

# Your guide to the sky at night

## Penbryn beach, Cardigan

The spacious, golden sands of Penbryn beach are a perfect location for star gazing and are reached through the woods of a fern-clad valley. The valley, known as Cwm Lladron (the Robber's Valley), is steeped in history and was a well known destination for illicit Irish cargo in the 18th Century. There are coastal walks with wonderful views over Cardigan Bay; you may even be lucky and see some of the resident bottlenose dolphins.

**Start:** National Trust Car Park at Llanborth Farm

**Grid ref:** SN295521

**Maps:** OS Landranger 145 OS Explorer 198

**How to get here...**

**By bus:** 600: Cardigan - Aberporth - Quay West. **Last bus:** Penbryn - Cardigan 5.50pm, Penbryn - New Quay 3.36pm

**By road:** Take M40 then A40 to Carmarthen, then A484, A487 to Penbryn.

**Facilities:** WC in car park

### Introduction to dark skies

Big open skies are a wonderful feature of our countryside and on a clear night, you can see over 4,000 stars sparkling in our universe. July and August are great months for star gazing and we have given you a helping hand by providing a separate star chart and constellations fact sheet to discover the wonders of the night sky. **Please remember to print off and take with you!**

This dark skies guide is aimed at families and anyone unfamiliar with astronomy and will introduce you to a tried and tested star gazing venue in the National Trust countryside.

### Our favourite night time wonders for summer

- ☀ The *Summer Triangle* is made up of three bright stars positioned in a triangle, directly overhead. Look out also for the *Plough* and *Great Bear*
- ☀ The *Perseid meteor shower* is due on the 23 July, reaching its peak on 12 August.
- ☀ The *Milky Way*, a ribbon of millions of stars threads its way across the night sky.

So why not follow Galileo Galilei's footsteps! Choose a clear night, binoculars and a torch for a spot of summer star gazing!



Dusk is a great time to spot seals feeding and playing in and around the surf. Seals spend most of their time at sea, but you might see them popping their heads out of the water, curiously watching you on the shore.

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You may see the distinctive looking Barn Owl hunting for voles and mice on your starry walk; you're most likely to spot them at dusk. These large birds are found all over England and while their numbers have declined rapidly over the last few decades, fortunately they are now rising again.

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Penbryn beach is perfect for star gazing; being almost a mile in length it has wide open skies and little light pollution. Its shallow waters make it perfect for bathing in summer while its deep golden sands make it a great place for those family sandcastle competitions.

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### Distance, terrain & accessibility

The walk along the road is 1/4 mile long, along a tarmac road. There is a steep climb down to the beach and back up to the car park.

The walk along the footpath in the woods is 1/2 mile with several steep steps and moderately rough terrain.

The beach is over a mile long depending on the tide.

Tarmac road from car park to beach – step gradient – cars may use the road to drop passengers off at the turning circle near the beach.

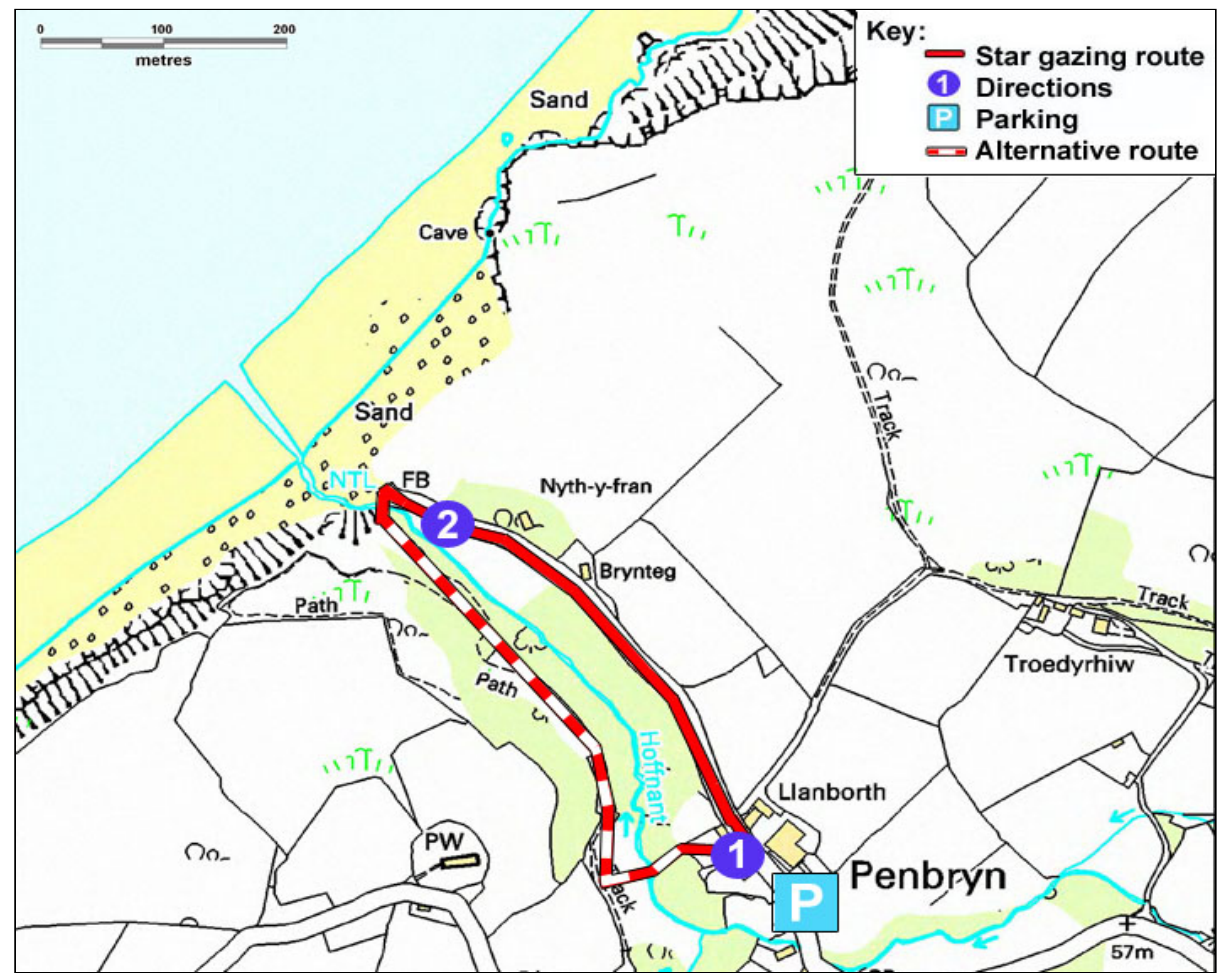
### Directions...

1. From the car park, take the road with the farmhouse on the left and the farm buildings on the right.
2. Walk along the road until you reach the beach.

An alternative route is to take the footpath through the woodland alongside the river to the beach – **a good torch is advisable.**

From the car park take the footpath designated by the figure post at the woodland end of the car park - follow down the steps and over the bridge follow the path through the woods to the beach.

**Star gazing spot** – Lay a blanket anywhere on the beach and take in the views of the wide open sky.

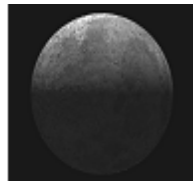


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### August Moon Calendar

When the moon orbits the Earth, the surface is lit by sunlight. At different times in the month, a different shape is lit, called a "phase". Phases are repeated every 29.5 days.

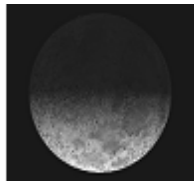
*Thank you to At-Bristol Planetarium for the moon calendar.*



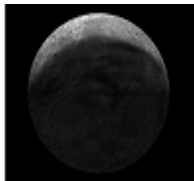
30 July  
Half Moon



6 August  
Full Moon



13 August  
Half Moon



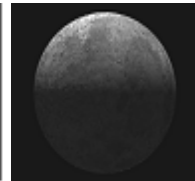
17 August  
Crescent Moon



20 August  
New Moon



24 August  
Crescent Moon



28 August  
Half Moon



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