

Check Point 1
PENHRYN CARAVAN PARK
Grid Ref:SH284 845
What 3 Words///:
Scars.reflected.mango
Cut off time:
Friday 13:08hrs BST
29th August 2025

FRIDAY 29

	High tide	02h15 5.01m
	Low tide	08h32 1.56m
	High tide	14h35 4.65m
	Low tide	20h44 1.75m

Note the Blue dotted line route option, only use if the tide is out.
HIGH TIDE:
Friday 29th August 2025
14:35hrs British Summer Time.
Height 4.65m

