



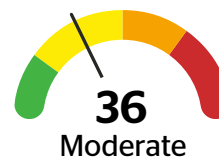
YHA Manorbier

Priest's Nose & Lydstep Point

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

Coast walk

Distance: 6.1 miles (9.8km) **Ascent:** 305m (1,001ft) **Time:** Allow 3h to 4h 45m



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

Start/Finish: OS Locate SS 080 976 **what3words** ///botanists.ordeals.spirit

An exhilarating figure of eight coastal walk. From the hostel turn right, right at Manorbier Camp entrance, left along the perimeter fence, left at the corner and follow the Coast Path. Continue around Priest's Nose to Manorbier Beach. Take the path to the right, before the stream, onto the road and pass the castle. Bear right at the junction, then turn right onto a small lane by the hotel. Take the left fork to remain on the footpath. The right of way to Manorbier Camp is blocked so continue ahead and follow the path through a meadow, around to the right, to reach the road. Turn right towards Manorbier Camp, left by the gates and right along the perimeter fence. After the wide section of concrete paving turn left and follow the path to the Coast Path, turn left. Continue past Skomar, up the tall steps, turn right, follow the path around Lydstep Point and head back down the steps. Pass Skomar again and take the steps and path up to the road and continue to the hostel.

Hazards

Caution on the road sections, some without footpaths. Take care on the Coast Path, particularly in windy conditions. The path is exposed in places with sea cliffs in close proximity and several steep rocky ascents and descents. Keep out of the MOD danger area.

Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. An undulating route with several steep ascents and descents. Mostly compact narrow rocky path, some sections with stones and ruts exceeding 10cm. Some sections may be muddy after rain. Occasional loud bangs from MOD Manorbier, check when firing here: www.gov.uk/government/publications/manorbier-firing-flying-notice



Points of interest

Soaring contorted red sandstone cliffs. Stacks and caves dot this beautiful route. Views along the Pembrokeshire coast and of Caldwell Island. Seals may be seen close to the cliffs. Great bird watching opportunities amongst the gorse and heather. MOD Manorbier has an interesting history. Manorbier Castle, a 12th century Norman castle. Lovely beaches at Manorbier Bay and Presipe.

Facilities

Food, drink and toilets available at YHA Manorbier and Manorbier Castle. Pub in Manorbier. Toilets at Manorbier beach car park.

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.

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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).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

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

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- 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

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.