



North Beach, Tenby

## Pembrokeshire into Carmarthenshire

*"I love the scars and stories of the history associated with this section. Medieval arrows and heat-seeking missiles at Manorbier; sea-cliff quarries at Lydstep; mining and iron-working around Saundersfoot, and World War 2 practice landings at Pendine are all in the mix on this fantastic walk."*

Theresa Nolan, Wales Coast Path Officer.

### From Manorbier to Pendine

From precipitous clifftops to heritage railway tunnels enjoy this 3-day adventure along the magnificent Pembrokeshire coast, ending with the entry into Carmarthenshire.

Enjoy this 3-day adventure by basing yourself at Tenby, alternatively stay en route near the settlement at the end of each day.

### Getting there

Direct train services are available from Manchester, Newport (South Wales) and Swansea; services from most parts of the country connect with these. National Express run coaches from London Victoria Coach Station directly to Tenby.

### Suggested base

Tenby is a delightful seaside town and harbour. Known for its 13th century town walls, golden sandy beaches and its colourful houses overlooking the sea, it is one of the best-known locations in the Pembrokeshire Coast National Park.

### Accommodation

Accommodation for every type of stay can be found here:

[visittenby.co.uk/where-to-stay/](http://visittenby.co.uk/where-to-stay/)

[visitpembrokeshire.com/holiday-accommodation](http://visitpembrokeshire.com/holiday-accommodation)

### Eating Out

Tenby has a varied selection of cafes, restaurants and takeaways:

[visittenby.co.uk/where-to-eat/](http://visittenby.co.uk/where-to-eat/)



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### Terrain

As the Wales Coast Path closely follows the coastline inevitably you will encounter erosion, steep cliffs and rocky paths. Please take care and we advise that you choose footwear and clothing appropriate to these conditions and to suit the predicted weather.

### Difficulty

Parts of this section of the Wales Coast Path can be particularly strenuous with steep climbs and descents and a good level of fitness is required. These sections are balanced with shorter mileage and include flat sections and places for breaks.

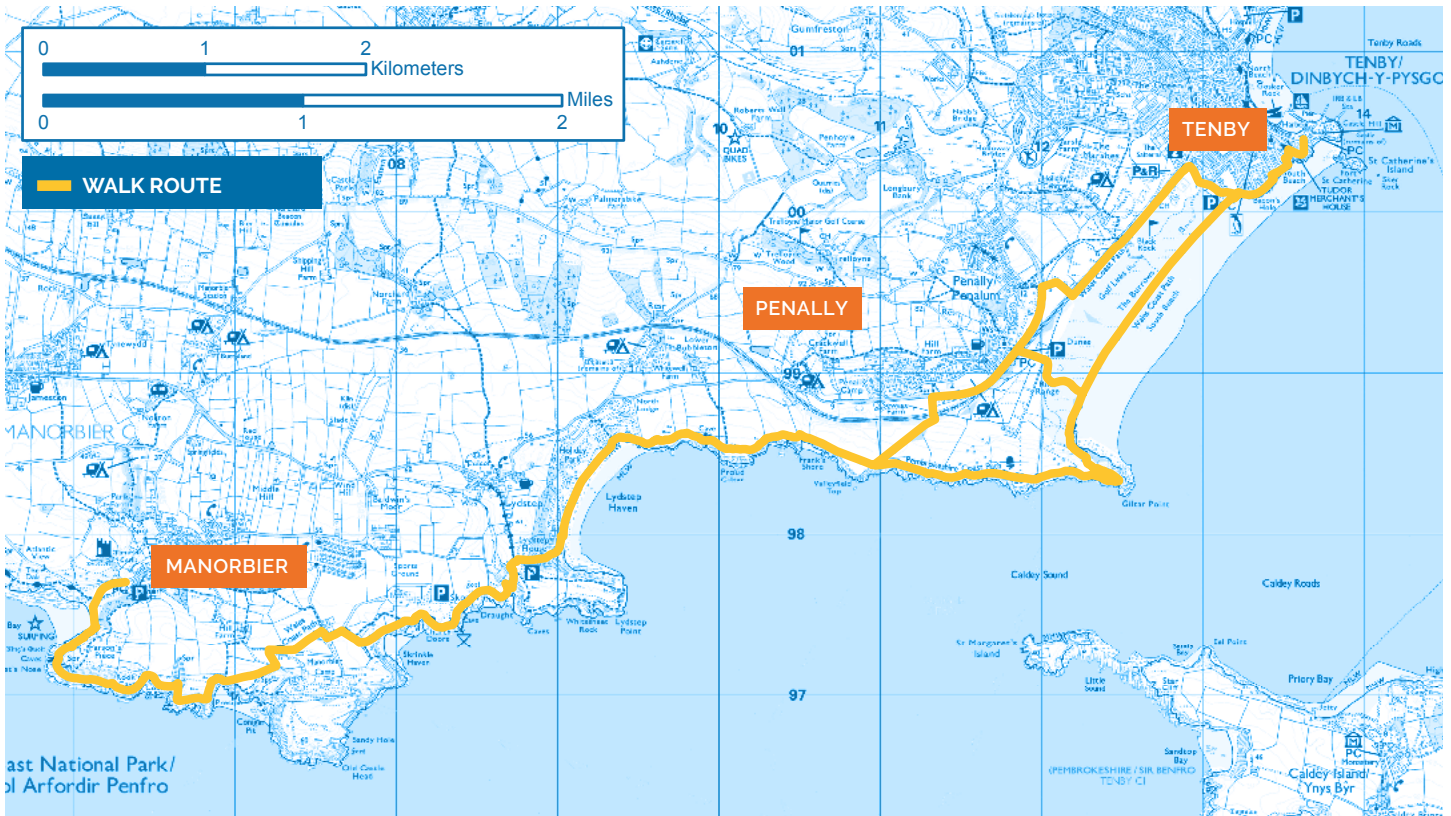
### Public Transport

Details of transport are with each walk, but please check for times on Travel Line Cymru [traveline.cymru](http://traveline.cymru) or National Rail [nationalrail.co.uk](http://nationalrail.co.uk) or Transport for Wales [tfwrail.wales](http://tfwrail.wales)

### Baggage Handlers

For those wanting to stay en route, take the strain out of the journey by using luggage handlers to transfer your luggage to your next stop.

[walescoastpath.gov.uk/plan-your-visit/planning-carrying-help/?lang=en](http://walescoastpath.gov.uk/plan-your-visit/planning-carrying-help/?lang=en)



## Manorbier to Tenby 7 miles

*A walk in Pembrokeshire Coast National Park from Manorbier, with its Norman castle, past cliffs and bays to ancient Lydstep Haven and on to colourful Tenby's south beach.*

### Start

On leaving the bus follow the road down through Manorbier towards the sea. Bear left at junctions to pick up the Wales Coast Path at the beach. On your way, why not call at the imposing Norman Castle which dominates the village.

If you can tear yourself away from the beautiful sands of Manorbier, turn left and follow the Wales Coast Path to climb high around pretty coves. At the far side of Manorbier Bay the path passes The Kings Quoit, an ancient burial chamber. You'll notice it by the two small side stones support a striking capstone creating a small Neolithic chambered tomb. The path continues to hug the craggy cliff side and offers amazing views out to sea.

The path goes inland to avoid a British Army Royal Artillery Range (Ministry of Defence site). Don't be concerned by this, as the path is safe and well signed. It re-joins the coast a short time after at Skrinkle Haven, with its glorious golden beach. A little further along the path are steep steps down to Lydstep Caverns, beautiful but accessible at low tide only. Follow high cliffs around Lydstep Point before dropping down to Lydstep Haven. If you need any refreshments the Holiday Village here has a small shop and food and drink facilities.

Make your way along the beach front (at high tide or if walking with dogs you will have to continue above, through the holiday village) and up steps at the far end which will take you on a steady climb back up to the clifftops. This stretch of the path lined with gorse and wildflowers offers glorious views out to sea and is where you'll catch the first glimpse of Caldey Island. Caldey Abbey on the island is the home of Cistercian Monks who make the famous Caldey Island perfume and chocolate. You can visit this peaceful island via a boat trip from Tenby.

Continuing on the path you'll reach a point where, depending on MOD activity, you'll be directed in one of two ways. One heads inland and the other around the headland. Both ways lead back to bright and cheerful Tenby south beach which you follow to the end. Double back to the right to join the Esplanade into town and back to your base.

### Transport to the start

Take the 349 - Haverfordwest - Tenby from Stop 1 Upper Park Road, Tenby to just after the Castle Inn in Manorbier. The journey takes 20 minutes and the service runs every hour. Please check times before leaving.





## Tenby to Amroth 7 miles

*A rugged stretch along the coast with woodland and open countryside to the attractive harbour village of Saundersfoot. Then an unusual stretch through 200-year-old tramway tunnels to Amroth.*

### Start

Start the walk at the Tenby Harbour near the boat trip huts. With the sea behind you, turn up and to your right along Bridge Street and right along Crackwell Street where you'll have a stunning view of the bustling harbour. The top of Crackwell Street meets the High Street and where you begin on the Wales Coast Path.

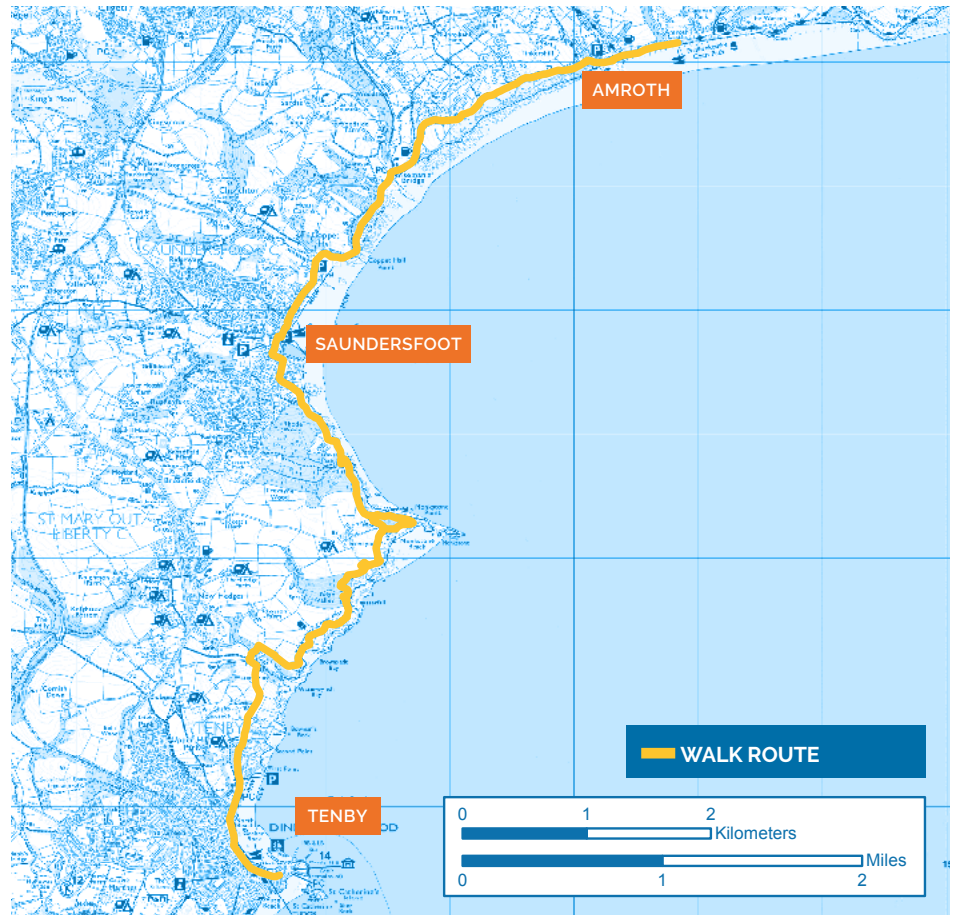
Continue for a short time along Norton, overlooking the sea, until you reach a turning on your right along The Croft. Follow this road until it bears to the right and go straight on at the fork, signed the Wales Coast Path.

Follow the signed path after Waterwynch, a blissful and secluded stretch along an enchanting woodland path with birds and wildflowers in abundance, before the sea is once again revealed. Although very beautiful, the path can be rough and there are a number of descents climbs and steps as the path drops down to a number of coves including Waterwynch.

Continue until the end of the woodland and the start of the welcoming village of Saundersfoot. Here you can turn right to go around the woodland. The road that meets you is The Glen. Follow this road to the junction and turn right. Continue until you reach the lovely harbourside.

There are plenty of places to eat and drink in Saundersfoot so take a moment to relax and enjoy this delightful place, you might even refresh your feet with a paddle!

Saundersfoot harbour was originally built to transport coal from mines. Nothing remains of the mines but the route of the tramway that was built to bring the coal to Saundersfoot harbour adds a fascinating aspect to this walk.



You may be pleased to know that after the ups and downs of the previous stretch, a flat path awaits. Continue east along The Strand towards Coppet Hall beach, which is reached via a short tunnel.

On the far side of Coppet Hall beach are two further mining tunnels cut into the cliffside, followed by a path along the seafront. This takes you to the small hamlet of Wisemans Bridge where in 1943, Winston Churchill visited whilst the allies practised for the D-Day landings.

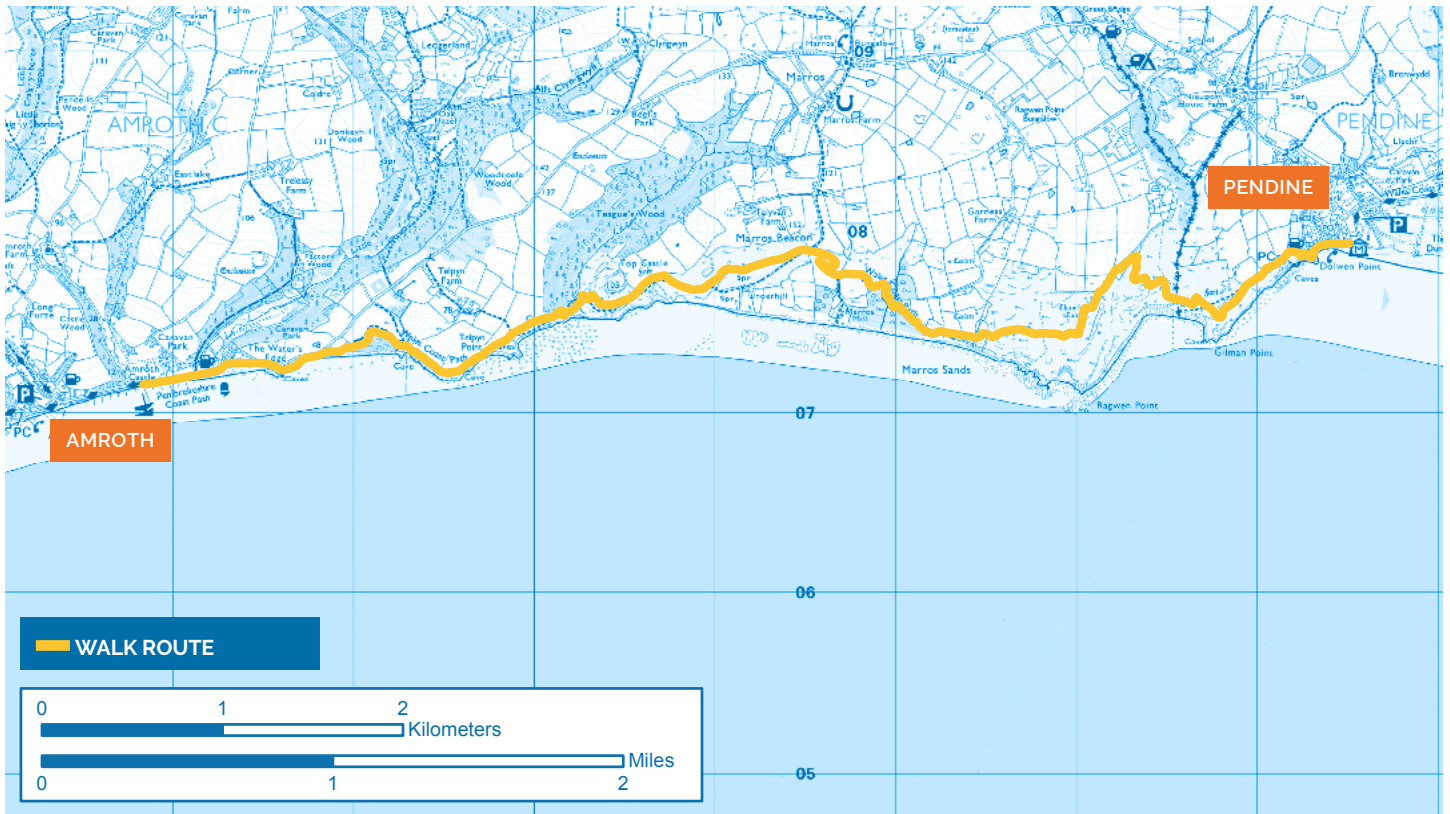
Once the path reaches the road follow it to the right and fork right again where you immediately join Cliff Road. This eventually turns into a path and will descend to the blue flag beach and rockpools at Amroth.

Amroth, has a couple of pubs, a shop and somewhere to grab a bag of chips before your journey back to base.

### Return to base

#### Bus

Take the 351 - Tenby - Pendine from Castle, Pendine Road at Amroth. The journey takes between 35 and 50 minutes. The buses are not very regular and leave every 2-3 hours so please check times before you set off.



## Amroth to Pendine 5 miles

*A short, strenuous walk above vast golden sands, bridging Pembrokeshire and Carmarthenshire, to arrive at the home of land speed records!*

### Start

Start the day from the bus stop at Amroth Castle, facing the long, flat sandy beach, head to your left. Follow the road past the New Inn pub and continue a short way along the road until you take the Wales Coast Path to your right that leads to a well-defined grassy track. After a long flight of steps you cross a footbridge at the Pembrokeshire/Carmarthenshire border.

The path will lead you steadily but steeply up to Telphin Point, where looking back you can see Tenby in the distance and ahead the glint of Marros Sands and headland of Carmarthenshire.

As ever, views don't come for free and although this a short stretch of the Wales Coast Path it is strenuous. You'll start a zig zag steep section up to Marros Beacon and through a short stretch of sheltered woodland before Marros Sands comes into view again. If the tide is low you may catch site of remains of a schooner, called Rover, which in 1886 was deliberately beached to avoid it sinking in a force 11 gale.

Continue along the path and you'll find places where, if the tide allows, you can venture down on to the sands. The sands below Gilman Point is one of these and here you can walk into Pendine via the beach. The vast stretch of sand here was used for testing land speed records. If the tide is coming in, take no chances and head over Gilman Point via the designated path. This will take you to Dolwen Point which gives you the final descent into Pendine. With an A for effort, why not reward yourself with a delicious ice cream from one of the beach-front cafes before catching the return bus back to Tenby and your base?

### Return to base

Catch the 351 - Tenby - Pendine via Saundersfoot, from Marsh Road opposite the car park. The journey takes an hour. The buses are not very regular so please check times before you set off.



# Pembrokeshire into Carmarthenshire

## Additional Attractions for your stay

### Manorbier Castle

Manorbier Castle is an impressive Norman castle and has a stunning location perched above the beach. It has a well-preserved masonry, chapel, round tower and gatehouse; numerous stairs, towers, rooms and battlements to explore.

There is a cafe on site with locally made cakes and freshly made sandwiches. Take a moment to sit in the peaceful walled gardens designed by botanical artist Daphne Shackleton.

[visitpembrokeshire.com/attractions-events/manorbier-castle/](http://visitpembrokeshire.com/attractions-events/manorbier-castle/)



### Boat trip to Caldey Island

Caldey Island is embraced by the magnificent South Pembrokeshire coastline. It is one of Britain's holy islands.

The Cistercian monks of Caldey continue a tradition of prayer and monastic life which began there in Celtic times with people today finding the remote and beautiful island a haven of tranquility and peace.

The monks and islanders are pleased to welcome day visitors to share the delights of their island home throughout the summer season. A fleet of boats runs to the island from Tenby Harbour from Easter to October.

[caldeyislandwales.com](http://caldeyislandwales.com)

### Tudor Merchant's House

For those with an interest in history, time travel to Tudor Tenby and discover what life was like in a 15th century Tudor merchant's house. Step into the world of a successful merchant and his family in 1500, when this fine three-storey house had just been built. Discover the merchant's shop and working kitchen on the ground floor. The first-floor hall is transformed with colourful wall hangings and replica Tudor furniture.

[nationaltrust.org.uk/tudor-merchants-house](http://nationaltrust.org.uk/tudor-merchants-house)



### Colby Woodland Garden

Set in a tranquil valley, this hidden woodland garden has a rich industrial past.

Each season brings a different carpet of colour: bluebells, crocuses, and daffodils, swathes of camellias, rhododendrons and azaleas, followed by hydrangeas and the summer wildflowers.

Enjoy shady woodland walks, the wildflower meadow and colourful walled garden in summer, and the amazing colours of acers, dogwoods and sweet-gum in autumn.

Explore the meadow with its trickling stream, stepping stones, log bridge and dragonflies and butterflies.

It also has a tearoom and shop.

[nationaltrust.org.uk/colby-woodland-garden](http://nationaltrust.org.uk/colby-woodland-garden)

### Tenby Watersports

If you're feeling inspired and active, then explore the stunning Pembrokeshire coastline from the sea. Paddle round the sheltered coves and caves stretching to Monkstone Point by kayak. Why not see Pembrokeshire from a different perspective?

[tenbywatersports.co.uk/index.html](http://tenbywatersports.co.uk/index.html)