

Alan James at the top of one of Mother Carey's lesser known gems, *Sunsmoke* (E2) - [page 217](#). In the background Alison Martindale starts up *Brazen Buttress* (E2) - [page 219](#) - and in the sea a lost rope swirls around amongst the rocks. Photo: Mike Robertson

St. David's

Plimston Bay

Newford

Castle/Rusty

Saddle Head

Boothorston Head

Huntsman's Leap

Stennis/Chapel

Trevallen

St. Govan's

Mowing/Stackpole

Mother Carey's



Mother Carey's

Mother Carey's Kitchen is one of Pembroke's best crags offering superb climbing in a great location, with routes from Severe to E7, and with few restrictions due to nesting birds or army shooting practice - in fact, mid-week in the first half of the year can leave it as the only major crag which is available to climb on!

It is often popularly known as '*Mother Scarys*' which is easy to appreciate as you heave up *Rock Idol*, or dangle from the Space Face, however, not everything here is steep and exposed, and the routes near *Crithmum* provide some of the best Severe and VS climbing along the whole coast.

	No star	1	2	3
Mod to S	-	-	1	1
HS to HVS	1	1	3	1
E1 to E3	1	5	5	7
E4 and up	-	4	4	14

Approach and Tides

Mother Carey's is situated on Lydstep Point, near Tenby. From Pembroke town, take the A4139 towards Tenby. After about 7 miles you reach the tiny village of Lydstep. On a bend in the road, about 50m before the Lydstep Tavern, turn right down a dirt track that looks like someone's driveway. After 250m the track bends to the left then turn immediately right up a steep track. This leads to a large grassy field on the clifftop. The cliffs can also be reached from Tenby by taking the A4139, which is signed to Manorbier and Pembroke, arriving at Lydstep village from the east. From the parking field, a path leads south east to some grassy knolls at the clifftop, the most prominent of these being the top of Brazen Buttreass. The approaches to the climbs at Mother Carey's are all affected by the tide to varying degrees.

Low tide approach - At dead low tide (springs only) walk down the promontory opposite the Space Face and scramble down underneath it onto the boulders below the faces.

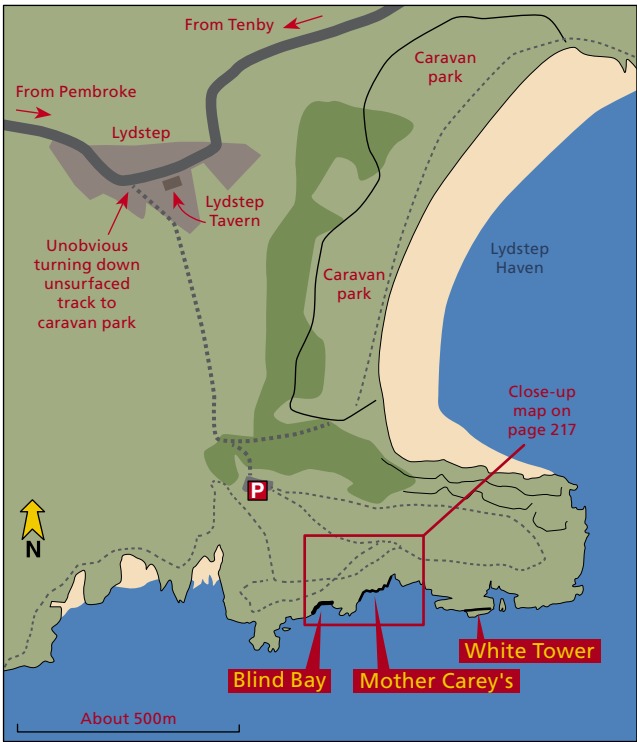
Mid tide approach - For 4 hours at low tide, it is possible to scramble down the west ridge past an awkward rock step (about VDiff) to the bottom. Then make a juggy traverse under the west wall to reach the cliff base proper. Alternatively, abseil down the front face of Brazen Buttreass from a big block.

High tide approach - In calm seas, you can abseil to various points beneath the wall: the cave at the bottom of *Strait Gate*, the ledges beneath *Crithmum*, the base of the left-hand through cave, a tiny ledge beneath *Herod*. Additionally, with a bit of rope trickery, the ledge beneath *Rock Idol* and the first belay of *Mother Night* can also be reached.

All the routes in Blind Bay are also accessible at high tide which is especially important if you are intending on soloing them.

Conditions

Mother Carey's Kitchen faces roughly south although the Zeppelin Wall and the Space Face face east and only receive the morning sun. The square-cut corners give the cliff some shelter from westerly winds. The rock quality near the sea is solid, higher up there are some loose bits and it is another crag where the Pembroke put an extra runner in for the top maxim is worth remembering. The morning slime can linger, especially on the Space Face and in Blind Bay, and it is often slippery and wet inside the through-cave. In these conditions the routes in the through-cave are still climbable but it is best to keep away from the Space Face and the other hard routes.





Mick Ryan tackling *The Cracks* (Severe) - page 217 - one of the great easier routes at Mother Carey's. Photo: Mike Robertson

St. David's

Hilston Bay

Mewford

Castle/Rusty

Saddle Head

Bosherston Head

Huntsman's Leap

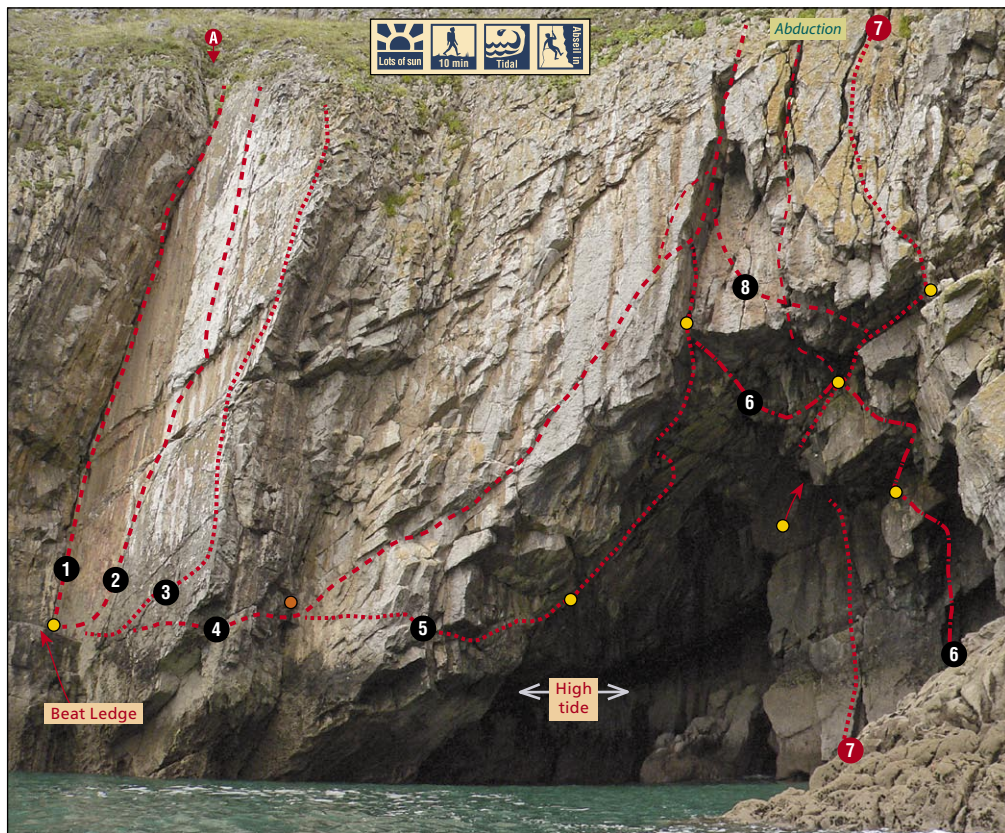
Sternis/Chapel

Trevelen

St. Govan's

Mowing/Stackpole

Mother Carey's



Blind Bay

This hidden bay contains some of the best hard routes in the area but most people don't even know it is there. The corner of *Beat Surrender* is superb, the expedition of *The One-eyed Man* is magnificent, and the atmospheric Alien Cave gives awesome routes for those keen to go bat-style.

Approach (see map on next page) - Abseil into the Beat Ledge to access the first 5 routes; the ledge should be accessible in all but the very highest tides (or the craziest seas).

1 Beat Surrender E5 6b

24m. An absolute classic, taking on the towering corner above the ledge. High in the grade, but very well-protected. Climb the corner with increasing difficulty, then continue on, with more than a little use of the left sidewall, to the top.

FA. Andy Sharp 8.86

2 Aristocrat E5 6b

26m. The crinkly low face leads to a pleasant crack. (S3, 7a).

FA. Andy Sharp 2.9.86

3 Toffee Nose E5 6a

26m. Gain the technical lower arete via the diagonal seam, and follow the arete past a small overlap to the top. (S3, 7a).

FA. Julian Lines 1.9.2005

4 The One-eyed Man E5 6a

36m. A stupendous expedition weaving across the entire crag to finish up the hanging corner above the Alien Cave. Can be split into 2 pitches, using the base of the groove. From the Beat Ledge, traverse steadily rightwards, keeping just above the cave lip, to gain the exposed arete. Take either of the two good cracks (the lower one is recommended) to swing into the welded-flowstone corner on the right, and continue up this to the top. (S3, 7a)

Photo opposite.

FA. Crispin Waddy 1991

5 The Abyss E7 6b

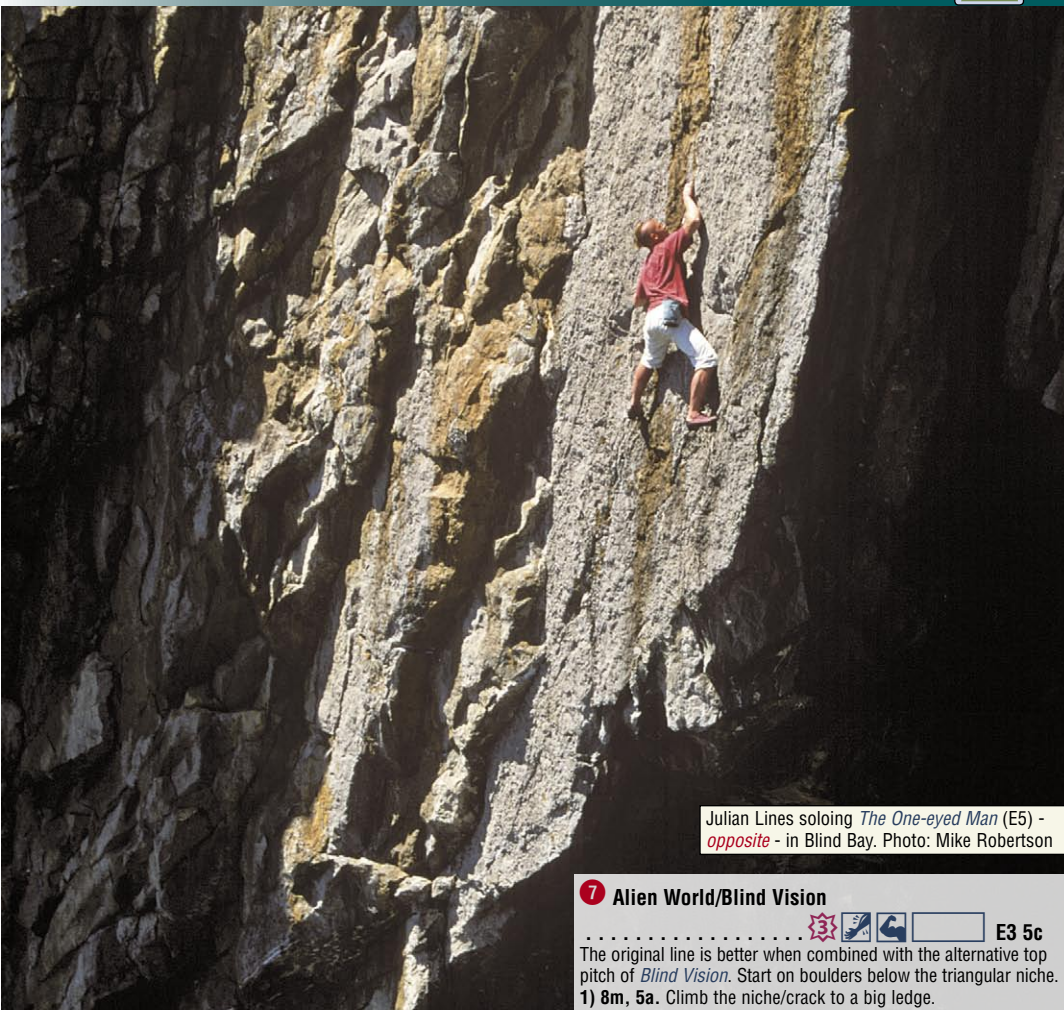
A brilliant, visionary line, tackling the massively overhanging left wall of the cave. The first ascent was soloed (S3, 7b) and it has yet to be belayed on gear.

1) 20m, 6b. From the Beat Ledge, follow *The One-eyed Man* across the lower face, then drop down and traverse into the cave, using the fingery hanging wall. Make a hard move into the inner cave, to belay on a slab beneath the hanging off-width.

2) 16m, 6b. Move up and rightwards into the hanging 45° off-width and follow this. Then swing left and take a series of jugs to reach a hanging tunnel for a well-earned rest. Drop out of the tunnel and move left on undercuts, to gain the lip of the cave. Move up the wall to reach the thread belay in the base of the corner.

3) 12m, 5b. Climb the superb welded-flowstone corner all the way to the top.

FA. Julian Lines (solo) 11.9.2005



Julian Lines soloing *The One-eyed Man* (E5) - *opposite* - in Blind Bay. Photo: Mike Robertson

Approach (see map on next page) - For the following 3 routes, use a low tide to wade/boulder across to the ledges inside the cave itself - a low spring tide would be ideal. An alternative would be to traverse in from the right (looking in). Conditions are very important here - a steady breeze from the south should dry the cave out.

6 The Anti Matterhorn

..... **E6 6b**
Steep, crazy climbing, tackling the cave at its very centre. Start on the right side of the pillar. (**S3, 7b**).

- 1) **13m, 6a.** Climb the short groove, then up through two roofs, to belay on the left.
- 2) **10m, 6a.** Traverse rightwards along a fault, then pull up and left to gain a hanging wall, belay at the top of this.
- 3) **10m, 6b.** Climb leftwards and down slightly, to make a precarious bridge onto the horn; then get established on it, using a distant undercut. Follow a line of undercuts to gain the corner above, belaying on the thread as for *The Abyss*.
- 4) **12m, 5b.** As for *The Abyss*.

FA. Andy Long, Crispin Waddy 1990's

7 Alien World/Blind Vision

..... **E3 5c**

The original line is better when combined with the alternative top pitch of *Blind Vision*. Start on boulders below the triangular niche.

- 1) **8m, 5a.** Climb the niche/crack to a big ledge.
- 2) **12m, 5c.** Climb easily up the corner, then continue up to threads below the roof. Move left, then rightwards over the roof. Belay in the back of the cave.
- 3) **10m, 5c.** Drop down right into a bottomless groove. Traverse up and rightwards to belay in a niche (on *Anti-Matterhorn*).
- 4) **9m, 5c.** Continue scrumping up and right, to belay on a big ledge.
- 5) **13m, 5a.** Step up and left onto the cracked, hanging wall, and press on up the deep crack to the top.

FA. (AW) Clark Alston, Frank Ramsay 23.4.90

FA. (BV) Paul Donnithorne, 12.5.96

8 Alien World Direct **E4 6a**

20m. A fine finish from the cave belay at the end of pitch 3.

Traverse up and right for 3m to a seat just inside the cave.

Pull out over the overhang via a block and swing left to a good thread. Climb leftwards to gain the hanging corner of *The Abyss*.

Abduction Finish, E4 6a - From the same belay, pull directly around the roof to gain a big slot (a no-hands leg rest), then swing around the lip on big pockets to the thread. Climb direct to the steep wide crack above.

FA. Frank Ramsay, Dave Turnbull 30.6.90

FA. (Abduction) Julian Lines 3.9.2005



Strait Gate

The left-hand side of the crag has a huge overhanging corner - *Rock Idol*. Left of the corner the cliff bulges for almost its entire length, to the right is a magnificent wall laced with cracks and with a prominent pod-shaped cave low down (*Strait Gate*). To the right of *Strait Gate* the cliff is covered in a mass of cracks and caves running up its full length which give a few classic lower grade routes.

St. David's

Flinston Bay

Mewford

Castle/Rusty

Saddle Head

Bohorston Head

Huntsman's Leap

Stennis/Chapel

Trevillen

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Mother Carey's



● - Refuge belays used to escape and incoming tide. Here they can all be reached by direct abseil at high tide (calm seas only).



1 Zeppelin ^{Top 150} **E3 5c**

A Pembroke classic which soars up and out over the sea with more buckets than a garden centre. It is usually done in one pitch but can be split at a small stance if the tide threatens. Start beneath a line of grooves 5m left of the corner.

1) 5c, 20m. Climb up to the base of the first groove and follow it to a bulge. Power around this then swing up and right to a jutting flake (hands-off rest possible!). Continue up cracks to a well-positioned stance.

2) 5b, 15m. Pull into the upper groove and follow it more easily to the top. Stake belay well back.

FA. Pat Littlejohn, Nipper Harrison 13.8.77

2 Hindenburg

..... **(E7 6c)**

35m. The wall between *Zeppelin* and the corner contains a similar route to *Zeppelin* but without all the jugs. The crucial peg on the first section has rotted and this bit hasn't been climbed in its new state, although reports are that it will still be E7. As an alternative it is possible to sample the wild upper wall at **E5 6b** by breaking right from *Zeppelin* on the shared ledge.

FA. Steve Monks 17.6.91

3 Rock Idol ^{Top 150} **E1 5a**

35m. The best E1 in Britain? Probably! The line follows the huge corner all the way but on an angle of rock normally reserved for E5s. Start below the corner and climb up to the sloping ledge. Climb the right wall to an overhang. Move around this and continue to another bulge with a line of holds leading out right. Ignore these holds and pull over the daunting bulge above on some of the biggest holds in the universe. Continue straight up the crack and right-leaning groove above to ledges. Climb the crack above to the top, then stand back and beat your chest triumphantly!

FA. Pat Littlejohn 5.76

4 Joyous Gard **HVS 5a**

35m. The line of grooves and cracks between the corner and the cave of *Strait Gate*. Climb the grooves then move slightly right into the cracks. These lead steeply to a small groove on the right. Move up into a cave then climb the loose gully above to the top.

FA. Jim Perrin 30.8.70

5 The Strait Gate ^{Top 150} **E1 5b**

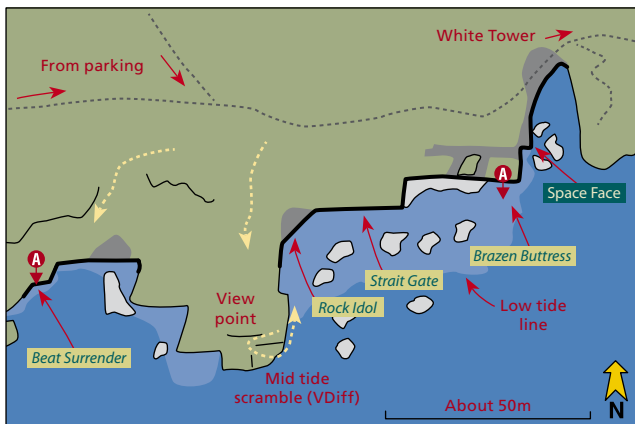
35m. Another mega route with all the ingredients you come to expect from Pembroke - stunning lines, great climbing and bags of atmosphere! It is a hard E1 though so make sure you have a bit in reserve for the stiff finish. Climb into the cave (possible belay if the tide threatens and it can also be reached by abseil if the tide is in). Move up the chimney until it is possible to step onto the wall on the right. Climb back above into the cracks and follow these until they start to close. Make some hard moves straight up the wall to the top. It is possible to traverse left from where the crack closes into the finishing gully which is a bit easier - **HVS 5a**.

FA. Jim Perrin 26.8.70

6 Talk's Cheap **E4 6b**

35m. This direct route up the wall between *Strait Gate* and the arete. Climb the wall, on some large sharp holds and cracks, to a break. Move up slightly rightwards to reach some good holds. Stand up on these, step left, and make hard moves up the wall above to the top.

FA. Gary Gibson 28.5.87



Rockfalls and Birds - There have been a few rockfalls in the area between *Wraith* and *Crithmum*. Several routes have been destroyed and the remaining rock is still unstable in places. Take care when climbing these routes. The ledges are a popular bird nesting location. This only causes a problem on *Crithmum* as there is often a nest on the route.

7 Wraith **E3 5c**

35m. A great climb but perhaps not as great as it once was, and it should be considered as high in the grade. Start below a small niche at the base of the arete. Climb into this then step left onto the wall which is followed easily to some large ledges. Climb the left-hand side of the arete above.

FA. Jim Perrin 9.72. When first climbed this was a fine jamming crack at HVS. A huge rockfall removed the right-hand side of the crack to turn it into the harder arete climb that it is today.

8 Crithmum **VS 5a**

32m. Once an enjoyable and popular classic but it has suffered from rockfalls over the years. The route has now stabilised but is still a bit dirty and is also a popular nesting zone. Start beneath the corner and climb the right-hand groove and some cracks above it, to a ledge. Follow the corner above to its top.

FA. Colin Mortlock 20.8.69

9 Sunsmoke **E2 5b**

32m. A superb crack in the wall right of *Crithmum* which is better now that *Crithmum* is further away! Climb *Crithmum* to the base of its upper corner then step up right into the crack. This gives sustained and interesting climbing with one tricky section. A gem!

Photo on page 210.

FA. Gary Gibson 28.5.87. The original line started to the right and followed the wider cracks on the right in its upper section.

10 The Meridian **VS 4c**

30m. A good route which takes a line up the cracked wall starting as for *Crithmum*. Move up a crack, trend rightwards out of *Crithmum*, to a square-cut niche in the centre of the wall. Follow the twin cracks above to the top.

FA. Jim Perrin 23.12.68

11 The Cracks **Sev**

30m. The wall just left of the through cave. Climb cracks in the wall to a triangular niche (historical belay). Move right out of this and follow more cracks to the top. **Photo on page 213.**

FA. Lyn Noble 31.12.68



12 Threadneedle Street. Top 7 L50 Sev

A brilliant and highly entertaining route that gets you into some spectacular situations. It is probably best to do it in the three short pitches to avoid rope drag and the route is a bit harder when wet (which it often is). Start by scrambling through the upper through-cave dropping down and heading left to the very back of the chimney. *Photo opposite.*

- 1) 12m. Climb the chimney mainly on the left wall, to a stance.
- 2) 15m. Traverse out and left along a massive juggy hand-rail, to the mouth of the cave. Pull up then step left to a triangular niche.
- 3) 10m. Move right out of the niche and climb a crack to a short corner and the top. This is the top of *The Cracks*.

FA. Richard Crewe 25.3.78

13 Karma Waters. E1 5b

25m. A route which bisects the traverse of *Threadneedle Street*. Climb the steep wall on the left-hand side of the through cave and pull up above into the wide crack sprouting from its top left corner which leads to the top.

FA. Dave Viggers 4.92

14 Eight Gauge. HVS 5a

25m. Start on the right-hand side of the through cave. Climb the pillar on the front edge then step right onto a ramp. Pull onto the wall above and climb to the top right corner of the through cave. Finish up the wide crack which is a bit vegetated.

FA. Colin Mortlock 20.3.69



Brazen Buttress

The centre of Mother Carey's is dominated by the tall tower of Brazen Buttress. Around the tower are a series of caves and pillars composed of some great fissured rock. This wall has some of the best easier routes around, plus a couple of 'big tick' E2s.

The Cracks

High tide



15 Narrow Carriage . . . E1 5c

25m. Start as for *Eight Gauge*. Make one move up then branch leftwards up a faint groove. Climb the easy slab above to the top corner of the through cave. Pull up then step left out of the chimney of *Eight Gauge*, above the roofs. Follow the wall above past a protruding pedestal.

FA. Paul Donnithorne 4.92

16 Tempest E1 5c

28m. A good route which uses the start of *Eight Gauge* to gain the fine crack to the left of *Brazen Buttress*. Climb the pillar on the front right-hand side of the through cave, then step right onto a ramp (as for *Eight Gauge*). Follow the ramp to a crack in the smooth wall. Climb the crack and another crack on the right until the wall blanks out above a jug. Make a tricky move up and left to easier ground.

FA. Nipper Harrison 25.3.78

17 Whirlwind E1 5c

30m. This hybrid starts and finishes on other routes but there is some good independent climbing, and it should be of interest to those looking for something new on this wall. Start up *Brazen Buttress* then traverse up and left across the wall to the right-hand side of the pedestal. Climb direct up a crack above to join *Tempest* at its crux and finish up this. It originally finished left of *Tempest* but this is very artificial. The original start up the arch is worth about **E3 5c** and combining this with the direct finish to *Brazen* makes a decent and balanced **E3 5c** combination.

FA. Paul Donnithorne 30.8.91. Via the direct start through the arch. The version here was done while checking for the guide.

18 Brazen Buttress . E2 5b

35m. A superb and popular route. Start beneath a left-facing groove in the middle of the south face of the buttress. Climb over a small roof into the groove and follow this to the top of the big pedestal (possible belay if the sea is threatening). Climb up and left past a deep crack to gain a rising crackline. Follow this and at its end climb direct to the top. *Photo on page 210.*

Direct Finish, E3 5c. Direct from half way up the crackline.

FA. Pat Littlejohn 4.76

19 Herod E2 5b

35m. The arete of *Brazen Buttress* gives a magnificently-positioned pitch which has set many a camera clicking. Start beneath the arete. Climb up the left-hand side to gain a crack. Follow this to some ledges on the arete (possible thread belay if the sea is threatening). Climb the left-hand side of the arete then move onto the arete proper. Follow this to the top.

FA. Pat Littlejohn 5.75

20 Heroes E2 5b

35m. An eliminate with some good climbing. Start as for *Herod* but move onto the wall on the left until forced back into *Herod* - all a bit pointless, but now things improve. Step left from the top of the crack and climb the wall and cracks direct to the top.

FA. Nipper Harrison 13.8.77

Mike Robertson swinging from the world's biggest jug-rail on *Threadneedle Street* (Severe) - *opposite* - at Mother Carey's. Photo: Mick Ryan



1 Inner Space HVS 4c

This amazing route follows the inside of the through cave to the lip, eventually popping out onto *Deep Space*. Start at the left-hand side of the landward wall of the through cave.

1) 4c, 35m. Climb easily up the wall to a large blocky ledge and walk rightwards along this. Move up until you are level with the top roof of the cave and then pull around into a chimneying position. Back and foot to the chockstone near the lip. Wild!

2) 4b, 10m. Squeeze through above a second chockstone (also wild) and climb the corner crack above to the top.

FA. M.Harris, C.Powell 18.4.81

2 Galaxy E3 5c

An often-slimy experience up the landward wall. If it is dry, then it is a stunning and unusual addition to the Mother Carey's repertoire. Take lots of slings for the threads. Start inside the through cave, on the back landward wall, 6m left of *Deep Space*.

1) 5c, 20m. Climb up cracks and pockets to a lump. Move right on big holds then climb to the roof. Pull around this with difficulty, then belay in the chimney.

2) 4c, 15m. Continue up rightwards towards the boulder choke and squeeze through the hole and finish as for *Inner Space*.

FA. Paul Donnithorne, Emma Alsford 30.8.91

3 Deep Space E2 5b

This magnificent route which gives entertaining climbing in a weird situation. Unfortunately the first pitch can be a bit slimy since it is buried in the through cave but the second pitch is superb. If there are birds nesting in the cave then consider doing it in one long pitch. Start beneath the left-hand of two grooves at the right-hand side of the back wall of the cave. *Photo this page*.

1) 5b, 20m. Climb to a ledge then move left onto the wall. Move up to gain a rightwards rising line which is followed to a good flake. Continue up and right (thread runner) until level with a hole on the right. Step down and gain the hole from below.

2) 5a, 20m. Pull out left then swing around the roof to gain a chimneying position above. Bridge up the outside edge above (or climb the right wall) and continue up the corner to the top.

The Fresh Air Finish, E2 5b. Climb straight over the roof above the cave and move right to the hanging arete. Pull onto this on its left and continue up the wall above in an amazing position.

FA. Pat Littlejohn, Dave Garner 5.75. FA. (FAF) Pat Littlejohn 1.12.77

4 Star Gate E3 5c

No climbing 1 March to 1 August because of nesting birds.

40m. A seminal route in many climber's careers; as your arms become tired, the holds just get bigger and bigger! Start below the groove as for *Deep Space*. Climb the groove, which is surprisingly technical and slabby, until a line of jugs leads out right to another groove. Follow this, with most of the Atlantic Ocean beneath you, then move right into an easier finishing crack.

Warp Gate, E5 6b - The version described in *Extreme Rock* is actually the best line on the crag but is seldom climbed. It starts up *Warp Factor* and continues up *Star Gate*. Solid E5!

FA. Pat Littlejohn, Nipper Harrison 3.7.7. FA. (WG) Kim Carrigan

5 Warp Factor . . . E5 6b

No climbing 1 March to 1 August because of nesting birds.

The first of the hard routes has a steep start which is often a bit too wet. Start on a block below the groove right of *Star Gate*.

1) 6b, 15m. Step off a block and climb the groove to a bulge. Cross this and step right above the bulge into a corner. Follow this to a thread and swing around the arete to a small stance.

2) 5c, 20m. Pull out right above the stance and climb the bulge and wall above to some good holds on the left. Move up then step right into a cave. Finish leftwards up *Star Gate*.

FA. Pat Littlejohn 31.7.77

Star Gate

The deep cleft behind Brazen Buttress is home to some of the most bizarre and wild adventures in Pembroke.

Deep Space and *Star Gate* stand out but to be honest, they are all good. The one factor than can spoil your ascent is if the cave itself is too wet and slimy, so try and aim for dry days with a light breeze.

Approach and Tides - Abseil down *Brazen Buttress* and scramble around into the cave which is filled for a short while at high tide.





Fiona Fullwood on the belay of *Deep Space* (E2) - *opposite* - at Mother Carey's. Photo: Jon Fullwood



The Space Face

This well-named hunk of rock has some of the best and steepest hard routes in Pembroke. Believe it or not, the wall actually feels even steeper than it looks!

Approaches and Tides

Very low tide - Walk to the boulders underneath it.

Mid tide - Traverse rightwards from below *Warp Factor*.

High tide - Abseil from the stake down the open groove which is the top of *Hyperspace*, to the ledge on *Mother Night*. You will need to place about three bits of gear to pull you slightly leftwards and in. Your second can then abseil down and remove the bits of gear.

6 Hyperspace. E4 6a

No climbing 1 March to 1 August because of nesting birds.

This route makes the most of the Space Face by taking an intricate diagonal line across it. Start on a block.

1) 6a, 15m. Move diagonally right to a bulge. Pull through this then swing left (direct to here is much harder) then press on up the jugs above to a short groove leading to a small ledge.

2) 5c, 10m. Move up to some juggy pockets which lead rightwards, past some threads, to the stance of *Mother Night*.

3) 5c, 20m. Pull out right from the stance to below an open groove. Traverse right across the blank wall to a good pocket. Follow the crackline above, moving right around the bulge at the top.

FA. Pat Littlejohn 6.5.79



No climbing route 6
1 March to 1 August



Star Gate

Mid-tide approach

High tide

Mother Night ledge


7 Fireball XL5 . . . **E6 6b**

30m. A mega direct route up the wall left of all the threads.

Climb up a vague bulging arete to a good slot. Continue straight up to two threads on the left. Move left (possible belay) then pull back right through the bulge into a shallow groove. Climb boldly up the groove to reach good holds at its top. Step right and finish up a diagonal crack in the loose upper wall. *Photo this page.*

FA. Gary Gibson 28.5.87

8 Just Klingon **E5 6a**

30m. Classic steep climbing past loads of threads - about 7a+ but check the threads first! Start 10m left of the *Mother Night* ledge. Climb up then move right around the first bulge to a thread in a diagonal slab. Climb up the overlaps leftwards to the traverse line of *Hyper Space*. Pull up above and follow the line of threads, keeping left of the short groove, to the upper break. Either finish straight up the wall, or as for *Mother Night*.

FA. Gary Gibson 28.4.91

9 Mother Night **E4 6a**

The central route on the wall provides a magnificent challenge. Get yourself onto a tiny ledge, just left of the big cave, either from below or above; or start from lower at low tide.

1) 6a, 15m. Climb up left from the ledge to a small roof. Make a very hard move around this to a tiring undercut above. Pull up left (also hard) into another groove then climb up over the overlaps to reach a good stance at the base of a steep corner.

2) 5c, 15m. Climb the corner then traverse left to a monster thread on the very nose of the buttress (you'll see what I mean when you get there!). Step left and climb the wall to the top.

FA. Pat Littlejohn 7.4.78

10 Zoony **E5 6b**

30m. Yet another steep and hard route. Start as from the ledge of *Mother Night*. After pulling around the first roof, make a hard move up onto a hanging ramp above. Climb this delicately to a rest at its top. Pull up above then make a hard move to a good side-pull at the base of an open groove. Climb the groove on flake holds and pull rightwards around the top bulge.

FA. Gary Gibson 12.7.87

11 Unconscious **E6 6c**

30m. A desperate direct line which reaches the last section of *Hyperspace* from below. Start from the *Mother Night* ledge. Climb rightwards onto the hanging slab then pull straight up the wickedly steep rock above. Move left onto a hanging ramp and climb this rightwards to a roof. Pull straight over to reach the large pocket on *Hyperspace*. Finish as for this.

FA. Gary Gibson 24.3.89

12 Tiger Tiger **E5 6b**

30m. A stunning route which makes the most of the right-hand side of the wall. Take a lot of small cams. Start from the ledge on *Mother Night*. Move out right to a large overhanging, sloping ledge. Leave this rightwards into a steep groove which is followed to a good hold on its left-hand side. Pull up into a corner above and follow a crack up right to a roof. Move back leftwards up a crackline then climb the wall above to the top, finishing just left of a block.

FA. Pat Littlejohn 18.7.79

13 The Laughing Hygena **E6 6c**

35m. If you thought that the other routes on this wall were steep then take a look at this one! It is a direct start to *Tiger Tiger* which requires a very low spring tide and dry conditions. If these two criteria are satisfied, start in the cave right of the face, below a thread in the middle of nowhere. Step off a boulder and climb an overhanging crack to some overhanging pockets. Pull up above to join *Tiger Tiger* at its good hold.

FA. George Smith 4.94

Seán Villanueva cruising *Fireball XL5* (E6) - *above* - on the Space Face at Mother Carey's. Photo: Patrick Daniel



1 Sackless E1 5b

16m. This short route follows the left-hand crack. Climb past the hole and continue up the crack, gradually moving leftwards to finish on the wobbly left arete - a square notch provides the belay.

FA. S.Ferguson 13.4.87

2 Petit Blanc E2 5c

18m. Some good, tricky climbing. It takes the discontinuous crack line just to the right of *Sackless*.

FA. Steve Lewis 1984

3 Dog Nobbler E4 6b

25m. The lower rising breakline across the face provides some great and pumpy entertainment - and there is one hard move, too. Finish in *Sea Groove*; either up it or down it, depending on where your gear is.

FA. Andy Gronowski 6.83

4 Killer White E6 6b

22m. The first of the 'white' desperates; just superb. Sustained climbing all the way. Cross *Dog Nobbler*, and continue up the technical wall above, to the upper break. Trend leftwards to finish.

FA. Tony Mitchell 24.9.85

5 White Heat E5 6b

25m. The strongest line on the wall, and one of the best the Tower has to offer. The route takes the left-hand, full-height crack all the way to the top. The climbing will tire your feet and test your resolve; staying power is essential! Don't expect a hard crux move, but don't expect any rests either.

FA. Pete Whillance 9.4.80

6 The Great White E7 6c

30m. Arguably THE hard wall climb of its era. It's a mighty route, with a weighty reputation - and one which sees very few ascents even today, despite being featured on the cover of a famous hard-back rock climbing book, and having no dodgy fixed gear.

It follows the soaring right-hand crack, which rather inconveniently peters out above the traverse of *Dog Nobbler*. The section above constitutes the crux; your aim is to press on to the next breakline, where the climbing becomes just a tad easier...

FA. Ron Fawcett 7.82



Descent

Descent

High tide



The White Tower

Grand, shapely and classic - Pembroke wall climbing at its very best. Yet it's much less trafficked than its close neighbour - this is because, darn it, the best routes are also the hardest ones! The White Tower is home to the incredible wall climb of *White Heat*, and the infamous testpiece *The Great White*. The best 'easy' is undoubtedly the lengthy *Sea Groove*, which flanks the right edge of the Tower.

Approach - From the gearing up point at Mother Carey's, follow the coast path eastwards. This leads up a slope to a level area beneath two towers (NOTE: from a distance, this looks like an innocuous grassy headland). Walk through a col between the two towers, and scramble easily down a wide ramp to ledges below. These lead back leftwards (looking out) to gain ledges at the base of the Tower.

Tides - The routes can all be approached at high tide - as long as the sea isn't wild. If you're approaching *Sea Groove* at high tide, the best method is to scramble around from the col/rear of the Tower on the various grassy terraces.

7 Sea Groove VS 4b

38m. This fine little expedition follows the huge groove found in the eastern edge of the Tower. A great line, terrific positions - and at an amenable grade. Split it at one third height or lead the route in one almighty pitch. Reach it either via the front of the Tower, or, at high tide or in rough seas, use the descending terraces at the back of the Tower to reach it. To retreat from the finishing ridge, scramble across the very top of the Tower and then down directly to the access col.

FA. J.Rees-Jones, John Cleare 3.67

Meilee Rafe and Libby Peter climbing *Sea Groove* (VS) - [this page](#) - The White Tower. Photo: Mike Robertson

St. David's

Hilminster Bay

Mewford

Castle/Rusty

Saddle Head

Bosherston Head

Huntsman's Leap

Sternis/Chapel

Trevelen

St. Govan's

Mowing/Stackpole

Mother Carey's