Best of the Pembrokeshire Coast Guided Trail



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided trails	Pembrokeshire	7	136kg CO2

HOLIDAY OVERVIEW

From our base in St Davids, Britain's smallest city, you'll strike out on some of north-west Pembrokeshire's most scenic walks. Be wowed by the dark sands of Abereiddy, home to Wales' very own blue lagoon and enjoy coastal walks past awe-inspiring natural wonders including the sea arch at Gewni Island and rock formations at The Cradle. Along the way there'll be wow-factor photo opportunities, plenty of wildlife watching, plus a chance to summit Carningli – the myth-steeped Welsh mountain strewn with ancient ruins and megalithic cairns.

WHAT YOU'LL LOVE

- Walking the wild, rugged coastal paths of south-west Wales
- Spotting sea birds, grey seals, basking sharks, and dolphins
- Discovering the purple-hued sandstone cliffs of Caerfai Bay
- Admiring the views from Carningli (Mount of the Angels)
- Exploring Parrog, Newport's oldest harbour
- Staying in St Davids, on the doorstep of Pembrokeshire's finest walks
- A more personalised experience thanks to small group sizes (maximum 15 people)

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

ITINERARY - GUIDED TRAIL

Day 1 **Arrival Day**

You're welcome to check in at St Davids Cross Hotel from 3:30pm onwards. Located right in the centre of Britain's smallest city, it will be our base for the next few days. Your HF Holidays Leader will be on hand from 6:30pm, when we'll gather to give you a warm welcome and explain the plan of action before dinner.

Day 2 **St Davids Circular**

Distance: 9.5 miles (15km)

Ascent: 1,025ft (315m)

From St Davids, we'll walk out across farmland to join the coastal path at Porthclais Harbour. Once a bustling port, it's now popular with kayakers and coastal path walkers. From here we'll wind along the high cliffs with views over Ramsey Island and pass through Porthlysgi Bay, Castell Heinif, St Justinian's, Porthselau Beach, and Whitesands Beach - renowned for being one of the best surfing beaches in the country. We'll then loop inland to return to St Davids. It's well worth keeping an eye out for seals, dolphins, and a variety of birds along this stretch of coast.

Day 3 **Pwllcrochan to Trefin**

Distance: 8.5 miles (14km)

Ascent: 1,650ft (500m)

We join the coast at Pwllcrochan and enjoy good views as we make our way to the pretty bays of Aber Bach, and Aber Mawr, the most important Ice Age settlement in Pembrokeshire. A short detour inland takes us to the delightful 17th century whitewashed woollen mill, Melin Tregwynt. After visiting, we'll retrace our steps back to the coast and continue our journey. There's also Castell Coch, the remains of an Iron Age promontory fort. The peninsula treats us to even more wow-worthy vistas, which are well worth the effort, before the going gets gentler as we approach the hamlet of Abercastle and the beach of Aber Draw to Trefin.

Day 4 **Free Day**

Today you have free time to explore Britain's smallest city or simply relax. Visit St Davids Cathedral, The Bishop's Palace, or take a boat trip to the wild offshore islands for even more wildlife-spotting opportunities.

Day 5 **Newport Circular**

Distance: 9 miles (14.5km)

Ascent: 1,400ft (425m)

Leaving Newport, we'll ascend to Carningli (The Mount of Angels), a summit steeped in legend and history. On a clear day we'll have stunning 360-degree views across Pembrokeshire.

After exploring the remains of the ancient hillfort here and soaking up the scenery, we'll start a steady descent back to the coastal path, passing through the wooded valley of Cwm Rhigian on our way.

Quaint coastline and idyllic sandy coves line the way to Parrog, Newport's oldest port. Before silting the estuary in the late 1800s, slates, herrings, wool, and other local products were exported from here. A gentle path leads us back into the town centre.

Day 6 **Porthgain to Whitesands Bay**

Distance: 9.5 miles (15km)

Ascent: 1,985ft (605m)

Porthgain is a fascinating village, moulded by a short-lived Industrial Revolution in Pembrokeshire. The small harbour was used between 1837 and 1931 to export stone, slate, and bricks.

Further along the coast we'll encounter Abereiddy, a popular bay with deep blue water and extraordinary dark sand. From here there's a fabulous few miles of clifftop walking before we go round the wild heather-covered section of St Davids Head to uncover the crescent-shaped beach of Whitesands Bay. You have the option of catching the Celtic Coaster bus back to St Davids or returning on foot.

Day 7 **Newgale to St Davids**

Distance: 10 miles (16km)

Ascent: 1,970ft (600m)

We'll take the bus out to Newgale to enjoy an exhilarating walk back to St Davids along this classic stretch of coastline. And with one of Pembrokeshire's most impressive sandy beaches behind us, we'll walk over grassy slopes and clifftops to emerge at the old fishing village of Solva with its disused Lime Kilns positioned directly on the water's edge.

A steep climb out of the harbour gets us on to an undulating path along the cliff tops. We'll search out the stunning natural sea arch at Gewni Island as well as interesting rock formations at 'The Cradle'. There's also Caerfai Bay's purple sandstone cliffs where you're treated to views out to Skomer and Skokholm island.

On the final stretch of our walk, we'll see St Non's Chapel, the birthplace of St David – a fitting finale to this week of extraordinary walking.

Day 8 **Departure Day**

Enjoy a leisurely breakfast before check-out at 10:30am.

DAILY WALK OPTIONS



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

St Davids Cross Hotel - Pembrokeshire Coast Path

Boasting an enviable location in the heart of Britain's smallest city, St Davids Cross Hotel puts you on the doorstep of Pembrokeshire's finest walks. This history-steeped hotel dates back over 200 years, but after a full refurbishment in 2016, it now offers 16 comfortable en-suite rooms, plus a popular bar and restaurant where you can wind down after a day's walking and choose from a selection of delicious dishes. There's also free internet access and parking available, too. The hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

FOOD & DRINK

Dining at the St Davids Cross Hotel

Our holiday in Pembrokeshire is half-board. Breakfast and evening meals are provided at the hotel. Packed lunch provisions can be purchased locally.

Dietary requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

TRAVEL DETAILS

Address

St Davids Cross Hotel
Cross Square
St Davids
Haverfordwest SA62 6SP

By train

The nearest station is Haverfordwest. Trains call here from Milford Haven, Cardiff and Manchester. From Haverfordwest you can join with a connecting bus (see below).

For train times and to plan your route check the National Rail website https://www.nationalrail.co.uk/ or call +44(0)3457 484950.

By bus

Walk out of Haverfordwest railway station and turn left. There is a bus stop where you can catch the T11 bus service to St Davids, just under an hour's ride away.

By car

From the north, take the A487 to Fishguard and continue on the same road to St Davids.

From the south take the A40 to Haverfordwest, then join the A487, which takes you all the way to St Davids.

St Davids Cross Hotel has a free car park for residents, but it can fill up quickly. If there are no spaces available, please unload luggage and then find alternative parking nearby. There is a small amount of free parking on The Pebbles Road (opposite FatFace clothing store, SA62 6RD). Alternatively, there are a number of local pay and display car parks, all within a 10 minute walk of the hotel.

By air

The nearest airport is Cardiff Airport. From here, you can connect with train services, or it is around a two-and-a-half-hour drive away.

SAFETY ON YOUR HOLIDAY

Walking safety

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

ESSENTIAL INFORMATION

Packing list

Weather conditions in the UK can vary throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

Essentials

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Several base layers, with long or short sleeves
- Cushioned walking socks to avoid blisters
- First-aid kit, including plasters, insect repellent, a midge net and a tick-removal tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet or purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Membership cards for English Heritage, the National Trust or similar heritage organisations in Scotland and Wales, if you are a member. These may be useful when visiting attractions during your itinerary or on your free day.

USEFUL INFORMATION

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Your Island Hopping Leader

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your holiday and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In the event of a problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Maps and Guides for Pembrokeshire Coast Path

Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For you own interest you may consider looking at the following:

www.nationaltrail.co.uk/pembrokeshire-coast-path

National Trail Guide - Pembrokeshire Coast Path

Explorer OL35 Map – North Pembrokeshire

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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