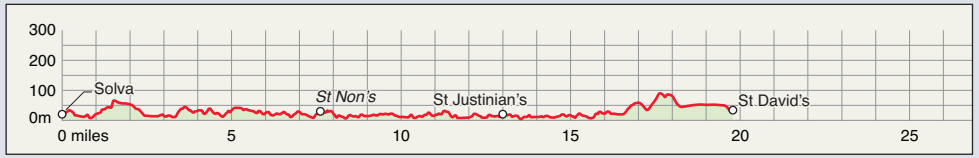
PRACTICAL INFORMATION



- **Terrain** Mainly coastal paths, occasionally rocky and uneven, with steep ascents and descents. Short stretch on quiet lanes.
- **Difficulty** Challenging
- **Directions & GPS*** 008.pdf, 008.gpx, 008.kml at
💻 https://trailblazer-guides.com/press

* See p10-11 for more information on downloads

ROUTE OVERVIEW — 19.8 miles (31.8km)

You could easily base yourself in the tiny city of St Davids for both legs of this coastal walk and divide it up at other locations if you wish, as it loops round the headland. You might want to take your binoculars as there are fabulous bird-spotting opportunities.

Solva to St Non's via St Elvis Farm — 7.7 miles (12.4km)

- **Time** 3 hours actual walking time
- **Total ascent** 705m/2312ft
- **Map** OS Explorer *OL35 North Pembrokeshire*

The first part of the route is a circuit from Solva, initially following the generally well-signposted Pembrokeshire Coast Path, to St Elvis Farm, reached in **1.7 miles,** returning to Solva in a further **1.2 miles.**

From Solva you follow the coast path again, alternating between long cliff top sections interspersed with short, sharp descents to cross narrow inlets and corresponding climbs, to reach St Non's in **4.8 miles**.

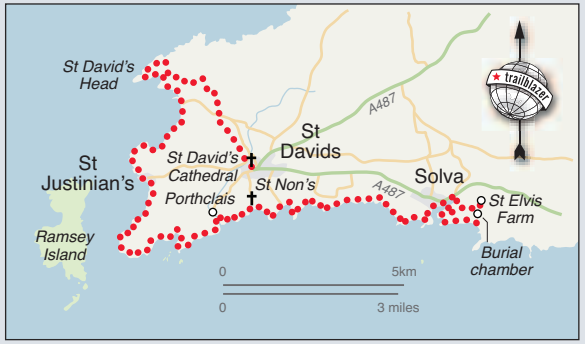
St Non's to St David's Cathedral — 12.1 miles (19.4km)

- **Time** 5hrs 15mins actual walking time
- **Total ascent** 352m/1154ft
- **Map** OS Explorer *OL35 North Pembrokeshire*

From St Non's the route follows the Pembrokeshire Coast Path, again mainly along clifftops, with periodic descents and ascents to cross inlets, via the narrow harbour at Porthclais **(1.2 miles)** to St Justinian's, with its lifeboat stations **(4.4 miles).** From here, the path descends gently to cross behind the sandy beach at Whitesands Bay **(2.2 miles)** and then climb steadily to the rocky landscape at St David's Head **(1.1 miles)**.

From St David's Head you leave the coastal path to swing inland, descending gently to cross farmland on the approach to St Davids, reached in **3.2 miles**.

Day walk options



To complete this walk in a day, start at St Non's. If you're in a car, park in St Davids and walk from there directly to St Non's (about 0.8miles) to begin the walk.

- **By public transport** Take a train to Haverfordwest, then a bus to St Davids or taxi directly to St Non's to start the walk. At the end of the day, take a bus or taxi from St Davids back to Haverfordwest.
- **Taxi option** Clarks Taxis (☎ 01437 710077, 💻 clarkstaxis.co.uk)

Where to eat or stay along the way

- **Solva Stay** at the ***Ship Inn*** (☎ 01437-721528, 💻 theshipinnsolva.co.uk, 15 Main St), a walker-friendly village pub. Pick up the ingredients for a **picnic lunch** from ***Bayview Stores*** (☎ 01437-729554, 💻 bayviewstores.co.uk, 19 Maes Ewan; 7am-7pm) to enjoy on your cliff-top walk, perhaps sampling their local crab and lobster.
- **Whitesands Bay** Have a picnic **lunch** on the beach, or in the ***Whitesands Bay Café*** (☎ 01437-720068; SA62 6PS; Summer: Mon-Sat 10.30am-5.30pm, Sun 11am-4pm; Winter weekends only) which is renowned for its fish & chips and toasted sandwiches.
- **St Davids Stay** 0.7miles from St Non's with ***St Davids Kitchen*** (☎ 01437-720404, 💻 stdavidskitchen.co.uk, 16 Nun St), ideally in a room with a view of the cathedral, and **eat** in their restaurant, which specialises in local seasonal produce.

PILGRIMAGE HIGHLIGHTS

- Discover the holy well, former chapel and ancient burial chamber at **St Elvis Farm**, where St David was baptised, and explore his birthplace at **St Non's,** where a chapel and holy well are named after the saint's mother.
- Enjoy views of the bird reserve **Ramsey Island** and take a boat trip to or around it if you have time, booking well ahead with **Thousand Islands Expeditions** (💻 thousandislands.co.uk, Cross Square, St Davids; 1 Apr-31 Oct)
- Visit **St David's shrine** and end your pilgrimage with Evensong at **St David's Cathedral** (💻 stdavidscathedral.org.uk; 10am-4pm; Choral Evensong Sun 6pm)

St David's feast day: 1 March

			Walk 8: The Path of St David
Distance from start	**Distance from last direction**	**OS references**	**Direction**
0	0	SM 80577 24340	Starting at the public car park in Solva, walk past the Harbour Inn pub, cross the stream and turn left on Pembrokshire Coastal Path, climbing steeply. This first stretch of the walk, to St Elvis Farm, is a circular route, and returns to this point.
165yds/150m	165yds/150m	SM 80688 24362	Turn right, following the coastal path along the summit of the Gribin ridge towards the coast.
990yds/900m	820yds/750m	SM 80215 23916	Follow path left to descend ridge to a pebble beach and cross a stream via footbridge.
0.7mile/1.1km	220yds/200m	SM 80276 23841	Take the coastal path, climbing South East, then skirting to the left of the Penrhyn headland to continue East.
1.4 miles/2.3km	0.7mile/1.2km	SM 81190 23594	Turn left on the first farm track you see running inland between fields, leaving the Pembrokeshire Coastal Path, and walking inland towards St Elvis Farm.
1.6 miles/2.7km	440yds/400m		The stone burial chamber associated with St David is on your left. Continue straight on for St Elvis farm, site of the church of St Elvis (St Ailbhe) and his holy well.
1.7 miles/2.8km	110yds/100m	SM 81270 24036	Reach St Elvis Farm. Note: although OS maps show a footpath turning left into the farmyard, this path no longer exists on the ground, and you will need to turn round at the point where the signposted coastal path right-angles to the right. Retrace your steps to the burial chamber
1.8 miles/2.9km	110yds/100m	SM 81179 23947	Take the gate on the right, for the path leading past the burial chamber. Follow this path as it crosses two fields and then descends gently towards the coast, returning you to the pebble beach you crossed earlier.
2.5miles/4km	0.7miles/1.1km	SM 80310 23824	Turn right to re-cross the stream and climb to the ridge you descended earlier.
2.7miles/4.4km	440yds/400m	SM 80464 24088	Follow ridge back towards Solva, and at Y junction take the left-hand path downhill.

2.9miles/4.7km	330yds/300m	SM 80607 24311	Turn left to pass the Harbour Arms, then follow Pembrokeshire Coast Path along right-hand side of harbour.
3miles/4.9km	220yds/200m		Follow Pembrokeshire Coast Paths as the route climbs away from the harbour, up tarmacked lanes.
3.5miles/5.6km	770yds/700m		At top of cliffs, turn left to follow the coastal path. The route runs close to the cliff edge and is very easy to follow. Continue to Porth y Rhaw.
4.7miles/7.6km	1.2miles/2km	SM 78649 24405	At Porth y Rhaw, follow the coastal path as it descends to an inlet and crosses a stream before climbing again as the cliffs do to cross Morfa Common.
6.1miles/9.9km	1.4miles/2.3km	SM 76718 24497	At Caer Bwdy Bay the path again descends into a valley and crosses a stream before climbing again.
7miles/11.3km	0.9mile/1.4km		Follow the coastal path around Caerfai Bay.
7.7miles/12.4km	0.7mile/1.1km	SM 75254 24313	Arrive at St Non's Chapel and Well. The chapel is just inland from the path, the well just past it. This is a suggested end to Day 1 of the walk. See the book for suggestions of where to stay close to this point.
8.9miles/14.3km	1.2km/1.9km	SM 74068 24206	To continue, from St Non's Chapel return to Pembrokeshire Coast Path and follow it west as it runs inland alongside the inlet and harbour at the inlet of Porth Clais. Keep going, round the headland and along to St Justinian's.
13.3 miles /21.4km	4.4miles/7.1km	SM 72419 25146	Follow the coastal path past the two lifeboat houses at St Justinian's and continue on.
14.5 miles /23.4km	1.2miles/2km	SM 72702 25976	Follow the coastal path past the sandy beach at the bay of Porthselau.
15.5 miles /25km	660yds/600m		Follow the coastal path as it passes behind the long sandy beach at Whitesands Bay (Porth Mawr in Welsh), and then climbs the rocky headland towards St David's Head.
16.5 miles /26.6km	1mile/1.6km	SM 72371 27923	Reach St David's Head. **Note: Here the path becomes indistinct, and there are no signs for the Pembrokeshire Costal Path. As a general guide, the route performs almost a complete circle as it bears first left to St David's Head, then arcs right and leaves**

			the Pembrokeshire Coastal Path to run inland. The GPX route is really the only reliable guide for this stretch of the walk.
17miles/27.4km	880yds/800m	SM 72902 28356	Take the distinct, dead-straight path turning 90 degrees right, leaving the boulder field of St David's Head to cross a heather moorland.
17.1miles/27.5km	110yds/100m	SM 73000 28227	At Y-junction of paths, take the left-hand option.
17.2miles/27.7km	220yds/200m	SM 73001 28051	At cross-roads of paths, go straight on. Almost immediately (after 40m), when paths divide, take the left-hand option, going straight up incline.
17.3miles/27.9km	220yds/200m		Follow path as it bears left.
17.7miles/28.5km	660yds/600m	SM 73654 27688	When main path turns right, at Upper Porthmawr, take the less distinct path left, on moorland-side of dry stone wall and continue until wall starts to bear left.
17.9miles/28.9km	440yds/400m	SM 73922 27853	Take path to your right, diverging from current route at right angles and descending to pass the Youth Hostel at Llaethdy. Continue on track to a lane.
18.3miles/29.4km	550yds/500m	SM 74219 27472	When the track joins a tarmacked lane, turn right and continue to junction.
18.4miles/29.7km	330yds/300m	SM 74311 27033	At T-junction of lanes, go straight over junction, taking track straight ahead.
18.7miles/30.1km	440yds/400m	SM 74354 26811	When track reaches B4583, cross straight over and follow lane (Feidr Chwech-erw) towards St Davids.
19.7miles/31.7km	1mile/1.6km	SM 75007 25565	When you are close to St David's Cathedral, and the lane takes a right-angled turn, go straight on along a track that descends to the cathedral.
19.8miles/31.8km	110yds/100m	SM 75111 25432	Arrive at St David's Cathedral.