

The Snug Guest Information



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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Useful Numbers

Doctor – 01437 720303 / St Davids Surgery, 36 New St, St Davids, SA62 6SS
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 / Withybush Hospital, Fishguard Rd, Haverfordwest SA61 2PZ. 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 police station in St Davids so if you need the police please call 101 (non-emergency) or 999 (in an emergency).

Dentist – 01437 721747 / 34B New St, St Davids, Haverfordwest SA62 6SS

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.

St Davids Carparks - information on parking in St Davids and Whitesands Beach can be found here <https://stdavids.gov.uk/community-information-2/car-parks/> There is on street parking but do adhere to the time limits - particularly in the summer months - traffic wardens are very active!

St Davids City Council - local information can be found on the City Council website www.stdavids.gov.uk

What's On in St Davids and Surrounding Area

Check out the 'What's On - St Davids & Solva' facebook page for latest information on what is on in and around St Davids.

<https://www.facebook.com/groups/2412063508966196/>

Key Information for St Davids

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 a good bakery for bread and pastries.

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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.

West Point Trading @ Cathedral House

On the Cross Square, with a great range of delicatessen bits and pieces, including ready made sandwiches to take-away and a great place for grabbing some delicious picnic items.

Really Wild Emporium

On the High Street, this shop is a delight of eco goods and sustainably made products and is located upstairs above the Really Wild Restaurant. Take time to browse their own hand-made soaps and beauty products (for men and women), eco products for home and garden as well as locally produced beers, wines & spirits. Also the place to book local foraging tours!

Basalt & Dune

Tucked away off New Street, just around the corner from Falcon Boats, is this lovely scandi style gift and homeware shop full of delightful things including cards, crafts, jewelry and more. Definitely worth taking a minute to find them.

Falcon Boats

On New Street, you can book the best boat trips here, but not just that, it is a lovely shop crammed full of beautiful and unusual gifts, homeware, jewelry - as well as some very special artwork and other pieces by renowned local artist Jackie Morris.

Studio 5

Next door to Falcon Boats is the delightful Studio 6, home to local artists Tony Kitchell and Rose Periam, showing their work as well as guest artists and beautiful blankets from local weavers Melin Tregwynt.

The Pines & Dead Sea Records

On the High Street, this new cutsie store, next to The Smorgasboard Cafe, has a funky range of homeware, gifts, cards and local art, at the back you'll find welsh independent music retailer, Dead Sea Records, head for a vinyl browse!

Goat Street Gallery

Tucked own towards the bottom of Goat Street (keep left at the Cross Square and head down the hill past The Farmers pub) this beautiful gallery in a stunning converted chapel is packed full of the owners amazing pottery and stitched artwork, plus work by local artists and craftspeople. Stunning and very much worth the walk down the hill.

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Window on Wales

On the cross square, this shop has a great range of gifts, cards, games, toys and clothing. definitely worth a look round. Their sister shop in Solva stocks similar, with a larger clothing and outdoor range.

Solva Woolen Mill

Solva Woolen Mill shop at the top of the High Street is the St Davids shop of the working woolen mill in Solva. Stocking beautiful rugs woven at Solva, furniture and local beautifully made crafts, as well as all things wool related. A stunning shop. The working mill at Solva is also worth a visit - you can see the weaving taking place, there is a more extensive shop and lovely cafe set right on the river.

St Davids Bookshop

Of New Street just next door to Basalt & Dune is the St Davids Bookshop. A treasure trove of books of all sorts, including many local books, OS maps 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: Cheese, Fish, Meats, Cakes, local crafts & artisan goods.

Mathias

A real treasure trove of all things DIY – they usually have everything and anything! Located just a bit off the High Street at the end of Nun Street.

Lloyds Chemist

There is a chemist in town on the Cross 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!

St Davids Peninsula Food Market www.ecodewi.org.uk/foodmarket/

Run by EcoDewi, our local sustainability social benefit company, the Peninsula Food Market brings you the very best of food and goods from farmers and producers right here in Pembrokeshire. Order online by midday on a Thursday and collect from St Davids Rugby Club on a Saturday morning. Great for some delicious local produce to enjoy during your stay, or to take home with you.

Eating Out – St Davids

St. Davids has a number of good eating places and pubs to choose from – most tastes and budgets are catered for. In summer months and weekends, booking is essential.

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The Really Wild Cafe & Restaurant

High Street - 01437 721755

This super restaurant uses locally foraged ingredients in their delicious dishes. It offers a range of cakes and light lunches during the day and they have a super 'taster style' menu served on certain evenings in the week. A great place to excite your tastebuds! www.thereallywildemporium.co.uk

The Mill Cafe

9 New Street - 01437 729290

A very popular place for their all-day breakfasts, lunches, cakes and in the summer evening meals, plus Sunday lunches. Dog friendly, with indoor and a small outdoor seating area.

Pebbles Yard Gallery & Espresso Bar

The Pebbles - 01437 720122

A delightful old building housing a gallery, gift shop and coffee bar serving coffee and cakes. There is an outdoor seating area that also sells a lovely range of plants from Berine's Nursery further up the High Street.

Grain Pizzas

The Courtyard, behind The Smorgasboard Cafe - 01437 454321

This is a firm favourite with locals and visitors alike! Set up in conjunction with the local Bluestone Brewery, it serves fantastic lunch options and great woodfired pizzas with special offers and events throughout the year. They offer a great range of pizzas with locally sourced toppings, and a range of locally brewed beers to go with them. courtyard and indoor seating areas. A must, but extremely busy during holidays and summer months so early booking advised

<https://www.facebook.com/grainstdavids/>

The Bench Ice-Cream and Coffee

High Street - 07855 327196

All the ice-cream is homemade on the premises. The most amazing range of flavours! Sit on the Cross Square and watch St Davids' world go by with an ice-cream in hand. They also do coffee and other snacks. Another must!

Pilgrims Cafe, Oriel Y Parc

Oriel Y Parc, top of the High Street - 01437 723290

Found inside the Pembrokeshire Coast National Park Visitor Information Centre, serving breakfast, lunch, cakes and snacks. There is indoor seating and outside courtyard tables for when the sun is shining.

Mamgu! Welshcakes @The Refectory Cafe, St Davids Cathedral

Formerly in Solva, Mamgu welshcakes has moved to The Refectory, a stunning building around the back of the Cathedral. Pop in and pick up some of the most amazing welshcakes to be found anywhere on the planet, or stop for a full welsh breakfast, breakfast bap, lunch, coffee and welshcakes throughout the day.

Mmmm! www.mamguwelshcakes.com

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The Smorgasboard Board Games Cafe

High Street

We're so excited by this new addition to St Davids High Street. At Smorgasboard you can choose from a vast library of familiar and more unusual games to play whilst you enjoy a delicious range of food and drinks. Open daily from 9am - 10.30pm - plenty of time to get through that board game battle! www.thesmorgasboard.co.uk

Caffi Rockhoppers and TYF Adventure Booking Centre

High Street

Located opposite The Bench Ice-cream parlour, Rockhoppers serves fabulous freshly made vegetarian and vegan food, cakes, and coffee. Always an exciting range of delicious dishes. Inside seating down and upstairs, and an outside courtyard area at the front for the summer months. www.caffirockhoppers.co.uk

West Point Trading @ Cathedral House

Cross Square

As well as a great deli, this lovely place right on the Cross Square also has a great cafe serving breakfast/brunch/lunch dishes, cakes, coffee etc. Light and bright indoor seating and a lovely suntrap garden out the back, perfect for chilling with a coffee.

The Bishops

Cross Square - 01437 720422

A great local pub with a large outside seating area as well as plenty of space inside. Food is simple, but good pub style dishes. Quick service but do book in the summer and holiday times as they get very busy! www.thebish.co.uk

The Farmers Arms

Goat Street - 01437 720328

A proper pub with real ales and where the locals tend to go. Large outside terrace area and hearty pub grub meals. www.farmersstdavids.co.uk

The Cross Hotel

Cross Square - 01437 720387

Nice welcoming bar and restaurant – tends not to be as busy as the Farmers Arms or The Bishops. They serve a great range of lunches and meals throughout the day and evening. It has a front garden with seating for afternoon tea or lunch. www.stdavidscrosshotel.co.uk

The Grove Hotel

High Street - 01437 720300

Reasonable 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.

Y Gegin

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. Serves local seafood including lobster. A higher priced offering in the evenings than most.

Twr Y Felin

Caerfai Road - 01437 725555

This luxury hotel 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 one of the higher priced evening options in St Davids. www.twryfelinhotel.com

Saffron

Nun Street - 01437 720508

A little Indian restaurant and take-away tucked on New Street.

Just Outside St Davids

Porthclais Kiosk

Porthclais Harbour

This little take-away kiosk, about a 20 min walk from St Davids at Porthclais, is a total gem for coffee, cakes, ice-cream and toasted sandwiches. Great stop off on a walk from the City or along the coastal path. Usually open Easter to end Sept/early Oct.

https://www.facebook.com/porthclaiskiosk/?locale=en_GB

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, including vegetarian and vegan options, as well as edible insect dishes! Open every day during the school holidays, but opening times vary so please check.

www.grubkitchen.co.uk

The Perennial Nursery

About 3 miles along the old coast road from St Davids. A great little nursery selling a wide range of plants grown sustainably on the Peninsula. A lovely cafe too, selling cakes and light lunches, plus local goods including locally made vegan ice-cream! Beautiful gardens to look around and sit in on a sunny day, plus tables inside too.

<https://www.perennialstdavids.co.uk/>

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Eating places elsewhere around the area

Solva

Solva is a 5-8 minute drive away.

The Cambrian

High Street - 01437 721210

This good pub has a good menu, with a 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. www.thecambrianinn.co.uk

Hats and Barrels

High Street - 01437 721919

A new addition to Solva High Street, but quickly a favourite. Pop in for a drink, or book for lunch, evening meal. A varied menu, with a light and airy indoor restaurant and a lovely large outdoor terrace alongside the river. www.hatsandbarrels.co.uk

35 Mainstreet

The Quay - 01437 729236

Tucked away on the Quay, just along from The Harbour Inn. A great spot for breakfast, lunch, and evening meals (certain evenings - so do check), or a drink or ice-cream after a walk. Often offers local seafood on the menu. and offers cosy inside seating and outdoor terrace. www.35mainstreet.co.uk

Café at the Quay

A lovely spot at the end of the Solva Quayside (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 a few local seafood options 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. 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 71427 / 07854 618466

Another of Solva's seafood delights. A good range of fresh, dressed or ready to cook seafood and fish. As above, a great choice for an evening on the beach with a few beers.

Car Y Mor

Upper Clegyr, St Davids, SA62 6QN - 07773 846560

Located on the main road just outside of St Davids on the way to Solva, Car Y Mor is Wales' first regenerative seaweed and shellfish farm. A community owned business

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that is using regenerative ocean farming to offer food security and sustainable local jobs. You can pop into their farm when they are open and pick up fresh seafood, as well as some of their amazing seaweed based food products, or order online for collection. www.carymor.wales

Additional pubs in Solva - The Ship on the High Street, and The Harbour Inn on the Quay.

PORTHGAIN

Porthgain is a 15 minute drive away.

The Shed

01348 831518

Amazing fish restaurant right on the Harbour. Its Fish and Chips never fail to be delicious and there is a great fish menu available in the evening. It's open for lunch and dinner, but check the times out of season. Very busy in the holiday season so booking is essential. They also do take-away and you can sit on the harbour wall and watch the sun go down. 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 local's 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. Although at high tide there is very little beach, often only boulders. A feature of the beach is the unusual purple sandstone along the cliffs, which was used to build St Davids Cathedral. There is steep path down to the beach and large boulders to walk over to the sand. 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 Road. At the top go straight over the mini roundabout onto Caerfai Road and follow to the end of the road. It's 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

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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. It's £6 per car / £4 after 3pm. There is a café (open in the evenings too during the summer) and toilets in the car park. Whitesands is a 10 minute drive 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.

Beaches South of St. Davids

Solva Harbour

Solva is a beautiful, rocky inlet providing a sheltered harbour. Not surprisingly this fine natural harbour has given the village a long seafaring tradition. Great for a stroll along the quay, where you'll find people crabbing on a sunny day, swimming and for the more adventurous jumping in off the harbour wall!

You can walk along the Coast Path to get to Solva as well. It's a great walk and will take you about 2 - 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 back to St Davids from Solva from outside the Pottery Shop half way 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 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 etc from New Surf surf shop.

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, restaurants, cafes 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.

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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 some local pubs.

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.

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 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. Boats run regularly from Tenby Harbour Easter to October, weather permitting. Tickets can be bought from the booth at the top of the harbour. For many centuries, Caldey Island has been inhabited by various orders

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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 most 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. But please take care as every year people are air lifted off the quarry from jumping accidents!

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 cliff path 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. To get to Melin Tregwynt walk by the cottage and turn left, 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

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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.

Please Note: Unfortunately the **Coastal Bus Services** up and down the coast that used to pick up and drop off walkers (the Strumble Shuttle & Puffin Shuttle) aren't running this year. So you'll need to drive or arrange a booking with the Flecsi Bus.

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! Electric bike hire is available at Oriel Y Parc and TYF in St Davids. A great way to get around and enjoy the St Davids Peninsula.

Outdoor Activity Providers - There are many providers, here are a few of our favourites.

TYF

01437 721611

TYF located on the High Street in St Davids offers the full range of outdoor activities from coasteering (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. They also hire electric bikes. 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, coasteering and surfing. www.therealadventurecompany.com

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Surf Equipment & Wetsuit Hire

This is available from Unsung Hero or Ma Simes - both have trailers at Whitesands carpark where you can hire and pick up from.

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

Hidden Routes (E- Mountain Bike Tours)

Based in Newport at Llys Meddyg this e-mountain bike adventure company offers fantastic off-road guided tours. All equipment provided. www.hiddenroutes.co.uk

Wildwater Sauna (Woodfired beach sauna) -

This beautiful woodfired mobile sauna pops up on beaches around Pembrokeshire. Check them out for their latest location. www.wildwatersauna.com

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 .

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:

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Falcon Boats – 07494 141767 www.falconboats.co.uk Booking office on New Street just off the High Street

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

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) **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 Island trips leave from Martin's Haven crossing with Dale Sailing. It takes about 1hr 15min to drive to Martin's Haven, where you park in the National Trust carpark which is close to the landing area. These trips are extremely popular and early booking is recommended www.welshwildlife.org/skomer-day-trip

Golf Courses

Whitesands

There is a 9 hole course at Whitesands Beach with spectacular panoramic views over St. David's Head and Whitesands Bay. 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 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.

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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 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.

The Bishops Palace

Now a ruin, the Bishop's Palace at St David's still retains signs of its former grandeur. Currently managed by CADW you can visit the ruins which are well worth an hour or so to look around.

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.

Dewis Acre / Erw Dewi - St Davids Community Garden

Just along from The Bishops Palace tucked behind the stone wall is this delightful gem of a community garden, run and managed entirely by volunteers. Do venture through the entrance in the stone wall and take time to enjoy the hard work of our local community. Fresh produce is also available during the summer months.

<https://www.facebook.com/dewisacre/>

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

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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

Wild Foraging Walks

Julia in St Davids 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

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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.solvawoolenmill.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.

Further ideas....

Wild Lakes Wales (Watersports lake) - www.wildlakeswales.com

Llys-y-Fran Lake (Wide range of family activities) - www.llys-y-fran.co.uk

Days out

Newport

Newport is an idyllic little town on Pembrokeshire's north coast. 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. 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. And a number of cafes including Tides, Blas at Fonlas and PWNC. There is also an excellent restaurant - Llys Meddyg 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

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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.

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.

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 Narberth is **The Grove Hotel**. If you're feeling 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

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.

Menevia Spa

Menevia Spa is located at the bottom of Goat Street in St Davids. This lovely little beauty salon and spa offers a great range of treatments. Great place if you are looking for some RnR during your stay. www.meneviaspa.co.uk

T: 01437 454114.

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.

www.bluestonewales.com/content/resort/the_well_spa

T: 01834 862419

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St.Brides Spa Hotel, Saundersfoot

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 – it's heated so feels like heaven. Indoors there are steam rooms and saunas as well as full height windows with relaxing rooms that look out to sea.

www.stbridesspahotel.com/spa

T: 01834 812304