

## South Wales - 8 days

### Through the Pembrokeshire National Park.

This bike tour through Wales follows the wonderful Pembrokeshire coastline, sections of which are a national park. The region of Pembrokeshire is in South West Wales. It is one of Wales's most stunning regions. It is indeed Wales's coastal national park. Although whale watching is possible along the breathtaking coastline you will most likely see dolphins and porpoises. In the north part of the tour Cardigan Bay is a permanent residence of these fabulous creatures. Here you can take boat trips to explore the sea life. The coastline is also a haven for great bird life. Inland the national park opens to homes for badgers and otters although they can be particularly hard to spot. Not only will you cycle on safe cycle ways but also on minor country lanes as you take a circular route around the region.

### Day 1: Arrive in Fishguard

Today you arrive in the quaint port of Fishguard. From here you could catch the ferry to Ireland! Stay in our wonderful guest house overlooking the sea from the rear of the property and gardens.

### Day 2: Fishguard > Fishguard loop ride, ~56 km (35 miles)

Today you have a fabulous coastal ride heading west visiting first a tiny ancient chapel in Llanwnda before heading to the lighthouse at Stumble Head. This is a popular location to view sea-life, dolphins, porpoises and various whale species. After your look across the sea you head back inland. With occasional views of the ragged Pembrokeshire coast line you will reach a working mill. Soon you will be back in Fishguard for a relaxing walk around the town.

### Day 3: Fishguard > Saundersfoot, ~52 km (32 miles)

Today you cycle in the wild area of the Preseli Hills famous for its ponies and blue stones. These blue rocks are where the stones used to build Stonehenge came from. You can only wonder, how centuries ago these huge rocks were transported from Wales to South England! Along this route you will see many Neolithic and Bronze Age standing stones used to build Stonehenge. You will soon turn south and follow the rolling hills towards the south coast and arrive in the beautiful fishing village of Saundersfoot. Take a walk on the wonderful sandy beach before enjoying the evening in one of the many local restaurants.

### Day 4: The Mills and Mining Trail, ~64 km (40 miles)

Today you cycle inland through Canaston Woods which is steeped in mining history. This whole area was a major part of Pembrokeshires coal fields from the 17th century. Soon you reach Blackpool Mill which is one of Britain's best examples of a corn grist mill. Visit and see the milling machinery. Now you following the river estuary upstream, look out for the bird life on the river banks. Soon you will reach Carew Castle before circling back to Saundersfoot.

### Day 5: Saundersfoot > Haverfordwest / Broad Haven, ~42-47 km (26-29 miles)

Today you cycle west along the south coast of Wales along the Celtic trail. You arrive in the Pembroke. Visit the castle and have a break before continuing north to Haverfordwest. As an optional ride you can head towards the coast and Brides Bay. Relax on one of the lovely sandy beaches. You are now right in the coastal National Park.

### Day 6: Haverfordwest / Broad Haven > Fishguard, ~64-69 km (40-43 miles)

First you cycle back to the coastal national park and onto St David's which is Wales's smallest spiritual capital (St David is Wales Saint) and its cathedral. This is a long day but if you have time you can take a fast boat excursion to Ramsy Island and the RSPB bird sanctuary. If you do not have time it is well worth a return visit after your tour before you head home. After your visit maybe cycle onto St David's head to see the stunning views before heading north to Fishguard.

### Day 7: Fishguard > Near to Cardigan > Fishguard, ~36 km (22 miles)

This stretch of coastline is truly stunning, little commercialized means less people apart from real nature lovers. You will cycle up the stunning Cym Gwaun Valley right into the Welsh hills before looping back to the west coast of Pembrokeshire. You can take a detour to Cardigan a superb town and the head of a beautiful river. A few chances to relax on a nice sandy beach before heading back over the hills to Fishguard.

### Day 8: Departure

### Services:

7 nights in 3\*\*\* and 4\*\*\*\* hotels, guest houses or country inns  
7x breakfast  
luggage transfer  
welcome briefing  
navigation app with GPS (access code given 3 weeks before departure)  
service hotline

### additional services:

roadbook (maps)	50 €
rental bike	235 €
electric bike top	419 €
own bike	0 €

### Price:

26.04.2024 - 03.05.2024 - hotel according to offer

double room, BnB	1150 €
single room, BnB	1799 €
twin room, BnB	1150 €

