

WALES

Lydstep cliffs and caverns walk

A great clifftop walk for sea views and wildlife watching. The grassland is rich in wildflowers and butterflies, while the cliffs are home to choughs, fulmars and gulls. On clear days you can see Lundy Island and the Somerset coast, and you might be lucky enough to spot dolphins or porpoises offshore.



Information

Address: Lydstep, Tenby, Pembrokeshire, SA70 7SE

OS map: Landranger 158

Activity: Walking

Easy: Mostly level with grassy slopes on the headland. For further details, please see Terrain section.

Dog friendly: Dogs on leads are welcome.

Full trail: Miles: 1 (km: 1.6)

Duration: 40 mins

Terrain

Mostly level with grassy slopes on the headland. Can be muddy underfoot under the trees. There are 100 steps down to the beach and caverns (optional).

Total steps: 8

Start point: Lydstep Head car park, grid ref: SS087977

1. From the car park walk towards the sea past a concrete pillar and Second World War gun emplacement. Where the path divides, turn right for a view of the beach, caverns and across to Manorbier Artillery Range.
2. Follow the path round to the left through the gorse bushes. You may meet the cattle who graze the headland for us.
3. When the bushes open out onto the coastal grassland you'll see Caldey Island with its lighthouse ahead of you. On clear days look for Lundy Island and the Somerset coast on the horizon.
4. The limestone cliffs, with their dramatic vertical folds, are popular with climbers and you may see anglers on the rocks below.
5. As you reach the end of the headland, views open up of Giltar Point and the whole of Carmarthen Bay round to Gower.
6. Follow the coast round to the quarry overlooking Lydstep Haven, a large and well-landscaped holiday resort.
7. Carry on through a small patch of woodland and back to the car park.
8. To explore the caverns, bear right where you leave the car park and go down the 100 steps to the beach. Please note that the caverns are only accessible at low tide so check the times if you want to explore them.

End point: Lydstep Head car park, grid ref: SS087977