



**Check Point 7**  
**Penmon Point**  
Grid Ref: SH640 812  
[W3W:///garlic.classmate.cemented](http://W3W:///garlic.classmate.cemented)

Note the **BLUE** dotted lines route options, use 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  
31<sup>st</sup> August 2024 at  
09:43hrs British Summer Time.