

Taking part in a running event on the Pembrokeshire Coast Path?

Please follow our guidance to ensure you have a great run

LLWYBR ARFORDIR
COAST PATH

The Pembrokeshire Coast Path National Trail is a spectacular walking route that will take you through world-class scenery. It's also narrow, with sharp turns and unguarded cliff edges. The Path surface may be uneven, muddy or rocky so please take care.

Keep to the Path –
cliff tops can be
overhanging
and unstable.



Be aware of walkers – call hello and drop
your pace.



Always give way to walkers
by stepping onto the
inland verge and
NOT the cliff edge.



Avoid wearing headphones;
be aware and stay alert.



Follow the Countryside Code
at all times.



Check for livestock and walk if animals
are present.



Never run with a dog fixed to you –
it can lead you into difficulty
on cliffs or around cattle.



Use a lead and be
prepared to let go if you need to.

Always carry a phone
so you can call for help.



Remember
signal can
be unreliable
on the coast.