



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

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  
2<sup>nd</sup> September 2023 at  
**12:35hrs** British Summer Time.