



Saturday schedule

Interactive displays

Discovery Area, 10am-4pm

Head to the discovery area for interactive displays and stalls with National Trust, Pembrokeshire Coast National Park, RNLi, Pembrokeshire Coastal Forum, National Theatre Wales and iSea Surfwear.

Workshops

Slacklining with RU-Slack, 10am-5pm

Family yoga, 9am-9.45am

Adult yoga, 10am-11am

Microscopes with the Darwin Centre, 11.15am-12pm and 2.30pm-3.15pm

Adders are Amazing (ARG UK), 11.15am-12pm and 2.30pm-3.15pm

Printmaking with Lizzie Ramage, 11.15am-12pm and 2.30pm-3.15pm

Mini safari with Pembrokeshire Coastal Forum, 11.30am-12pm and 2.30pm-3pm

Nature mould making with Pembrokeshire Coastal Forum, 1pm-2pm and 3pm-4pm

Performances

Preserving the Oceans talk with National Geographic's Dave McAloney, 11.15am-12pm

Samba Doc

Performance at 12pm-12.30pm and interactive performance at 12.30pm-1.30pm

National Theatre Wales

1.30pm-2.15pm and 4pm-4.45pm

Live music from 12pm

Food and drink

Food served, 8.30am-8pm

Bar open, 12pm-12am

Enjoy a bite to eat, a drink and a real flavour of the area! Tuck into favourites from National Trust, Slow Pig, Ice Green, Blas O'r Tân - Pop up Pizza and Cork and Bottle.

More to explore

Surf session with Outer Reef Surf School* 10am-12pm, 2pm-4pm and 5pm-7pm

Suitable for ages 8+. Spaces are limited, booking is essential on the day on a first come, first served basis. Register at the Outer Reef stand at Gupton Farm.

Treatments with Sea Fresh Therapies* 10am-5pm

Face painting* 9am-12pm

*Please note an additional charge applies for these activities.

Thank you

Your support enables us to safeguard special places like Freshwater West and Gupton Farm for future generations to enjoy. Thank you.

Stay up-to-date

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Amserlen Dydd Sadwrn

Arddangosiadau rhyngweithiol

Ardal Ddarganfod, 10am-4pm

Dewch i'r ardal ddarganfod am arddangosiadau rhyngweithiol a stondinau gyda'r Ymddiriedolaeth Genedlaethol, Parc Cenedlaethol Arfordir Penfro, RNLI, Fforwm Arfordir Sir Benfro, Theatr Genedlaethol Cymru ac iSea Surfwear.

Gweithdai

Slac-leinio gyda RU-Slack, 10am-5pm

loga i'r teulu, 9am-9.45am
loga i oedolion, 10am-11am

Microsgopau gyda Chanolfan Darwin,
11.15am-12pm a 2.30pm-3.15pm

Gwiberod Gwych (ARG UK),
11.15am-12pm a 2.30pm-3.15pm

Creu Printiau gyda Lizzie Ramage,
11.15am-12pm a 2.30pm-3.15pm

Saffari Bach gyda Fforwm Arfordir Sir
Benfro, 11.30am-12pm a 2.30pm-3pm

Mowldiau Natur gyda Fforwm Arfordir Sir
Benfro, 1pm-2pm a 3pm-4pm

Perfformiadau

Araith Gwarchod y Moroedd gyda Dave
McAloney o National Geographic,
11.15am-12pm

Samba Doc,
Perfformiad am 12pm-12.30pm a
pherfformiad rhyngweithiol am 12.30pm-
1.30pm

Theatr Genedlaethol Cymru,
1.30pm-2.15pm a 4pm-4.45pm

Cerddoriaeth fyw o 12pm

Bwyd a diod

Bwyd ar gael, 8.30am-8pm
Bar ar agor, 12pm-12am

Dewch i fwynhau tamaid o fwyd, diod a gwir flas o'r ardal! Llenwch eich bol â'ch ffefrynnau gan Yr Ymddiriedolaeth Genedlaethol, Slow Pig, Ice Green, Pizza Blas o'r Tân a Cork and Bottle.

Ac mae mwy

Sesiwn syrffio gydag Outer Reef Surf
School*, 10am-12pm, 2pm-4pm a 5pm-7pm

Addas ar gyfer 8+ oed. Dim ond hyn a hyn o lefydd sydd ar gael – rhaid cadw lle ar y dydd ar sail y cyntaf i'r felin. Cofrestrwch yn stonidin Outer Reef yn Fferm Gupton.

Triniaethau gyda Sea Fresh Therapies*
10am-5pm

Peintio wynebau*
9am-12pm

*Mae ffi ychwanegol am y gweithgareddau hyn.

Diolch yn fawr

Mae eich cefnogaeth yn ein galluogi i ddiogelu lleoedd arbennig fel Freshwater West a Fferm Gupton i genedlaethau'r dyfodol eu mwynhau. Diolch yn fawr.

Darllenwch y newyddion diweddaraf



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