



Expedition Proposal

By Macey Bowen

My Expedition:

My expedition idea is based on a coastal walk from Pendine beach to Amroth Beach.

The stepped path climbs to Dolwen Point where you can enjoy a superb view along Pendine Sands to the Gower Peninsula. The cliff top path then descends to Morfa Bychan, a secluded cove owned by the National Trust. This beach was used for preparation for the Normandy landings in WW2.

It is an 11 Mile walk which took me around 5 Hours in total.

There are alot of uphillis so the elevation gain is around 500m.

On a clear day the views are beautiful and you just can't get enough of them.

My Expedition!!!

<https://youtu.be/66f1EC1BrcU>

Sustainability

When being outdoors, it has a huge positive impact on your mental health. Some of the benefits walking outdoors has are:

- Improve your mood,
- Reduce feelings of stress or anger,
- Help you take time out and feel more relaxed,
- Improve your physical health,
- Improve your confidence and self-esteem,
- Help you be more active,
- Help you make new connections,
- Provide peer support.

Why is it important to have back up routes?

Back up routes are a safety net. Sometimes you cannot plan for everything. You can check the weather forecast minutes before you leave home but it could be a totally different outcome than what you planned. The weather is forever changing and one of the many factors of our environment we cannot plan for. Also there could be problems along the way such as fallen trees or broken steps. Therefore you need to have a second option in order to finish your route. When it comes to the coastal path there is always the option of walking along the beach, however timing the tide and the water levels is a tricky aspect of the walk.

Option B:

My second option was to walk Pen Y Fan. I have done this multiple times and it never gets easier. Pen y Fan is located in the heart of the Brecon Beacons National Park. This famous Brecon Beacons mountain range is in South Wales, forming the central section of the National Park. You'll find Pen y Fan right in the middle of the Beacons Way, a popular long-distance walking footpath and route travelling from east to west.

The summit of Pen Y Fan rises 886 metres above sea level, with Corn Du just below it at 873 metres. In terms of height, it isn't too far behind Wales' highest peak - Mount Snowdon, which rises 1,085 metres above sea level. This would be a great alternative to a coastal walk. It would be more challenging and it would also have some brilliant views.



Option c Tenby to Amroth:

Option c is an alternative route in case the coastal path is too wet or dangerous to walk on. You can walk from Tenby to Amroth. This is a 7.1 mile walk. The route climbs up a road that leads to Park Hotel which overlooks Tenby then onto a concrete path towards Waterwynch Bay. After here, there is steep descent & then 160 steps up to Rowston Hill.

At Swallow Tree, there was an exit from the coastal path onto the beach which I took. It was lovely walking into Saundersfoot via the beach – another opportunity to walk on the beach & avoid the steep muddy alternative. The path then goes through 3 tunnels in Saundersfoot. They are long and eerie but many people travel through them daily. It is important to get your timings right so you can walk most of it on the beach. This will help you avoid muddy paths and loose rocks if the weather is hazardous. The tide is still out so another opportunity to walk along the beach to The New Inn where the marker is for the end of the Pembrokeshire Coast Path. This walk is a lot more public therefore the paths are more treacherous as more people use them daily. It is still a lovely walk where you will increase fitness levels and see some lovely views.

Tenby To Amroth



What to carry in your bag?

1. It is very important to bring some water with you.
2. You will also need a snack of some sort to keep your energy levels up.
3. A first Aid pack is important. This should include plasters, antibacterial wipes, Bandages and other relevant equipment.
4. Sunscreen is a important item to bring even if it looks cold and windy, when you reach the top of your walks the wind get stronger and wind burn is possible.
5. Waterproofs are important. You may get into a situation where you have to rest for longer amount of time than you initially planned. Therefore these extra layers will help you from getting too cold too quickly.