



## Routebeschrijving

### *Days 1 and 2*

Arrive by train at Haverfordwest or Fishguard Harbour and then take a bus or taxi to the little town of Newport, between the rocky and heathery moorlands of the Preseli Hills and the sandy estuary of the River Nevern. (Alternatively arrive by car - parking at Newport can be arranged.) With two nights in Newport the intervening day is available for *either* (a) a challenging and strenuous section of the coast path national trail from its starting point at Poppit Sands back to Newport - there is a convenient bus service parallel to the coast between Newport and Poppit Sands - *or* (b) a circular walk into the Preseli Hills by way of the Tycanol oakwood nature reserve. You walk to the neolithic Pentre Ifan dolmen (burial chamber) in its incomparable setting on the way to the village of Nevern with its mysterious castle mound and Celtic Cross by the wall of the parish church. There is also an Ogham inscription in the church. From Nevern our route follows a shady riverbank footpath downstream almost to the beach before crossing the estuary back to Newport.

While at Newport you should certainly take the opportunity to walk up to the nearby rocky summit and viewpoint of Carn Ingli (320m/just over 1000 feet), from where on a clear day you can see as far as Snowdon (Wales's highest peak at 1100m) almost at the opposite end of the country.

### *Days 3 to 4*

The next day you follow the coastal clifftop footpath westwards to the port of Fishguard, whose 'Lower Town' with its unspoilt harbour was the location for the film version of Dylan Thomas' play *Under Milk Wood*. Our route continues past the lighthouse of Strumble Head and the iron age hill fort of Garn Fawr, along one of the most dramatic stretches of coastline in Europe. The day's hike ends at Tregwynt, where there is a woollen mill and shop selling local produced woollens.

Note: at the time of writing no suitable accommodation is available at Tregwynt. While this situation lasts we will be arranging accommodation on night 4 at an alternative point, and providing transport from and back to Tregwynt. The pick-up from Tregwynt, where there are a café and toilets, will normally be at 5pm on Day 4, and drop-off the following morning at the same point at about 10am. The alternative accommodation will be either a second night at Fishguard, or a night in or close to the quiet Welsh-speaking village of Trefin, which lies close to the coast path about 11km further west along the coast path from Tregwynt.

Evening meals on Day 4 are available at Fishguard (as on night 3), or at one of Trefin's two pubs.

### *Days 5 to 8*

Returning to Tregwynt you follow the path westwards, passing another dolmen called Carreg Sampson and many signs of long-abandoned industry such as brick-making. In spring the verges of the path are a riot of bluebells (*Endymion*) and pink thrift (*Armeria*). You spend a night in simple

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accommodation near the romantic beach of Abereddy (or near the tiny harbour of Porthgain), before continuing your walk past the rocky summits of Penberri and Carn Llidi (from which Ireland is visible on a clear day) and wave-swept St David's Head to the usually safe bathing beaches of Traeth Mawr and Whitesand Bay. From here it is only a short walk inland to St David's itself, where you spend two nights. On the last full day there is ample time to visit the Romanesque cathedral and nearby St Non's Well as well as for a walk around the St David's peninsula overlooking the fearsome tide race of Ramsey Sound. There are also two good beaches within walking distance of St David's, one of which is popular with surfers. On the final morning you can depart by bus or taxi to Haverfordwest (for trains to Swansea and London) or to Fishguard/Goodwick if your next stop is Ireland.

The main feature of interest for visitors to St David's is the magnificent 800-year-old Romanesque cathedral built of local red sandstone. The floor slopes at a noticeable angle. The cathedral is open to visitors throughout the day except during church services. In 2009 open hours are normally from 8.30am to 5.30pm, on Sundays from 12.30 to 5.30pm. The cathedral may occasionally be closed for services during these hours. There is no charge for entry but a donation is recommended. Just across a footbridge from the cathedral is the ruinous but still impressive mediaeval Bishops' Palace, built in the elaborate 'decorated' style of gothic architecture and lavishly encrusted with fine carving. In 2009 the Palace is open from April to October daily from 09.30 (Sundays 11am) to about 5pm (in winter closes 4pm). In winter shorter hours. Entry fee in 2009 £3.10 per adult.