

Walking Wales: Cardiff and the Pembrokeshire Coast National Park

You are invited to join Charles Whitlock and 13 other travellers as we explore Cardiff and a portion of the Pembrokeshire Coastal Route in Wales. What makes the National Park so special? From the sights, sounds and smells of the sea in one of the ecologically richest and most diverse parts of Wales, The Pembrokeshire National Park offers a unique historic and cultural heritage and combines a healthy environment with three nights in vibrant Cardiff. Extremely limited availability on this unique tour.

Toronto	June 12	KLM 692	depart:	17:15
Amsterdam	June 13		arrive:	06:30
Amsterdam	June 13	KLM 1059	depart:	09:05
Cardiff			arrive:	09:25

June 13 – Thursday Cardiff (L / D)

On arrival, transfer from Cardiff Airport to our hotel. Enjoy a short walking tour of the centre core followed by lunch and hotel check-in. The balance of the afternoon is open for relaxing or for individual exploration. Welcome dinner this evening (may be moved to Friday).

Over-night at IBIS Cardiff Hotel

June 14 – Friday Cardiff (B)

An open day for individual exploration in the Wales capital. Over-night at IBIS Cardiff Hotel.

June 15 – Saturday Cardiff – Carmarthen (B / D)

Our walking holiday starts at Carmarthen railway station with the transfer from here to our first hotel. Check-in at the Salutation Hotel start at 15:00 and our local leader will meet us for a welcome meeting prior to our evening meal.

June 16 – Sunday St Dogmaels to Moylgrove (B / L / D)

Our trail begins in St Dogmaels, an ancient fishing village whose houses cling to the steep hillsides above the Teifi Valley. The first few miles follow minor roads and country lanes with fine views across the estuary towards Cardigan Island and the full sweep of Cardigan Bay. Rounding Cemaes Head, a wonderful vista opens up towards the South West, with views of Dinas Island and the distant lighthouse on Strumble Head. Continuing south we pass the highest point on the whole of the national trail, over 575 feet. The cliffs are magnificent, revealing textbook examples of rock structures. At Ceibwr we turn inland towards Moylgrove. 7.5 miles (12km) with 2,100 feet (640m) of ascent.

June 17 – Monday Moylgrove to Newport (B / L / D)

Our roller coaster journey continues on from Ceibwr. This is perhaps the wildest and most uninhabited section of the walk, at times the route can be quite tough, but it's a wonderfully exhilarating journey through stunning cliff scenery, numerous rock formations and caves. Pwll-y-Wrach, (Witches Cauldron) is the remains of a collapsed blowhole and a classic feature of marine erosion. If we are lucky we may see seals in this area. Rounding Morfa Head we catch our first glimpse of Newport and Newport Bay. 8 miles (13.5km) with 2,150 feet (660m) of ascent.

June 18 – Tuesday Newport to Goodwick (B / L / D)

Leaving Newport we pass Parog, Newport's oldest port. Before the silting of the estuary in the late 1800s, slates, herrings, woollen fabrics and other local products were exported from here. The coastline is quaint on the way to the idyllic sandy coves of Aberrhigian and Aberfforest. Cwm-yr-Eglwys (Valley of the Church) is a favourite

beauty spot. Sheltered from the westerly winds the valley has an almost Mediterranean feel to it with a lush covering of trees and shrubs, which surround the focal point of the settlement: the ruined church of St Brynach. The coast becomes more exposed around Pwllgwaelod, with fascinating dark shale cliffs and creeks, offshore stacks and small beaches down below. We approach Fishguard Harbour and our hotel across the bay at Goodwick. 12.5 miles (20km) with 2,500 feet (760m) of ascent.

June 19 – Wednesday Goodwick to Pwll Deri (B / L / D)

This morning we follow the path past the peninsula of Pen Anglas. We reach the summit of Carnfathach offering a typical Pen Caer landscape with the bleak expanse of Ciliau Moor and the volcanic crag of Garnwnda beyond. This is a harsh yet beautiful environment with small clusters of settlements along our route. Carreg Goffa and Carregwastad Point are historical scenes where the very last invasion of Britain took place on February 22, 1797. There is a simple memorial stone which commemorates the landing of Colonel Tate and his invasion force of 1,200 men. Following this we travel to Strumble Head, a glorious, wild stretch of shoreline overlooked by the coastguard lookout building and popular for bird watchers. Weaving in and out of volcanic rock we reach the beauty spot of Pwll Deri. 8.5 miles (14km) with 1,950 feet (600m) of ascent.

June 20 – Thursday Pwll Deri to Porthgain (B / L / D)

Today we will admire the great rampart of cliffs, reaching over 450 feet high in select spots, and appreciate the magnificent setting of the Pwll Deri Youth Hostel. We reach Aberbach a lovely bay followed by Aber Mawr, the most important Ice Age settlement in Pembrokeshire and nearby, Castell-coch an Iron Age promontory fort. This delightful peninsula has wonderful coastal views and the going gets gentler as we pass the hamlet of Abercastle and the beach at Aber Draw to Porthgain. 11 miles (17.5km) with 2,400 feet (720m) of ascent.

June 21 – Friday Porthgain to St Davids (B / L / D)

Porthgain is a fascinating village, moulded by a short lived Industrial Revolution in Pembrokeshire. The small harbour was used between 1837 and 1931 for the export of slates and bricks. We encounter another interesting village, Abereiddi, now a favourite spot for artists. From here it's an excellent final few miles along the cliff tops; before we round the wonderful, wild, heather covered section of St Davids Head to uncover the crescent shaped beach of Whitesands Bay. Leaving the coast path for the final time, we walk on a quiet road to enter St Davids via its Cathedral, a truly stunning end to our holiday. 12 miles (19km) with 1,900 feet (580m) of ascent.

June 22 – Saturday Carmarthen – Cardiff (B / D)

At the end of our walking holiday we return to Carmarthen railway station for our departure back to Cardiff. Mid-day arrival back in Cardiff for our final night and our farewell dinner.

June 23 – Sunday Cardiff home (B)

Early breakfast, hotel check-out and our final transfer to the airport for our flight departure.

Cardiff	June 23	KLM 1060	depart:	09:55
Amsterdam			arrive:	12:15
Amsterdam	June 23	KLM 695	depart:	17:55
Toronto			arrive:	19:50

The 7-night walking tour is based on twin / double occupancy – there are no singles offered on the 7 night program due to accommodation limitations. Our MAXIMUM number for the walking tour is 14 travellers – 5 x twin bedded rooms and 2 x double bedded rooms

Total Tour Cost Includes:

- tour leader Charles Whitlock
- return air from / to Toronto including all taxes
- three additional nights based on p.p. twin / double at the Ibis Cardiff (or similar) – two arrival nights and one final evening
- meals as indicated in the itinerary – breakfast daily, L=lunch and D=dinner
- local escorted walking tour in Cardiff
- Rail / transfer requirements
- 7 nights Full Board en-suite accommodation (all meals included) on our walking tour
- membership fee for the walking tour
- the services of experienced local trail leaders
- all transport and luggage transfers on walking days
- group transfers to and from Carmarthen train station

Cost based on twin / double per person: CAD \$4,145

Land ONLY cost per person: CAD \$2,920

Single surcharge CARDIFF ONLY: CAD \$ 270

* We cannot offer single accommodation on the 7-night walking holiday the single surcharge is on the 3 additional nights in Cardiff only

As we are very limited in our group numbers and the type of accommodation available, this tour is strictly limited to 14 travellers.
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Deposit required to secure: CAD \$750

2nd payment due April 1, 2019: CAD \$1,350

Final balance due: April 30, 2019

Cancellation Penalties:

From date of booking to April 30, 2019 loss of deposits paid

From final payment date to departure 100% non-refundable

In the event that we are able to find a replacement from wait-lists or other requests received for the tour between date of booking and April 29, 2019 a flat \$50.00 p.p. administration charge will be accessed. From April 30 to departure, we regret that all payments become non-refundable with or without a replacement. We cannot guarantee a replacement for any cancelled passenger regardless of the date the cancellation is received in our office.

PASSPORT AND VISA

A valid Canadian passport is required to travel to Wales with a minimum validity of 3 months beyond your last date of departure from Wales.

Insurance

We strongly recommend adequate travel insurance and will provide details of insurance suggestions at the time of booking.

Exclusive reservations through:



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