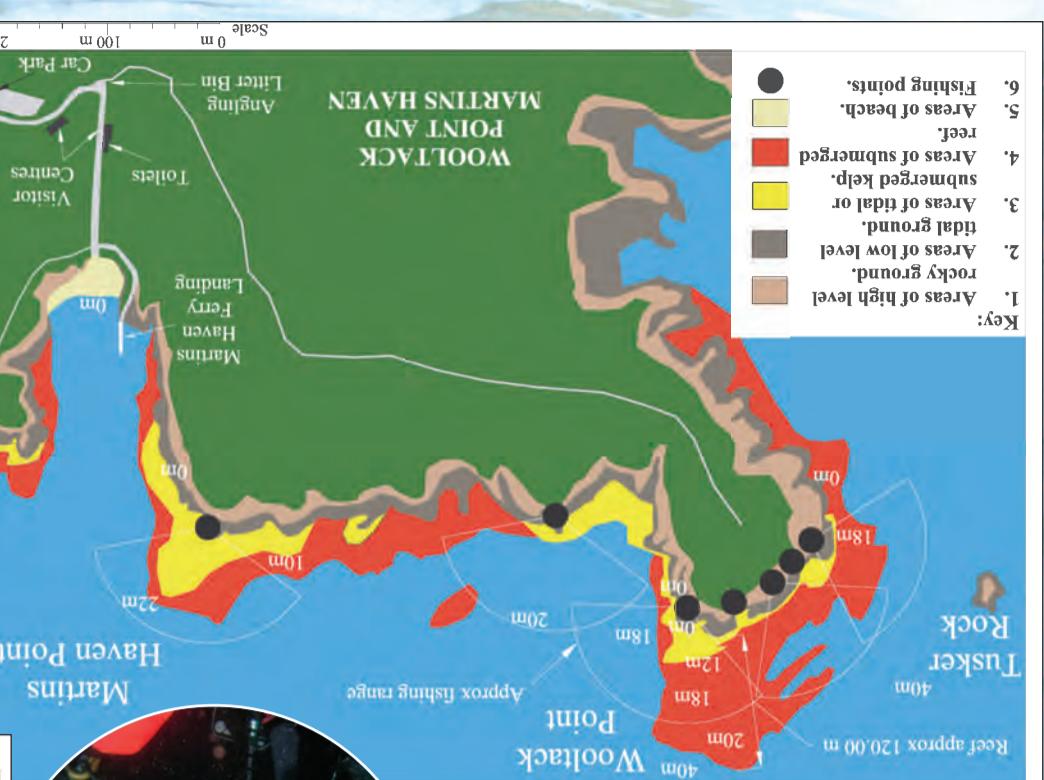
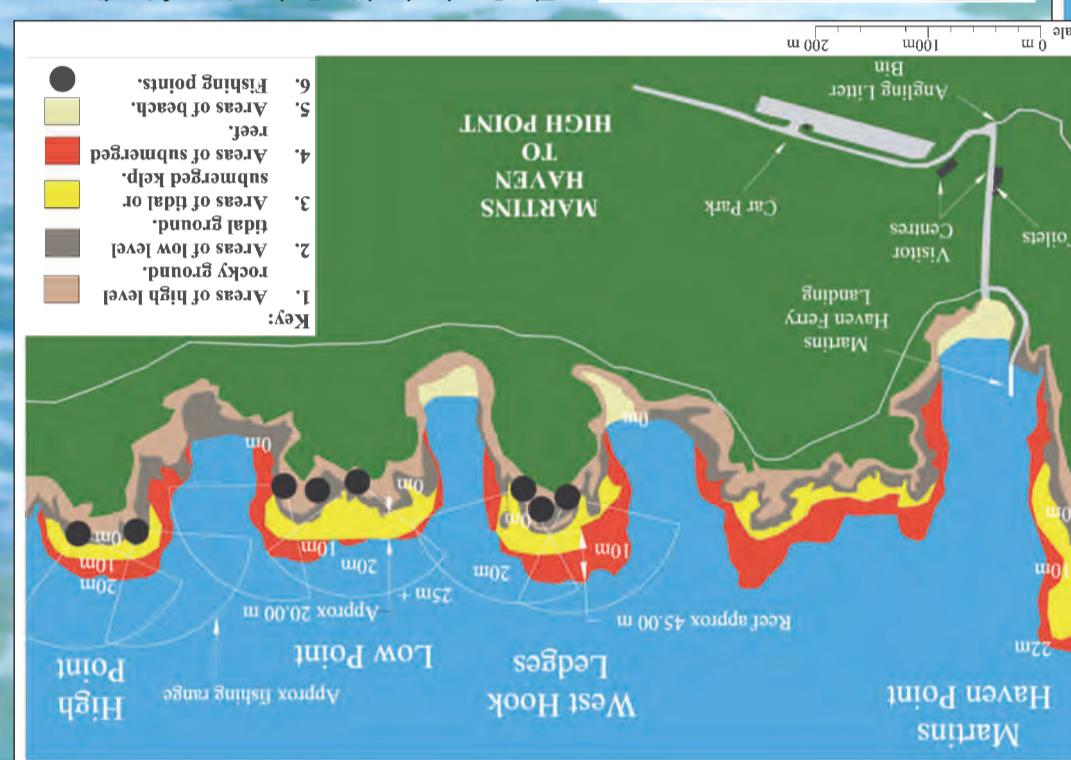


The Pembrokeshire Federation of Angling Coaches (P.F.A.C.) are made up of local expert coaches with superb knowledge of the coastline. They provide tackle tips best at a number of marks around the country. N.A.R.C. drivers have provided the underwater maps while the P.F.A.C. have provided the local knowledge. N.A.R.C. divers have helped you when fishing here. N.A.R.C. will hopefully help you produce the line including what tackle and techniques work best at a number of marks around the country.



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TACKLE TIPS

One of the main issues associated with angling is the litter left on ledges and beaches including line, bait packets and food and drink packaging. Please take all of your litter home. This not only protects the wildlife and habitat but puts anglers in a good light as recreational users of the coast.

It is always best to fish at high water. The extra depth of water (up to 7 metres) helps avoid snags and fish generally come in with the tide.

If you feel the bottom or a snag, reel in faster and always increase your reeling speed when getting close to the shore. As you can see on the maps there are areas of thick kelp and rock crevices close to the waterline. Increasing your reeling speed when approaching these areas will help avoid tackle loss.

If spinning or feathering use a light, 2-3 oz weight and remember mackerel generally swim in the upper regions of the water. Do not use grip weights when spinning or feathering.

If possible use hooks that will straighten and biodegradable line.

If bottom fishing it may help if you use extra long wire grip weights. This stops the weight rolling into holes. You will also need to cast in excess of 50 metres to find a sandy bottom.

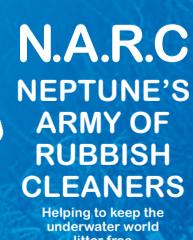
Use 25-30 lb breaking strain line straight through when bottom fishing or feathering/ spinning. This will enable you to pull free from most snags within the kelp zone.

If fishing at West Hook always fish downtide. This helps in avoiding the reef where the tide will sweep your tackle and any hooked fish into the reef.

If possible avoid low water when fishing here as there is a much higher risk of getting snagged.

Large hooks may decrease your chance of hooking small juvenile fish.

For more information
www.narc-cc.org.uk
www.pfac.org.uk



Angling tips for Martins Haven

This leaflet provides you with some excellent tips to help you minimise tackle loss when fishing at Martins Haven.

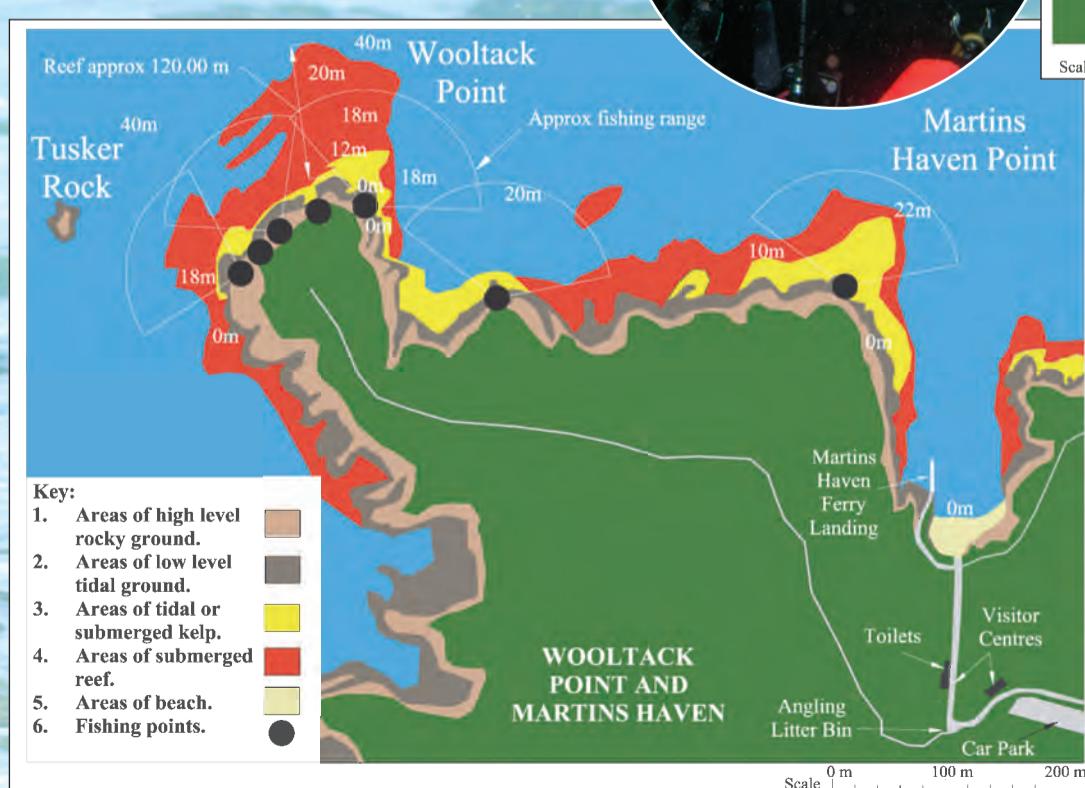
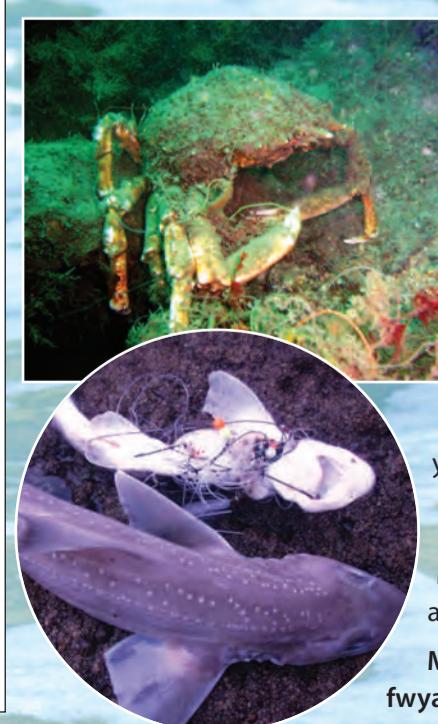
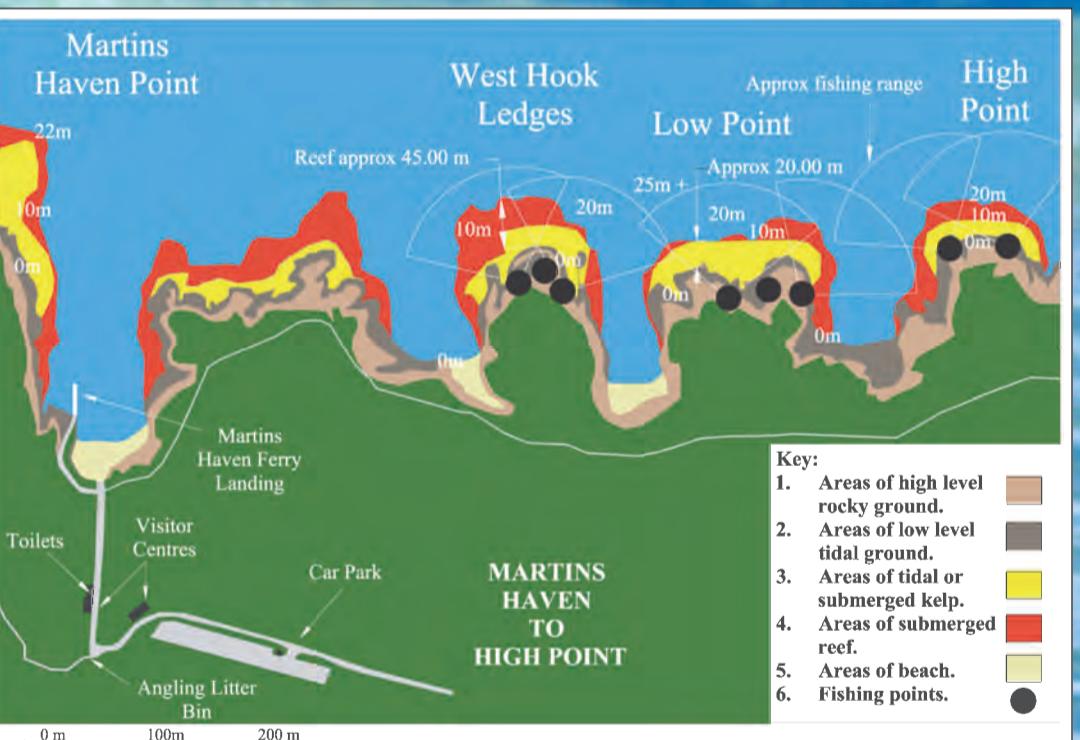




Yn Sir Benfro y mae'r unig Barc Cenedlaethol yn y DU sydd ar yr arfordir, a hwn yn ôl y National Geographic, yw cyrchfan arfordirol ail orau'r byd. Mae llu o ddynodiadau cadwraeth yn diogelu'r ardal, ac mae'n Ardal Cadwraeth Arbennig Ewropeaidd oherwydd y byd natur sydd yn y môr o'i chwmpas. Wedi dweud hynny, gallwch chi wneud eich rhan hefyd. Mae Martins Haven yn lle poblogaidd gyda physgotwyr, ond maen nhw'n aml yn colli offer pysgota oherwydd y topograffiai dan y dŵr, y llanw a'r offer maen nhw'n ei ddewis.

Grŵp o bobl, rhai ohonyн nhw'n ddeifwyr, yw Neptune's Army of Rubbish Cleaners (NARC) sy'n rhoi eu hamser yn wirfoddol i lanhau arfordir Sir Benfro. Maen nhw'n deifio yn Martins Haven yn aml, ac fe allan nhw gasglu cymaint â 400 o bwysau plwm, cannoedd o fachau a llathenni o lein ar un tro.

Mae gan aelodau Ffederasiwn Hyfforddwr

Pysgota Sir Benfro (PFAC) wybodaeth leol arbenigol am yr arfordir ac maen nhw hefyd yn gwybod gystal â neb pa offer a thechnegau sy'n gweithio orau yn y manau pysgota yn y sir.

Daeth NARC a PFAC at ei gilydd i greu'r daflen hon, ac maen nhw'n gobeithio y bydd hi o help i chi pan fyddwch yn pysgota yma. Deifwyr NARC sydd wedi creu'r mapiau o'r ardal dan y dŵr, ac aelodau'r PFAC sydd wedi darparu'r wybodaeth leol a'r cynghorion pysgota.

Mae Penrhyn Marloes a Martins Haven wedi'u lleoli yng Ngwarchodfa Natur Forol Sgomer, yr unig un yng Nghymru. Anogir pysgotwyr i ddefnyddio'r bin pwrpasol ar gyfer offer pysgota sydd i'w gael yn Martins Haven yn ymhl gât y Parc Ceirw sy'n arwain at safleoedd Wooltack.

Mae'r cynghorion hyn yn addas ar gyfer y rhan fwyaf o'r manau pysgota o'r clogwyni yn Sir