

MANORBIER Swanlake Bay

A short stroll across open farmland before taking in a remote cove and some breathtaking coastal scenery.

3 miles/4.8km 1hr 30min **Ascent** 290ft/88m **Difficulty** 1

Paths Coast path, clear paths across farmland, 3 stiles

Map OS Explorer OL36 South Pembrokeshire **Grid ref** SS 063976

Parking Pay-and-display car park by beach below castle

1 Walk out of car park entrance and turn **L** towards sea. Stay on road as it bears around to **R** and climbs steeply above coast. Pass impressively situated and well-named Atlantic View cottage on **R** before reaching double gate on **L**.

2 Cross stile and walk along field edge, with bank and fence on **R**, to reach stone step stile. Cross stile and continue heading in same direction to wooden stile close to farm which you also cross. Continue to gate by farmhouse, which brings you into small enclosure, then to wooden stile that leads you away from buildings.

3 Continue again along field edge to another gate. Go through and turn **L** to drop down field edge to zig-zag that leads on to coast path. Access to beach is more or less directly beneath you.

4 Turn **L** on to coast path and follow it over another

stile and steeply uphill. You'll eventually reach top of lovely airy ridge that swings east and then north to drop steeply down into narrow dip above Manorbier Bay.

5 Cross another stile and climb out of dip to continue walking easily above rocky beach. This path leads to drive, beneath large house.

6 Continue beneath The Dak and uphill slightly to gate, where coast path drops off to **R**. Follow this as it skirts small car park and then winds down through gorse and bracken to beach. Cross stream and turn **L** to follow sandy track back to car park.

