

The Snug Planning Your Stay



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 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 (till 10pm!), but best to check the opening times on the door as they do vary.

St.Davids Food and Wine

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

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, local products including jams, chutneys, cakes etc.

Thursday Market in St.Davids

Every Thursday 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 and Cakes.

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Mathias

A real treasure trove of all things DIY.

Belmonts

Sells newspapers and milk, and a host of other things. Great for kids toys, things for the beach, torches, camping/hiking equipment and any fishing equipment if you are doing crabbing or fishing for mackerel.

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.

Cwtch Restaurant

22 High Street
01437 720491

Open every evening through the summer and for Sunday lunches (in the winter only.) Great for local fish and seasonal local produce with a fabulous cosy atmosphere. Early evening special offer for the first 45min of opening. Lovely food and atmosphere.

www.cwtchrestaurant.co.uk

The Bishops

Cross Square
01437 720422

Lunch from 12 noon until 2.30pm, dinner from 6pm until 9.30pm.

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

Lunch from 12 noon until 2.30pm, dinner from 6pm until 9.30pm from Easter until October.

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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.

www.farmersstdavids.co.uk

The Meadow

High Street

01437 720990

Monday – Saturday 9am – 5pm, Sunday 10am – 4pm. Breakfast, lunch and cakes (sometimes open in the evening – but call or pop by and check)

Great healthy café food with really lovely menu including good vegetarian and vegan options. Good coffee, chai lattes, teas etc. They also have a range of health and well-being events throughout the year. www.themeadow.co

The Bench Ice-Cream & Coffees

High Street

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 only.

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

Oriel Y Parc Café

High Street

This is inside the Visitor Information Centre and is a great spot for Breakfast or Lunch. They serve lots of food using local produce and its really reasonably priced. It's got some tables outside if the sun is shining.

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.

www.stdavidskitchen.co.uk

The Courtyard at TYF

New Street – just at the back of TYF.

It's an open air / small bar area serving breakfast and lunch snacks, tea, coffee etc during the day, and wood-fired pizzas in the evening. No bookings, just pop along on a sunny day/evening.

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Takeaway: Fish and Chips at Dyfed Cafe

High Street

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

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

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 good 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

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.

The Refectory Café at the Cathedral

01437 721760

Open daily 10.30 – 4.00 in the summer. Less in winter. Range of drinks, cakes, sandwiches and lunches. Lovely interior within the Cathedral buildings with plenty of seating.

Whitesands Beach Café

On Whitesands Beach, the café is open during the day serving refreshments etc. for all the beach goers. During the summer the café is open certain evenings. Please do check opening times as these do tend to vary.

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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 is more of a gastropub, has a good menu and does lovely Sunday Lunches (booking required) and is also open for Lunch and Evening meals. 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!)

T. 01437 454369

Great café on the High Street. Best welsh cakes in Pembrokeshire. Fantastic range of flavours, also serves light lunches/snacks and good coffee. Very much a must for the welshcakes alone!

Café at the Quay

A great 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 Rockpooling around here and jumping in off the Quay (for older children). Open from March until October time.

Will The Fish

T. 01437 721571

For a lovely local seafood experience, you can order Seafood Platters from Will The Fish in Solva. Its £25 and includes a Cooked Lobster, Crab and some Prawns. 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.

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 Harbour – a must during your visit! 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. Booking for evening meals is essential – it gets super busy!

www.theshedporthgain.co.uk

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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 are 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), a shop 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.

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.

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You can walk along the Coast Path to get to Solva as well. It's a great walk and will take you about 1.5 - 2 hours. Head down to the Coast at Caerfai and turn left to pick up the Coast Path. You can then take the 411 bus or the Puffin Shuttle 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

lifeguards 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 rockpooling 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.

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.

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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 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 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

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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 jettys.

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 café for lunches, snacks, tea and cake. 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 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.

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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 – **Nolton 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.

Surf Schools

The Surf School based down at Whitesands beach has been going since 2001 and they cater for all ages and abilities www.whitesandssurfschool.co.uk T. 01437 720433

TYF found on the High Street in St.Davids also run surfing lessons www.tyf.com T.01437 721611

If Newgale Beach is more your chosen location to learn to Surf then pop in to Newsurf T.01437 721 398 www.newsurf.co.uk/surf-instruction

Coasteering

Developed by TYF, this involves a fun morning or afternoon of exploring the coastline here in St.Davids. Squeeze into a wetsuit, safety helmet, buoyancy aid and old trainers then scramble, climb, swim and cliff jump your way around the coastline, turning rocks, cliffs, caves and waves into playthings. Pop in to the TYF shop on the High Street just past the Cross Square and they'll tell you all about it and how to book. Or try Pete at The Real Adventure Company <http://therealadventurecompany.com/>

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Canoeing/Kayaking

A fantastic way to enjoy the Coastline allowing access to caves along the coast here. It's also a great chance to observe seabirds and other sealife including seals. There are a wealth of providers, TYF provides group tours, however, if you want to go on a more personalized trip in a small group of 2 or 4 people contact Pete at The Real Adventure Company <http://therealadventurecompany.com/>

You can also hire Kayaks from Newsurf at Newgale.

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 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.

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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 however a normal pattern of worship follows:

A normal pattern of worship is as follows:

Sunday

8.00am Holy Communion
9.30am Cymun Bendigaid (Capel Mair)
9.30am Parish Eucharist (Nave)
11.15am Choral Matins
6.00pm Choral Evensong

4th Sunday of every month

7.30am Morning Prayer
8.00am Holy Communion (1662)
9.30am Cymun Bendigaid (Capel Mair)
9.30am Family Eucharist (Nave)
11.15am Choral Eucharist
6.00pm Choral Evensong

Daily Services (apart from Wednesday)

8.00am Morning Prayer & Holy Communion
6.00pm Evening Prayer or Choral Evensong

Wednesday

8.00am Y Foreol Weddi & Cymun Bendigaid
10.00am Holy Communion
6.00pm Evening Prayer or Choral Evensong

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.

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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 apposed 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

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 lifeboat station operates 3 boats and covers an area of some 550 square miles from Abermawr to the north down to Skomer Island in the South.

Boat Trips

These are a great way to explore and see Pembrokeshire's Islands and get some fantastic viewings of local wildlife. It's from St. Justinian's that the local boat trips leave. You have a choice of trips here from to **Ramsey Island**. The most popular is the round Ramsey Island trip and this can be organized with either **Thousand Island**, **Vogages of Discovery** or **Venture Jet** – all booking offices can be found in St. Davids, on and around the Cross Square.

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

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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 early as you can't book – people start queuing for tickets from 6am! The first departure is 10am and it takes about 1hr 10 minutes to get to Martin's Haven. For more information call 01646 603109.

Or try something different....

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

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.

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. Its 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 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 weights over 16 tons and is 5m long and 2.4m off the ground.

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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**. Its 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.

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 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

The Snug Planning Your Stay

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

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

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 steam rooms and saunas as well as full height windows with rest rooms that look out to sea. www.stbridesspahotel.com/spa