

PROMPT #1: Standing on the walkway

- You walk along the promenade and approach Anchor Head cove
- Stand up on the walkway looking down over it
- Imagine all the people who have ever stood in this spot
- Notice the honeycomb salt warrens that line the walls
- Put your fingers in the holes, what mythical creatures might reside within the caverns
- Bend down and peer through the peep holes in the wall that frame the sea like a picture postcard
- Notice a commemorative plaque about a swimmer.....
- Turn around and look at the big high wall behind you pieced together like a perfect patchwork quilt
- Turn back around again

PROMPT #2: Looking out to sea.....

- Look out to sea
- Is it clear enough to see the buildings on the edge of Wales 11 miles away
- Can you see the islands of Steepholm + Flatholm 6 miles away
- Flatholm belongs to Wales whilst Steepholm to England yet they talk as if twins
- Imagine standing on one of them looking towards where you are standing now
- Look out for tankers tiptoeing across the horizon of the edgeless unmappable ocean
- What's happening in the sky? is it blue today, what can you see hidden within the whispers of clouds
- Is the tide high or low, in or out
- At low tide, the sea here runs away for 1 whole mile from the beach
- And always the sea comes in and out, in and out

PROMPT #3: Exploring the cove

- Clamber lightly over the rocks, explore the nooks and crannies
- Investigate the rockpools, the tangles of seaweed.
- Rescue some litter
- Take off your shoes, roll up your trousers and brave a paddle if you will
- Poke your toes into the mud
- Walk along the jetty where the paddle steamer ferry once bought day trippers from Cardiff
- Think of all the sweat that has fallen from sailors brows as they moored their boats
- Think of all the feet that have clambered upon these rocks
- The waves that have formed their shapes

PROMPT #4 Pebbles

- Sift over the uncountable pebbles
- Look out for a HAGSTONE with a hole through it
- To find one is to return again to the place where you found it
- Throw a pebble into the water and enjoy the sound that it makes
- Pick out a few that catch your eye, what do you like about them, how are they different from each other
- Coat them in water and watch them transform

- Decide upon your favourite one. Like you, it is the only one like it in existence
- You might put it in your pocket to take home as a memory of this moment, this place, this time

PROMPT #5: *Sitting upon the rocks..... find a spot*

- Choose a spot upon the rocks
- Man or woman, rich or poor
- Just sit, just look, just sea
- Look closely, watch, think, feel, observe
- Run your fingers over the rock face, what does it feel like
- How long has that pebble been wedged in the rock crevice? - did the sea put it there or a curious child
- Notice the pink blushed carboniferous limestone
- The blackish rock strata jutting out from the earth
- The vivid yellow mottled lichen clinging to its surface
- Think of how much and how little these rocks have changed over time
- Take a long deep salty breath

PROMPT #6: *Listening*

- Close your eyes, what can you hear
- Listen to the sound of the sea licking, lapping
- The waves rolling, rippling
- The pebbles slipping, slapping
- Let the water tell you things
- Hear the echoes of long lost voices escaping from the rocks
- The sound of families chattering, dogs barking, children squealing, seagulls squawking
- Nothing has changed in all this time really