
Walk Day 4:	Angle to Pembroke	10 miles/16km
Walk Day 5:	Pembroke to Milford Haven	11 miles/17.5km
Walk Day 6:	Milford Haven to Dale	10 miles/16km
Walk Day 7:	Dale to Marloes Sands	8.5 miles/13.5km
Walk Day 8:	Marloes Sands to Little Haven	11.5 miles/18.5km
Walk Day 9:	Little Haven to Solva	12 miles/19km
Walk Day 10:	Solva to St Justinians	11 miles/16.5km
Walk Day 11:	St Justinians to Abereiddi	7.5 miles/12km
Walk Day 12:	Abereiddi to Aber Bach	10 miles/16km
Walk Day 13:	Aber Bach to Goodwick	12.5 miles/20km
Walk Day 14:	Goodwick to Newport	14 miles/22.5km
Walk Day 15:	Newport to Ceibwr Bay	7 miles/11km
Walk Day 16:	Ceibwr Bay to St Dogmaels	8 miles/13km

Departure Day - Depart after breakfast



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# ITINERARY

PCP16: 16 nights / 15 walking days

complete path

Arrival day - at Amroth - overnight accommodation booked

Walk Day 1:	Amroth to Manorbier	15 miles/24km
Walk Day 2:	Manorbier to Bosherton	11 miles/17.5km
Walk Day 3:	Bosherton to Angle	15 miles/24km
Walk Day 4:	Angle to Pembroke	10 miles/16km
Walk Day 5:	Pembroke to Milford Haven	11 miles/17.5km
Walk Day 6:	Milford Haven to Dale	10 miles/16km
Walk Day 7:	Dale to Marloes Sands	8.5 miles/13.5km
Walk Day 8:	Marloes Sands to Little Haven	11.5 miles/18.5km
Walk Day 9:	Little Haven to Solva	12 miles/19km
Walk Day 10:	Solva to St Justinians	11 miles/16.5km
Walk Day 11:	St Justinians to Abereiddi	7.5 miles/12km
Walk Day 12:	Abereiddi to Aber Bach	10 miles/16km
Walk Day 13:	Aber Bach to Goodwick	12.5 miles/20km
Walk Day 14:	Goodwick to Newport	14 miles/22.5km
Walk Day 15:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



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# ITINERARY

PCP15: 15 nights / 14 walking days

complete path

Arrival day - at Amroth - overnight accommodation booked

Walk Day 1:	Amroth to Manorbier	15 miles/24km
Walk Day 2:	Manorbier to Bosherton	11 miles/17.5km
Walk Day 3:	Bosherton to Angle	15 miles/24km
Walk Day 4:	Angle to Pembroke	10 miles/16km
Walk Day 5:	Pembroke to Milford Haven	11 miles/17.5km
Walk Day 6:	Milford Haven to Dale	10 miles/16km
Walk Day 7:	Dale to Musselwick Sands	12.5 miles/20km
Walk Day 8:	Musselwick Sands to Newgale	14 miles/22.5km
Walk Day 9:	Newgale to St Davids	11 miles/17.5km
Walk Day 10:	St Davids to Aberiddi	12 miles/19km
Walk Day 11:	Aberiddi to Aber Bach	10 miles/16km
Walk Day 12:	Aber Bach to Goodwick	12.5 miles/20km
Walk Day 13:	Goodwick to Newport	14 miles/22.5km
Walk Day 14:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



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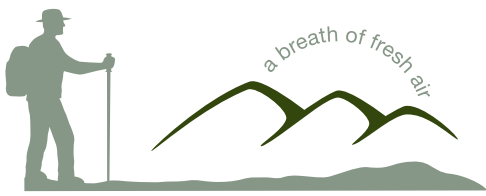
# ITINERARY

PCP14: 14 nights / 13 walking days complete path

Arrival day - at Amroth - overnight accommodation booked

Walk Day 1:	Amroth to Manorbier	15 miles/24km
Walk Day 2:	Manorbier to Bosherton	11 miles/17.5km
Walk Day 3:	Bosherton to Angle	15 miles/24km
Walk Day 4:	Angle to Pembroke	10 miles/16km
Walk Day 5:	Pembroke to Sandy Haven	15.5 miles/25km
Walk Day 6:	Sandy Haven to Marloes Sands	14 miles/22.5km
Walk Day 7:	Marloes Sands to Little Haven	11.5 miles/18.5km
Walk Day 8:	Little Haven to Solva	12 miles/19km
Walk Day 9:	Solva to St Davids	13 miles/21km
Walk Day 10:	St Justinians to Tref n	13.5 miles/22km
Walk Day 11:	Tref n to Goodwick	17.5 miles/27km
Walk Day 12:	Goodwick to Newport	14 miles/22.5km
Walk Day 13:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



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# ITINERARY

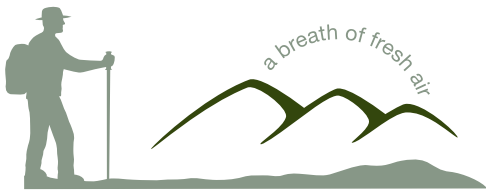
PCP13: 13 nights / 12 walking days

complete path

Arrival day - at Amroth - overnight accommodation booked

Walk Day 1:	Amroth to Manorbier	15 miles/24km
Walk Day 2:	Manorbier to Bosherton	11 miles/17.5km
Walk Day 3:	Bosherton to Angle	15 miles/24km
Walk Day 4:	Angle to Pembroke	10 miles/16km
Walk Day 5:	Pembroke to Sandy Haven	15.5 miles/25km
Walk Day 6:	Sandy Haven to Marloes Sands	14 miles/22.5km
Walk Day 7:	Marloes Sands to Newgale	18 miles/29km
Walk Day 8:	Newgale to St Davids	18.5 miles/30km
Walk Day 9:	St Davids to Trefn	13.5 miles/22km
Walk Day 10:	Trefn to Goodwick	17.5 miles/27km
Walk Day 11:	Goodwick to Newport	14 miles/22.5km
Walk Day 12:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



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# ITINERARY

PCP12: 12 nights / 11 walking days,

Sandy Haven to St Dogmaels

Arrival day - at Sandy Haven - overnight accommodation booked

Walk Day 1:	Sandy Haven to St Ann's Head	9.5 miles/15km
Walk Day 2:	St Ann's Head to Musselwick Sands	9 miles/14km
Walk Day 3:	Musselwick Sands to Broad Haven	8.5 miles/13.5km
Walk Day 4:	Broad Haven to Solva	11 miles/17.5km
Walk Day 5:	Solva to St Davids	13 miles/21km
Walk Day 6:	St Davids to Aberiddi	12 miles/19km
Walk Day 7:	Aberiddi to Aberbach	10 miles/16km
Walk Day 8:	Aberbach to Goodwick	12.5 miles/20km
Walk Day 9:	Goodwick to Newport	14 miles/22.5km
Walk Day 10:	Newport to Ceibwr Bay	7 miles/11km
Walk Day 11:	Ceibwr Bay to St Dogmaels	8 miles/13km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCP10: 10 nights / 9 walking days

Sandy Haven to St Dogmaels

Arrival day - at Sandy Haven - overnight accommodation booked

Walk Day 1:	Sandy Haven to Marloes Sands	14 miles/22.4km
Walk Day 2:	Marloes Sands to Broad Haven	12.5 miles/20km
Walk Day 3:	Broad Haven to Solva	11 miles/17.5km
Walk Day 4:	Solva to St Davids	13 miles/21km
Walk Day 5:	St Davids to Abereididi	12 miles/19km
Walk Day 6:	Abereididi to Aberbach	10 miles/16km
Walk Day 7:	Aberbach to Goodwick	12.5 miles/20km
Walk Day 8:	Goodwick to Newport	14 miles/22.5km
Walk Day 9:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCP9: 9 nights / 8 walking days

Sandy Haven to St Dogmaels

Arrival day - at Sandy Haven - overnight accommodation booked

Walk Day 1:	Sandy Haven to Marloes Sands	14 miles/22.5km
Walk Day 2:	Marloes Sands to Broad Haven	12.5 miles/20km
Walk Day 3:	Broad Haven to Solva	11 miles/17.5km
Walk Day 4:	Solva to St Davids	13 miles/21km
Walk Day 5:	St Davids to Tref n	13.5 miles/22km
Walk Day 6:	Tref n to Goodwick	17.5 miles/27km
Walk Day 7:	Goodwick to Newport	14 miles/22.5km
Walk Day 8:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast





THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPC6: 6 nights / 5 walking days

Sandy Haven to St David's

Arrival day - at Sandy Haven - overnight accommodation booked

Walk Day 1:	Sandy Haven to St Ann's Head	9.5 miles/15km
Walk Day 2:	St Ann's Head to Musselwick Sands	9 miles/14km
Walk Day 3:	Musselwick Sands to Broad Haven	8.5 miles/13.5km
Walk Day 4:	Broad Haven to Solva	11 miles/17.5km
Walk Day 5:	Solva to St Davids	13 miles/21km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPN7: 7 nights / 6 walking days

St David's to St Dogmael's

Arrival day - at St Davids - overnight accommodation booked

Walk Day 1:	St Davids to Aberiddi	12 miles/19km
Walk Day 2:	Aberiddi to Aberbach	10 miles/16km
Walk Day 3:	Aberbach to Goodwick	12.5 miles/20km
Walk Day 4:	Goodwick to Newport	14 miles/22.5km
Walk Day 5:	Newport to Ceibwr Bay	7 miles/11km
Walk Day 6:	Ceibwr Bay to St Dogmaels	8 miles/13km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPN6: 6 nights / 5 walking days

St David's to St Dogmaels

Arrival day - at St Davids - overnight accommodation booked

Walk Day 1:	St Davids to Abereiddi	12 miles/19km
Walk Day 2:	Abereiddi to Aberbach	10 miles/16km
Walk Day 3:	Aberbach to Goodwick	12.5 miles/20km
Walk Day 4:	Goodwick to Newport	14 miles/22.5km
Walk Day 5:	Newport to St Dogmaels	15 miles/24km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPNS17:            17 nights / 16 walking days                            complete path

Arrival day - at St Dogmaels - overnight accommodation booked

Walk Day 1:	St Dogmaels to Ceibwr Bay	8 miles/13km
Walk Day 2:	Ceibwr Bay to Newport	7 miles/11km
Walk Day 3:	Newport to Goodwick	14 miles/22.5km
Walk Day 4:	Goodwick to Aber Bach	12.5 miles/20km
Walk Day 5:	Aber Bach to Abereiddi	10 miles/16km
Walk Day 6:	Abereiddi to St Davids	12 miles/19km
Walk Day 7:	St Davids to Solva	13 miles/21km
Walk Day 8:	Solva to Little Haven	12 miles/19km
Walk Day 9:	Little Haven to Marloes	11.5 miles/18.5km
Walk Day 10:	Marloes to Dale	8.5 miles/13.5km
Walk Day 11:	Dale to Milford Haven	10 miles/16km
Walk Day 12:	Milford Haven to Pembroke	11 miles/17.5km
Walk Day 13:	Pembroke to Angle	10 miles/16km
Walk Day 14:	Angle to Bosherton	15 miles/24km
Walk Day 15:	Bosherton to Manorbier	11 miles/17.5km
Walk Day 16:	Manorbier to Amroth	15 miles/24km

Departure Day - Depart after breakfast



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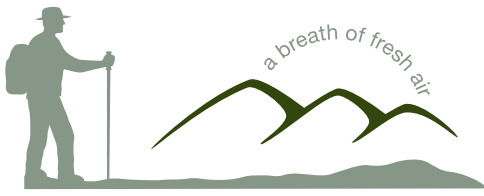
# ITINERARY

PCPNS16:            16 nights / 15 walking days            complete path

Arrival day - at St Dogmaels - overnight accommodation booked

Walk Day 1:	St Dogmaels to Newport	15 miles/24km
Walk Day 2:	Newport to Goodwick	14 miles/22.5km
Walk Day 3:	Goodwick to Aber Bach	12.5 miles/20km
Walk Day 4:	Aber Bach to Abereiddi	10 miles/16km
Walk Day 5:	Abereiddi to St Davids	12 miles/19km
Walk Day 6:	St Davids to Solva	13 miles/21km
Walk Day 7:	Solva to Little Haven	12 miles/19km
Walk Day 8:	Little Haven to Marloes	11.5 miles/18.5km
Walk Day 9:	Marloes to Dale	8.5 miles/13.5km
Walk Day 10:	Dale to Milford Haven	10 miles/16km
Walk Day 11:	Milford Haven to Pembroke	11 miles/17.5km
Walk Day 12:	Pembroke to Angle	10 miles/16km
Walk Day 13:	Angle to Bosherton	15 miles/24km
Walk Day 14:	Bosherton to Manorbier	11 miles/17.5km
Walk Day 15:	Manorbier to Amroth	15 miles/24km

Departure Day - Depart after breakfast



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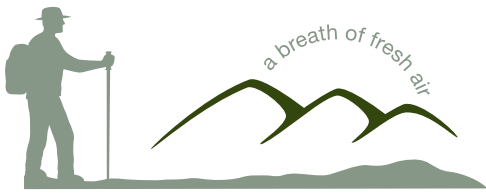
# ITINERARY

PCPNS15:            15 nights / 14 walking days    complete path

Arrival day - at St Dogmaels - overnight accommodation booked

Walk Day 1:	St Dogmaels to Newport	15 miles/24km
Walk Day 2:	Newport to Goodwick	14 miles/22.5km
Walk Day 3:	Goodwick to Aber Bach	12.5 miles/20km
Walk Day 4:	Aber Bach to Abereiddi	10 miles/16km
Walk Day 5:	Abereiddi to St Davids	12 miles/19km
Walk Day 6:	St Davids to Newgale	11 miles/17.5km
Walk Day 7:	Newgale to Marloes	14 miles/22.5km
Walk Day 8:	Marloes to Dale	8.5 miles/13.5km
Walk Day 9:	Dale to Milford Haven	10 miles/16km
Walk Day 10:	Milford Haven to Pembroke	11 miles/17.5km
Walk Day 11:	Pembroke to Angle	10 miles/16km
Walk Day 12:	Angle to Bosherton	15 miles/24km
Walk Day 13:	Bosherton to Manorbier	11 miles/17.5km
Walk Day 14:	Manorbier to Amroth	15 miles/24km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPNS14: 14 nights / 13 walking days complete path

Arrival day - at St Dogmaels - overnight accommodation booked

Walk Day 1:	St Dogmaels to Newport	15 miles/24km
Walk Day 2:	Newport to Goodwick	14 miles/22.5km
Walk Day 3:	Goodwick to Trefn	17.5 miles/27km
Walk Day 4:	Trefn to St Davids	13.5 miles/22km
Walk Day 5:	St Davids to Solva	13 miles/21km
Walk Day 6:	Solva to Little Haven	12 miles/19km
Walk Day 7:	Little Haven to Marloes	11.5 miles/18.5km
Walk Day 8:	Marloes to Sandy Haven	14 miles/22.5km
Walk Day 9:	Sandy Haven to Pembroke	15.5 miles/25km
Walk Day 10:	Pembroke to Angle	10 miles/16km
Walk Day 11:	Angle to Bosherton	15 miles/24km
Walk Day 12:	Bosherton to Manorbier	11 miles/17.5km
Walk Day 13:	Manorbier to Amroth	15 miles/24km

Departure Day - Depart after breakfast



THE WALKING HOLIDAY COMPANY

# ITINERARY

PCPNS13:            13 nights / 12 walking days            complete path

Arrival day - at St Dogmaels - overnight accommodation booked

Walk Day 1:	St Dogmaels to Newport	15 miles/24km
Walk Day 2:	Newport to Goodwick	14 miles/22.5km
Walk Day 3:	Goodwick to Tref n	17.5 miles/27km
Walk Day 4:	Tref n to St Davids	13.5 miles/22km
Walk Day 5:	St Davids to Newgale	18.5 miles/29.5km
Walk Day 6:	Newgale to Marloes	18 miles/29km
Walk Day 7:	Marloes to Sandy Haven	14 miles/22.5km
Walk Day 8:	Sandy Haven to Pembroke	15.5 miles/25km
Walk Day 9:	Pembroke to Angle	10 miles/16km
Walk Day 10:	Angle to Bosherton	15 miles/24km
Walk Day 11:	Bosherton to Manorbier	11 miles/17.5km
Walk Day 12:	Manorbier to Amroth	15 miles/24km

Departure Day - Depart after breakfast