

The Snug Guest Information



Wishing you a wonderful stay x

The Snug Guest Information

Welcome

Thank you for choosing to stay at The Snug. We know that there is a huge choice of accommodation around the area and we value your stay with us.

We have tried to provide all the information about the cottage that you will need to help you settle in, but if you have any questions please do not hesitate to ask us.

There is also a wealth of information here about St Davids and the local area to help you make the most of your visit or point you in the right direction to find out more. We are also more than happy to help with local information, just pop round.

We hope that you enjoy your stay. If there is anything you need or anything we can do to help during your time with us, please do let us know.

Best wishes
Sean & Laura

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Notes to help you find your way around

- TV & DVD player – the black control operates the TV & DVD player. There is an on/off switch on the right-hand underside of the TV – make sure this is on.
 - Red power button the remote – hold down for a few seconds and release. The red light on the TV should turn blue.
 - Use the CH + / - to move through the channels.
 - The DVD player is integrated into the TV – the DVD slot is on the right-hand side of the TV
- Wi-Fi – The Snug has Wi-Fi for you to use. The network is 'The_Snug', the password is Holiday2019.
- Oven – The oven is intuitive to use. Copies of the full instructions are in the kitchenette drawer.
 - There are 3 rack heights depending on what you are cooking and the details of which rack height to use are on the oven door. Just lift the shelf up and forward as you pull it out to get past the safety catch.
 - When using the middle shelf, the shelf will self-eject slightly when you open the door to enable you to see the cooking more easily. Take care and open the door slowly!
 - Use the top dial to select the cooking function, the middle dial to select the temperature, or level of grill, how dark for toasting etc. Then the bottom dial for the cooking time.
 - Many of the functions will automatically select the temperature and cooking time for you.
 - Press the ON/CANCEL button and the oven will start to heat up, it will beep when it has reached temperature, place items in the oven at this point, the timer will start automatically once the oven has reached the desired temperature and beeped.
 - Press the ON/CANCEL button to switch the oven off at any time.
- BEWARE: IMPORTANT – the over sides and top get hot when cooking. Do not put items on top of the oven and do not move the oven closer to the walls as it need ventilation all round to operate safely.
- Induction hob – the hob is simple to use, select the ring and then use the up and down dial to set the temperature. The protective cover over the hob enables you to have more work top space when the hob is not in use and can also be used as a chopping board. Please allow the hob to fully cool down before putting the cover back on.
- Sink – move tap outwards to switch on - downwards is hot, upwards is cold.

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- Dishwasher – some cleaning tablets have been provided for you. To use the dishwasher – switch it on, select the setting (Programme 5 is usually sufficient for most things), then press the start button.
- Shower – the shower is electric, please ensure the pull cord to the side of the shower is on.
- Electric Woodburner – the electric woodburner is great for quickly warming the lounge and ground floor. It is simple to use with the remote control. Press the power button to turn it on. There are three levels of ‘flame effect’ and low or high heat output. Please do not cover the unit in anyway or block the front heat grill or leave the fire on when you are not in the house, as this will create a fire risk.
- Heating – the central heating is set to keep The Snug warm. However, if you find that you need it on more please do ask us and/or use the electric woodburner. Radiators have thermostats to control room heat.
- Waste – two bins are provided in the kitchen drawer unit. One for recycling – card, paper, clean cans/tins & clean plastic bottles only, and one for general waste/food waste. If full these can be tied securely and placed in the black bin just around the corner of the house (out the porch door – turn right through the gate, there is a black dustbin. Please pop any glass in the green box, newspapers in there for recycling too. There are extra bin bags in the drawer next to the small bins if needed.
- Sewage Treatment System – The Snug and Bwlch Carte are on a sewage treatment plant. Please **do not** put anything other than toilet paper down the loo. **Please** use the disposal bags provided in the bathroom vanity unit for sanitary or other items, bagging them and putting them in the bathroom bin. The system runs on bacteria, they do not like bleach, alcohol, sterilising liquid among other things so please don't tip these down the sinks/loo! Thank you.
- Cleaning – a dustpan and brush is provided in the bottom left kitchen drawer unit. A broom and small Hoover is hanging in the outside store cupboard in the porch. Bathroom cleaning items can be found in the bathroom vanity unit if needed.
- Keys – the front (porch) door key is on the main key ring. If you have requested access to the secure cycle storage a key for the shed will also be on the main keys. The key for the lounge door is in the lock – please leave this in the door, thank you.

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Emergency Information

Contact Numbers: Laura 07771 543241 Sean 07810 128146

Fire. In the event of a fire a powder extinguisher is located in the lounge behind the door. Please leave the building by the nearest door and call the fire brigade on 999.

Address – Bwlch Carte, St Davids, SA62 6BT

Useful Numbers

Doctor – 01437 720303

There is a General Practice Surgery in St. David's. It is located on New Street near to CK's but on the opposite side of the road.

Hospital – 01437 764545

Our District Hospital is in Haverfordwest. Withybush Hospital. To reach the Hospital – drive into Haverfordwest. Turn left at the Morrisons Supermarket roundabout, go past Morrisons Supermarket on your left. Go straight over at the next roundabout towards Fishguard. The Withybush Hospital is a little way along on the left. The journey takes about 30 minutes from St. Davids.

Taxis

Morgans Taxi – 07788 292976 St Davids Taxis 07974 391522 / 01437 721731

Police – 101 or 999

There is no longer a police station in St Davids. Luckily, we have very few problems with crime in this area! So, if you need the police please call 101 or 999.

Dentist – 01437 721747

Our dentist can be found in New Street just before the doctor's surgery. There is a turning to the right signposted Dentist and RAFA Club.

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Key Information for St Davids

COVID-19 RESTRICTIONS

PLEASE HELP OUR COMMUNITIES SMALL BUSINESSES
BY SHOPPING LOCALLY DURING YOUR STAY.

HOWEVER, OPENING TIMES AND SERVICE VARIES GREATLY DUE TO ONGOING
COVID-19 RESTRICTIONS. PLEASE DO CONTACT VENUES IN ORDER TO FIND OUT
THEIR LATEST INFORMATION. THEY WILL BE MORE THAN HAPPY TO HELP AND
WOULD LOVE TO SEE YOU DURING YOUR HOLIDAY.

Supermarket & Post Office

CK's is the nearest Supermarket and can be found at 53 New Street. Turn right out of the drive, walk along the road into St Davids. Stay on the left-hand side footpath and bear round to the left at the V junction onto New Street. The supermarket can be found further along New Street on the right-hand side. It has a good range of everything and very good bakery for a range of delicious bread and pastries.

Opening Hours:	Mon-Sat	07.00 – 21.00
	Sundays	10.00 – 16.00

* Longer in the summer months from Monday-Saturday, but best to check the opening times on the door as they do vary – particularly in winter months.

St. Davids Food and Wine

On High Street. Make great Sandwiches to order and have an extensive deli range and stunning welsh cheeses - so great for a picnic. They also have good breads, and a fabulous selection of good quality wine, local beers and a range of spirits including local Gins.

The Veg Patch

On the High Street opposite and just up from St Davids Food and Wine. Great selection of local fruit and vegetables, olive oils, delicatessen bits and pieces, jams, chutneys, cakes etc.

Thursday Market in St. Davids

Every Thursday (Summer months) on the Cross Square is a small farmers market. It's well worth a browse. If the weather is bad it moves to the City Hall in St. Davids. Stalls usually include: WI, Cheese, Fish, Meats, Cakes, local crafts & artisan goods.

Mathias

A real treasure trove of all things DIY – they usually have everything and anything!

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Chemist

There is a chemist in town by the town square. Open 9.00-6.30 Mon-Fri and 9.00-4.30 Sat.

Other shops

There are many, many more shops and galleries in town.....take a day and have a good mooch around, giving yourself plenty of time for tea, cake, lunch and ice-cream stops!

Eating Out – St Davids

St. Davids has a great choice of restaurants and pubs to choose from – most tastes and budgets are catered for. In summer months and weekends, booking is essential. We've written what we think are the better places, but please feel free to leave us comments if you've sampled somewhere else.

The Really Wild Cafe

High Street
01437 721755

This new venue opened last year and offers a range of great cakes, lunches, take-away's and evening meals, all incorporating wild delights and locally foraged ingredients. A great place to excite your tastebuds!

www.thereallywildemporium.co.uk

The Mill Cafe

9 New Street
01437 729290

The Mill Café does a really lovely range of drinks, cakes, snacks, breakfasts, lunches and evening meals. There is a small outside seating area and indoor seating.

Pebbles Yard Gallery and Espresso Bar

The Pebbles
01437 720122

A delightful old building housing a gallery, gift shop and coffee bar serving coffee, cakes, paninis, sandwiches, soups and other lunchtime snacks. Outside seating area that also sells a lovely range of plants from Bernie's Nursery further up the High Street.

Grain – Pizzas

The Courtyard, behind TYF
01437 454321

New for this year, Grain in conjunction with local Bluestone Brewery have taken over the pizza courtyard at the back of TYF. Great range of pizzas with locally sourced toppings, and a range of locally brewed beers to go with them - What is not to like! Courtyard seating area.

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The Bench Ice-Cream & Coffees

High Street
07855 327196

All the ice-cream is homemade on the premises daily every day. The flavours are so tempting we'll bet you won't just have one on your holiday. Sit on the Cross Square and watch St. Davids world go by. Small outside seating area.

Pilgrims Café

Oriel Y Parc Café

High Street
01437 723290

This is inside the Visitor Information Centre and serves breakfast, lunch, cakes and snacks. There is indoor seating and sofa's plus outside seating in the courtyard for when the sun is shining.

The Refectory Café at the Cathedral

01437 721760

Range of drinks, cakes, sandwiches and lunches. Lovely interior within the Cathedral buildings with plenty of seating.

www.stdavidsrefectory.co.uk

The Bishops

Cross Square
01437 720422

Great local pub with large outside area as well as plenty of seating inside. Food is simple, but good, pub style food. Quick service but do book in summer/holiday times – they get very busy! (As does everywhere in St Davids during the summer season!)

www.thebish.co.uk

The Farmers Arms

Goat Street
01437 720328

A proper pub with real ales where the locals tend to go. Large outside terrace area at the back is great for sunny days. Excellent hearty meals but it is pub grub. Food only served during summer months.

www.farmersstdavids.co.uk

The Grove Hotel

High Street
01437 720300

Range of traditional pub grub. Sometimes lacking in atmosphere but good selection of wine, beers and food. The outdoor beer garden in the walled rear garden at the back of the property is a lovely spot.

www.grovestdavids.com

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Peter's Plaice Fish and Chips

High Street

It's just by the Butchers, set back from the road. It's lovely getting fish and chips in the evening and sitting on the Cross Square watching the sun go down. One of the best views of the sunset over the Cathedral tower is from the top of the cross.

Saffron

Nun Street

01437 720508

This is a super little Indian Restaurant. The staff are really friendly, and it tends to be full of locals and regulars.

St Davids Kitchen

20 Nun Street

07896 251898

A casual café in the daytime and more upmarket, but still easy-going 'bistro' atmosphere, in the evening. Serving breakfast, lunch and dinner – with a range of locally supplied food. On the higher price side in the evenings, but breakfast and lunch is a bit more reasonably priced.

www.stdavidskitchen.co.uk

Twr Y Felin

01437 725555

This luxury hotel on Caerfai Road has a fine dining restaurant, Blas Restaurant, open for breakfast, lunch, afternoon tea and dinner. Lovely food, smart service, more reasonably priced for lunch and outdoor seating areas, but definitely the most-pricey evening option in St Davids.

www.twryfelinhotel.com

Just Outside St Davids

The Kiosk

Porth Clais

This little take-away kiosk about a 20 min walk from St Davids at Porth Clais is a gem for a coffee, great Ice-cream from local farm makers at XXXXXX, toasties, sandwiches and home-made cake. Great stop off on a walk from town or along the coastal path. Usually open Easter to end Sept/Oct depending on weather.

Grub Kitchen (Located at The Bug Farm)

Fishguard Road

07986 698169

Located at the award-winning Bug Farm attraction, the Grub Kitchen is a fantastic place serving freshly cooked, local and sustainable food – lunch, cakes and evening meals. A good range of delicious dishes including vegetarian and vegan options, as well as (as the name suggests!) edible insect dishes! Open every day and evenings during the school holidays, opening times vary outside of holidays so please check.

www.grubkitchen.co.uk

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Eating places elsewhere around the area

SOLVA

Solva is a 5-8 minute drive away, or around £10 each way in a taxi.

The Cambrian

T. 01437 721210

This good pub has a good menu, with fantastic range of meat and vegetarian option burgers! It does lovely Sunday Lunches (out of summer season) and is also open for Lunch and Evening meals daily. Bookings Advised.

www.thecambrianinn.co.uk

Café 35

T. 01437 729236

Great spot for lunch, light snacks or a drink. Often offers local seafood on the menu. Open Thursday and Friday evenings for Fish & chips.

MamGu (Welshcakes!)

01437 454369

Great café on the High Street. Best welsh cakes in Pembrokeshire! Fantastic range of flavours, also serves super breakfasts, light lunches, snacks and good coffee. Very much a must for the welshcakes alone! They also have a 'shop' where you can buy their boxes to take-away at Croesgoch.

www.mamguwelshcakes.com

Café at the Quay

A lovely spot further down the Quay side (a 5-minute walk from the car park) for either lunch or cake, or a late afternoon drink and watching the world go by and the boats arrive back at the Quay. Children love crabbing around here and jumping in off the Quay (for older children). Open from March until October time.

Mrs Will the Fish

01437 721571

One of two local seafood experiences in Solva. You can purchase daily fresh dressed/or ready to cook seafood and fish or order ready to eat Seafood Platters. Everything from Cooked Lobster, dressed crab, fresh fish, prawns etc. Perfect for a Summer's Evening with a nice cold bottle of something nice from St. Davids Food & Wine. You will have to drive over to Solva to pick up the platter. Ask Will for directions when you order.

Something Fishy

Old Barn, Solva

01437 721427 / 07854618466

The second of Solva's seafood delights. Again, a delightful range of fresh, dressed or ready to cook seafood and fish. As above a great choice for an evening on the beach with a cracking bottle of wine or a few beers.

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Additional Pubs in Solva – The Ship on the High Street, The Harbour Inn on the Quay and The Royal George up the hill.

PORTHGAIN

Porthgain is a 15 minute drive away and £20 each way roughly in a taxi.

The Shed

01348 831518

Excellent Fish restaurant right on the Harbor. Its Fish and Chips never fail to be delicious and there is a great fish menu available in the evening. It is open for lunch and dinner but check the times out of season. Booking for evening meals is essential.

www.theshedporthgain.co.uk

The Sloop

01348 831449

Owned by the same people that own the Farmers and The Bishops in St. Davids, it's a great locals pub with a lovely outside terrace area. They do deal with large numbers and it gets very busy in peak season.

www.sloop.co.uk

Beaches

Nearest Beaches to St. Davids

Caerfai

Caerfai is the nearest beach to St. Davids and is popular for bathers, although at high tide the beach is completely covered with only a small bit of sand and boulders. A feature of the beach is the unusual purple sandstone along the cliffs, which was used to build St Davids Cathedral. Limited parking is available at the top of the path to the beach. To get to Caerfai turn right out of the drive then left onto Glasfryn Lane. At the top go straight over the roundabout onto Caerfai Road and follow to the end of the road. Its 5 mins by car, 20 minutes by foot. No lifeguards, and dogs allowed all year round.

Whitesands

This is the other nearby beach and is consistently rated one of Wales' very best beaches. It's a large sandy beach in a magnificent setting. Whitesands is well known for its views, glorious sunsets, crystal clear water and surf. If you can draw yourself away from the beach, there are some stunning walks with memorable views over the St. Davids Peninsula and Ramsey Island. There is a large car park right on the beach which in the summer often has a long queue to get into it. Its £5 per car. There is a café (open in the evenings too during the summer) and toilets in the car park. Whitesands is a 10 minute car ride away, or you can catch the Celtic Coastal Bus by the rugby club, walk (35min) or cycle (15min). Surf and body boards are available to hire at the beach. Lifeguards on duty in season and dog free in the summer months.

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Beaches South of St. Davids

Solva Beach

Solva is a beautiful, rocky inlet providing a sheltered, safe anchorage for yachts and boats. Not surprisingly this fine natural harbour has given the village a long seafaring tradition. It doesn't have a particularly good beach – at low tide there is a small stretch of sand, but the picturesque little harbour provides a pleasant afternoon for watching the small boats coming and going. Solva is just east of St Davids on the A487 Haverfordwest Road.

You can walk along the Coast Path to get to Solva as well. It's a great walk and will take you about 2.5 hours. Head down to the Coast at Caerfai and turn left to pick up the Coast Path. You can then take the T11 bus or the Puffin Shuttle back to St Davids from Solva from outside the Pottery Shop halfway down the Main Street.

Newgale

It's the ideal location for watersports. There is always plenty of space on the long, 2 mile stretch of flat sand whilst the Atlantic Ocean rollers ensure some exciting surf, it is an ideal beach for the young and not so expert. The beach is patrolled by life

guards during the summer holidays. There is a café at both ends of the beach and a pub in the middle, 'The Duke of Edinburgh' which serves decent, basic, pub food. There is ample parking with seasonal charges and dogs are welcome all year round. It's easy to find, lying midway between St. Davids and Haverfordwest on the main A487 road. You can hire Surf Boards and Canoes from **Newsurf**, just by the pub.

Druidstone Haven

Druidstone Haven can be found by following the coastal road between Nolton Haven and Broad Haven. It's a well-hidden long, sandy beach enclosed on three sides by steep cliffs. Access to the beach is by 2 footpaths and bathers should take care as there are strong currents. There are no amenities on the beach, but the nearby **Druidstone Hotel**, a unique experience! The hotel has a 'uber' casual feel, with a popular bar and a great spot for lunch, perched right on the top of the cliffs with a stunning view.

www.druidstone.co.uk

Broadhaven

Broad Haven (west) is a large, magnificent expanse of sand, which runs the entire length of Broad Haven Village. It is a regular Blue Flag holder. It is a favourite with bathers and watersports enthusiasts with pubs, shops, restaurant, cafe etc. It's also great for rock pooling with the kids.

Broad Haven's westerly facing sandy beach offers excellent conditions for kite-surfing, kite-buggying, windsurfing and surfing. For surfing Broad Haven can offer some protection from SW winds.

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Broad Haven is one of the most popular windsurfing beaches in this area and home to **Haven Sports** watersports shop.

There is a car park at the southern end of the beach opposite Haven Sports and a larger car park a small distance from the beach at the North End of the bay. To find Broad Haven follow the road to Haverfordwest and turn off on the B4341.

Little Haven

A picturesque old fishing village with steep streets that descend to a sandy beach. The beach itself is popular with swimmers and divers in the summer months. At low tide there is a pleasant walk along the beach to Broad Haven with numerous caves and rockpools to explore. There is a pay and display car park close to the beach and three welcoming pubs. The best one being 'The Swan' www.theswanlittlehaven.co.uk. To find Little Haven follow the Coast Road South from Broad Haven.

Barafundle Bay

A beautiful bay of golden sands and turquoise blue waters further down South of the county. East facing and well sheltered from the prevailing winds, this is an ideal hideaway spot. To find it, turn off from the minor road between Stackpole and Freshwater East where a lane leads to a car park at Stackpole Quay. There are toilets and a great National Trust café here **The Boat House Tea Rooms** serving lunches, cream teas and ice creams and cakes. The beach is a 1km walk along the Coast Path. There is a steep descent from the path down to the beach.

Dale

The sheltered bay of Dale is perfect for watersports – home to yachting, windsurfing and a watersports centre. Dale has a shingle beach with some sand at low tide and an attractive seafront, all overlooked by Dale Castle on the hill above. Facilities in the unspoilt village are good. There is a great pub **The Griffin** which serves locally caught fish and is a great spot for watching the world go by. www.griffinindale.co.uk. Head out on a boat for a couple of hours and try your hand at a spot of fishing with www.broadsidedale.co.uk. Boats leave from the jetty.

Car parking is plentiful in the purpose-built car park just across the road from the beach. To find Dale head S.West on the B4327 from Haverfordwest.

West Dale is a stunning, secluded cove which is accessed via footpath through Dale. The sand and shingle beach can be dangerous to swimmers because of undertows and unpredictable currents and hidden rocks.

Tenby

Its Pembrokeshire's main holiday resort and its beaches reflect this. They provide plenty of facilities, are winners of various environmental awards and are often quite busy. The resort of Tenby consists of 4 beaches: North Beach, Harbour Beach, Castle

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Beach and South Beach. A trip to Tenby is great fun and there is plenty to see and do. www.tenbyvisitorguide.co.uk

Fish and Chips at Fecci's is a must – it's a real institution just off Frog Street. They have an ice cream parlour nearby too.

A Trip to Caldey Island is lovely too. A fleet of boats run from Tenby Harbour every day except Sunday through the Summer Months, weather permitting. Tickets can be bought from the relevant booth on the harbour. For many centuries, Caldey Island has been inhabited by various orders of monks and is currently owned by the Cistercian Order, living in the beautiful Abbey, found just a few minutes walk from the landing stage. On the far side of the island you can walk to the lighthouse and enjoy the spectacular views. Also look out for the Chocolate Factory and Abbey Gift Shop selling perfume and shortbread in the Monastery.

www.caldey-island.co.uk

Beaches North of St. Davids

Aberiddy

Once a 'Blue' sandy beach with dramatic cliffs, the beach has suffered recently from winter storm damage and has lost a lot of the beach, however the striking Blue Lagoon – once a slate quarry – is walking distance from the carpark/beach. The Blue Lagoon is very popular swimming and 'jumping' spot from the old quarry jetties.

One of Pembrokeshire's most beautiful beaches, Traethllyfn, lies just one mile north of Aberiddy and a further half mile coastal path walk brings you to Porthgain. Here you'll find 'The Shed' – an excellent fish restaurant, and a pub, 'The Sloop' which has a nice outside seating area.

Aberbach and Abermawr

Both are little known beaches. Abermawr is a large, impressive bay with a pebble bank created by a huge storm in 1859. At low tide the beach is sandy. Surfing can be good here and is never crowded but the strong currents can be hazardous.

Abermawr beach is well signposted from the cross roads on the A487 about a mile N.E of Mathry. The road is narrow and parking is limited. There is a short path to the beach from the roadside.

Aberbach beach is a small beach next to Abermawr and is a 5 minute walk to get to it from the road or 10 minutes around the cliffs from Abermawr. Although mainly pebbles there is sand at low tide. If you follow the track up inland from the beach you will come to some great wood carvings that are fun for kids to spot – there are lots of different animals and things hidden in the trees and by the path. Takes about 10 minutes walk up from the beach. You will come out of the wooded walk by a cottage. If you fancy a refreshment stop head to Melin Tregwynt for a look at the beautiful woven blankets and cushions and visit their fantastic café for lunches, snacks, tea and cake. To get to Melin Tregwynt walk by the cottage and turn left,

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follow this road all the way round and over a little bridge. You'll see the car park for Melin Tregwynt. You could always park your car here and walk to the beaches from here.

Cwm-yr-Eglwys

A petite, eye-catching cove popular with families. Overlooking the picturesque shingle and pebble beach are the remains of the 12th Century Church of St. Brynach's which was destroyed during a fierce storm in 1859. To find Cwm-yr-Eglwys follow the narrow, twisting road off the A487 just to the east of Dinas Cross. There is limited parking in a private car park. Being at the northern base of Dinas Island, Cwm yr Eglwys is a great place to join the Pembrokeshire coastal path. From Cwm yr Eglwys, you can walk round Dinas Island to Pwllgwaelod (another beautiful Pembrokeshire cove) where you can enjoy a well-earned rest in The Old Sailors Pub and Restaurant before cutting back through the valley to Cwm yr Eglwys. The whole walk is just over 3 miles.

Activities

Walking the Coast Path and local area

St. Davids is surrounded by wonderful cliff walking with stunning views. A **North Pembrokeshire OS Map** is in the cottage. Please be sure to leave the map for the next guests to enjoy but by all means take it out and about with you during your stay.

The **Coastal Bus Service** is a great way to get around without taking the car, and to get back to St Davids if you are heading out on a longer walk. Timetables are enclosed. The Celtic Coaster and Strumble Shuttle do a 'hail' service and will stop if flagged down and it is in a safe place for them to pull in.

Cycling

The OS map can help with local rides and the Sustrans No. 4 route will take you north and east along the coast from here. For longer rides do ask Sean who will be more than happy to point you in the right direction or even take you out on his favourite rides – with tea stops included!

Horseriding

By far the best horseriding stable is that at Nolton Haven – **Notlon Stables** T. 01437 710360 www.noltonstables.com They run beach rides down to the beaches of Nolton Haven and Druidstone for 1.5hr or 2.5hr rides. They have a large selection of horses and ponies and take pride in their ability to cater for young children, through to the more experienced rider.

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Outdoor Activity Providers

TYF

01437 721611

TYF located on the High Street in St Davids offer the full range of outdoor activities from coastering (an activity they originally invented), to kayaking, surf lessons and more. Groups tend to be on the large-side but they are great providers of fun, exciting activities.

www.tyf.com

The Real Adventure Company

07421 831462

Pete at The Real Adventure Company provides fantastic, more personalized activities with maybe only 2 or 6 people per group. Great for couples or a family group. Hugely knowledgeable of the local area, offering a real insight into this special area of West Wales. Activities include kayaking, canoeing, coastering and surfing.

www.therealadventurecompany.com

Whitesands Surf School

01437 720433

The Surf School based down at Whitesands beach has been going since 2001 and they cater for all ages and abilities. Pop into Ma Simes Surf Hut on the High Street for more information and to book. They run regular lessons throughout the season.

www.masimes.co.uk

New Surf - Newgale

01437 721398

If Newgale Beach is more your chosen location to learn to surf or for water-based activities, then pop into New Surf. As well as lessons they also offer equipment hire including surfboards, stand up paddle boards, kayaks and wetsuits.

www.newsurf.co.uk

Rock Climbing

07949 579379

Previous guests have climbed with Stu from The Climbing Company and have given great reviews. From beginners to experienced climbers they offer something for everyone and are happy to do one-to-one sessions.

www.climbingcompany.co.uk

Boat Trips

These are a great way to explore and see Pembrokeshire's Islands and get some fantastic viewings of local wildlife.

Ramsey Island

The local boat trips run from St Justinians – parking at St Justinians is limited so do consider taking the Celtic Coaster bus, or some providers offer a free bus service from St Davids .

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You have a choice of providers in St Davids who all offer a range of trip options, from the most popular round Ramsey Island trip, to dolphin watching, sunset trips or longer rides heading further along the coast. Check out provider websites for more information:

Thousand Island Expeditions – 01437 721721 www.thousandisland.co.uk Booking office located on Cross Square by Pebbles Café

Voyages of Discovery – 01437 721911 / 0800 954367 www.ramseyisland.co.uk Booking office located next to TYF on the High Street

Falcon Boats – 07494 141767 www.falconboats.co.uk Booking office (Easter to Oct) in the hut in Oriel Y Parc Visitor Centre carpark

Venture Jet – 01348 837764 www.venturejet.co.uk

If you want to land on Ramsey and walk round for the day (highly recommended but pick a good day as there is no shelter or refreshment places) the boats depart at 10am or 12noon and **Thousand Islands** are the only operator with landing rights.

Other boat trips that are worthwhile are **Caldey Island** from Tenby as mentioned in the Beaches section previously, or over to **Skomer Island** to see the Puffins.

Skomer trips leave from Martin's Haven, and the best company to do these with is Dale Sailing. The trip over to Skomer is 15 minutes but be sure to get there very early e.g. 7am! as you can't book. You have to queue, tickets are sold for the boats on a first come first serve basis and the full days allocation can be sold by 9am!

The first departure is 10am and it takes about 1hr 10 minutes to drive to Martin's Haven, where you park in the National Trust carpark which is next to the booking office. For more information call 01646 603109.

www.welshwildlife.org/skomer-day-trip/

Golf Courses

Whitesands

The is a 9 hole course at Whitesands Beach with spectacular panoramic views over St. David's Head and Whitesands Bay. The course is dry and playable all year with fast greens to test the best. This is one of the most beautiful courses in the area and the course is in superb condition all year round thanks to the dune grass that never grows. Visitors are welcome on a pay and play basis. Just pop along and leave your green fees.

Newport

The Newport Links Golf Club overlooks Newport Bay – it has beautiful, panoramic views over Newport Bay. It is a traditional Links course with 9 testing holes set just

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off Newport Sands. The Club has its own bar and restaurant and is open to Non-Members.

Haverfordwest

Haverfordwest Golf Club has magnificent views of the Preseli Hills. It offers a real challenge to all golfers of all abilities. Easily reached on the A40, just one mile east of Haverfordwest. The course is set in majestic parkland and is a true test of golfing skill. The Clubhouse has excellent facilities including a bar and restaurant offering home cooked food.

Culture

St. Davids Cathedral

Most visitors first view St David's Cathedral as they approach from the centre of the City, the first glimpses of this hidden building are when walking through the Bell Tower and Cathedral gates, which invariably causes visitors to stop and stare, in order to take in the whole massive building and extensive grounds. Alongside the Bell tower is a great location to take photographs, but remember if you are lucky the

Bell tower may be open and you can go in and see the team of Bell Ringers, Friday evening are practice nights and Sunday mornings are the regular times when you are guaranteed to hear them.

Adjacent to the bell tower are the main stone steps leading to the cathedral – known as “the thirty-nine steps” easy going down (not quite so easy coming back up). The area known as the Cathedral Close is really well maintained by a team of local grounds men, just walking through the Cathedral Close there are a really interesting buildings, gardens and meadows etc to enjoy.

The Cathedral is normally open to visitors from about 8.40am until the end of Evening Prayer (or Choral Evensong), but the building may be closed at short notice for funerals and for other reasons. You can check the Detailed Service Lists on the main doors into the Cathedral or online.

The Bishops Palace

Now a ruin, the Bishop's Palace at St David's still retains signs of its former grandeur. Currently in the hands of CADW the remains are utilised now as an open-air theatre as well as a visitor attraction.

Built during the 1300's the ruins are full of human heads carved from stone and there is a huge wheel window in the eastern gable which is well worth the visit alone. The whole palace ruin musters up a sense of how spectacular this building must have been during its heyday with huge banquets being held in the main hall and royalty and other well to do guest entering through the majestic porch. The Palace is open daily and there is an admission charge. Facilities include disabled access, baby changing facilities, toilets, a gift shop and exhibitions.

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St. Non's Chapel and Well

Situated in a field above the Coastal Path are the ruins of St Non's Chapel- now barely more than foundations it does house a stone slab with a simple cross and circle carved into it. The Chapel is believed to be the birthplace of St David some 1500 years ago and is built inside the site of a Neolithic stone circle. Strangely the

building has been constructed with a north-south orientation as opposed to the traditional east-west layout of most religious buildings.

Some 500 yards from the Chapel at the top entrance to the field is St Non's Well. Believed to have healing powers like many medicinal wells in the area, it probably has its roots in Celtic (Iron Age) times and was re-branded so to speak when Christian beliefs were becoming predominant in the area.

Oriel y Parc Gallery and Visitor Centre

Oriel y Parc includes a Visitor Centre, Artist in Residence Studio, a Discovery Room which hosts family friendly art and nature activities, a Tower which hosts local arts exhibitions and community run classes, and a café (great spot for lunch and breakfast), and not forgetting a shop to buy local crafts/souvenirs and other goodies. There is also a Class A Landscape Gallery, which was built to house works bequeathed to the people of Wales by Graham Sutherland. This is **free** entry.

Other things to do

St. Justinian's – Lifeboat Station

Some 2 miles to the N.W of St David's is the small inlet of St Justinian's. Originally the site of St' Justinian's Chapel which is now a ruin and still visible on the approach from the car park above the inlet. The ruins are what is left of a medieval chapel, where legend has it that St Justinian's remains were once buried. St Justinian's is better known today as the site of the lifeboat station for this part of Pembrokeshire. The new lifeboat station, opened in 2017, operates 3 boats and covers an area of some 550 square miles from Abermawr to the north down to Skomer Island in the South. It is well worth a visit.

The Bug Farm

07966 956357

This award-winning visitor attraction is dedicated to all things bugs and offers a great experience for both adults and children alike. Based on a 100 acre Pembrokeshire farm it has a super range of indoor and outdoor exhibits that showcases the wonders of bugs and what they do for us and the environment. Great 'bug handling' experience offered.

www.thebugfarm.co.uk

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Wild Foraging Walks

Julia in St Davids (Really Wild Café) organises Wild Foraging Walks around the local coastline. You can pick up a leaflet from her. She's on Goat Street on the left-hand side of the road as you go down the street.

www.wildaboutpembrokeshire.co.uk

Solva Woollen Mill

Visit this historic working woollen mill located just outside Solva along the river. They make a gorgeous range of contemporary stair runners and rugs, as well as showcasing the best welsh wool products, local crafts and gifts. Well worth a visit and why not stop for a cuppa and slice of cake while you are there in their café.

They also now have a shop on the High Street in St Davids.

www.solvawoollenmill.co.uk

Melin Tregwynt Woollen Mill

Small whitewashed working mill located in a wooden valley north along the coast from St Davids. Producing a fine range of contemporary blankets, throws and cushions, as well as showcasing other local crafts, gifts and produce. Great café serving breakfast, lunch, cakes etc. that can be enjoyed in their gardens alongside the wooded stream.

www.melintregwynt.co.uk

Crabbing and Rockpooling

Broadhaven is great for rockpooling as is Cwm yr Elgws. A good crabbing spot is off the quay at Solva or down at Porthclais harbour off the harbour wall at the end of the harbour out to sea.

Wild Lakes Wales

Reopening May 2021 this adventure centre offers a range of adrenaline fueled activities including wakeboarding, ringos, bouldering, slide and splash aqua park, as well as a café for those who are just there to 'supervise' or relax and watch the energy expansion of others!

www.wildlakeswales.com

Days out

Newport

Newport is an idyllic little town on Pembrokeshire's north coast – keep on driving past Fishguard and the A487 will take you there. It's some 40/45 minutes from St. Davids.

The Welsh name for Newport is Trefdraeth. Translated, this means 'town by the beach'. The beach in question is Newport Sands, a mile long, wide, flat, dune-backed beach. Newport is a town of two halves, the streets around Market Street and the area around the Parrog. Market Street was once wide enough to accommodate market stalls but has since been narrowed with the enclosure of front gardens at

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many of the properties. Newport's commercial hub can be found in the surrounding streets, where you can find interesting shops, cafés, pubs and restaurants.

There are a number of good pubs in Newport including The Castle Inn, and The Golden Lion. They all provide food at lunchtime and in the evening. Lou Lou's Café on Market Street is also another good lunch spot. There is also an excellent restaurant - Llys Meddyg, about £40 per head so more of a special treat place even though it is full of rustic charm. www.llysmeddyg.com

Pentre Ifan – Burial Chamber

The most popular megalithic site in Wales. Pentre Ifan is a splendid burial chamber with a huge capstone delicately poised on 3 uprights.

Pentre Ifan means Ivan's Village and the monument dates back to about 3500BC. It stands on the slopes of a ridge commanding extensive views over the Nevern Valley. The capstone weighs over 16 tons and is 5m long and 2.4m off the ground.

Cilgerran Castle

Cilgerran in Pembrokeshire boasts a picturesque ruined castle overlooking the Tefi George which it was built along. The castle sits on a rocky promontory above the River Teifi. The original castle is believed to have been like many others, an earth and timber castle which was probably constructed in around 1100, this castle was eventually strengthened and improved, by the Earl of Pembroke the masonry which exists today is dated around 13th century. The castle is now a National Trust property, in the guardianship of Cadw: Welsh Historic Monuments Executive Agency.

The castle is largely a ruin, though two substantial towers remain which give an excellent idea of the scale of the building. The castle can be seen from several vantage points along the river. From the castle there are pleasant walks down to the River Teifi and into the village of Cilgerran.

Why not make a day of your visit and head to lunch at **Hammet House**. It's about a 15-minute drive away from Cilgerran.

www.hammethouse.co.uk

Narberth

Narberth is a small, lively and attractive town in the rural heart of Pembrokeshire. It's a lovely day out if the weather is not up to much. It's become the arts and crafts capital of Pembrokeshire and a very 'happening' place to be. The shops are all very individual and sell some exquisite items ranging from fine art to fine food, with the world of fashion being supported by a number of shops and upmarket boutiques. In the middle of the High Street in Narberth is the Old Town Hall, an imposing structure with a double stairway leading up to the entrance. Surrounding the Old Town Hall are some fine old buildings, many of which now house interesting and unusual shops - as does the Old Town Hall itself.

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Definitely worth a visit for lunch is **Ultracomdia**. It's a lively tapas bar with lots of Spanish meats, cheeses, and wines. It's well worth a visit but be prepared to wait for a table. www.ultracomida.co.uk

Just outside Narbeth is **The Grove Hotel**. If you're feel flush or want to spoil yourself this is a real treat of a place for lunch, they do an amazing afternoon tea (booking required) and evening meals.

www.thegrove-narberth.co.uk

T. 01834 860915

Spa Days

If it's a rainy day or you really need to have a day just to relax somewhere, there are some lovely spas in the county.

Bluestone – The Well Spa

If the kids are off enjoying the Blue Lagoon Waterpark, then you could take yourself off to the Bluestone Resort nearby and enjoy their spa. It has 11 treatment rooms, heated saunas, aromatic steam rooms, cooling ice pod, open top terrace hydrotherapy pool and relaxation areas.

Call to book on 01834 862419 or visit the website for a treatment list.

www.bluestonewales.com/content/resort/the_well_spa

If you book a 60-minute treatment, you get 2 hours free at the spa, so perfect if the children are at Blue Lagoon Waterpark and you fancy a treat.

St.Brides Spa Hotel, Saundersfoot

www.stbridesspahotel.com/spa

The spa is located on a cliff edge overlooking Saundersfoot Bay. The outdoor infinity pool is a great place to watch the beach action and just unwind – its heated so feels like heaven. Indoors there are steams rooms and saunas as well as full height windows with rest rooms that look out to sea.