

Check Point 1
PENHRYN CARAVAN PARK
 Grid Ref: SH284 845
 What 3 Words///:
 Scars.reflected.mango
 Cut off time:
 Friday 13:09hrs BST
 No Supporters.

FRIDAY 4

	High tide	03h22 4.83m
	Low tide	09h44 1.69m
	High tide	15h55 4.61m
	Low tide	22h17 1.83m

Note the Blue dotted line route option, only use if the tide is out.

HIGH TIDE:
FRIDAY 4th September 2026
15:55hrs British Summer Time.
Height 4.61m

