



The Pembrokeshire Walking Guide

A local perspective & personal handbook
for planning and enjoying your visit.

Updated for 2022

Self-Guided Walking Holiday Specialists &
Luggage Courier Service Throughout
Carmarthenshire, Ceredigion and
Pembrokeshire.



“The Pembrokeshire Walking Guide” - A local perspective & personal handbook for
planning and enjoying your visit. Updated for 2022

“Visitors flock in droves each year to the Pembrokeshire Peninsula to take in the beauty of the castle-clad cliffs that line its coast. Thankfully, a “very mature and established tourism industry” has preserved, rather than eroded, the qualities that make this region so unique.”

National Geographic.

The best, (*achieved by winning Coast magazine’s annual competition 2010*), with their readers selecting the 186-mile Pembrokeshire Coast Path as their favorite long-distance walking route.

The spell of old Pembrokeshire - the ancient ‘Land of Mystery and Enchantment’ (GwlaLledrith) remains.

www.walkalongway.com has put information together in one place to make planning easier.



Panoramic of Sandy Haven beach near Milford Haven, looking out to the Cleddau estuary

MAKING THE MOST OF THE PEMBROKESHIRE COASTAL PATH

Llwybr Arfordir Sir Benfro

The information on this eBook is designed to help you plan, manage and get the most out of your experience walking the Pembrokeshire coastal path.



The information covered is as follows:

PLANNING YOUR TRIP.

This is the starting point of your trip, and some advice on fitness, timing, which way to walk and info on day walking off the path.

The better the planning the better the experience.

MAPS.

Maps needed for the walk.

COASTAL PATH SAFETY CODE.

As you will be aware much of the coast path is close to some very steep and very high cliffs so keep safe.

TOURIST INFORMATION CENTRES.

List of Centre's with contact details.

LUGGAGE TRANSFER

Help with you're planning to make the trip easier and more fun.

GETTING TO THE COASTAL PATH

Information about getting to the area and how to navigate around the area using public transport and other means.

COASTAL PATH COMFORT STOPS.

Information on all aspects of amenities – from toilets to pubs..

WHAT YOU MAY NEED

This gives you a list of items and equipment needed, it will depend on individuals and the carrying facilities but work through it to make sure you have all you need.

ACCOMMODATION.

This is the most important part of your planning and we have given examples of all the different types of accommodation, decide what you want to do and pre book, especially in the summer months.

COASTAL PATH MILEAGE.

Information on miles between villages and towns as well as were the different coastal buses operate.

Some Coast Path Facts

- The Pembrokeshire Coastal Path National Trail officially runs for 186 miles (299km) from Amroth, Nr Tenby to Poppit Sands, Nr Cardigan. But with all of the alternative routes for high tides, storm and firing ranges, the total maintained length is over 193 miles (312km). Also if you are walking to accommodation you will walk further.



- It passes 58 beaches and 14 harbours and 563 stiles and kissing gates. Many steps and bridges will also be walked.
 - There are over 40 Iron Age Promontory forts, as well as Napoleonic and later forts. Plenty of lime kilns and other industrial type archaeological remains.
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- The Pembrokeshire walker's bus services cover the entire path, although the Sunday services and winter services have been reduced for 2015.
 - The variety of landscapes en-route makes every mile unique and with north, west and south facing coasts, the views are always changing.
 - The range of landscapes along the path is amazing ranging from undulating red sandstone bays, steep limestone cliffs, volcanic headlands and flooded glacial valleys.
 - There are some picturesque and charming towns and villages to visit along the way including the main towns of Tenby, St Davids, Solva and Newport.

- As from the beginning of March '11 the path has been joined with the Ceredigion Coast Path adding another 60 miles you can walk. Then in March 2012 the Whole Wales Coast Path opened, some 1200 miles.

The Pembrokeshire Coast Path has something to offer all the year round and many people prefer to walk when it's cooler in spring or autumn.



The path can be walked from either north to south or South to North (which is the way Walkalongway recommends), this way you have the sun and prevailing weather on your back and the scenery is better.

You should only think about walking the entire path if you are reasonably fit, but it is possible to walk the path in sections - as the combined ascent and descent is some 35,000 feet (equivalent to scaling Mt. Everest) with the highest point being Pen yr afr, Nr. St Dogmaels at 574 feet above sea level. The lowest point is Sandy Haven Crossing (when the tide is out) just 4 feet above low water sea level.

PLANNING YOUR TRIP

To embark on this walk, unless you are an experienced walker, is a formidable physical and mental challenge, and the whole trip can take up to 16 days to complete. This means making sure you have good equipment, have places to stay along the way and are able to plan your days to make sure you have enough energy to complete the walk.



It needs to be planned to a high standard to give you the best experience, and we can help you with this, whether you intend to walk the whole path or walk the path in three separate sections: - Each stage can take between 4 and 7 days, you can then return at a later date to complete the next stage.

There are numerous websites from the [Pembrokeshire Coast National Park](#), [Visit Pembrokeshire](#) and of course [Walkalongway](#). Also [Whole Wales Coast Path](#) is also full of useful information.

Southern section – Amroth – Pembroke (via Angle).

Western section – Pembroke – St, Davids (via Dale) Northern

section – St, Davids – St, Dogmaels.

The North section is more difficult terrain so decide how you want to do the three walks with this in mind. If you are walking from North to South just reverse the list.

This way of walking the path can help you by way of spreading the walk over 3 separate weeks as opposed to 3 weeks in one go. Many people do this over a period of 18 months. By doing the walk this way there is less pressure giving you more time to participate in other walks and activities and enjoy your surroundings more.

Because you always have to be aware of the drop to the side of you, you cannot completely relax and the extra wariness can add to you fatigue.



There are very narrow paths, very steep paths and a lot of the way the path is very close to upwards of 200 feet cliffs (4 or 5 dogs a year and even the odd person are known to disappear over the edge), so make sure you know what you are doing and plan accordingly.

Hopefully when you walk the path the weather will be excellent, in good weather (and not so good) National geographical quote the coast path as “the second best scenery in Europe for walking”, but if you do encounter wet weather the path can be extremely slippery, and what with watching your step, coping with wind and rain (or even scorching sun), and making sure you do not over exert yourself, remember the coast path can be an enduring challenge.

If you are not up to walking for days on end but want to explore the coast then there are plenty of small excursions and day walks from one end to the other.

Contact Walkalongway for more information on these excursions that can be organised with you specifically in mind. We have many years of experience of organising excellent day walks for you to suit your requirements and we can offer you guided tours into lesser known parts of the area.

Important Information



Always carry a whistle, a “hi-vis” jacket (which can be supplied by Walkalongway), and lightweight bivouac sheet in case of accident on the more remote spots. Ring ahead to your next accommodation provider to tell them your approximate time of arrival.

Carry plenty of water

and food (include high energy **PLEASE LET YOUR ACCOMMODATION** bars) for the day, water requirements on a hot day **KNOW IF YOU ARE GOING TO ARRIVE**

AFTER 7.00PM.

are 1 litre per 10 miles walking (put the water in small bottle and spread it around your day sack).

Be sure you have enough equipment and enough provisions for your days walking.

On some beaches when the tide is out you can walk across the beach rather than following the path, but if you intend to do this carry an up to date tide table to make sure you do not get stranded.

Two good examples of this are Broadhaven to Little Haven and across the vast beach at Newport



At Gann (near Dale) and at Sandy Haven (near Milford Haven) you have to cross rivers and if you arrive when the tide is in, you will have a fairly long detour, so try to plan accordingly.

Also beware of Angle Bay shore at high tide.

The other main obstruction can be walking passed the Castle Martin Army Range (west of Pembroke). If there are army manoeuvres going on you will find the stretch from Stack Rock to Broadhaven South closed until early evening and if it is closed a long walk along the road from Freshwater West to Bosherton will entail.

For further information on live firing times, contact 01646 662336 (manned during firing), 01646 662367 (recorded message) or from the gatehouse 01646 662280 (manned 24 hours a day). Information can also be obtained from enquiries@milfordmarina.com 01646 823167.

Should you be diverted away from the main path, due to cliff subsidence, maintenance work or the path has moved for safety reasons you should follow any waymarks or signs around the detour.

The Path is well signed at main access points, junctions with other paths or roads and other places where the route would not be obvious. Coast Path signs have the acorn waymark, common to all National Trails, and often the words 'Coast Path'.

The Whole Wales Coast Path is the blue and yellow round symbol.



It can be tempting to follow the beach instead of the Coast Path when the tide is out. Many walkers think that they can rejoin the Coast Path at the end of the beach, this is not always the case so beware and make sure you have time to sort yourself out before the tide comes in.

If there is a path it can be hard to find. Most of these beach escape paths are very difficult and dangerous. The storms keep washing the foot away. By the time you realise that you have to go back you may be cut off by the tide! BE CAREFUL!!!

MAPS

Although there are plenty of internet information and books available about finding your way along the path, and the fact that it is well signposted it is a good idea to have relevant maps to show you what is going on around you and to help you if you leave the main path.

The O S maps covering the Pembrokeshire Coast Path are:

Explorer OS maps OL35, OL36

(Scale: 4cm = 1 km / 1: 25000) – best maps for walking

Landranger OS maps LR145, LR157, LR158

(Scale: 2cm = 1km / 1: 50000)

Outdoor Leisure OS maps North Pembrokeshire 35, South Pembrokeshire 36 (Scale: 4cm = 1km / 1: 25000)

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COASTAL PATH SAFETY CODE.

- Keep to the path, away from cliff edges and overhangs.
- Always supervise children, especially near cliff edges.
- Walking surfaces can vary considerably with the weather. Always wear strong footwear with a good grip.
- Wear or carry warm and waterproof clothing.
- Cliff-top walking can be dangerous in high winds. You will see the “cliffs can kill” signs
- Beware of taking shortcuts across beaches - you may be cut off by the tide. Swimming can also be dangerous.
- Do not sit on the very edge, under cliffs or climb them.
- Keep dogs under close control (if you come across cattle and feel threatened – let the dog go).
- Remember - the Coast Path is for walkers. Most of its length is not suitable or safe for cycling or horse riding.

OTHER ACTIVITES

If during your time on the coastal path you want to try out the array of coastal activities available, Pembrokeshire offers one of the best outdoor Leisure Centre's in Europe where you'll

find some of the best environments for a dozen or more adventurous activities, whether it's climbing or kayaking, windsurfing or scuba diving, sailing or surfing.



If you don't have any experience, there are plenty of enthusiastic, qualified instructors who will be more than happy to share their expertise with you. Try a one day taster session or join a group.

We have some renowned Activity Centre's and activity providers, especially those offering water sports tuition. Before you come check out <http://www.activitypembrokeshire.com> for more information or contact us here at Walkalongway and we can point you in the right direction.

North to South – Poppet Sands, Nr Cardigan to Amroth Nr. Tenby.

Starting in the north the national park has numbered the stiles along the path, with number 1 at Poppit Sands. Starting from here gives you a very hard first couple of days walking of up to 16 miles. From the start at St Dogmael's to Newport is the most challenging section of the Coast Path, 15.5 miles long with frequent very steep hills.

There are no services between Poppit and Newport Sands. Walkers should ensure that they are properly prepared with adequate food, drink and clothing.

Note that the prevailing wind and sun will usually be in your face travelling from north to south. During autumn and winter this can make walking uncomfortable in bad weather.

South to North – Amroth Nr. Tenby to Poppet Sands Nr Cardigan

One good reason to start in the south, especially for the less experienced walker is the going is a lot easier and you can build up slowly to the more difficult parts in the north.

You also get past all the more industrial and tourist parts of the walk first, and can enjoy the rest of the walk past some of Pembrokeshire's best countryside. Also as already mentioned, the prevailing weather is to your back and the scenery is better.

There is good stage by stage walk on Visit Pembrokeshire website:

<http://www.visitpembrokeshire.com/Pembrokeshire Coast Path>

TOURIST INFORMATION CENTRES

The following list of tourist information centres (TIC) are available to access as you walk the path:- (TICs can arrange local accommodation for walkers.)

Cardigan 01239 613230 – Theatr Mwldan, Bath House Rd.

Fishguard. 01437 776636 – Town Hall, Market Square.

Goodwick. 01348 872037 – Ocean Lab, Goodwick.

Haverfordwest. 01437 763110 – 19, Old Bridge.

Milford Haven. 01437 771818 – 19, Cedar Court

Newport. 01239 820912 – 2, Bank Cottages, Long Street.

Pembroke. 01437 776499 – Visitor Centre, 38, Main Street.

Pembroke Dock. 01646 622753 – Irish Ferries, Ferry Terminal.

St Davids. 01437 720392 – Orië Y Parc.

Saundersfoot. 01834 813672 – Barbecue, Harbour Car Park.

Tenby National Park Centre 01834 845040 – Ruabon House, South Parade. Tenby TIC 01834 842404 – Park Road.

LUGGAGE TRANSFER

This can be useful, more or less a necessity, if you like to plan your own independent trips, the price is included in any trip you book with Walkalongway, but also for people booking full on activity holidays that do not offer a transfer service, it is another way to look at how you can improve the trip.

We will transfer your luggage/bags from the accommodation you are leaving to your next stop, leaving you to have a great day exploring the fantastic countryside without worrying about carrying your equipment.

After 9.00am on your day of departure we will pick up your luggage from your hotel, B&B or camp-site along the trail, and delivering it to your next accommodation before 4:30pm. For more information on Luggage Transfer go onto on the website at:-

<http://walkalongway.com/luggage-transfer-service/>

Walkalongway.com will also pick you up from the local station and take you and your luggage to your first night's accommodation – contact us for more details.

There is also a form you can fill in on the website to tell us about your walking plans.

<http://walkalongway.com/luggage-transfer-form/>

We use a secure safety code system to keep your luggage safe.

Getting to the Coastal Path

- Cardiff to Carmarthen is 2 hours by train.
- Cardiff to Tenby is 2.5 hours, change at Tenby for a bus back to Amroth (20 mins).
- Trains also go to Haverfordwest, Pembroke Dock, Milford Haven and Fishguard Harbour.
- Carmarthen to Amroth via Pendine by bus = 1 hour.
- Carmarthen to Cardigan by bus is 90 minutes.

If you come by car it will take 3 hours from Bristol, and many accommodation providers will let you keep your car at either the beginning or the end of your walk and you can make use of local taxi's to get back to the car. Walkalongway can also arrange secure parking at around £2.00 per night. National Express coaches also come to Carmarthen, Tenby and Haverfordwest.



There are local Coastal Buses to and from all parts of the path; information can be found in local leaflets as well as online at – [Pembrokeshire Coastal Buses](#) website.

This is recommended to be researched before your trip, especially between October and April.

See the summer guide to the Coastal bus coverage below in the coastal path mileage chart (this is a guide and can be changed without notice). The local council, who manage this service have cut a lot of bus timetables in the last couple of years, so ask for timetables.

Many people make a lot of use of the coastal buses transporting themselves to and from their accommodation. The buses will generally stop anywhere; just put your hand out, or you can also call them to ask if they will pick you up, although they are a bit more reluctant to do this today.

A lot of people will come by car and there are plenty of places along the path to stop, this is especially useful for the walker of the many circular walks if you only want a day out.

Many of the coastal car parks charge a daily fee to park from beginning of April to End of October – the ticket is valid in most car parks so if you move to another car park during the day you should be able to use the same ticket.

Most car parks have toilet facilities, but many are closed during the “low season” period, this is generally from end of October to end of March., there are also facilities in many of the villages along the route, although there have been some closure of toilets in recent years. See below for full list of amenities on and around the path.

The coastal bus fleet was upgraded in 2010 through funding from the Welsh Assembly Governments -Rural Development Plan, resulting in the Poppit Rocket, Strumble Shuttle, Puffin Shuttle and the Coastal Cruiser now being low floor vehicles which run on recycled vegetable oil. The oil is collected and processed in Pembrokeshire.

The Celtic Coaster in St Davids offers rear lift access.

All coastal buses run for two or three days a week during the winter months (September to April)
Most toilets and cafes are closed in the winter.

Coastal Path Comfort Stops

The following comfort stop information is correct at time of publication, but we cannot be held responsible for any discretion you may encounter, and will be updated annually. Many of the toilets have been closed during the last 2 years so please be aware of this.

Also there are very often Post Offices situated in the general village shops, for example Broad Haven, and Marloes. Ask local shop keepers for nearest Post Office.

.N.O.A – toilets not always open.

	Toilets	Phone	First Aid seasonal	Car Park	Cafe	Pub	shop
Poppit	Yes	Yes	Yes	Yes	Yes		
Cweibwr				Yes			
Newport Sands	Yes	Yes	Yes	Yes	Yes		
Newport Parrog	Yes	Yes		Yes			

Cwm-yr-Eglwys	Yes			Yes			
Pwllgwaelod	Yes	Yes		Yes		Yes	
Fishguard	Yes	Yes		Yes			
Goodwick	Yes	Yes		Yes	Yes		
Strumble Head				Yes			
Abercastle	Yes	Yes		Yes			
Trefin	N.A.O				Yes		
Porthgain	Yes	Yes		Yes	Yes	Yes	Yes
Abereiddy	Yes	Yes		Yes			
Whitesands	Yes	Yes	Yes	Yes	Yes		
Porth Clais	Yes	Yes		Yes	Yes		
Caerfai				Yes			Yes
Solva	Yes	Yes		Yes	Yes	Yes	Yes
Newgale	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Maidenhall				Yes			
Nolton Haven	N.A.O	Yes		Yes		Yes	
Broad Haven	Yes	Yes		Yes	Yes	Yes	Yes
Little Haven	Yes	Yes		Yes	Yes	Yes	Yes

St. Brides Haven	Yes	Yes		Yes			
Martins Haven	Yes	Yes		Yes			
Musselwick Marloes				Yes			
Marloes Sands	N.A.O	Yes		Yes			
Kete				Yes			
Dale	Yes	Yes	Yes	Yes	Yes	Yes	
Sandy Haven				Yes			
Gelliswick	Yes	Yes		Yes			
Milford Haven	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Llanstadwell	Yes			Yes		Yes	Yes
Neyland	Yes	Yes		Yes	Yes	Yes	Yes
Pembroke	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Angle	Yes	Yes				Yes	Yes
West Angle Bay	Yes	Yes		Yes	Yes		
Freshwater West	Yes	Yes		Yes			
Stack Rock				Yes			
St Govans				Yes			
Broadhaven South	N.A.	Yes		Yes			
Stackpole Quay	Yes	Yes		Yes	Yes		
Freshwater East	Yes	Yes		Yes	Yes		
Manorbier	Yes	Yes		Yes	Yes	Yes	
Skrinkle Haven	Yes	Yes		Yes			
Lydstep Haven	Yes		Yes	Yes	Yes		
Penally	Yes	Yes		Yes		Yes	Yes
Tenby	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Saundersfoot	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coppet Hall	Yes	Yes		Yes	Yes		

Wisemans Bridge	Yes	Yes		Yes	Yes	Yes	
Amroth	Yes	Yes	Yes	Yes	Yes	Yes	Yes

If you need any update on the information please feel free to contact us.

WHAT YOU MAY NEED

The equipment you take with you on your trip is up to you and will depend on the timescale of your trip, but run through the list below to help you decide your needs.

Extremely Important.	Very Useful.	Recommended
25 - 65 Litre Rucksack- Luggage transfer is available.	Puritabs – water safety	Sun/Glasses Holder
Lightweight Waterproof	Tissues	Micro toolbox

Lightweight Trainers	Stamps	GPS
2 Polo shirts	Insect bite spray	Mini tripod
Survival bag	Disposable razors	Camera, film and Case
2 Water bottles	Guide book & map case	Accommodation list
3 Pairs underpants	Mobile phone & charger	Site maps

2 Pairs thick socks	Jumper	Emergency Phone Numbers
3 Pairs thin socks	Fleece	Savlon
Cheque book + credit cards – Wallet	Trousers for evening	Paracetamol
Hat & Gloves	Nightwear (T shirt + shorts)	
Spare batteries	Sandwich box (empty)	
Plastic bags (Clear if possible)	Insect repellent	
Compass	Sports towel	
Plastic cup and cutlery	Notebook + pen	
Whistle	Sewing kit	
Mini torch & Head torch	Plasters	
Mini deodorant spray / hygiene things, soap etc.	Toothbrush + toothpaste	

The list above is mainly designed for people walking long sections of the path but day trippers may find the information below useful.

Regardless of how long the walk you will need the following bare essentials.

- Suitable footwear - Strong shoes/boots in the mountains and on the coast.
- Suitable clothes - remember, the weather can change in an instance.
- Food and drink – plenty of water about 1 litre/per 10 miles.

- Relevant walking equipment, do not over burden yourself.
- Always carry a mobile phone, whistle, and a waterproof cover to help you in emergencies. Tell someone where you are going and how long you plan to be.
- Remember many of the areas you go to will have few or no amenities, so go prepared...

ACCOMMODATION

The information given in this part of your planning is for your information only, it is up to you to check out and clarify the accommodation, (costs and amenities - although have been checked out - do change), so do make a good job of planning your accommodation.

Walkalongway is not promoting any particular place to stay and you must satisfy yourself that you want to stay there. The places mentioned have been used by our clients. Many places are fully booked in the height of the season, so it is better to book before you come rather than hoping, this not so much the case at the beginning and end of the season.

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This part of the planning is the most difficult to get right, there are a few things to take into consideration before you even start to look for you places to stay.

Although the path is promoted as being 186 miles long, you often have to leave the path to find accommodation so you will probably walk in excess of 200 miles throughout your trip.

First of all remember that if you do the whole walk it can take up to 20 nights, and you are travelling so you will need to change accommodation a lot along the way.

Accommodation providers (mainly B&B and Guest Houses) generally do not like the idea of someone staying for just one night, more work involved, so another option is to stay for more than one night and make use of the local coastal buses.

Some providers will even transport you to your next day starting point if stay for two nights or more. They will sometimes give you cost concessions if you stay more than one night. Also tell them you are walking the path and you might get cheaper accommodation.



You will have to decide how many miles a day you are going to walk. The places along the way are not always consistent with walking exactly the same number of miles every day. Some days may require up to 16 miles walking whilst others maybe only 8 miles between accommodation.

What type of accommodation do you want to use, B&B, Guest House, Youth hostel, camping or hotels. There is a cost factor in this as well.

By camping the accommodation cost will be around £5 - £20 per night. To stay at B&B's and Guest Houses between £45.00 and £90.00, Youth Hostel (see below) around £20.00 and Hotels £80 plus.

There are not many hotels around the path, but if you want the odd luxurious night there are hotels at Fishguard, Goodwick, St. Davids, Pembroke Dock, Pembroke and Tenby.

There are many places along the path to stay and you will need to work out how many miles a day you are going to do. Some of the more popular towns and villages along the way are:

Cardigan, Newport(Pembs), Fishguard & Goodwick, Trefin, Porthgain, St, Davids, Solva, Newgale, Broad Haven & Little Haven, Dale, Milford Haven, Pembroke Dock, Angle, Manorbier, Tenby, Saundersfoot, Amroth.

There are numerous other place to stay along the path so independent walkers need to plan a daily itinerary as part of their overall planning. Below are some examples of accommodation available.

Campsites useful when walking the coastal path

Cost from around £5.00 - £20.00 per person or per tent.

It is possible to just turn up, but booking recommended in the Summer.

Campsite	Contact	Booking	Cost	Amenities	Distance	Notes
Meadowhouse, Amroth, SA67 8NS	01834812438	Book in advance	Ring to clarify	Shop, Pub, Reception		Open March – November. Holiday camp.
Penally Court Farm, Penally. SA70 7PR	01834845109	Book in advance	Ring to clarify	Shop, Pub (in village) Reception.	10 miles	
Portclew Farm, Freshwater East	01646672112	Enquire and book on arrival	Ring to clarify	Pub in village	12 miles	Open May - September
St. Petrox Campsite, St Petrox, SE71 5EQ	01646683980	Book and then pay on arrival	Ring to clarify	Obtain provisions in Pembroke	8 miles	Open Feb – September. 2 miles from coast path.
Castle Farm, Angle, SA71 5AR	01646641220	Book and then pay on arrival	Ring to clarify	Shop, Pub in village	15 miles	This area is on the Estuary
Windmill Hill Campsite, Pembroke, SA71 5BT	01646682392	Book and then pay on arrival	Ring to clarify	Laundry on site.	12 miles	Shop and pub in town 0.5 miles. Open Easter.
Sandy Haven, Herbranston, Milford Haven.	01646695899	Book and pay on arrival.	Ring to clarify	Shop and pub in village –	16 miles	Check tides, extra walk tide is in.

				1 mile		
West Hook Farm, Martins Haven, Maeloes, Milford Haven,	01646636424	Enquire or just turn up. Pay on arrival	Ring to clarify	Shop and pub in village – 0.5 miles	16 miles	

Newgale Campsite, Newgale, St. Davids	01437710253	Enquire or just turn up. Pay on arrival	Ring to clarify	Shop and pub next to campsite	17 miles	Right on beach, can flood and be rough in bad weather.
Caerfai Campsite, Caefai. St. Davids	01437720548	Book. Pay on arrival	Ring to clarify	Laundry, Shop. Pub in town 0.5miles.	9 miles	Concession for people walking the coast path £4.00/person
Whitesands Campsite, Whitesands. St.Davids SA62 6PR	01437720245	Book in Advance	Ring to clarify	Shop on site/	10 miles	Very popular area. Open 1 st March.
Prendergast, Trefin, St.Davids	01348831368	Booked, Pay on arrival	Ring to clarify	Shop and pub in village.	12 miles	Open April – Sept.
Strumble Head FFerm Tresinwen		Enquire, pay on arrival	Ring to clarify	none	13 miles	
Fishguard Bay Campsite, Fishguard	01348811415	Book, pay in advance.	Ring to clarify	Laundry and shop on site	10 miles	Pub and other amenities if town 1 mile
Morawelon Perrog Newport	01239820565	Book, pay in advance.	Ring to clarify		14 miles	
Allt-y-goed, Poppets Sands, St. Dogmaels.	01239612673	Book, pay on arrival	Ring to clarify	Shop and pub – 1.5 miles.	3 miles to end of path..	

If you are fairly experienced walkers then the above is achievable, in 2010 a family with 4 young people around 14 years old managed this in 15 days. Walkalongway moved their luggage for them.



All the campsites have wash and toilet facilities, some better than others and this is reflected in the price you pay at the different sites.

It is advisable to plan you meals in advanced as some sites

do not have shops and you may need to buy provisions on the way or go to the local shops, and after a long days walk this may not be wanted.

All sites should be contacted during your planning and get up to date details from them, costs and amenities change all the time.

Most accommodation has some kind of website for you to check out at your leisure.

Examples of B&B and Guest Houses available

Prices range from around £40.00 to around £90.00 for double/twin room.

B&B Guest House	Contact	Booking	Cost	Local Amenities	Notes
Oriel Milgi House St, Dogmaels , SA43 1JU	01239 612556	Book in advance.	Check out website or Ring to clarify	Shops, pub, close by.	
Bethsaida St. Dogmaels, SA43 3EQ	01239 615479	Book in Advance	Check out website or Ring to clarify	Shops, pub, close by	
Argo Villa, Poppit Road, St Dogmaels,	01239 613031	Book in advance.	Check out website or	Shops and pub close by.	

Cardigan			Ring to clarify		
The Old Vicarage Moylegrove, SA43 3BN	01239 881711	Book in Advance	Check out website or Ring to clarify	No facilities, evening meal can be booked	A couple of miles away from path.
The Golden Lion, East Street, Newport. SA42 0SY	01239 820321	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	The Main Street.
Cnapan Guest House, East Street, Newport. SA42 0SY	01239 820575	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	The Main Street
Manor Town House 11 Main Street Fishguard, SA65 9HG	01348 873260	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	Main Street
Fern Villa Guest House, Church Rd Fishguard, SA64 0EH	01348 874148	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	
Brynawell Country Guest House, Llanwnda, Goodwick,	01348 874155	Book in Advance	Check out website or Ring to clarify	Shops and pubs in Village – 1.0 mile	

Garn Fach Llanwnda	01348 873161	Book in Advance	Check out website or	Shops and pubs in Goodwick –	
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Goodwick Pembrokeshire			Ring to clarify	1.5 miles	
Garn Isaf, Abercastle Haverfordwest, SA62 5HJ	01348 831838	Book in Advance	Check out website or Ring to clarify	Shop and pub 1.0 miles in Mathry	Small village just off the path.
Hampton House, Trefin, SA62 5AX	01348 837701	Book in Advance	Check out website or Ring to clarify	Shop 1.0 mile and pub in village	
Cranog, Abercastle Road, Trefin, SA62 5AR	01348 831507	Book in Advance	Check out website or Ring to clarify	Shop 1.0 mile and pub in village	
The Coach House, 15, High Street, St. Davids SA62 6UT	01437 720632	Book in Advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	In the main Square.
Y-Gorlan Guest House, 77 Nun Street, St David's,	01437 720837	Book in advance	Check out website or Ring to clarify	2 miles from coastal path, in the city.	

Bryn Awel 45, High Street St, Davids		Book in Advance	Check out website or Ring to clarify	Shops, pubs and eating all in Town	
Felingog B&B 35 Main Street Solva	01437 729236	Book in advance	Check out website or Ring to	Shops, pub, eating all in town.	50 yards from path.

SA62 6UT			clarify		
Cambrian Inn 6, Main Street Solva	01437 721210	Book in Advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	Close to path
Anchor Guest House, The Seafront, Broad Haven, SA62 3JN	01437 781476	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in village.	Right on the path
Bower Farm, Little Haven Broad Haven	01437 781554	Book in advance	Check out website or Ring to clarify	Nr Broadhaven, shops pub	
The Clock House, Marloes, Haverfordwest SA62 3AZ	01646 636527	Book in advance	Check out website or Ring to clarify	Shop. Post office pub	

Foxdale Guest House, Marloes, Milford Haven	01646 636243	Book in advance	Check out website or Ring to clarify	Shop. Post office pub	
Allanbrook Dale SA62 3RN	01646 636254	Book in Advnce	Check out website or Ring to clarify	Pub in village	
Skerryback B&B Sandy Haven, St Ishmael's,	01646 636598	Book in advance	Check out website or Ring to	Nearest amenities – Milford Haven 3	




Haverfordwest, SA62 3DN			clarify	miles.	
Bicton Farm, St Ishmael's Haverfordwest SA62 3DR	01646 636215	Book in advance	Check out website or Ring to clarify	Nearest amenities – Milford Haven 3 miles.	
Woodbine B&B 84 Main Street, Pembroke SA71 4HH	01646 686338	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	Main Street
Penfro B&B 111, Main Street, Pembroke, SA71 4DB	01646 682753	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in town.	Far end of town, from castle




Old Point House, Angle, Pembroke SA71 5AS	01646 641205	Book in advance	Check out website or Ring to clarify	Shops, pub, eating all in village.	Just as you go into the village
Hibernia Inn Angle, Pembroke	01646 641517	Book in advance	Check out website or Ring to clarify	Shop. Post office pub	
Angle Bay Angle, SA71 5AN	01646 641394	Book in advance	Check out website or Ring to clarify	Shop. Post office pub	
The Old Smithy, 7, Merrion Village SA71 5HT	01646 661310	Book in advance	Check out website or Ring to clarify	Nearest amenities – Pembroke 3 miles.	Close to Army barracks
Stackpole Inn, B&B Stackpole, Pembroke SA71 5DF	01646 672324	Book in advance	Check out website or Ring to clarify	Minimal facilities	
St. Govan's Country Inn. Bosherston, Pembroke SA71 5DN	01646 661643	Book in advance	Check out website or Ring to clarify	Nearest amenities – Pembroke 3 miles.	Walk through lily ponds to village.
Castlemead Hotel. Manorbier nr Tenby SA70 7TA	01834 871358	Book in advance	Check out website or Ring to clarify	Nearest amenities – Tenby 3 miles.	

New Overlander Penally SA70 7P	01834 842868	Book in advance	Check out website or Ring to clarify	Nearest amenities – Tenby 1 miles.	
Clement Gale Guest Hse, Tenby	01834 843165	Book in advance	Check out website or Ring to clarify	Shop. Post office pub	
Mellieha Guest House, Amroth, Tenby	01834 811581	Book in advance	Check out website or Ring to clarify	shops pub	Up the hill towards Summerhill
Beach Haven B&B Amroth, Saundersfoot SA67 8NG	01834 813310	Book in advance	Check out website or Ring to clarify	Nearest amenities – Saundersfoot .5 miles	On Seafront near start/end of walk.

Youth hostels. More info at www.yha.org.uk/find-accommodation/wales

Poppit Sands Sea View Poppit Cardigan Pembrokeshire SA43 3LP	 Prices from: Adult: £9.95 Under 18: £7.50 T: 0845 371 9037 E: poppit@yha.org.uk	Self catering only YHA Poppit Sands is down a flight of 50 steps.		Reception open: 09.00-10.00 17.00-22.30 24 hour access
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<p>Newport Lower St Mary Street, Newport Pembrokeshire SA42 0TS</p>	<p>★★★★☆ Prices from: Adult: £9.95 Under 18: £7.50 T: 0845 371 9543 E: newport@yha.org.uk</p>	<p>YHA Newport is self-catering only.</p>		<p>Reception Open: 08.00 - 10.00 hrs 17.00 - 22.00 hrs Hostel Closes: 23.00 hrs</p>
<p>Pwll Deri Castell Mawr Trefasser Goodwick Pembrokeshire SA64 0LR</p>	<p>★★★★☆ Prices from: Adult: £9.95 Under 18: £7.50 T: 0845 371 9536 E: pwllderi@yha.org.uk</p>	<p>Situated on the cliff top</p>		<p>Reception Open: 08.00 - 10.00 hrs 17.00 - 22.30 hrs Hostel Closes: 23.00 hrs</p>
<p>St David's Llaethdy Whitesands St David's Pembrokeshire SA62 6PR</p>	<p>★★★★☆ Prices from: Adult: £11.95 Under 18: £8.95 T: 0845 371 9141 E: StDavids@yha.org.uk</p>	<p>Catering for groups can be arranged. Access via an unmade road.</p>		<p>Reception Open: 08.00 - 10.00 hrs 17.00 - 22.00 hrs Hostel Closes: 23.00 hrs</p>

<p>Broad Haven Broad Haven Haverfordwest Pembrokeshire SA62 3JH</p>	<p>★★★★☆ Prices from: Adult: £19.95 Under 18: £14.95 T: 0845 371 9008 E: broadhaven@yha.org.uk</p>	<p>The hostel has disabled facilities (Visit Britain Accessibility Mobility - One)</p>	<p>All day access.</p> 	<p>Reception Open: 08.00 - 12.00 hrs 15.00 - 22.00 hrs Check in from 3pm. Hostel Closes: 23.00 hrs</p>
<p>Marloes Sands Runwayskiln Marloes Haverfordwest Pembs SA62 3BH</p>	<p>★★★★☆ Prices from: Adult: £13.95 Under 18: £10.50 T: 0845 371 9333 E: marloessands@yha.org.uk</p>	<p>Car parking limited. Hostel is run by YHA volunteers</p>		<p>Reception Open: 8.00 - 10.00 hrs 17.00 - 22.00 hrs Hostel Closes: 23.00 hrs</p>
<p>Manorbier Manorbier nr Tenby Pembrokeshire SA70 7TT</p>	<p>★★★★☆ Prices from: Adult: £11.95 Under 18: £8.95 T: 0845 371 9031 E: manorbier@yha.org.uk</p>	<p>Many of the rooms have ensuite facilities. separate apartment.</p>		<p>Reception Open: 07.30 - 10.00 hrs 17.00 - 22.30 hrs Hostel Closes: 22.30 hrs</p>

Coastal Path Mileage - North – South

Points along the way	miles	Kilometre	Coastal Buses
Poppet Sands - Ceibwr	5.8	9.3	Poppet Rocket,
Ceibwr - Newport Sands	7.1	11.3	
Newport Sands - Newport Iron Bridge	1	1.6	
Newport Iron Bridge - Pwllgwaelod	6.8	10.9	
Pwllgwaelod - Goodwick	6.9	11.1	
Goodwick - Strumble Head	6.4	10.3	
Strumble Head - Pwll Dewi YH.	2.8	4.5	Strumble Shuttle,
Pwll Dewi YH - Abermawr	3.6	5.8	
Abermawr - Trefin	6.1	9.8	
Trefin - Porthgain	1.7	2.7	
Porthgain - Abererddi	2	3.2	
Abereriddi - Pemberi	3.2	5.1	
Pemberi - Whitesands	4.4	7	
Whitesands - St Justinians	2.2	3.5	
St Justinians - Caerfai	6.4	10.2	

Caerfai - Solva	4.3	6.9	Puffin Shuttle,	
Solva - Newgale	5.4	8.6		
Newgale - Nolton	2.2	3.5		
Nolton - Broad Haven	3.5	5.6		
Broad Haven - St. Brides Beach	6.2	9.9		
St. Brides Beach - Martin's Haven	4.2	6.7		
Martin's Haven - Marloes Sands	2.2	3.5		
Marloes Sands - West Dale Beach	2.1	3.3		
West Dales Beach - St Ann's Head	2.5	4		
St Ann's head - Dale Village	3.6	5.7		
Dale Village - Sandy Haven	5.7	9.1		
Sandy Haven - Gelliswick	2.5	4		
Gelliswick - Cleddau Bridge	8.4	13.5		
Cleddau Bridge - Quoit's Mill	6	9		Coastal Cruiser
Quoit's Mill - Power Station	4.4	7		
Power Station - Angle Bay	4	6.4		
Angle Bay - Angle Church	2.2	3.5		
Angle Church - West Angle Beach	3	4.8		
West Angle Beach - Freshwater West	5.4	8.6		
Freshwater West - Stack Rock	5.4	8.6		
Stack Rock - St Govan's	3.1	4.9		
St Govan's - Broad Haven South	1.1	1.7		
Broad Haven South - Stackpole Quay	3.1	4.9		
Stackpole Quay - Freshwater East	2.9	4.6		
Freshwater east - Manorbier	3.4	5.4		
Manorbier - Lydstep	3.9	1.9		
Lydstep - Penally Range	1.2	1.2		
Penally Range - Tenby	3.1	4.9		

Tenby - Saundersfoot	3.8	6.1
Saundersfoot - Wiseman's Bridge	1.2	3.3
Wiseman's Bridge - Amroth	2.1	3.3

Coastal Path Mileage - South - North

Points along the way	miles	Kilometre	Coastal Buses
Amroth - Wiseman's Bridge	2.1	3.3	
Wiseman's Bridge - Saundersfoot	1.2	1.9	
Saundersfoot - Tenby	3.8	6.1	
Tenby - Penally Range	3.1	4.9	
Penally Range - Lydstep	1.2	1.9	
Lydstep - Manorbier	3.9	6.2	
Manorbier - Freshwater East	3.4	5.4	
Freshwater East - Stackpole Quay	2.9	4.6	
Stackpole Quay - Broad Haven (South)	3.1	4.9	
Broad Haven (South) - St Govan's	1.1	1.7	

St Govan's - Stack Rock	3.1	4.9	Cruiser
Stack Rock - Freshwater West	5.4 Coastal	8.6	
Freshwater West - West Angle Beach	5.4	8.6	
West Angle Beach - Angle Church	3	4.8	
Angle Church - Angle Bay	2.2	3.5	
Angle Bay - Power Station	4	6.4	
Power Station - Quoit's Mill	4.4	7	
Quoit's Mill - Cleddau Bridge	6	6.4	
Cleddau Bridge - Gelliswick	8.4	13.5	
Gelliswick - Sandy Haven	2.5 Puffin Shuttle,	4	
Sandy Haven - Dale Village	5.7	9.1	
Dale Village - St Ann's Head	3.6	5.7	
St Ann's Head - West Dale Beach	2.5	4	

West Dale Beach - Marloes Sands	2.1	3.3	Green
Marloes Sands - Martin's Haven	2.2	3.5	
Martin's Haven - St Brides Beach	4.2	6.7	
St Brides Beach - Broad Haven	6.2	9.9	
Broad Haven - Nolton	3.5	5.6	
Nolton - Newgale	2.2	3.5	
Newgale - Solva	5.4	8.6	
Solva - Caerfai	4.3	6.9	
Caerfai - St Justinian	6.4	10.2	
St Justinian - Whitesands	2.2	3.5	
Whitesands - Penberi	4.4 Strumble Shuttle,	7	
Penberi - Abererddi	3.2	5.1	
Abererddi - Porthgain	2	3.2	
Porthgain - Trefin	1.7	2.7	
Trefin - Abermawr	6.1	9.8	
Abermawr - Pwll Deri YMCA	3.6	5.8	
Pwll Deri YMCA - Strumble Head	2.8	4.5	
Strumble Head - Goodwick	6.4	10.3	
Goodwick - Pwllgwaelod	6.9 Poppet Rocket,	11.1	Red
Pwllgwaelod - Newport Iron Bridge	6.8	10.9	
Newport Iron Bridge - Newport Sands	1	1.6	
Newport Sands - Ceibwr	7	11.3	
Ceibwr - Poppit Sands	5.8	9.3	

Walkalongway Information:


Website www.walkalongway.com

Email colin@walkalongway.com

Phone 01834 869997 / mobile 07976 926165

Emergency Phone numbers

In most emergencies call 999 and tell the operator you needs, but you can call the Police - Non-Emergency Number 101 (01267 222020).



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TO CLARIFY THE INFORMATION.