Pembrokeshire Coast National Park

Porth Clais
Half Day + Walk

SCALE: 0 200 400 m
DISTANCE/DURATION: 3.4 miles (5.5 km) 2 hours
PUBLIC TRANSPORT: *Celtic Coaster 403 (*seasonal, hail & ride), St Davids Park & Ride (seasonal)
CHARACTER: Coastal walk, cliff edge in places, fields and livestock
LOOK OUT FOR: Historic harbour/lime kilns • St Non’s Chapel • cliffs

SAFETY FIRST!
• Take great care when on the Coast Path
• Stay on the path and away from cliff edges
• Wear boots and warm, waterproof clothing
• Take extra care in windy and/or wet conditions
• Always supervise children and dogs
• Leave gates and property as you find them
The superb natural harbour of Porth Clais served as St Davids' port for centuries.

The valley (ria) was carved out by glacial meltwater and drowned by rising sea level at the end of the Ice Age 12,000 years ago. Vikings knew its sheltered fjord-like anchorage more than 1,000 years ago, as did peaceful pilgrims who came to St Davids seeking spiritual renewal.

Here it is said St David was baptised by St Elvis, Bishop of Munster. During the baptism water gushed from nearby rocks, splashing the eyes of a blind monk holding the infant David and his sight was restored. This spring - Ffynnon Dewi or David's Well - lies near the car park on private land.

Well still flows today and is said to have healing powers.

The nearby Victorian house is now a passionist retreat, and the neighbouring Chapel of our Lady was built in 1934 in the style of a medieval pilgrimage chapel.

Porth Lisgi farm takes its name from the nearby bay. Lisgi was an early Irish raider who reputedly captured and beheaded his fellow Irish warlord Boia, whose encampment was on a nearby hill now known as Clegyr Boia. Boia laid claim to the Alun valley where David established his monastery. Boia sent his warriors to evict the saint and his followers but they never succeeded; Boia eventually converted to Christianity himself.

Legend says David was born under a ruined cromlech, after Non was cast out for becoming pregnant out of wedlock. At the moment of birth a violent thunderstorm occurred and a spring gushed from the earth. St Non's...