Welcome to Wales – Croeso i Gymru

Discover 2013 – Activity

Guide: Michael Price

Friday 4 October

8.45am  Depart The Marriott Hotel - Cardiff

10am  Cycling Afan Forest Park  
www.afanforestpark.co.uk

Afan Forest Park is quite simply, a place of breath taking natural beauty that has evolved into a mecca for outdoor activity.

On arrival please head to Afan Valley Bike Shed situated underneath the Visitor Centre.

Please wear appropriate clothing.

12noon  Lunch at Visitor Centre

1pm  Depart for Gower

2.15pm  Coastal Walk – Rhossili to Mewslade Bay (via Worms Head if the tide is right)

Please wear appropriate clothing – walking boots and waterproofs.

Visit Wales will cover the cost of all accommodation, meals and transport. With your evening meals Visit Wales will also cover the cost of one pre-dinner drink and one drink to accompany your meal (glass of house wine, standard beer of soft drink). No alcohol can be covered at lunch time but we will cover the cost of one soft drink, tea or coffee. We ask that you pay for any extras above this allocation and any other incidentals such as hotel minibar, telephone, internet use, premium TV services, newspapers, pool, spa or ancillary services or treatments during you visit.
Rhossili Bay not only has this Gower beauty spot been named the UK’s best beach by top travel website TripAdvisor, it’s also been named third best beach in Europe and tenth best in the world in the 2013 Travellers’ Choice Beach Awards.

The beach and scenery at Mewslade are both dramatic and unspoilt. For those who like to get away from crowds and enjoy a picturesque walk then Mewslade is a great option.

Overnight accommodation has been reserved for you at: 
The Dragon Hotel (B&B) – 4 star hotel with 106 rooms
www.dragon-hotel.co.uk

Dinner at The Grape & Olive in Swansea Marina –
http://swansea.grapeandolive.co.uk

Saturday 5 October

8.15am Depart for Pembrokeshire

9.45am Arrive Preseli Venture
www.preseliventure.co.uk

10am Coasteering or sea-kayaking activity

Please make sure you bring a towel and a swimming costume or a change of underclothing, as well a change of footwear as your feet are going to get wet!!

Coasteering – invented in Wales by surfers and kayakers, where you work your way round the coast at sea level in whatever way possible – swimming, diving, jumping, climbing, scrambling, traversing and rock hopping. Truly exhilarating and not as cold as it sounds as the sea is at its warmest in September – a balmy 18 degrees!

1.30pm Lunch at Preseli Venture

2.30pm Depart for Thousand Island Voyages

3pm Thousand Island Voyages – Jet Boat Trip
www.thousandislands.co.uk

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Explore the caves and bays of Ramsey Island, venture through rocky gorges and across some of the most powerful currents in Britain onboard our powerful, all weather, shallow draft, jet boat.

4.30pm  Depart for hotel. Overnight accommodation has been reserved for you at:

St Brides Spa Hotel (DB&B) – 4 star hotel with 46 rooms  
www.stbridesspahotel.com

Don’t forget to bring your swimming costume! The views from the infinity pool are amazing and you’ll love the thermal suite.

Sunday 6 October

9am  Depart for Laugharne

9.30am  Arrive in Laugharne for short visit

The home of Welsh poet Dylan Thomas and inspiration for much of his work. Laugharne is a total one-off – it’s got a great vibe. The main street, the castle, the square they haven’t changed at all. If Dylan came back today he’d instantly recognise it and next year in 2014 we’re celebrating the centenary of his birth.

10.15am  Depart

12.30pm  Lunch at The Rafters, The Celtic Manor Resort  
www.celtic-manor.com

Venue of The 2010 Ryder Cup, the Resort is a truly unique destination offering exceptional facilities including a five star 330 room Resort Hotel and a 19th century Manor House with 70 rooms, a state of the art convention centre and exhibition hall, 32 function rooms, three championship golf courses, a golf academy, two health clubs, two luxurious spas and five restaurants.

Depart Newport station. You may want to book tickets for the 14:35 First Great Western Service arriving London Paddington 17:51 - direct train. Please note this service will take longer than the usual 2 hours due to engineering works.

FGW is offering a 75% discount on ‘Any Time’ rail tickets (premium, fully flexible tickets). Please contact David.A.Gardner@firstgroup.com for a booking code.

Please be advised that we will not be purchasing tickets on your behalf and you need to ensure you have booked and paid for your own ticket

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