

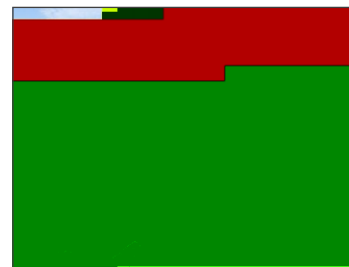
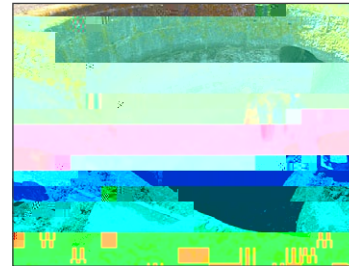
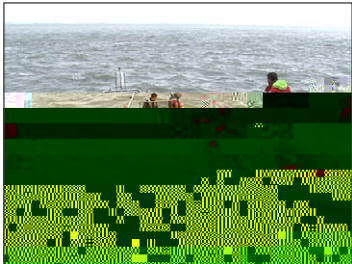
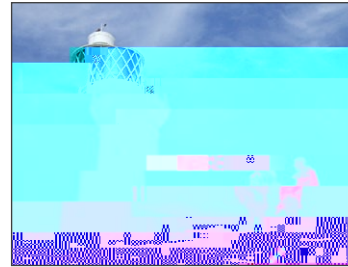
The Weatherman Walking maps are intended as a guide to the TV programme only. Routes and conditions may have changed since the programme was made. The BBC takes no responsibility for any accident or injury that may occur while following the route. Always wear appropriate clothing and footwear and check weather conditions before heading out.

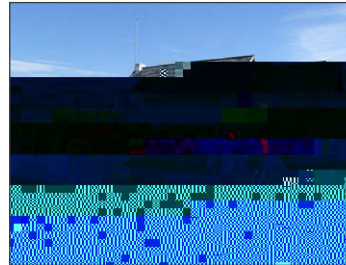
**Approximate distance: 1.2 miles**

A race against the tide to look at wartime relics and a stunning lighthouse on this beautiful island in the Bristol Channel.

**1. The Cardiff Bay Barrage**

This is where you will catch the boat to the island. The Barrage lies across the mouth





### 10. Farm House

In 1897 the farmhouse was converted into a pub called The Flat Holm Hotel. Sadly it closed after a few years - probably due to a lack of business.



### 8. Stone Barracks

In 1869, stone barracks were built to sleep up to 50 soldiers needed to man the four batteries but only a Master Gunner and five gunners were ever stationed on the island.

Today, they have become the island's educational block.



### 9. Hospital

In 1883 Flat Holm was used as an isolation hospital to protect the mainland against a cholera epidemic.

In 1892, after a serious outbreak of cholera