

Manorbier/Swanlake Bay Circular Walk

Region – Pembrokeshire

County/Area – Pembrokeshire Coast National Park

Length – 2.5 miles/4.1 kms

Duration – 1hours 30 minutes

Ascent – Rugged Coast, gradients and open fields.

Grade –Easy/ Moderate

Start – Car park, Manorbier beach.

Postcode SA73 1DR (approx. location only)

Walk Route Description

The route runs close to the castle and to Manorbier beach, which is perfect for rock pooling. Heading for the bay look back to the opposite headland, the Priest's Nose. It has another clue to the area's ancient past, the impressive Neolithic King's Quoit burial chamber.

Route

- From the Car Park (Start Point), walk West on the footpath for approximately 100m.
- At the fork with the Pembrokeshire Coastal Path keep right and walk inland on the road for approximately 300m.
- After passing the farm buildings on your right, continue for approximately 100m, and turn left onto farm path.
- Continue West on the path passing East Moor Farm.
- Continue for approximately 200m passing through open fields.
- At the Swanlake Bay Guesthouse, located in the distance on your right, turn left and continue to the coast joining the Pembrokeshire Coastal Path.
- On reaching the coastal path turn left and continue East along the coast path returning to your start point