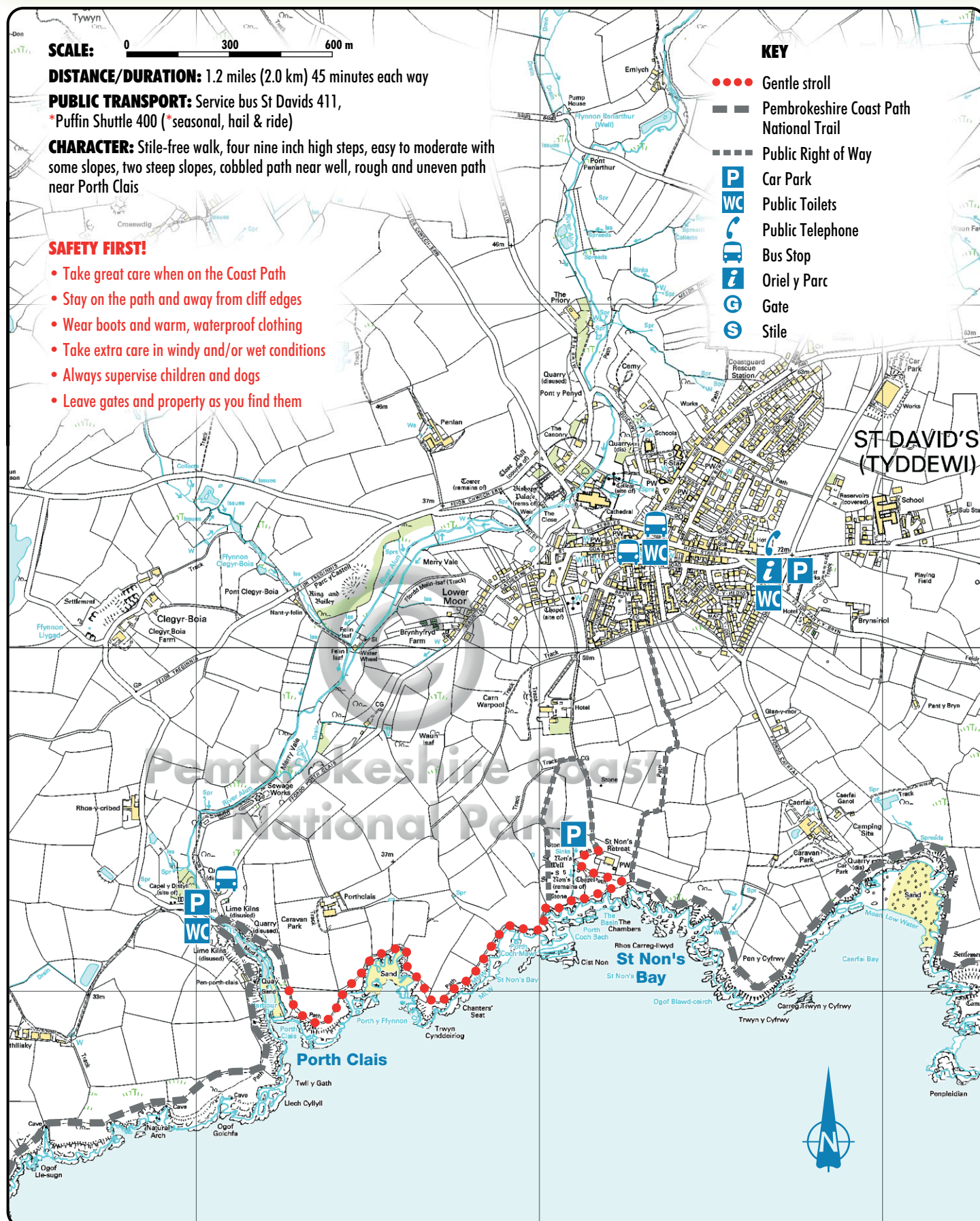
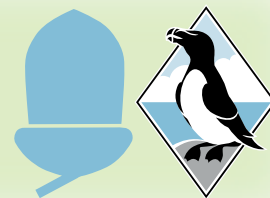


Gentle Stroll



St Non's to Porth Clais

Gentle Stroll

Parking: St Non's (SM753243)
Porth Clais (SM741243)

Length: 1.2 miles (2.0 km) each way

Grade: Fairly level, some moderate slopes; two steep slopes of 1 in 8

Surface: Grassy and dusty/thin mud when wet

Toilets: St Davids TIC (disabled toilet opened by RADAR key) Porth Clais by car park

Telephone: St Davids TIC

Grid ref: SM747240

From the car park at St Non's the most gentle route to the Coast Path is down the path in front of you to a metal kissing gate. The slope starts off fairly steeply, 1 in 8 for 16m, and levels to 1 in 23. The surface is reasonably even grass and gravel. After the kissing gate there is a 9" step down and the surface is cobbled.

In front is the holy well, the water of which was famous for its healing properties. To the right is another kissing gate and a step down leading across the field to the ruined chapel. Return to the well and continue up three more 9" steps on a gentle slope and the surface continues to be cobbled for a further 14m. Continue along the grassy path then turn right to join the Coast Path down a 1 in 9 slope for 18m. If this is too steep go towards a kissing gate then turn back onto the Coast Path.

From the barrier a steep slope of 1 in 8 for 90m is encountered. A gentler 1 in 13 slope leads up to a stone stile. Cross this to return to the ruined chapel, otherwise continue along the Coast Path which follows a traditional hedge bank. Here the Coast Path has been moved landwards due to the rapid erosion and unstable nature of the cliffs.

Looking back at the old red sandstone and jasper cliffs the many folds and faults create breathtaking scenery. In spring and early summer the hedge banks are covered in wild flowers such as sea campion and thrift.

Further along the path the surface becomes rugged and uneven in places due to protruding bedrock. Continue along the path to overlook the small picturesque harbour of Porth Clais. The slope down to Porth Clais car park is very steep and rough. Return the same way you came with new views on a lovely landscape.

Land of Legends

Click on the icons below for a local legend, or go to www.pembrokeshirecoast.wales/legends

