



**Check Point 7**  
**Penmon Point**  
Grid Ref: SH640 812

Note the **Blue** dotted lines route option only if the tide is out.  
Accessible apart from up to 1 hour either side of high tide.  
It's about 2km / 1 ¼ miles, allow 30-40 minutes to walk  
**High tide:**  
Saturday 4<sup>th</sup> September 2021 is at **0930hrs** and **2144hrs** British Summer Time.