

**St George's Walk 2026
Gowerton to Tenby**

SGW day two morning route – Llansteffan to St Clears – Approximately 10 miles

Meet at Pendine Sands Car Park SA33 4PF for 8.30am where a mini bus has been arranged to the start of the walk at Llansteffan car park (SA33 5JT) starting at 9.45am.

From the car park, heading out to the corner up the path up the hill towards the big house



As you come down the slope and meet the lane follow the road left.



Coming to the end of the lane at the junction, follow the signs left along the road taking care of oncoming traffic



Following down the lane halfway down the hill with the river in front of you there is a turning right, follow it up the steps



Keeping to the right hand side of the field and along the fence line follow along through the stile and into the next field again following me along the right hand side

Partway down the field before the farmhouse turn right through the stile and then onto the lane following the post left and downhill



Following the lane and the sign left at the junction onto the smaller lane where we have a checkpoint.



**Checkpoint location– before the marsh and marsh warning
W3W = existence.carefully.circus**

Pass through the gate at the farm and through the yard taking care as the path is slippy and wet



Coming out of the farm yard bear left staying on the coastline do not go through the gate into the field on the right as it is a private section



This section is on the marsh and can be boggy so please take care to the end of the field. Follow the sign right back up into the woods.



Passing out of the woods and to the gate carry straight on through the centre of the field to the far side to the small gate



Follow the concrete path around the edge of the field and the coastal signs turning right when you reach the road and following it along until the sign left back onto a footpath across the field.

Stay along the bottom of the field through the gate through the next bit of woodland and then turning left onto the road



Following road along, keep an eye out for the coast path signs and stay on the outside of bends and facing oncoming traffic

At the top of the rise, stay on the main road bearing right toward the farm then taking the left turn into the field up some steps.



Stay to the right hand edge of the field and following the signs before turning right out of the field



Follow the left-hand part side of the field down and through the open gateway with the coast path sign following it around to the left

At the end of the field, turn left after the gate and toward the farm yard bearing left and down the lane following the coast path sign



At the far side of the field in the top right hand corner, follow the sign into and diagonally across the next field to the gate watching out for muddy sections



Cross onto the roadway and follow along over the bridge turning left to the small car park, which is our checkpoint for lunch at the Cei Taf centre



Door code for community centre – Cei Taf – Lunch stop
W3W = [reframe.view.incorrect](https://www.reframe.view.incorrect)

SGW day two afternoon route – St Clears to Pendine – Approximately 11 miles

Heading out of the car park carefully turn left and cross over the footbridge then take the footpath on the side of the road

At the end of the footpath, cross the road and head through the stile following the coastal signs along the footpath next to the road



After coming back onto the roadside carefully walk along the road and after a short distance, there is a coastal sign on the left-hand side by a farm entrance



At the end of the lane, turn right through the stile and follow along the fence line on the left to the bottom left corner of the field taking the gate through to the next field



After coming across the small bridge, turn right and follow the signs through the field avoiding the cows

Follow the yellow top signs and Coast path markers bearing left to skirt the pond and then the chicken yard.



Follow the lane alongside the fence and into the field and carry along along the hedge line



At the end of the field, follow the signs left and into the next field. At the end of the hedge line follow the sign left downhill



Follow down alongside the stream before crossing the small walkway and following the path on alongside the next fence

Follow on along the riverbank through the fields and Woods

Passing through the gate head straight through past the farm buildings and follow up the lane.



At the end of the lane follow the signs left at the junction slightly downhill

Walk through the small holding straight across and through the gate following the track and coast path signs carrying on alongside the river



Carry on up into the woods, skirting the river and mud plants heading towards Laugharne.

Coming out of the woods, follow the line and then the path passing Dylan Thomas's writing shed and his boathouse before turning left and then heading down the road heading to the car park by the castle which will be a **checkpoint**.





Checkpoint - W3W = gazes.crabmeat.spoons

From the car park, follow the signs left along the stream and up toward the woods. Head up the bank following the coast path signs to skirt the wood.

At the fork, follow the coastpath signs left and downhill to skirt the headland.



Follow the coast path signs along the coastline before turning back uphill slightly along a lane and reaching a main road at the junction turn left, following the coast path signs



Follow the footpath on the left-hand side of the road alongside the main road before coming into Plashet.

Opposite the funeral directors follow the coast path sign left and into the field walking parallel to the road.



At the end of the field, follow the sign out of the gate and back to walking alongside the road by MOD Pendine



Cross the small footbridge, then head back into the fields following the path of the road to Pendine. Coming back to the road, cross over to use the footpath and follow it onto towards Pendine

By the bus stop, follow it round staying on the footpath and continue to follow next to the main road before crossing by the signs for the post office, following the coastal sign left to cross the road and head down the lane towards the post office turning right at the sign and following the coast path signs again parallel to the main road.



Follow the pavement along the main road and into Pendine where our **finish point is the car park for the Museum of Land Speed and the Caban on the seafront.**

