

Porthmawr Bay Circuits

Porthmawr SLSC

Legend

- 1 k High Tide swim to Porth Sele
- 1k each way Whitesands to Penlledwen Cave, Porth Melgan
- 1k Low Tide swim to Penlledwen Cave and Back
- 3k Sea Paddle/Swim Carreg Gafeiliog
- 5k Paddle - St Johns Point, St Davids Head Straight Back to beach
- Porthmawr SLSC
- St Davids Head Run to Ancient wall and back 2.2 miles

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900 m

