

• Distance 15km/9½ miles • Time 5hrs • Type Coastal

1 NAVIGATION LEVEL 1 2 FITNESS LEVEL 2



Plan your walk



WHERE: Linear walk from Newgale to St Davids via Solva along Pembrokeshire Coast Path. **START:** Newgale (SM847224). **END:** St Davids (SM754253). **TERRAIN:** Well-marked and maintained cliff-top coast path (national trail), a few stiles. **MAPS:** OS Explorer OL35; Landranger 157. **GETTING THERE:** 411 bus every hour all year round from St Davids to Haverfordwest (nearest railway station) via Solva and Newgale. Also Puffin Shuttle from St David's to Marloes via Newgale - Monday, Thursday and Saturday until 1st May 2009, 3 services a day, 7 days-a-week in summer (© 01239 613756, www.pembrokeshiregreenways.co.uk). **EATING & DRINKING:** Pubs, tea shops and cafés in Solva. Lots of eating places in St Davids; the Refectory at the Cathedral recommended (© 01437 721760, www.stdavidscathedral.org.uk) **SLEEPING:** Good selection of hotels and B&Bs, a YHA hostel, self-catering cottages and campsites around St Davids. ▶



In the Middle Ages, two pilgrimages to St Davids were said to be equal to one to Rome, and three the equivalent of one to Jerusalem. Today's wayfarers can make their way on foot along Pembrokeshire's glorious Coast Path to the city - Britain's smallest. The walk from Newgale to St Davids via picturesque Solva is one of the finest of many wonderful stretches along the Pembrokeshire coast. Almost all this stretch is National Trust owned land. As with the Coast Path as a whole, it's very well served by regular buses throughout the year. So you can leave the car at St Davids, jump on a bus to Newgale and enjoy a leisurely walk back. It's easy to extend this walk since there are several access points further along the coast, from each of which you can walk (or take a bus) back to St Davids.

1. START Alight from the bus at the café at the bottom of the hill just before the bridge. Walk back up the

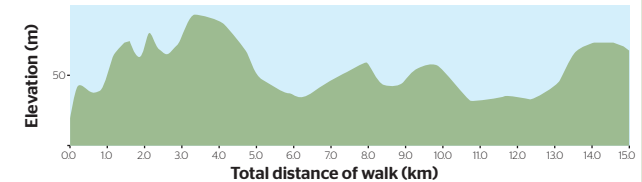
hill a short distance and pick up the coast path that leaves the road on the L. Route finding is very easy: just keep the sea on your L! Look back to enjoy the views of Newgale Sands, especially impressive when the tide is well out. In spring and early summer the cliff tops are carpeted with wild flowers, while by late summer/early autumn colourful heather and gorse dominate. After crossing one last valley you climb up onto the Gribin from where there are excellent views over Solva's splendid sinuous harbour, a favourite with yachties. Once down by the harbour itself you'll pass a number of 18th/19th-century lime kilns. The lime was used to fertilise the poor soils of the area.

2. Situated at the end of a long inlet, Solva (SM806243) is probably the most attractive village on the coast path and a very agreeable place to while away a little time, perhaps over some refreshment at one of the various eateries. ▶

Continued...

Book accommodation well in advance for peak season and bank holidays. **VISITOR INFORMATION:** St David's TIC, © 01437 720392 or visit www.visitpembrokeshire.com and www.stdavidsinfo.org.uk. **GUIDEBOOKS:** *Pembrokeshire Coast Path* (National Trail Guide) by Brian John, (£12.99, Aurum Press, ISBN 9781845133108). **LOCAL RAMBLERS AREA/ GROUP:** Pembrokeshire Ramblers, (© 01646 600225, www.pembrokeshireramblers.org.uk.)

Steepness of walk



There are also galleries and shops to browse in. When you're ready to move on, walk down the west side of the harbour and follow the Coast Path signs that direct you uphill past a few houses and back onto the cliff top. Once again, there's an excellent view of Solva's harbour. As you head west, there are good views towards distant Ramsey Island. On the headland between Caer Bwdy and Caerfai Bays is an impressive Iron Age hill fort. The purple sandstone used for St David's Cathedral comes from the cliffs here.

3. From Caerfai Bay (SM759244) it's about 1km/½ mile by road into St Davids, but it's worth walking on to the next bay, St Non's

(SM753243), named after St Davids mother. David is said to have been born on the site of the ruined chapel here. There is also a 'holy well' and modern chapel and retreat. You can take a footpath or lane into St Davids. Access points to/from the coast thereafter are somewhat further from St Davids, but no more than c.3km/1¾ miles. When the Celtic Coaster service is operating (from March to September) you could catch a bus from Porthclais, St Justinian or Whitesands, if you want a longer coastal walk.

4. St Davids (SM754253) is no more than a village in size, its cathedral and ruined Bishop's Palace built into a hollow below the houses and shops. As a good pilgrim, you shouldn't miss the cathedral! *Route devised by Fiona Barltrop*



Route and gradient profile created using Anquet Maps v06. Download more maps from www.Anquet.co.uk