

Your Adventure Your Way

Explore the world around you with OS Maps. Routes, mapping and navigation across the UK whenever and wherever you need it.

Find out more at os.uk/osm



Scan to download the app:



YHA Members: Head to the member benefits area at yha.org.uk/walk-os to find your discount code for an OS Maps Premium subscription

Hazards

Some walking on lanes and narrow roads without pavements. Section of pavement alongside a busy main road. Exposed cliff edges on the coast path. Observe notices in the MOD firing range danger area – keep close to the fence. Cross the railway line after Penally carefully.

Accessibility

There are steps and stiles on the route and gates and paths less than one metre wide, some rough ground with ruts or stones exceeding 10cm. Taking a bus from Tenby to Lydstep reduces the walk to 7.8 miles (12.6km).

Facilities

Pub and toilets in Penally. Shops, toilets and plenty of food and drink options in Tenby. Pub in Lydstep.

Before you go:

- Check the local weather forecast and whether there is enough daylight to complete the walk (metoffice.gov.uk) and check tide times near you (easytide.admiralty.co.uk).
- Ensure you are wearing suitable clothing and footwear for the route and weather, and that you take the right kit – learn more at yha.org.uk/walk-skills.
- Download the OS Maps and what3words apps to your phone.
- To be able to contact emergency services by text visit relayuk.bt.com/emergencysms or text 'register' to 999.
- For more information on staying safe in the outdoors visit adventuresmart.uk.
- Complete a route notification card (yha.org.uk/route-card) to provide essential information for the Emergency Services if you do not return when expected.
- Check all members of the group have the fitness and skills to complete the route.

In case of emergency:

- Contact 999 and use OS Maps or what3words to help pinpoint your location.
- To attract attention shout or give six blasts on a whistle at regular intervals. In low light flash a torch six times at regular intervals.
- If you can send someone for help, they need to know your location, number of people in the group and the nature of the emergency.

For more walks or information on route grading and timings go to yha.org.uk/map-guidance

If you encounter problems with this route contact walking@yha.org.uk

Walking has been at the heart of YHA since 1930, helping people access the great outdoors. Today, YHA continues to make adventures possible with mapped routes and affordable hostel stays across England and Wales. Our hostels are ideal for walkers, with drying rooms, self-catering kitchens, and great trails from the doorstep. We're committed to making adventure accessible to everyone, with walks for all abilities and guided walking events that connect people to nature, heritage, and each other.

Supported by

Share your walks



Produced by Matt Overd (<https://walkingpace.uk>). Contributions from Ludwik Michalek & Simon Ainley. Designed by HeylinSmith.com. Cover image: whitcomberd/AdobeStock



Pembrokeshire Coast Path to Tenby walk



YHA Manorbier

Book your stay now yha.org.uk/stay-050

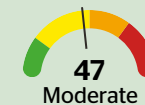
Coast and town walk

A great coastal walk, with stunning views, to picturesque Tenby – a walled town with great beaches, a pretty harbour and lots of interesting shops.

Distance: 11.1 miles (17.8km)

Ascent: 322m (1,056ft)

Time: Allow 5h 15m to 8h 45m



Partnered with



Route directions

Map: OS Explorer 1:25k (OL36) South Pembrokeshire / De Sir Benfro

Start/Finish: Grid ref SS 080 976

what3words ///botanists.ordeals.spirit

- 1 From the hostel turn left and follow the track to the car park.
- 2 Turn left and down the steps, then turn left onto the Coast Path.
- 3 Head up the tall steps.
- 4 Turn right to follow the Coast Path around Lydstep Point.
- 5 Bear right and follow the path to the car park.
- 6 Cross the car park and leave through the vehicle entrance.
- 7 At the lane turn right and continue along the Coast Path.
- 8 At the firing range pass through the gate, turn left and walk alongside the fence.
- 9 Bear left and pass under the railway bridge.
- 10 Turn right alongside the A4139 and pass Penalun/ Penally railway station.
- 11 Turn right to stay on the Coast Path (signposted).
- 12 Cross the railway at the pedestrian crossing and turn left onto the footpath alongside the track.
- 13 After the golf club bear right towards the town centre, then continue along Battery Road.

- 14 Bear right into the South Beach car park, head towards the beach, then follow the walkway around to the left.
- 15 Keep left, then head up the ramps to the Esplanade.
- 16 Turn right through the archway onto The Paragon, then bear right to the seafront.
- 17 Turn right onto the narrow Tor Lane, then turn right onto St Julian's Street.
- 18 At the harbour turn left onto Crackwell Street, then continue onto High Street.
- 19 Turn left onto White Lion Street, which becomes Warren Street. Or to take the bus back to Lydstep, turn left onto White Lion Street, left onto South Parade, then turn right onto Upper Park Road.
- 20 Turn left onto Station Road.
- 21 Turn right onto the lane signposted to the golf course.
- 22 Retrace the route towards the hostel.
- 23 At the turning to the Lydstep Point car park bear right and pick up the route to the hostel at the top of the steps.

Scan or click to view this route on the OS Maps App – also a route profile and GPX



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

OS map legend - find out what the other symbols on this map mean os.uk/explorerlegend

1km / 3/4 mile

Steep gradient over 15% over 25%

