



Ordnance  
Survey

# PEMBROKESHIRE AND CARMARTHENSHIRE

## Outstanding Circular Walks

Pathfinder® Guides



Britain's  
best-loved  
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# St Non's and Caerfai

**Start** St David's

**Distance** 3½ miles (5.6km)

**Height gain** 395 feet (120m)

**Approximate time** 2 hours

**Parking** St David's main car park

**Route terrain** Coast path, footpaths and farm tracks prone to mud

**Dog friendly** Best on lead around St Non's Chapel

**Ordnance Survey maps** Landranger 157 (St David's & Haverfordwest), Explorer OL35 (North Pembrokeshire)

## GPS waypoints

 SM 757 252

 SM 751 249

 SM 740 242

 SM 750 242

 SM 759 243

*The coastline that loops around St David's is among the most stunning in the National Park but the path that follows this stretch is mainly rough and hilly and easy walks can be hard to come by. This short walk proves the exception, starting in St David's and joining the coast at the attractive little harbour of Porthclais. The going is scenic but generally very easy, and there's the added attraction of a visit to the ruins of a tiny chapel that marks the birthplace of St David. The final leg passes above the beautiful beach of Caerfai which is easily reached by a short detour.*

The main car park in St David's is a little way east of the tiny city, next to the excellent tourist information centre.

*St Non's Bay*

 From the car park, turn left onto the road and walk towards Caerfai Bay. Ignore the first turning on the right at the top end of the car park but take the second, which leads into a residential





### Along the coast from Dinas Head

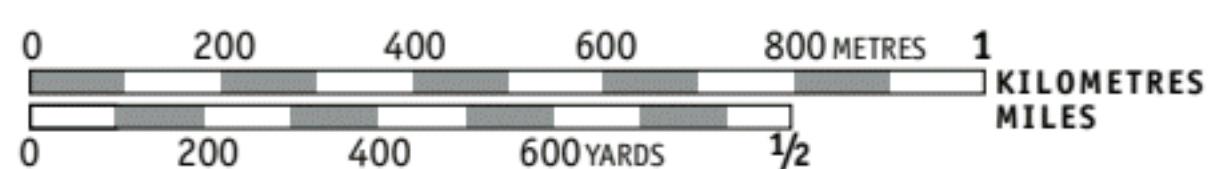
towards Cwm-yr-Eglwys. The path winds easily down through woods, eventually emerging on a lane **C**.

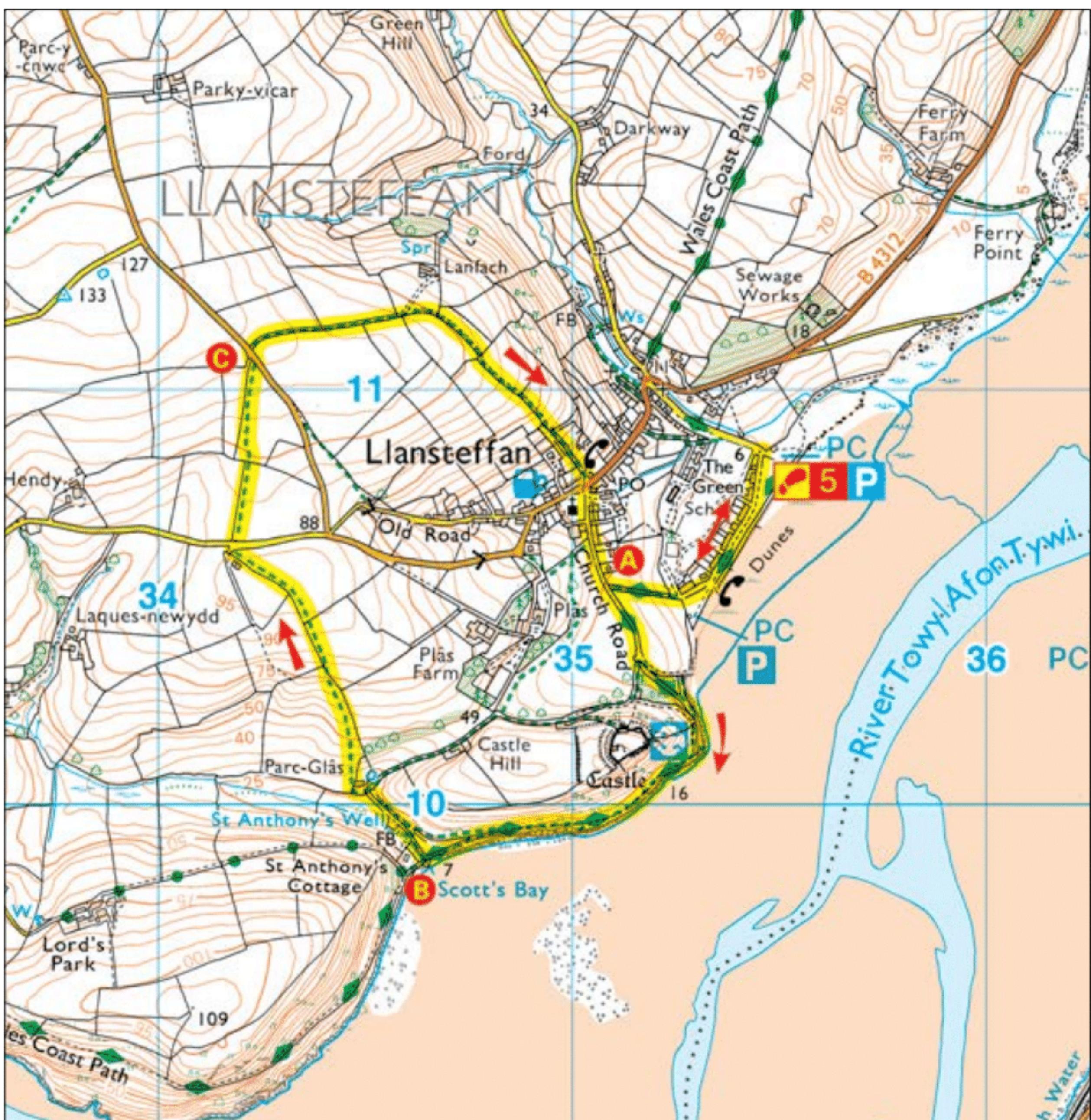
Turn left into Cwm-yr-Eglwys, passing to the right of the ruined church, of which only the west wall and belfry remain. The 12th-century church, in a lovely position overlooking Newport Bay, was destroyed by a violent storm in 1859.

Take a footpath by public toilets on

the right, keeping the boatyard to your left, and walk through a car park and onwards through a caravan site. This then turns to a pleasant tarmac path which crosses the neck of the peninsula, once covered by the sea.

Keep ahead, finally going through a kissing-gate close to the Old Sailors Restaurant and turning left to the car park at the starting point.





SCALE 1:25 000 or 2½ INCHES to 1 MILE 4CM to 1KM

right edge of a field and after climbing another stile, bear right off the track and continue along the right field edge as the drive swings leftwards, directly above a farm, to a stile.

Climb it and with grand views ahead over the Towy Estuary, keep along the right edge of the next field, climb a stile and head gently downhill across a field to climb a stile in the bottom right-hand corner. Continue more steeply downhill along the right edge of the next field, climb a stile and head steeply down an enclosed wooded path to emerge onto a road in Llansteffan.

Take the road ahead – the church is to the right and there is a fine

view of the castle ahead – and look out for where you turn left **A** onto a descending path. Here you rejoin the outward route and retrace your steps to the start.

#### *Llansteffan Castle*



# Manorbier

**Start** Manorbier

**Distance** 2 miles (3.2km)

**Height gain** 490 feet (150m)

**Approximate time** 1½ hours

## GPS waypoints

SS 063 976

A SS 069 970

B SS 070 976

C SS 066 978

**Parking** Pay and Display car park behind the beach

**Route terrain** Coast path, field paths and narrow lanes

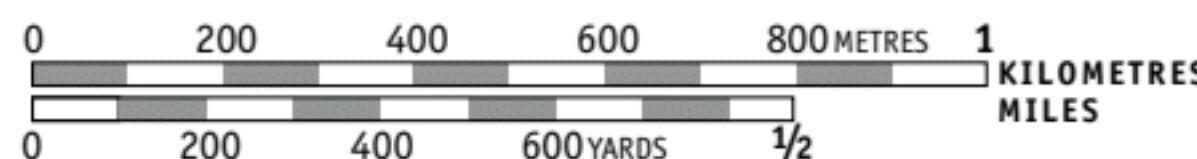
**Dog friendly** Some awkward stiles; livestock. Scoop poop on beach

**Ordnance Survey maps** Landranger 158 (Tenby & Pembroke), Explorer OL36 (South Pembrokeshire)

*The medieval Welsh churchman Giraldus Cambrensis, who was born at Manorbier in 1146, described the village as ‘the pleasantest spot in Wales’. Walkers can judge this for themselves on this ramble that takes in a short and relatively easy section of the coast path on the east of Manorbier Bay before returning, via field paths and tracks, to the village with its twin historic attractions of medieval church and castle.*

At Manorbier the castle and church occupy opposite sides of a shallow valley that leads to a sandy bay. The substantial and well-preserved castle,

a mainly late 13th- and early 14th century rebuilding of the original Norman structure, belonged to the de Barri family, whose most famous family member was Gerald de Barri, better known as Giraldus Cambrensis or Gerald of Wales. In 1188 he guided the



SCALE 1:25 000 or 2½ INCHES to 1 MILE 4CM to 1KM



French invasion. These days it is a hotel.

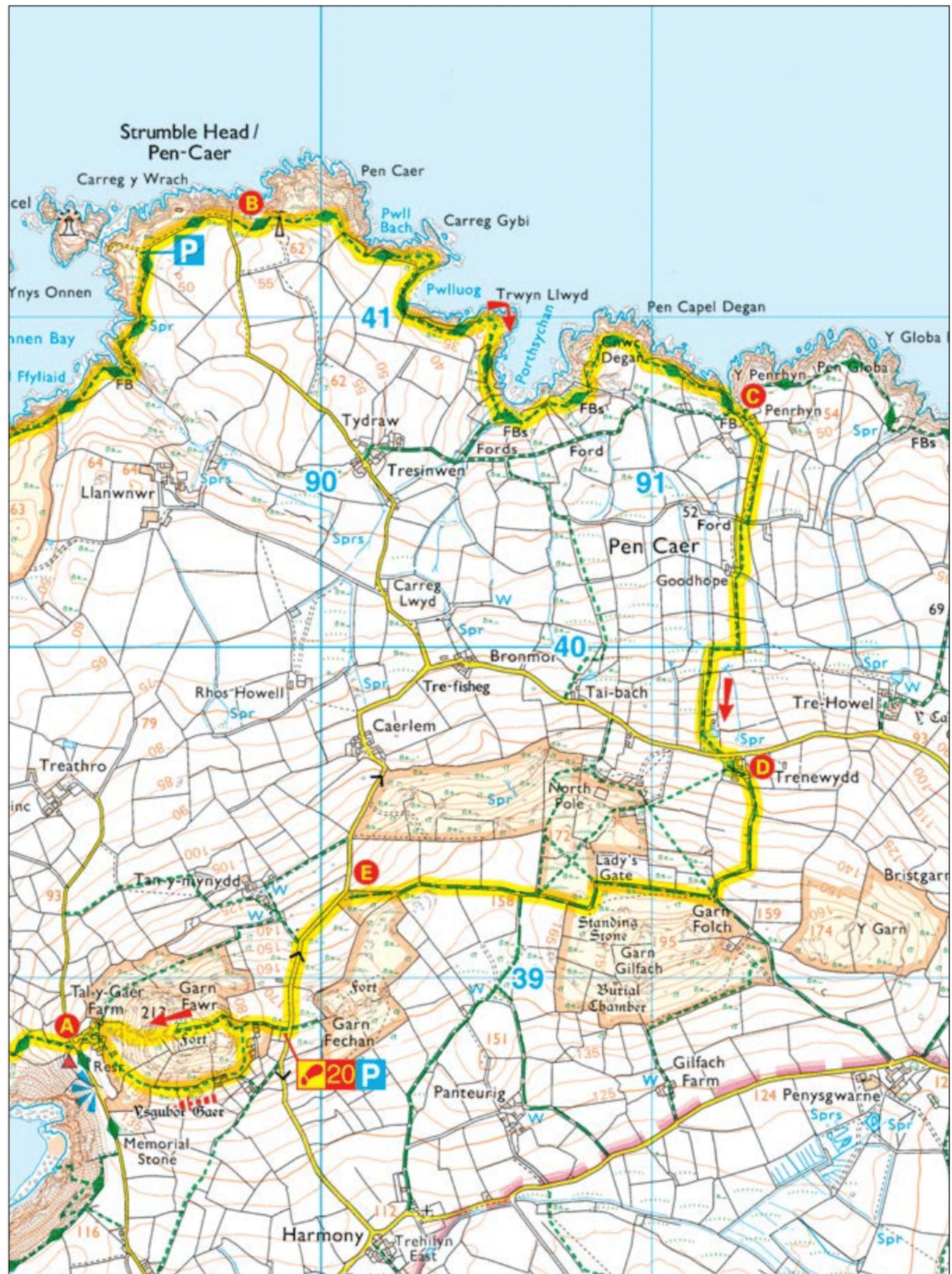
Stay with the coast path past the island and continue as it descends into West Angle Bay. A brief diversion sidesteps a landslide but other than this,

it's easy to follow, eventually merging with a drive that leads back down to the car park.

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*Sandstone sea cliffs near Angle Point*





SCALE 1:25 000 or  $2\frac{1}{2}$  INCHES to 1 MILE 4CM to 1KM

along an uphill, hedge-lined track. The track first bends right and later bends left to a metal gate; go through it and keep ahead for a few yards to a T-junction of paths and tracks.

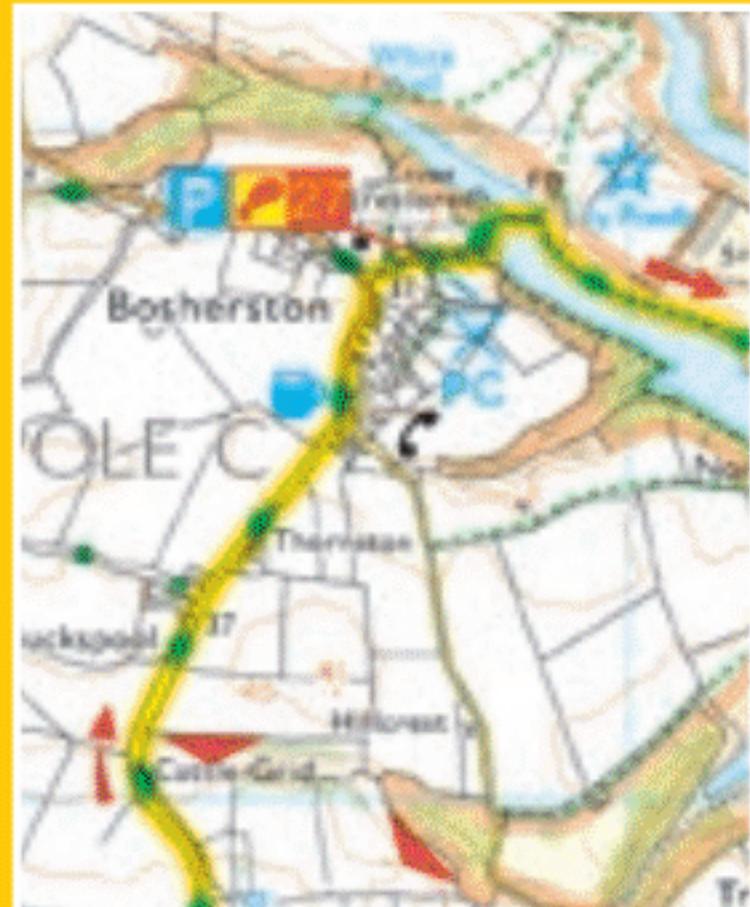
Turn right onto a path that keeps along the bottom edge of open grassy moorland, roughly parallel with a hedgebank on the right. At first keep in a straight line but later the path bends first to the left

and shortly afterwards to the right to continue between hedge-banks, with a striking view of Garn Fawr in front. Finally, head through an area of bracken to a footpath sign and onto a lane **E**. Turn left uphill for just over  $\frac{1}{4}$  mile (400m) to return to the starting point. **●**

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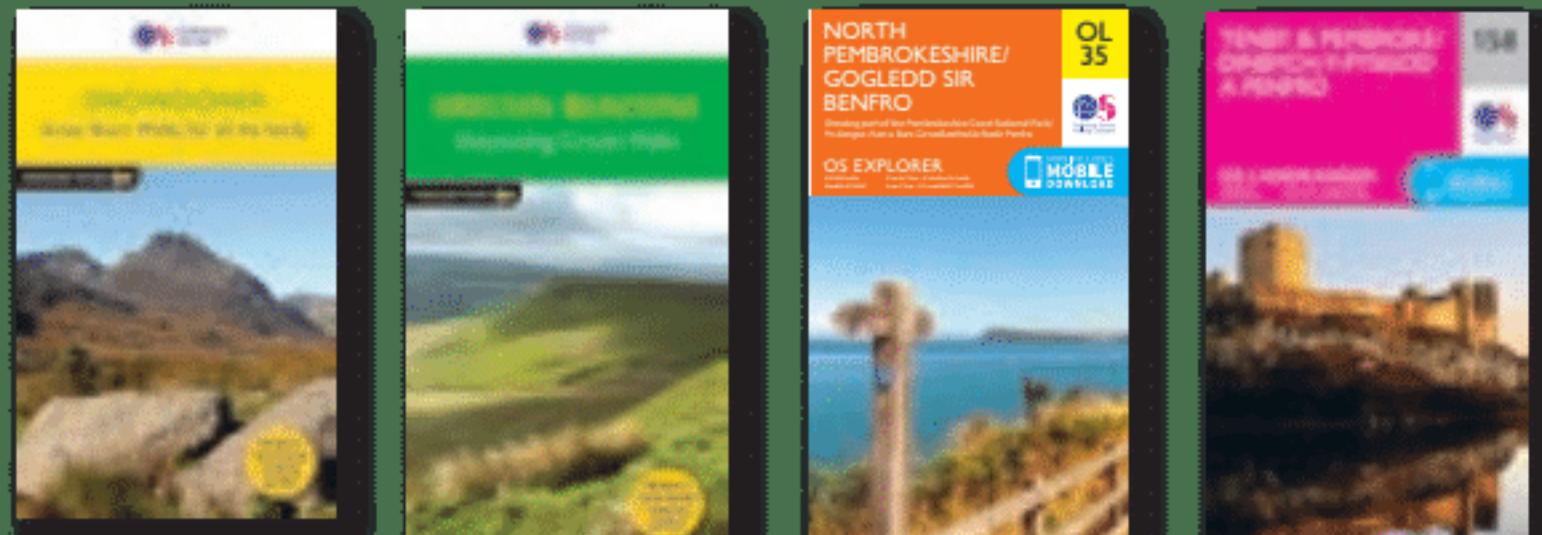
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