156 YHA St Davids
St Davids Head

Coast walk
Distance: 3.6 miles (5.8km) **Ascent:** 222m (728ft)
Time: Allow 2h to 3h

31
Moderate

Map: OS Explorer 1:25k (OL35) North Pembrokeshire / Gogledd Sir Benfro
Start/Finish: **OS Locate** SM 739 277 **what3words** ///piglets.whirlpool.reeling

This walk follows the beautiful Pembrokeshire coast around St Davids Head. Follow the footpath behind the hostel and head through the kissing gate. Turn right and follow the path, keeping the fence/ wall to your right. Follow the steps and path to the coast path. Turn left and follow the grass path. The route becomes rocky on the way to St Davids Head. Follow the path around the headland and then to Whitesands carpark. Turn left onto the road after the campsite. Follow the track, pass the buildings, take the path on the right to the kissing gate and then back down to the hostel.

Hazards

Be careful close to the cliff edges, especially approaching St Davids Head and above Porth Lleuog. The road from Whitesands has no pavement and may be busy at times.

Accessibility

The route has stiles and gates wider than one metre, apart from one kissing gate. There are steps to get down to the coast path. Two alternative paths are available on the left before reaching the coast path, both of which would reduce the overall ascent. The path is less than a metre wide in places and includes sections of rough ground with ruts or stones greater than 10cm.
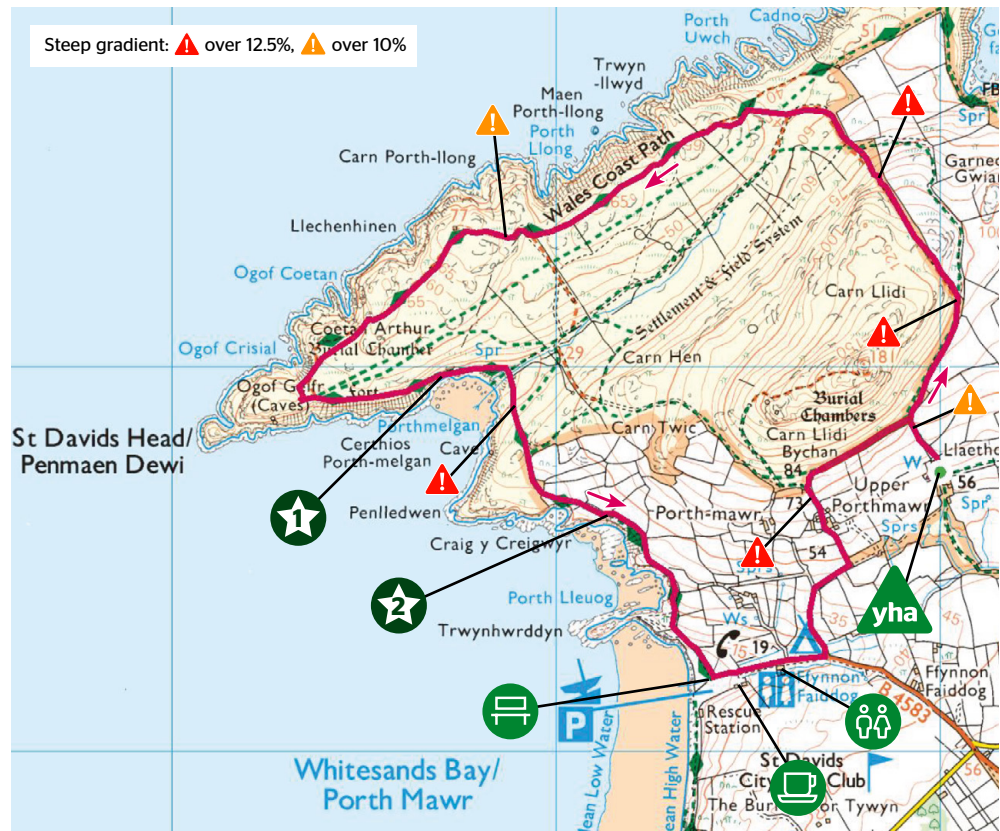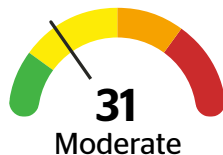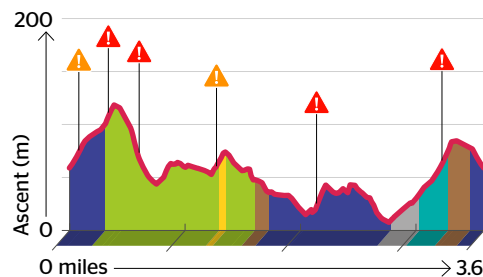
Navigation

The coast path is mostly well defined and signed. At times the route is less obvious, especially on the approach to St Davids Head.

Terrain

Paths are mostly uneven and unpaved except Whitesands carpark and the road past the campsite. The unpaved sections are grass or mud with stone chippings, which could become muddy after wet weather. Small rocky sections on the approach to St Davids Head.

Legend:
- ● Unpaved (uneven)
- ● Grass
- ● Rocky
- ● Mud
- ● Paved
- ● Unpaved (flat)

Ascent (m): 200 — 0
0 miles — 3.6

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.

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

Steep gradient: ⚠ over 12.5%, ⚠ over 10%

⭐ Points of interest (see map)

The whole coastline is stunning, excellent views of **1** Porthmelgan and **2** Porth Lleuog.

Facilities (see map)

Toilets and a café are available at the Whitesands Bay car park.

Seats at Whitesands Bay (see map)

Not wheelchair accessible

Not a touch free route

Not pushchair accessible

Not stile free

yha

Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks — an easy, moderate, and more challenging option. They have all been graded — the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- For further information on how to stay safe visit adventuresmart.uk

In case of emergency call 999 (or text 999 if pre-registered) and use OS Locate or what3words to provide a detailed description of your location.

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

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

Scan or click to shop
for OS maps online
osmaps.com/yha

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Countryside Code

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside.
- Leave gates and property as you find them.
- Do not block access to gateways or driveways when parking.
- Be nice, say hello, share the space.
- Follow local signs and keep to marked paths unless wider access is available.

Hazards

- Take extra care and stay alert where a right of way crosses a railway line.
- When walking on a road without a pavement keep to the right-hand side, so that you can see oncoming traffic. Keep close to the side of the road, and walk in single file if necessary. It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.
- Give wild animals, livestock and horses plenty of space.

Protect the environment

- Take your litter home — leave no trace of your visit.
- Do not light fires and only have BBQs where signs say you can.
- Always keep dogs under control and in sight.
- Dog poo — bag it and bin it — any public waste bin will do.
- Care for nature — do not cause damage or disturbance.

Enjoy the outdoors

- Check your route and local conditions.
- Plan your adventure — know what to expect and what you can do.
- Enjoy your visit, have fun, make a memory.

What to wear

- Comfortable clothing suitable for the conditions.
- Use several layers, so you can add and remove clothing to regulate your temperature.
- Extra warm clothes in case it gets colder.
- Hat, gloves and scarf.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning comfy socks.
- Comfortable well fitting trainers, walking shoes or boots.

Kit

- Map and compass.
- Water, lunch and snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Torch and spare batteries.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Picnic blanket.
- Waterproof baseball cap, if you wear glasses.
- Walking poles.
- Tissues and hand sanitiser.