

SOUTH WEST WALES *Without a Car*

Discover hidden gems the
sustainable way

SWANSEA

NEATH PORT TALBOT

CARMARTHENSHIRE

PEMBROKESHIRE

Photo: © Neath Port Talbot Council

VALE OF NEATH
P44





PEMBROKESHIRE P60

Photo: © Visit Pembrokeshire



PREPARE FOR A VOYAGE OF DISCOVERY

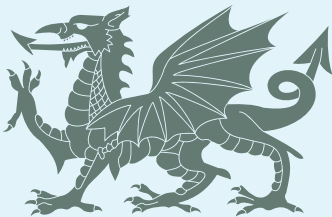
South West Wales – comprised of the four counties of Neath Port Talbot, Swansea, Carmarthenshire and Pembrokeshire – is an extraordinary region to explore. From bustling urban spaces to tranquil villages and from waterfall walks to some of the finest beaches in the world, it truly does have something for everyone.

The good news is that you don't need a car to discover all these places – in fact, can be far more relaxing and rewarding (not to mention more affordable) to explore by bike, bus, rail or on foot. And it's the sustainable option too.

This guide has been co-created by the South West Wales Community Rail Partnership in collaboration with businesses, organisations and individuals in our region who have close personal knowledge of what it has to offer – its hidden gems, its best beaches, its history, and its culture.

Whether you're travelling by public transport or under your own steam on foot or by bike, this is your ticket to discover the very best of South West Wales.

MAP OF SOUTH



 **KEY**
Train stations

WEST WALES

MAP



HEART OF WALES LINE

CARMARTHENSHIRE

SWANSEA

NEATH
PORT
TALBOT

FROM CARDIFF
AND LONDON

CONTENTS

Swansea	6-33
Swansea Walking Highlights	7
Swansea Cycling Highlights	8
Neath Port Talbot	34-45
Neath Port Talbot Walking Highlights	36
Neath Port Talbot Cycling Highlights	37
Carmarthenshire	46-59
Carmarthenshire Walking Highlights	47
Carmarthenshire Cycling Highlights	48
Pembrokeshire	60-81
Pembrokeshire Walking Highlights	61
Pembrokeshire Cycling Highlights	62
Index	83

HOW TO GET TO SOUTH WEST WALES



TRAIN

Fast and frequent train services link all regions of the UK to Swansea, Neath and Port Talbot direct or with one easy interchange. Direct trains run from London, Bristol, Cardiff and Manchester and there are good connections from the other parts of England at Bristol Parkway or Cardiff. There are convenient rail/air links from Gatwick, Heathrow, and Bristol airports. For train times, prices and general information: www.nationalrail.co.uk or call 03457 48 49 50.



COACH

Frequent coach services link all regions of the UK to Swansea, Port Talbot and Southwest Wales direct or with one easy interchange. National Express operates from Gatwick and Heathrow direct to Swansea and Port Talbot. Other coach operators run mainly from central London, and also from Heathrow and Gatwick Airports to Swansea.



BIKE

National Cycle Route 4 enters the region from the west. If you're travelling from the North, follow National Cycle Route 82.

HOW TO GET AROUND SOUTH WEST WALES



TRAIN

Trains traverse the region, connecting Port Talbot to Swansea; Swansea to Carmarthen, Milford Haven, Fishguard and Pembroke Dock; and Swansea to Shrewsbury via the Heart of Wales.



BUS

Longer-distance bus routes include:

- X11 from Swansea to Carmarthen via Llanelli
- Traws Cymru T1 Carmarthen to Aberystwyth via Lampeter and Aberaeron
- T5 Haverfordwest to Aberystwyth via Fishguard and Cardigan
- T6 Swansea and Neath to Brecon
- T11 Haverfordwest to Fishguard via St David's
- Traws Cymru Connect 460 Carmarthen to Cardigan via Newcastle Emlyn



BIKE

National Route 4 travels around the region, linking in with Route 47 at Fishguard. Both routes are part of the Celtic Trail.

**GOWER
PENINSULA
P32-33**

Photo: Crown
Copyright Visit
Wales (2024)

WELCOME TO SWANSEA

WALES' SECOND LARGEST CITY, SWANSEA, HAS IT ALL: A SPECTACULAR GOLDEN BAY, PICTURESQUE PARKS AND GARDENS, LIVELY NIGHTLIFE CENTRED AROUND WIND STREET AND UPLANDS, AND PLENTY OF MUSEUMS, GALLERIES AND ARTS VENUES.

All photos: ©visitswanseabay.com (Swansea Council)

Swansea's city centre boasts a Norman castle, a profusion of shops, cafes and bars, and the largest indoor market in Wales – be sure to visit to sample the Welsh delicacy of cockles and laverbread. Just a short walk away, the waterfront area offers marina and beach walks and plenty more places to eat and drink.

The pretty fishing village of Mumbles is a short cycle or bus ride from the city centre. Brimming with independent galleries, boutiques and places to eat and drink, it also has a delightful Norman castle with stunning views of Swansea Bay.

Beyond Mumbles lies the Gower Peninsula, an Area of Outstanding Natural Beauty dotted with castles and fringed by sandy beaches and salt marshes.

Whether you're exploring on foot, by bike, or using public transport, there is an endless supply of extraordinary places to discover in the area.



Scan me

For travel information
visit traveline.cymru

WALKING HIGHLIGHTS

IN THE CITY AND COUNTY OF SWANSEA

FROM CITY STROLLS TO INVIGORATING HIKES THROUGH SOME OF THE UK'S MOST BREATH-TAKING SCENERY, THE CITY AND COUNTY OF SWANSEA HAS SOMETHING TO OFFER EVERY WALKER.

Swansea Promenade

Stretching around the golden sweep of Swansea Bay, Swansea Promenade takes you from Swansea Marina all the way to the seaside village of Mumbles with its skatepark, castle, shops and a wealth of places to eat and drink. It's easy to catch a bus back to the city centre – or in the summer you could hop on the Bay Rider Land Train.

The Gower Coast Path

Part of the Wales Coast Path, the Gower Coast Path takes in the beautiful beaches, clifftop views, salt marshes and castles of Gower. It's a spectacular route, offering varying levels of difficulty, including sections between Limeslade and Caswell Bays that are wheelchair friendly.

Dylan Thomas walk from Swansea Train Station

This 4.9-mile walk takes you through some of Dylan Thomas's history. You'll visit the city centre, Uplands and Cwmdonkin Park, near which you will see the house where Swansea's most famous poet was born. The return route takes you onto the Wales Coast Path. Find it at www.southwestwales.co/walks/.

More information on walking in Swansea and Gower is available from:



Scan me

www.southwestwales.co/walks



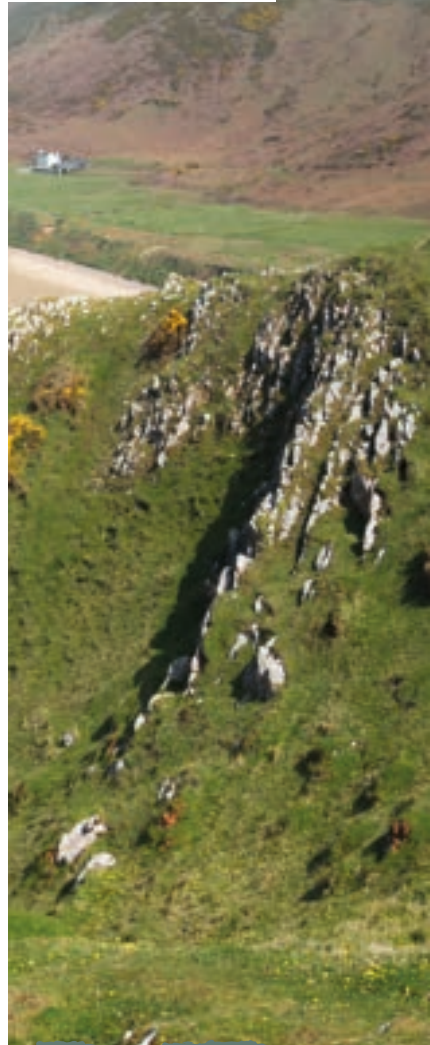
Scan me

www.visitswanseabay.com



Scan me

www.swanseabaywithoutacar.co.uk



CYCLING HIGHLIGHTS

IN THE CITY AND COUNTY OF SWANSEA

FROM AN EASY GLIDE AROUND SWANSEA BAY TO CHALLENGING OFF-ROAD CLIMBS ON GOWER, THE CITY AND COUNTY OF SWANSEA HAS PLENTY TO ENJOY ON TWO WHEELS.

Photo©visitswanseabay.com (Swansea Council)

Further information on cycling in Swansea is available from



Scan me

www.swansea.gov.uk/cycling



Scan me

www.cycleswanseabay.org.uk



Scan me

www.sustrans.org.uk



Scan me

www.visitswanseabay.com



Scan me

www.swanseabaywithoutacar.co.uk

Swansea Prom

This five-mile stretch around Swansea Bay will take you from Swansea Marina all the way to the pretty seaside village of Mumbles, tracing the sweep of the bay and offering wonderful sea views along the way. There are places to stop off for ice cream and refreshments en route.

Clyne Valley

Beginning near Swansea Prom at Blackpill, the Clyne Valley cycle path follows the route of an old railway. It's gloriously easy to cycle and passes through acres of beautiful woodlands. The Railway Inn in Upper Killay sits right on the path and marks a good stopping point on the way to Gowerton or Pontarddulais.

The Off-Road Gower Cycle Network

With 27km of paths to explore, this network offers exceptional views and some rewarding climbs up Rhossili Downs, Hardings Down and Llanmadoc Hill. It's a perfect way to get to know the UK's first Area of Outstanding Natural Beauty.

Singleton Park

Swansea's largest urban park, Singleton Park is accessible from Swansea Prom and offers gentle cycle rides through beautiful parkland, with sea views and the option to stop off at the Botanical Gardens in the park to explore glasshouses and flower beds.

Road routes on Gower

Gower offers plenty of spectacular views but many of its road routes are only suitable for experienced cyclists. Details of several routes along quiet country lanes, plus three more challenging routes taking in North Gower, Llanmadoc, and the Heart of Gower, can be found at www.swanseabaywithoutacar.co.uk

SWANSEA'S PARKS

SWANSEA



Photo: ©visitswanseabay.com (Swansea Council)

RELAXING WALKS OFFERING FUN, FLOWERS AND HISTORICAL FEATURES

When it comes to parks, gardens and gorgeous green spaces, Swansea is spoilt for choice. Here's our pick of the best:

Singleton Park

This huge park boasts acres of space and rolls all the way down to the seafront. At the top end, near the Sketty entrance, you can explore the glasshouses in the beautiful Botanical Gardens.

Clyne Gardens

Bursting with vibrant flowers, towering trees, and winding pathways, Clyne is a whimsically beautiful park famous for its Rhododendrons, and the tallest recorded magnolia in Britain.

Brynmill Park

Nestled in the heart of the city, Brynmill Park is beloved for its lush lawns, and the large lake at its centre. There's also a children's playground, a snacks kiosk and an activity centre.

Cwmdonkin Park

One of Swansea's oldest parks, Cwmdonkin was opened in 1874, and is forever associated with the poet Dylan Thomas who famously grew up nearby and referenced it in his work. Nowadays it has a children's play area, bowling green, tennis courts and café.

How to get there ↴



BUS

Regular services from central Swansea run to all these parks



BIKE

Singleton Park, Brynmill Park and Clyne Gardens are all just a few minutes' ride from National Cycle Route 4



WALK

Singleton Park and Clyne Gardens are just a few minutes from Swansea Promenade, and Brynmill Park is easily accessible via Singleton Park



Scan me

Plan your journey at traveline.cymru

Make Swansea Bay your Happy Place



Visit Swansea Bay for blue sea,
sandy beaches and green hills...

...and discover a city bursting with
live music, exhibitions, museums,
galleries, theatre - and big names
in our Arena by the sea!



 **Bae Abertawe**
Swansea Bay

 **Cyngor Abertawe**
Swansea Council

Swansea city centre is compact and easy to stroll around. Hop off the bus or train and you're right in the middle of things.



Bring your bike - there are cycle lanes or shared routes in many areas of the city.

A short bus or cycle ride along the bay and you're in Mumbles, for arts & crafts, a medieval castle and - its famous ice cream!



The Gower Peninsula, the first in the UK to be designated as an Area of Outstanding Natural Beauty, is not just a pretty face - it's a great place to get active and enjoy the fresh air.

Travel by bus and you'll have time to relax and enjoy the scenery on the way!

visitswanseabay.com



SWANSEA'S MUSEUMS, GALLERIES AND VENUES

FROM TOURING SHOWS TO HISTORICAL EXHIBITS, SWANSEA IS BRIMMING WITH ARTS AND CULTURE



Photo: National Waterfront Museum
Swansea South Wales Photographer
Naomi Llewellyn

How to get there



TRAIN

All except The Egypt Centre and Taliesin are accessible on foot from Swansea Train Station



BUS

All except The Egypt Centre and Taliesin are accessible on foot from Swansea City Bus Station. Regular services to the Singleton Park campus for The Egypt Centre and Taliesin



BIKE

All are a few minutes or less from Swansea Promenade and National Cycle Route 4



WALK

Swansea is on the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

Glynn Vivian Art Gallery

Public gallery in the heart of Swansea showing exhibitions by contemporary artists and works from its permanent collection.

Mission Gallery

Beautiful former seaman's chapel in Swansea's Maritime Quarter championing emerging and established artists from Wales and beyond.

elysium gallery

Contemporary art space in Swansea's High Street supporting emerging artists and experimental art practices.

National Waterfront Museum

State-of-the-art museum in Swansea Marina dedicated to Wales' industrial and maritime history.

Swansea Museum

Wales' oldest museum, located near the National Waterfront Museum.

Dylan Thomas Museum

Marina home to a permanent exhibition about famous Swansea poet Dylan Thomas.

Egypt Centre

An impressive collection of Egyptian antiquities located on Swansea University's Singleton Park campus.

Swansea Arena

Large multi-purpose arena near Swansea's waterfront hosting some of the biggest names in live music, comedy and theatre.

Swansea Grand Theatre

Victorian theatre in the heart of Swansea offering gigs, comedy, drama and more.

Taliesin Arts Centre

Arts centre on Swansea University's Singleton Park campus offering films, performing arts, and art exhibitions.

Volcano Theatre

Home to Volcano Theatre Company, producing original, edgy work.

ELYSIUM GALLERY

210 HIGH ST, SWANSEA

SWANSEA



ELYSIUM CO-FOUNDER AND DIRECTOR JONATHAN POWELL GIVES THE LOW-DOWN ON SWANSEA'S VIBRANT INDEPENDENT ARTS HUB

elysium gallery is a contemporary art gallery, live music/performance venue and community hub situated in Swansea City Centre.

The main gallery is located on Swansea High Street and has a full service bar, an events and performance venue, beer garden, community workshop area and three exhibition spaces.

elysium is also Wales's largest studio provider serving as an incubator for a thriving group of Swansea artists providing workspaces, community engagement opportunities, and professional development.

Founded in 2007, elysium is an artist-led creative organisation showcasing the best of Wales' emerging creative talent. We showcase some of the very best live music in Wales, stand-up comedy nights, spoken word events, family creative workshops and art exhibitions featuring local and international artists.

Most days and nights of the week there is something for everyone, and if you are creative and passionate about the arts then come and get involved!

How to get there



TRAIN

2 minutes' walk from Swansea Train Station



BUS

9 minutes' walk from Swansea City Bus Station. Frequent direct buses from Swansea City Bus Station to Swansea Train Station



BIKE

Just a few minutes from National Cycle Route 4



Scan me

Plan your journey at traveline.cymru

GLYNN VIVIAN ART



Photo: © Polly Thomas photography

SWANSEA'S WORLD-CLASS PUBLIC ART GALLERY



Photo © Phil Boorman

Set within the heart of the city, Glynn Vivian Art Gallery is a centre of excellence for the visual arts and a world-class gallery for Wales.

The Gallery is a vibrant and inspiring free art space for everyone and provides a place for historical, modern and contemporary art exhibitions, talks, activities, live music, performance, workshops and events in the heart of Swansea's bustling artistic quarter.

The Gallery (founded in 1911) has a significant collection, covering a broad spectrum of the visual arts from old masters to contemporary artists, with an international collection of porcelain and Swansea china.

The collection of artworks and ceramics, as well as works on paper, form an important part of the city's "cultural memory" and many of these works are on display in the permanent collection.

The artistic programme includes exhibitions, collaborations and socially engaged projects. Glynn Vivian supports emerging and established local artists as well as bringing some of the world's leading artists to Wales – presenting major exhibitions and commissioning exceptional site specific and socially engaged work.



Photo: © Polly Thomas photography

GALLERY

SWANSEA



Photo: © Polly Thomas photography



Photo: © Polly Thomas photography

Led by the award-winning Learning Team and artists, the gallery is full of opportunities to learn, discover, make and have fun. You can join in activities and workshops including painting, drawing, animation, textiles, printing and more! They also offer seasonal and school holiday fun and family films. Pick up a free activity trail to guide you around the galleries, or try one of our self-led family activities during your visit.

The Gallery runs weekly accessible classes for everyone including children and young people, families and adults. See the programme of talks with artists, writers and curators, inspired by current exhibitions and collections displays.

Glynn Vivian Art Gallery is part of the Swansea Council and is an Arts Council of Wales Arts Portfolio organisation. Glynn Vivian is part of Plus Tate and Visual Arts Group Wales and exchanges programmes, ideas and skills with a network of visual arts organisations across the UK.

Everybody is very welcome and most of the activities are free. See the website for a full programme of what's on this season.
www.glynnvivian.co.uk

How to get there



TRAIN

4 minutes' walk from Swansea Train Station



BUS

9 minutes' walk from Swansea City Bus Station. Frequent direct buses from Swansea City Bus Station to Alexandra Road (adjacent)



BIKE

6 minutes from National Cycle Route 4



Scan me

www.glynnvivian.co.uk

CWTSH HOSTEL



Photo: Llyr Roberts

THE IDEAL BASE FOR EXPLORING SWANSEA BAY



Photo: Gareth Danks

Located in the very centre of Swansea, Cwtsh Hostel offers the perfect starting point for an exploration of the city and its stunning surroundings. With convenient public transport access both to and around Swansea, you can easily explore while staying at Cwtsh Hostel.

Swansea Railway Station is a short walk down High Street from Cwtsh Hostel and is well connected to the greater UK rail network, making it a great choice for travel to Swansea as well as day trips a little further afield. Consider a day trip to Tenby, a charming coastal town with its colourful houses, sandy beaches, and old town walls.

Coach travel to Swansea is another viable, cheaper option. The coach station is also a short walk to the hostel and doubles as Swansea's main bus station, providing access to the cliffs and beaches of the Gower Peninsula, the UK's first Area of Outstanding Natural Beauty.

Copr Bar, located directly opposite Cwtsh Hostel, is worth a visit for their craft beers and games room alone, but they also offer bike rental. Rent a bike and pedal your way to the Mumbles, a charming seaside village with a scenic promenade. Enjoy the sea breeze as you cycle along the Swansea Bay coastline. The Mumbles offers a variety of cafés, shops, and the iconic Mumbles Pier, providing a perfect spot to rest and take in the surroundings.

On foot, take a stroll to the Marina and enjoy the waterfront views. Explore the National Waterfront Museum, offering insights into Swansea's industrial past. On Cwtsh Hostel's doorstep you'll find the lively Wind Street, home to a myriad of pubs and restaurants, perfect for a night out.



Photo: Adrian White

Swansea offers endless possibilities for exploration, and Cwtsh Hostel serves as a comfortable and centrally located base for your adventures. Whether you choose to travel by train, bus, bike, or on foot, the city and its surroundings are ready to be discovered.

Cwtsh Hostel offers comfortable, affordable accommodation right in the heart of Swansea. We provide single beds in shared dormitories or private double rooms, all with ensuite bathrooms. Our fully equipped kitchen and common room looks out over Castle Square and is the perfect place to meet fellow travellers.

Have a look at more activities available in Swansea and book your stay at www.cwtsh-hostel.co.uk



Photo: © Llyr Roberts

How to get there



TRAIN

7 minutes' walk from Swansea Train Station



BUS

10 minutes' walk from Swansea City Bus Station



BIKE

3 minutes from National Cycle Route 4



Scan me

www.cwtsh-hostel.co.uk



Scan me

Plan your journey at traveline.cymru

UPLANDS

UPLANDS MARKET

Photo: ©visitswanseabay.com
(Swansea Council)

Photo: © Dylan Thomas Birthplace

VIBRANT SUBURB WHERE DYLAN THOMAS GREW UP

The suburb of Uplands is best known for its Dylan Thomas connections. It's here, at 5 Cwmdonkin Drive, that Wales' most famous poet was born. You can visit the house by prior appointment - it's full of Dylan Thomas memorabilia and has been refurbished to match Dylan's childhood home as closely as possible.

Dylan spent the first 23 years of his life and wrote two-thirds of his work there. *A Child's Christmas in Wales* was inspired by his childhood memories of his home, and *The Hunchback in the Park* is set in nearby Cwmdonkin Park, where Dylan used to play. Just a short walk from 5 Cwmdonkin Drive, the picturesque Victorian park is worth a visit - in its heart is the cast iron drinking fountain mentioned in the poem.

These days Uplands is a trendy suburb with a high student population and a lively main street, Uplands Crescent, where you'll find places to eat and several pubs, including the Uplands Tavern, where Dylan Thomas' lifelong passion for beer began. Back then, it was called the Uplands Hotel and sat a few doors along from the Uplands Cinema, which is also referenced in Thomas' writing. These days a tanning shop stands on the site.

Just around the corner, halfway up The Grove on the left, you can see the single-story building - once a church meeting house - where Dylan presented the radio programme *Swansea and the Arts* from a makeshift studio in the 1940s. The broadcast featured composer Daniel Jones, artist Alfred Janes, writer John Pritchard and poet Vernon Watkins. Look across the green and you will see the blue plaque on the house where Swansea University lecturer Kingsley Amis and his son Martin Amis lived.

How to get there



BUS

Regular services from central Swansea



BIKE

10 minutes by road from Swansea Train Station



WALK

30 minutes' walk from Swansea Train Station



Scan me

Plan your journey at traveline.cymru

DYLAN THOMAS' BIRTHPLACE

SWANSEA



All Photos: © Dylan Thomas Birthplace

THE HOUSE WHERE IT ALL BEGAN

Local businessman Geoff Haden was the driving force behind a three-year restoration project which turned a rundown student bedsit house into what the new house might have been when the Thomas family moved there in 1914, a few months before Dylan was born in the front bedroom. It was Dylan's family home for 23 years and where, in his little bedroom, he wrote two-thirds of his published work.

When you walk through the doors of this award-winning living museum, you immediately feel a uniquely intimate connection with the life of one of Wales' greatest poets. In every room you breathe in the spirit of the Edwardian era, when the Thomas family first moved in. Today, it is an exceptional leisure destination for house tours, overnight stays, cultural events and unique dining experiences.

The house is also the starting point for guided individual and coach tours of Dylan Thomas Country - the Uplands and Cwmdonkin Park; Swansea, Mumbles and Gower; and a Cradle and Grave tour ending at the Carmarthenshire town of Laugharne.

Just across the road is Cwmdonkin Park - Dylan's "...world within and world..." which is immortalised in much of his work including the poem Hunchback in the Park and the short story Patricia, Edith and Arnold.

The restored house was opened by Dylan's daughter Aeronwy Ellis on the 94th anniversary of the poet's birth in 2008. Former US President Jimmy Carter lends his voice to welcome visitors to the Birthplace, which King Charles III (then Prince Charles) visited in 2012. Hollywood stars Kate Burton and Johnny Depp are among the many recent visitors.



Scan me

www.dylanthomasbirthplace.com

COMMON MEEPLE



SWANSEA'S BOARD GAME CAFE WITH A DIFFERENCE



Common Meeple is the result of two best friends combining their three biggest passions: board games, coffee and craft beer.

We provide a space with a community feel where others can share these passions. We've curated a board game library which now stands at over 400 games, selected a fantastic range of Gower Coffee beans, and serve the best craft beers that South Wales has to offer.

For travellers seeking something a little bit different, Common Meeple offers a unique blend of community, social activity, food and drink; all with a strong environmental and sustainable conscience.

A refreshing alternative to traditional entertainment venues, you won't see people glued to their phones, as they're too engrossed in the games they're playing.

We're embedded within the vibrant community of St Helen's and Bryn-Y-Mor Road and provide a welcoming and relaxed atmosphere where you'll find families, students, locals and tourists alike. We host a range of events, including a Welsh Language night and LGBTQ+ night, that encourage in-person socialising which helps build an even stronger community feel within the area.

Common Meeple is located in a reclaimed commercial space, once a Lloyds bank where Welsh poet Vernon Watkins worked, with our furniture and decor consisting mainly of reclaimed or recycled materials, with old game boards, rules and cards adorning the walls. We use high-quality local produce; showcasing fantastic Welsh craft breweries such as Beer Riff (Swansea), Tenby Brewing (Pembrokeshire), Antur Brewing (Brecon) and Drop Bear (Swansea).



It's not just beer and coffee on offer; we have a fully vegetarian menu with plenty of vegan options, including hand-stretched pizzas, wraps, paninis, burgers, light snacks and locally made vegan treats. For those who don't share our enthusiasm for beer, we have a fully stocked bar, including fantastic Welsh ciders, and plenty of non-alcoholic options including the Karma Cola range of fairtrade drinks, freshly made ice cream milkshakes and smoothies.

Address: 77 St Helen's Rd, Swansea

Opening Hours – 10am to 11pm (closed on Tuesdays)

Cost – £3 per person to play games for the first 2 hours



How to get there ↪



TRAIN

20 Minutes' walk from Swansea Train Station



BUS

10 minutes' walk from Swansea City Bus Station or catch a bus to Beach Street, Crown Court or St Helen's Road bus stops



BIKE

3 minutes from National Cycle Route 4



@CommonMeepleUK



@commonmeepleuk



Scan me

Plan your journey at traveline.cymru

SWANSEA'S WATERFRONT



Photo: ©visitswanseabay.com (Swansea Council)

A VIBRANT MARINA AND A STUNNING SEAFRONT PROMENADE



Swansea's docks, which once shipped coal from the South Wales valleys around the world, have been redeveloped over the years to create a stunning waterfront and marina. The northern part of the docks, known locally as SA1, now boasts stylish residential buildings and an enticing selection of bars and restaurants centred around the J Shed, an imposing red brick former warehouse.

Across the graceful Sail Bridge is Swansea Marina - a peaceful and beautiful spot to explore, awash with boats and offering lots of cafés and restaurants where you can soak up the views.

The waterfront area also includes Swansea Museum (Wales' oldest museum, whose exhibits range from nautical items and relics of industrial Swansea to an impressive Egyptian mummy), and The National Waterfront Museum, documenting Wales' history of industry and innovation. The Dylan Thomas Centre, set in the marina not far from the Sail Bridge, hosts a permanent exhibition about the life and work of Swansea's famous poet.

For action activities, head to the LC, Swansea's main leisure centre. Set close to the National Waterfront Museum, its offerings include a waterpark, climbing, soft play and sports.

Also in the area is Swansea Arena, a major new events venue that has Copr Bay Coastal Park in its grounds. Here you'll find an attractive play area and an inviting bar and kitchen.

Swansea's main shopping area is walking distance from the Maritime Quarter, or you can stick on the seafront and follow the city's famous seafront promenade around the golden sweep of the bay.

R FRONT AND MARINA

SWANSEA



Swansea Promenade extends all the way to the pretty fishing village of Mumbles. Along the promenade, you'll pass the popular Blackpill Lido with its play area, paddling pool and picnic area.

Continue towards Mumbles and you'll find more refreshment stops, plus a popular skate park. The route around the bay is a glorious walk that will take you about 1 ¾ hours, or you can hire a bike from docking stations at the National Waterfront Museum and The Civic Centre. You could also hop on the Bay Rider Land Train in the summer months.

Each summer, Swansea seafront hosts the popular Wales Airshow, with breathtaking aerobatic displays, state-of-the-art military aircraft and vintage planes over Swansea Bay.



How to get there



TRAIN

About 15 minutes' walk from Swansea Train Station



BIKE

On National Cycle Route 4



BUS

7 minutes' walk from Swansea City Bus Station



WALK

On the Wales Coast Path



Scan me

visitswanseabay.com



Scan me

Plan your journey at traveline.cymru

PLANTASIA



SWANSEA'S EXTRAORDINARY TROPICAL ZOO

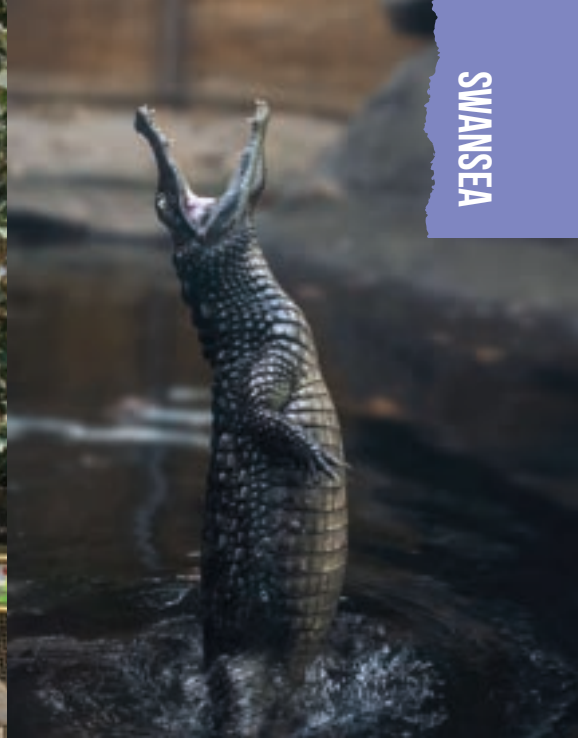


Welcome to Plantasia Tropical Zoo – an enchanting oasis nestled in the heart of Swansea, South Wales. Our indoor zoo, housed in an award-winning giant glass pyramid on the Parc Tawe retail estate, offers a unique experience for visitors of all ages. With over 40 different species of animals and lush tropical plants that have been thriving for over three decades, Plantasia is a must-visit destination for nature lovers and families alike.

Plantasia Tropical Zoo boasts a captivating setting where the magic of a jungle comes to life. The vibrant tropical plants provide a lush backdrop to the diverse array of animals, creating an immersive experience for our visitors. As an indoor family attraction, we take pride in offering a delightful blend of education and entertainment. Our facility includes interactive games for children, providing them with a fun and educational environment.

You'll encounter an array of fascinating creatures, from the mysterious underground realm hosting giant millipedes, tarantulas, geckos, scorpions, axolotl, and piranhas; to the hot-house's diverse inhabitants, including a Burmese python, a sailfin dragon, meerkats, iguanas, marmosets, tortoise, a leopard cat, bearded dragons, a macaw, and caiman crocs. Get ready for a zoo experience like no other!

In addition to the fascinating animals and habitats, we are home to the Canopy Cafe, offering a delightful selection of refreshments. Don't miss the opportunity to explore our colourful gift shop, where attractive toys, many made from recycled materials, await discovery. For those seeking a unique taste of the region, indulge in our very own Canopi gin, crafted in collaboration with local supplier Gower Gin, using ingredients grown right here in the zoo.



For an extraordinary visit, consider our VIP experiences, including Animal Encounters, Zookeeper Experiences, and the exclusive opportunity to participate in Wales' only crocodile feeding experience. Immerse yourself in the world of wildlife with these unique encounters that promise unforgettable moments.

For those looking to explore the region sustainably, Plantasia is easily accessible without a car. Located on the Parc Tawe retail estate, our zoo is well-connected by public transportation, including trains, buses, and cycling routes. The eco-conscious traveller can embark on a journey of discovery, arriving at our doorstep with minimal environmental impact.

Plantasia Tropical Zoo welcomes visitors daily from 10am to 5pm, with the last entry at 4pm. We find the period from 2pm to 5pm provides quieter hours for those seeking a more peaceful experience. On weekends, we may experience higher footfall, so we recommend booking tickets online, especially during wet weather.

To plan your visit or enquire further, please visit our website www.plantasiaswansea.co.uk
For additional details, you can contact us at plantasia@parkwood-leisure.co.uk or give us a call at 01792 474 555.

Discover the magic of Plantasia Tropical Zoo, where education meets entertainment in a captivating indoor jungle. Join us on a sustainable journey of exploration, leaving behind only footprints and taking home cherished memories of a unique wildlife experience.

How to get there ↘



TRAIN

10 minutes' walk from Swansea Train Station



BUS

15 minutes' walk from Swansea Bus Station



BIKE

Just a few minutes' ride from National Cycle Route 4



Scan me

Plan your journey at traveline.cymru

SWANSEA IN GLOOM

WALKING TOURS



Walking Tour

Twisted Tales from Old Swansea Town

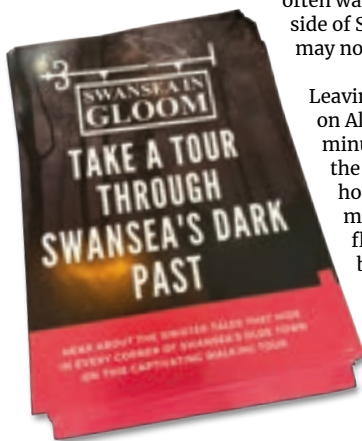
Swansea is a modern, diverse and vibrant city with a booming nightlife, theatres and galleries, and miles of sandy seafront.

However, if you know where to look, you'll find evidence of the history of Swansea and tales of its former inhabitants. Sometimes gory, sometimes tragic, sometimes hilarious, but always fascinating.

Join us for a walking tour exploring the darker sides of the city's past. Under the guidance of our Chief Storyteller, participants will be treated to tales of murder, superstitions, ghosts, and even the occasional shocking debauchery.

Tales span all the way from the foundation of Swansea in the 800s, through the medieval ages, up to the horrors of the Second World War via the Industrial Revolution and Regency period.

The tours aren't just about the gory details though. They offer a unique perspective on the very buildings and locations people often walk past, shedding light on a side of Swansea's history that many may not be familiar with.



Leaving from the HQ Urban Kitchen on Alexandra Road, only a two-minute walk from the train station, the tours last approximately two hours. The route is just over a mile long and is predominantly flat, with one gentle slope at the beginning of the tour.

Due to some of the content the tours are only open to those 16 and above. Under 18s need to be accompanied by an adult.

For more information check out the 'Swansea in Gloom Walking Tours' on Facebook or search Eventbrite for ticket sales.

FIVE DISCOVER A RUINED CASTLE



THE FAMOUS FIVE © 2020, Hodder & Stoughton Limited. All rights reserved.

Visit Swansea Bay by train

Book at GWR.com,
on our app, or at a station.

GWR

Great
Western
Railway

CLYNE VALLEY

COUNTRY PARK



ENDLESS TRAILS CREATE A CYCLIST'S AND WALKER'S DELIGHT

If you want walking trails, gorgeous cycling routes and a deep dip into nature then Clyne Valley has you covered. The Clyne Valley Country Park spreads across 700 acres, and offers an array of leisure opportunities, as well as providing diverse natural habitats.

Clyne River weaves through the park, and lakes and ponds are dotted throughout. The whole park is a testament to successfully reclaiming industrial areas; coal mining was a major industry in the valley, and there are several pits on its western slopes. The path's main footpath and cycleway - part of National Cycle Route 4 - was once the route of the old London Midland Scottish Railway.

Within the park you'll find BMX Pump Track, the Ynys Newydd Nature Trail, a play area, and Clyne Valley Orchard. There's also a permanent orienteering course in Clyne Valley, which is free and can be accessed at all times.

The main path and cycleway runs past the Railway Inn pub in Upper Killay, which makes a good pitstop or turning point for a walk or cycle ride up the valley from its southern entrance at Blackpill.



How to get there



BUS

Regular services to Blackpill at the southern end of the park



BIKE

On National Cycle Route 4



WALK

The southern entrance is just across the road from Swansea Promenade, part of the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

CLYNE FARM CENTRE

SWANSEA

All Photos: ©Clyne Farm Centre

ADVENTURE ACTIVITIES IN A SPECTACULAR SETTING

Clyne Farm Centre, a converted dairy farm, offers a fantastic blend of adventure activities and holiday accommodation with a panoramic view of Swansea Bay and Mumbles Village – the best view in Swansea!

Since 1989, the family-run centre has provided a range of activities suitable for all ages. The most popular activity is horse riding, which is available for children as young as 2 years old. There are various types of sessions on offer including Led Walks, Introduction to Ponies, and even Unicorn Experiences! For older children and adults, riding lessons and hacks through the stunning Welsh countryside are available to book.

Also not to be missed is the famous Challenge Valley 'The Muddiest Assault Course in the World!'. Participants conquer a series of obstacles set within the Clyne woodland estate. And yes you will be completely covered in Welsh mud by the end!

Other activities available include problem solving, indoor climbing, and archery taster sessions, ensuring the adventure never stops.

In terms of accommodation the centre has nine self-catering cottages, ranging from cosy two-bedroom barns to interconnecting properties sleeping 16. In total 51 guests can be accommodated so the location is perfect not just for romantic weekend breaks for two, but also for larger family or group gatherings.

Open 7 days a week, advance bookings are essential. For more information, visit www.clynefarm.com, or contact the Centre via email at hello@clynefarm.com or phone at 01792 403333.

How to get there



TRAIN

4.2 miles from Swansea Train Station



BUS

Regular bus services from Swansea Bus Station. 10 minutes' walk from the nearest bus stop



BIKE

5 minutes from National Cycle Route 4



Scan me

Plan your journey at traveline.cymru

MUMBLES



Photo: ©Crown Copyright Visit Wales (2024)

HISTORIC SEASIDE VILLAGE AT THE GATEWAY TO GOWER

Sitting at the southern end of the wide sweep of Swansea Bay, Mumbles is famously known as the 'gateway' to the Gower Peninsula. The quaint seaside village has a beautiful and well-used seafront promenade that stretches along the five-mile arc all the way back to Swansea and is a favourite with walkers, runners, rollerbladers and cyclists alike. The bustling and popular village has evolved over the years and is now brimming with favourite high street fashion brands, independent boutiques and cool eateries.

Adding extra historic flavour, Oystermouth Castle is perched on the hillside overlooking the main shopping street. The castle was originally home to the Marcher Lords of Gower, but now it hosts outdoor theatre productions in the summer.

Delicious ice cream is easy to come by here, both on the promenade and in the famous Joe's ice cream parlour on the Mumbles Road. Continue along the seafront towards Mumbles Pier and you'll pass everything from seafood street food vendors to craft ale pubs. Verdi's cafe, overlooking the bay, is a great place to soak up the views.

The Pier itself is one of only six surviving iron piers in Wales. It's worth a walk, and you can visit the new big wheel and the RNLI Lifeboat Station at the end. From the southernmost tip of the promenade, there's a steep climb up and a short walk to Bracelet Bay and Limeslade Bay. Langland Bay - a haven for surfers, and home to Langland's Brasserie - is a mile further along the coast.

How to get there ↪



BUS

Regular services from central Swansea



BIKE

An easy ride along Swansea Promenade



WALK

Reached by Swansea Promenade, a 1¾ hour walk around the sweep of the bay



↶ Scan me

Plan your journey at traveline.cymru

SWANSEA BAY

WITHOUT A CAR

SWANSEA

EXPLORE SWANSEA AND NEATH PORT TALBOT WITHOUT A CAR

Swansea Bay without a Car is the definitive guide to visitors coming to the area without their own car.

The website is split into various sections – by geographical location – and modes of travel; the former includes the city of Swansea, the towns and valleys of Neath Port Talbot and the key tourism areas of Mumbles, Gower and Rural North Swansea.

Comprehensive travel information on ‘getting here’, ‘getting around’, ‘cycling’ and ‘walking’ is interlinked with details of train, bus, cycle and walking routes. Finally, recognising its role as a regional hub, there are suggestions for days out as far as the west of Pembrokeshire, Bannau Brycheiniog, etc.



Scan me

www.swanseabaywithoutacar.co.uk



@swanseabaywithoutacar

GOWER PENINSULA

MAGICAL BEACHES AND ANCIENT HISTORY

The Gower Peninsula, Britain's first designated Area of Outstanding Natural Beauty, stretches out into the Bristol Channel, edged with world class beaches and liberally sprinkled with castles. Coastal paths criss-cross the tops of craggy limestone cliffs, linking the small coves and large arcs of golden sand that continue to enchant visitors.

Oxwich Bay

About halfway along Gower's southern coast, Oxwich Bay is a haven for beach lovers and watersports enthusiasts. One of the peninsula's longest and most popular beaches, it offers accommodation ranging from camping to hotel rooms, while the eateries run from cafés to the Michelin-starred Beach House Restaurant. The beach stretches out for three miles, merging into Nicholaston Burrows on the eastern end. Just half a mile from the beach you'll find Oxwich Castle, which was in fact a fortified Tudor manor house. Meanwhile, nature enthusiasts can also enjoy Oxwich National Nature Reserve which runs along the dunes behind the bay, and has plenty of trails.

Port Eynon

A sleepy village most of the year, Port Eynon becomes a flurry of families and holidaymakers in the summer, who flock here for its huge sweeping sandy beach dotted with rock pools. But the beach itself is more than sandcastle and fish & chip heaven - it boasts magnificent cliffs, and coastal walks. The ruins of a salt house lie at the southern end of the bay, and from here you can walk around the coast and discover Culver Hole, reputedly a former smuggling cave. On the walk towards Rhossili lies Paviland Cave, where prehistoric remains and a human skeleton - one of Western Europe's oldest examples of ceremonial burial - were found. The beach is one of Gower's fishing hot spots.

Rhossili

A regular fixture on "best beach" lists, Rhossili has one of the Gower's most breathtaking views. You can walk the headland, where people often spot seals, and when the tide is low (check the tide times carefully) it's possible to walk over the causeway to Worm's Head, which is colonised by seabirds. Locals say that the hiss from the waves going into the caves beneath sounded like a serpent and hence Worm's Head earned its name. Rhossili was infamous for shipwrecks, and the wreck of the *Helvetia* has become a well-known landmark. Hang gliders use the hills above the beach to take off, and the area is popular with pony trekkers too. Rhossili offers several good places to enjoy refreshments while taking in the views.

Photo: Crown Copyright Visit Wales (2024)



All photos: Crown Copyright Visit Wales (2024)

Three Cliffs

This beautiful sandy bay, edged by the iconic three cliffs that give it its name, can be reached by a gorgeous riverside valley walk from Parkmill. Perched on the cliffs above are the picturesque ruins of Pennard Castle, which has a fascinating fairy legend attached to it. The marshland is teeming with wildlife, including herons, and is a popular area for foraging. This is natural beauty at its most raw and wonderful, but no toilets or disability ramps here. Strong tides and currents mean that swimming and watersports are not recommended.



Reynoldston and Arthur's Stone

The picture postcard village of Reynoldston sits near the foot of Cefn Bryn, a ridge summit that stretches like a spine along a large stretch of the Gower. A walk along here gives a great perspective of the Gower Peninsula, with 360-degree views. Cattle and wild ponies roam, and at the top is Arthur's stone, or Maen Ceti in Welsh. Legend has it that King Arthur threw the rock here from Carmarthenshire after finding it in his shoe. In the village, the King Arthur Hotel offers popular hearty fare.

Cwm Ivy and Whitford Burrows

The northern half of Gower is often overlooked but it's dotted with unmissable gems. Cwm Ivy with its plethora of woodland trails is great for walking and exploring, and you can walk right through to the dunes of Whitford Burrows and Whitford Lighthouse. The dunes and the marsh are a wildlife paradise and just a hop and skip from Cwm Ivy are Llanmadoc, a popular holiday area and Llangennith, Gower's surfing capital. Weobley Castle, with its dreamy marshland views, is very close by.

How to get there



BUS

Regular buses from Swansea City Bus Station



WALK

Explore via the Gower Coast, part of the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

WELCOME TO NEATH PORT TALBOT

NEATH IS A HISTORIC MARKET TOWN WITH A NORMAN CASTLE, A ROMANTICALLY RUINED CISTERCIAN MONASTERY, AND A FASCINATING INDUSTRIAL HISTORY THAT'S REFLECTED BY THE NEATH ABBEY IRONWORKS SITE NOT FAR FROM THE ABBEY

All Photos: © Neath Port Talbot Council

A visit to the town should include a stroll along the picturesque Neath Canal, a visit to the bustling indoor market in the town centre, and an exploration of Gnoll Estate Country Park.

Port Talbot's industrial history encompasses its iconic steelworks and its port, both of which can be surveyed from the Wales Coast Path, which passes through the area. Don't miss the chance to visit the beautiful Margam Country Park, and to unwind at Aberavon Beach – a popular spot for surfers.

Head up into the five valleys of Neath Port Talbot to discover mountain bike trails, waterfall walks, and much more.



Scan me

For travel information
visit traveline.cymru



NEATH PORT TALBOT

The Dramatic Heart of Wales



www.dramaticheart.wales
#DramaticHeart

WALKING HIGHLIGHTS

NEATH PORT TALBOT

WALKS IN NEATH PORT TALBOT TAKE IN A FASCINATING INDUSTRIAL HERITAGE, PLUS BEAUTIFUL WOODLANDS, PEACEFUL CANALS AND SPECTACULAR SEA VIEWS.

Port Talbot Parkway Train Station high-level walk

This 3.8-mile walk offers a high-level view over Port Talbot by tracing part of the Wales Coast Path. You'll also enjoy stunning views of Swansea Bay. The walk starts at Port Talbot Train Station.

Baglan Train Station – Mynydd Dinas

This 4.2-mile walk follows the Wales Coast Path up and out of residential streets to provide sweeping views of Port Talbot and Swansea Bay. You'll have the option to walk to Port Talbot and then return to Baglan by train.

Neath Town Centre and Gnoll Country Park

This 3.3-mile walk into Neath takes in historical features such as the market and castle, and then heads up to the stunning Gnoll Country Park, which is worth pausing to explore more fully.

Briton Ferry Train Station

At the end of this 3.3-mile walk into Neath, you can take the train back to Briton Ferry. Other than a short climb at the beginning, this walk is very level and takes in the beautiful Neath Canal. Now closed to boats, the canal is a wildlife haven.

Find the above walks at
www.southwestwales.co/walks



Scan me

southwestwales.co/walks



Scan me

www.dramaticheart.wales



Scan me

www.swanseabaywithoutacar.co.uk

Photo: © Neath Port Talbot Council

CYCLING HIGHLIGHTS

NEATH PORT TALBOT

NEATH PORT TALBOT HAS A FASCINATING INDUSTRIAL HISTORY, COUPLED WITH MANY AREAS OF EXTRAORDINARY NATURAL BEAUTY.

Baglan to Margam

Starting from Baglan Train Station, this section of National Cycle Route 4, takes in some of the highlights of Neath Port Talbot, including Aberavon Beach with its golden sands and cafés, Port Talbot's striking industrial landscape, and beautiful Margam Park with its grand country house and visitor attractions.

Baglan to Neath

Starting from Baglan Train Station, follow the cycle route to Briton Ferry, from where National Cycle Route 47 follows the Jersey Canal, and then the Neath Canal, all the way into the heart of historic Neath.

Vale of Neath

Join National Cycle Route 47 close to Neath Train Station and follow the Neath Canal to Tonna, then up into the Vale of Neath, following the River Neath to Pontneddfechan with its breathtaking waterfalls, which can be enjoyed on foot.

Baglan to Swansea

Follow National Cycle Route 4 from Baglan through Crymlyn Burrows and on into Swansea, passing through the modern waterfront development of SA1, into Swansea Marina, and – if you like – onward around Swansea Bay to Mumbles.

Afan Forest Park

This is a major destination for mountain bikers. See p42 for more information.

Note: if taking your bike on a train, be aware that spaces are limited and some need to be booked in advance.

Further information on these routes is available from:



Scan me

www.sustrans.org.uk



Scan me

www.npt.gov.uk/6870



Photo: © Neath Port Talbot Council

NEATH



Photo: © Neath Port Talbot Council

NATURAL BEAUTY IN THE BIRTHPLACE OF WELSH RUGBY

Anyone arriving in Neath by public transport will find themselves in the heart of a vibrant town centred around its historical indoor market. Next to the bus station is Victoria Gardens, a Victorian-era park with a unique bandstand and an Eisteddfod stone circle, and just opposite is St David's, a towering Gothic church and local focal point. Other landmarks include the Gwyn Hall - a vibrant theatre complex - and Neath Castle, from which Neath derives its Welsh name: Castell Nedd.

Thirty minutes' walk from the train station are the magnificent remains of Neath Abbey. Founded in 1130, it was once one of Wales' wealthiest abbeys. There is much to explore today, and not far away lie the remains of the Neath Abbey Ironworks, a fascinating former industrial site that is also open to the public.

On the outskirts of the town is the Gnoll sports ground, the home of Neath RFC since 1871. The oldest rugby team in Wales play a stone's throw away from the Castle Hotel where the Welsh Rugby Union was formed on March 12, 1881. The hotel's other claims to fame include visits from Admiral Nelson and Hollywood stars Elizabeth Taylor and Richard Burton.

Also on the edge of town, just over 30 minutes' walk from the station, is Gnoll Country Park. Its 200 acres include woodland walks, formal gardens and plenty of places to picnic. Another natural gem nearby is Craig Gwladus Woods, an area with an industrial past that has been transformed by local volunteers. It is now a thriving haven for plants and wildlife, with fantastic views.

How to get there



TRAIN

Regular services to Neath Train Station



BUS

Regular bus services



BIKE

On National Cycle Route 47



Scan me

Plan your journey at traveline.cymru

PORT TALBOT

NEATH PORT TALBOT

SEA, SAND, AND STREET ART IN THE STEELTOWN

Port Talbot has long been famous for two things: its steelworks, one of the largest in Europe, and its long list of homegrown acting talent, which includes Richard Burton, Anthony Hopkins, and Michael Sheen. Thanks to a visit from a certain celebrity artist, it can now add a third thing to that list: street art.

Despite its industrial reputation, Port Talbot is a place of outstanding natural beauty. Aberavon Beach is a three-mile stretch of sand that has undergone a remarkable transformation in recent times. With breathtaking views of Swansea Bay, the dog-friendly promenade is lined with contemporary sculptures and plenty of places to stop for a coffee or an ice cream. If the weather takes a turn for the worse there are indoor entertainment facilities directly opposite including a cinema complex and a leisure centre with swimming pool.

In 2018, Port Talbot garnered global attention when a painting by Banksy appeared on a garage in Taibach. Though the artwork has since been removed, its legacy lives on and the town has been transformed into an artistic hub that attracts artists from far and wide. Murals featuring everything from political commentary to famous faces regularly appear on the walls, and anyone wishing to find them can download the ARTwalk Port Talbot app. The recently renovated Plaza cinema, meanwhile, has reopened as a multipurpose community centre, and the Grade II listed art-deco building is a work of art in its own right. For theatre lovers, the Princess Royal Theatre has much to offer.

How to get there



TRAIN

Regular train services to Port Talbot Parkway



BUS

Regular bus services



BIKE

On National Cycle Route 4



Scan me

Plan your journey at traveline.cymru

BRITON FERRY

WALK IN BRUNEL'S FOOTSTEPS ALONG THE HISTORIC DOCKS

Set on the outskirts of Neath, Briton Ferry's attractions include the public Jersey Park and the ancient woods of Craig y Darren. The Wales Coast Path passes through the town; visitors walking the route from Swansea to Briton Ferry will follow a stretch of the Tennant Canal and, at Jersey Marine, pass a distinctive Victorian octagonal tower. This was built as a viewpoint and to house a camera obscura, but is now part of the Towers Hotel & Spa.

The section of the Wales Coast Path between Briton Ferry and Port Talbot splits into two routes - one edging the golden expanse of Aberavon Sands and the other taking a higher path, providing spectacular views of Swansea Bay.

Briton Ferry's historic dock was designed by Isambard Kingdom Brunel and played a central role in the Industrial Revolution. Coal was transported by the Vale of Neath Railway to the Neath Estuary, a bustling waterway that allowed Wales to trade with the world. A reminder of those times can be seen in the form of the accumulator tower, which was erected between 1858 and 1859, while the traces of the shipbreaking industry at Giant's Grave contrast with the modern-day yachts that sail the waters.

How to get there



TRAIN

Regular services to Briton Ferry Train Station



BUS

Regular bus services



BIKE

On National Cycle Route 4



WALK

On the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

MARGAM

NEATH PORT TALBOT



All Photos: © Neath Port Talbot Council



ANCIENT ARTEFACTS AND VICTORIAN SPLENDOUR

Central to the estate is Margam Castle, a 19th-century Tudor Gothic mansion whose entrance hallway and staircase are open to the public. A short walk away is the 18th-century orangery, a romantic venue surrounded by gardens.

On the outskirts of the park is Margam Abbey, which stands in the shadow of the Chapter House Tree, a gigantic fern-leaved beech tree that was named Wales Tree of the Year in 2020. A fully functioning 12th-century place of worship, it is open to visitors with some of the treasures inside including stained glass windows designed by Pre-Raphaelite Edward Burne-Jones and made by Morris & Co.

Next door to the abbey is Cadw's Margam Stones Museum, which takes the visitor even further back in time to the early centuries of Christianity in Britain. Home to nearly 30 inscribed stones and crosses, they include those recycled from Roman road markers and a cheeky gargoyle that dispenses water in an unconventional manner.

How to get there



BUS

Regular bus services from Swansea City

Bus Station and Port Talbot Bus Station to Margam Park main gates



BIKE

On National Cycle Route 4



WALK

On the Wales Coast Path



Scan me

Plan your journey at traveline.cymru



AFAN VALLEY



All Photos: © Neath Port Talbot Council

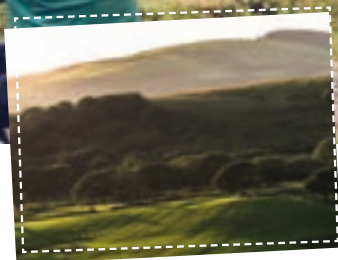
HOLLYWOOD HISTORY AND HIGH-OCTANE BIKING IN STUNNING SURROUNDINGS

There's no better starting point for exploring the Afan Valley than Afan Forest Park. Located just a few miles outside Port Talbot, it offers 4.8 square miles of lush woodland, rocky peaks, and alpine-style accommodation cottages.

Attracting outdoor enthusiasts from around the world, Afan Forest Park offers numerous mountain biking trails that blend stunning scenery with rugged terrain. The Glyncoerrwg Mountain Bike Centre within the park has a visitors' centre to assist riders, bikes for hire, and serves as a starting point for some of the more challenging trails. Other mountain bike trails begin from the main Afan Forest Park Visitor Centre, as do many walking and hiking trails.

There are several marked walking routes catering for various interests, offering strolls that range from thirty minutes to full-day explorations. A popular trail starting from Rhyslyn car park is the Richard Burton Birthplace Trail, which leads to nearby Pontrhydyfen, the village where the Hollywood actor was born in 1925.

Featuring points of interest that include his birthplace - a house nestled in the shadow of a towering aqueduct - fans of the actor can continue walking towards Port Talbot to explore other locations from his upbringing.



How to get there



BUS

Regular bus services from Port Talbot Bus Station to most parts of Afan Forest Park



BIKE

You can cycle to Afan Forest Park Visitor Centre on National Cycle Route 887, which links Port Talbot, Cwmafan, and Pontrhydyfen and continues to Afan Forest Park.



Scan me

www.sustrans.org.uk

SWANSEA VALLEY

NEATH PORT TALBOT



All Photos: © Neath Port Talbot Council

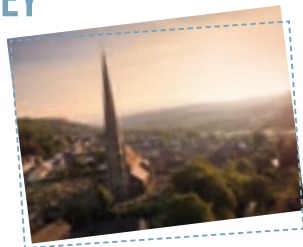


CANALS, CHURCHES, AND CAVES IN THE VALLEY

Stretching from the banks of the River Tawe to the spectacular Bannau Brycheiniog (Brecon Beacons), Swansea Valley is so vast that it is divided into upper and lower halves that extend into the counties of Swansea, Neath Port Talbot, and Powys.

One way of exploring its many places of interest is by following the Swansea Canal route. The River Tawe flows through Pontardawe, hometown of Welsh chart-topper Mary Hopkin, which originally began life as a settlement on a drover's road. This connection with travel continues today with a national cycle route and many a scenic walk, with a notable and easy-to-spot attraction to aim for being St Peter's church on High Street. Dubbed the 'Cathedral of the Swansea Valley', it was built during the 19th century and features a remarkably large spire that stands more than 60m high to ensure it could be seen over the factory chimneys. Pontardawe Arts Centre, in the heart of the town, is a vibrant multi-purpose venue offering films, gigs, theatre and more.

A couple of miles outside of Pontardawe is the charming village of Cilybebyll, a scenic area that is home to another picturesque church, while further up the Swansea Valley are two of the most well-known tourist destinations in south Wales. Craig-y-Nos Castle was once the fairytale home of Victorian opera star Adelina Patti. Now an atmospheric hotel and wedding venue, it overlooks 40 acres of beautiful Victorian gardens - now a country park. Just down the road is Dan yr Ogof, the National Showcaves Centre for Wales, where a park of life-size dinosaurs can be explored above ground, and the atmospheric caves below.



How to get there



BUS

Regular bus services from Swansea and Neath



BIKE

On National Cycle Route 43



Scan me

Plan your journey at traveline.cymru

VALE OF NEATH

Photo: © Neath Port Talbot Council

ROMANTIC WATERFALLS AND ROMAN ROADS

An area in the Vale of Neath has been dubbed Waterfall Country for good reason. Its abundance of cascades has long attracted Romantic wanderers, inspiring such high-profile visitors as renowned English painter JMW Turner and pioneering naturalist Alfred Russel Wallace.

With so many publicly accessible waterfalls to choose from it can be difficult to know where to start. A popular choice is the impressive falls in Pontneddfechan, where you can also visit Dinas Rock, a striking limestone cliff with a cave known as Arthur's Cave, from where legend tells us the King of Britain and his knights might rise once more.

Also not to be missed is the Melincourt Nature Reserve, which boasts 80ft falls and a view of the old ironworks. Spectacular falls again combine with industrial history at Aberdulais. The National Trust property in the village of the same name is where cascading water from the Dulais River was harnessed to produce copper, iron, and tinplate.

For even earlier history, walk in the footsteps of Roman soldiers by following the nearby Sarn Helen route. This 160 mile Roman road, traversed by legionnaires some 2,000 years ago, leads through Banwen, a small village that has a claim to being the birthplace of Ireland's patron saint, St Patrick. A memorial stone in the village commemorates this.

How to get there



BUS

Bus services from Swansea and Neath



BIKE

The offroad Sarn Helen Trail passes through the area



WALK

The Sarn Helen route passes through the area



Scan me

Plan your journey at traveline.cymru

HAUNTED NEATH PORT TALBOT

NEATH PORT TALBOT



Photo: © Neath Port Talbot Council

AUTHOR MARK REES GIVES THE LOWDOWN ON NEATH PORT TALBOT'S MOST SPOOKY PLACES

Margam Castle is considered one of the 'most haunted' places in Britain. Its supposedly paranormal residents include a white lady who haunts the stairs at night, ethereal children who play in the rooms, and a particularly angry gamekeeper who was shot while tackling a poacher on the grounds.

Nearby is the so-called Cursed Wall of Port Talbot, an ancient 800-year-old wall that stands on the grounds of the steelworks. Legend claims that if the wall ever falls, then so will the town, leading the workers to construct a protective barrier to avoid any accidents.

The town of Neath, it would appear, is teeming with spirits around every corner. There are accounts of ghosts in the pubs, shops, and streets, with the Castle Hotel said to be home to several spooks including an Edwardian boy,

a headless cavalier, and a festive visitor who causes a fuss on Christmas Eve. Neath Abbey is also the source of several sightings, including a rather jovial-looking, white-robed monk.

For more unusual supernatural creatures, the Vale of Neath had a reputation for being the home of a large tribe of fairies in the Victorian age. They would tease the locals and might be glimpsed dancing in the moonlight, with a field near Pontneddfechan said to be 'haunted' by them. There were also more spine-chilling reports of vampires that returned to suck blood from the bodies of the dead, and a 'dog demon' that would howl at the back door of homes at night until it gained entry.



Photo: Crown Copyright Visit Wales (2024)

Mark Rees is the author of several books about the paranormal including *Ghosts of Wales*, *Paranormal Wales*, and the upcoming *Paranormal Swansea*.

WELCOME TO CARMARTHENSHIRE

CARMARTHENSHIRE IS A COUNTY OF DREAMY BEAUTY, OFFERING EVERYTHING FROM BIG SANDY BEACHES TO ANCIENT WOODLAND TRAILS, HISTORIC TOWNS, AND ROMANTICALLY RUINED CASTLES.



All photos: © Carmarthenshire County Council

The county town of Carmarthen has Roman origins – you can still see traces of the old amphitheatre in the town, as well as its Norman castle.

Carmarthenshire was a focus of much tension between the Normans and the Welsh lords, and this is reflected by the many stunning castle ruins throughout the county – including the majestic Kidwelly Castle, Dynevor Castle in Llandeilo, which surveys the Tywi Valley, and Llansteffan Castle with its pastel-toned estuary views.

Don't miss the chance to explore the Millennium Coastal Path in Llanelli, which you can follow all the way to Pembrey Country Park for a wealth of outdoor activities and a spectacular golden beach. Llanelli itself has a fascinating industrial history and some excellent historical attractions including Llanelli House and Park Howard Museum and Art Gallery.



Scan me

For travel information
visit traveline.cymru

WALKING HIGHLIGHTS

CARMARTHENSHIRE

CARMARTHENSHIRE

A LAND STEEPED IN LEGEND, CARMARTHENSHIRE OFFERS EVERYTHING FROM LEISURELY TOURS OF HISTORIC TOWNS TO BRISK COUNTRY HIKE WITH WONDERFUL VIEWS.

Kidwelly Castle walk from Kidwelly Train Station

This easy-going, level walk covers a small section of the Wales Coast Path and then takes you into the town centre to visit Kidwelly's impressive castle.

Whitland Train Station circular walk

This 3.2 mile walk takes you around the village showcasing historic sights including Whitland Abbey (not open to the public), and lovely rolling countryside. Part of this walk follows a section of the long-distance Landsker Borderlands Trail.

Ferryside walk from Ferryside Train Station

This 4.4 mile walk starts with a fair portion of road walking following the Wales Coast Path, but it then heads into beautiful countryside, providing sweeping views across the estuary to Llansteffan Castle.

Pembrey Country Park

Beginning at Pembrey & Burry Port Train Station, this walk covers part of the stunning Wales Coast Path, taking in Pembrey Country Park and a lovely canal walk.

Find all these walks at
www.southwestwales.co/walks/



Scan me

www.southwestwales.co/walks



Scan me

www.discovercarmarthenshire.com

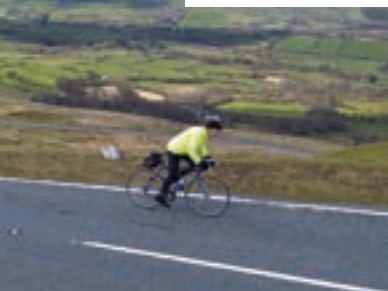


All photos: © Carmarthenshire County Council

CYCLING HIGHLIGHTS

CARMARTHENSHIRE

CARMARTHENSHIRE HAS PLENTY TO OFFER CYCLISTS, FROM COASTAL CYCLEWAYS TO PICTURESQUE ROUTES ALONG DISUSED RAILWAYS TAKING IN FIELDS, WOODLAND, AND PLACES OF SPECIAL HISTORICAL INTEREST.



Millennium Coastal Path, Llanelli

Start at Bynea or Pembrey Country Park, both of which are accessible by train, and cycle this stunning stretch of Carmarthenshire's coastline, passing beaches, cafés and wildlife reserves. This is part of National Cycle Route 4, which runs along the coast from Loughor Bridge to Whitland.

Swiss Valley Path – Llanelli to Cross Hands

Start at Sandy Water Park, about 10 minutes' cycle ride from Llanelli Train Station, and follow this 22km trail along the path of the historic Llanelli and Mynydd Mawr Mineral Railway. The off-road route takes you through the beautiful Gwendraeth Valley and is largely flat, and tarmacked.



Amman Valley Riverside Path

This beautiful traffic-free path begins at Pantyffynnon Train Station, a request stop on the Heart of Wales Line, and follows the River Amman eight miles to Brynamman, offering stunning views to the Black and Betws Mountains and passing through wood and farmland.

Pembrey Country Park

This stunning country park, easily accessible from Pembrey & Burry Port Train Station, includes a wide, sandy beach and forests full of cycle trails suitable for a range of abilities. The site links to the Millennium Coastal Path for longer rides. You can hire bikes on-site.

Note: if taking your bike on a train, be aware that spaces are limited and some need to be booked in advance.

Further information on cycling in Carmarthenshire is available from:



Scan me

www.sustrans.org.uk



Scan me

www.discovercarmarthenshire.com

All photos: © Carmarthenshire County Council



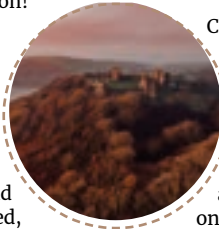
All photos: © Carmarthenshire County Council

CARMARTHENSHIRE, THE PERFECT DESTINATION TO ENJOY PICTURESQUE WALKS AND QUALITY FOOD AND DRINK.

From Carmarthen Bay to the western Brecon Beacons, Carmarthenshire is full of epic mountains, breath-taking vistas and a crystalline coastline that peeks across to Pembrokeshire and the Gower.

It's said that "a walk in nature, walks the soul back home" and nowhere is this truer than in the natural splendour of Carmarthenshire, with its natural beauty whatever the season!

Our rural market towns are blossoming, alive with independent shops, eateries and watering holes, bursting with traditional Welsh character and hospitality. Come and experience it for yourself. You'll find plenty of places serving food and drink from the region, locally sourced, prepared with care and presented with real passion. Eat and drink your way through one of our "Larder trails". Our curated routes will take you to the tastiest addresses in the county, from coffee roasters and cheese producers, to vineyards, delis and butchers. You will find wonderful craft shops, boutiques, galleries, and markets all over the county. Come and meet some of our independent business owners who keep our towns bustling and beautiful.



Even on the warmest days there's room to yourself on our beaches. But if lazing in the summer sun isn't your thing, just get active. Try sea kayaking or coasteering. Ride the waves on a surfboard or ride horses along the sands. Or simply just enjoy the views of Carmarthen Bay from the Glansteffan amphibious boat which crosses Carmarthen Bay between Ferryside and Llansteffan.

Carmarthenshire is a real dog lovers' paradise, and we wholeheartedly encourage all dog parents to bring their four-legged friends on their next adventure. This is especially important during the months from October through to May, when there are fewer boundaries and restrictions on our beaches.

There are dozens of wallet-friendly ways to spend quality time in Carmarthenshire, from exploring the great outdoors, to a number of free indoor attractions. Keep a day out low-cost and family-friendly by cycling or walking the Millennium Coastal Path or head to Pembrey Country Park for an epic day out. With over 500 acres of woodland and an eight-mile beach it offers endless fun.

Our picturesque coastal towns and rural villages play host to a number of annual sporting and cultural events throughout the year.

Enjoy food festivals, road and endurance races, music festivals and more. All of which combine curated entertainment with some of the most stunning natural backdrops you'll find anywhere in the world.



Scan me

www.discovercarmarthenshire.com



CARMARTHEN



Photo: © Carmarthenshire County Council

A MAGICAL MARKET TOWN WITH A LEGENDARY PAST

When people describe Carmarthen as ‘magical’, it might be more literal than you first suspect. Arthurian legend tells us that the county town of Carmarthenshire was the birthplace of Merlin the Wizard, which is reflected in its Welsh language name *Caerfyrddin*, or Merlin’s Fort. King Arthur’s trusty aide is also mentioned in the *Black Book of Carmarthen*, which is thought to be the oldest complete manuscript written in Welsh.

A tree known as Merlin’s Oak symbolised the town’s resilience and had a prophecy attached to it that claimed: “When Merlin’s Oak shall tumble down, then shall fall Carmarthen Town.” The tree is no longer standing but, just to be on the safe side, a fragment has been preserved at St Peter’s Civic Hall, a popular destination for events in Nott Square. A branch can also be seen in Carmarthenshire Museum in Abergwili just a few miles out of town where visitors can learn about the history of the surrounding area.

Other cultural distractions can be found in the heart of town, including King Street Gallery, a contemporary art gallery with a wide range of creative offerings, from painting to jewellery. As a shopping destination, Carmarthen draws inspiration from centuries as a market town with both an indoor and a monthly outdoor market, plus streets dotted with interesting independent traders. This spirit of locally made wares can also be felt in the food and drink, with several specialist venues serving up the best produce from the area.

How to get there



TRAIN

Regular services to Carmarthen Train Station



BUS

Regular bus services



BIKE

On National Cycle Route 4



WALK

On the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

LLANDEILO

CARMARTHENSHIRE

All photos: © Carmarthenshire County Council

PICTURE-PERFECT HISTORIC TOWN

Overlooking the River Tywi, Llandeilo is one of Carmarthenshire's most photogenic towns. With winding streets lined with boutique shops and colourful houses, its centrepiece is the church of Saint Teilo, the sixth-century saint who also lends his name to the town. A popular place of worship, it is also a vital part of the town's arts scene and hosts concerts during the annual festival. A holy well is set into the wall at the lower side of the churchyard.

Roughly a mile out of town is the vast Dinefwr estate. The National Trust property boasts a wide range of attractions, central to which is Newton House, a seventeenth-century marvel adorned with Venetian Gothic embellishments from the 19th century. The renowned landscape architect Capability Brown crafted a walk around the grounds, which host a medieval deer park and the incredibly rare White Park Cattle, a herd of cattle steeped in folklore dating back to 920 AD.

Towering over Dinefwr and overlooking the River Tywi are the ruins of Dinefwr Castle. Supposedly founded by Rhodri the Great, it offers spectacular views; the walk there from the heart of the Dinefwr estate is truly beautiful and well worth the climb.



How to get there



TRAIN

Regular services to Llandeilo Train Station on the Heart of Wales Line



BUS

Services from Carmarthen



Scan me

Plan your journey at traveline.cymru

LLANDOVERY



All photos: © Carmarthenshire County Council



A 'WELSH BRAVEHEART' AND AN ESTATE FIT FOR THE KING

Standing tall by the ruins of Llandovery Castle is a 16-foot stainless steel statue dedicated to a man who has been described as a 'Welsh Braveheart'. Llywelyn ap Gruffydd Fychan was a prosperous 14th-century landowner who was executed in the town for his support of Owain Glyndŵr's Welsh uprising. Gone but not forgotten, a campaign was launched in 1998 to honour his memory with a monument, and the winning design now keeps a permanent watch over the remains of the castle.

A compact market town that can be explored on foot, Llandovery is perfectly poised as a starting point from which to discover two of the wider area's biggest natural attractions: the Cambrian Mountains, which inspired the Romantic poets in times gone by, and the world-famous Bannau Brycheiniog (Brecon Beacons) National Park, in which picturesque towns rub shoulders with some wonderful walking trails. Those looking to explore on two wheels can challenge themselves to the classic Black Mountain cycle route along one of Wales's highest roads, which starts in Llandovery.

Llandovery also attracted some regal residents in 2006 when the Llwynywermod estate near Myddfai village was acquired by the Duchy of Cornwall. The nearly 200 acres of Carmarthenshire countryside served as the Welsh home of King Charles III while he was Prince of Wales, along with the Duchess of Cornwall, until 2023. Originally owned by William Williams, a relative of Anne Boleyn, luxurious accommodation is available on the estate.

How to get there



TRAIN

Regular services to Llandovery Train Station on the Heart of Wales Line



BUS

Services from Carmarthen



BIKE

The Black Mountain cycle route starts in Llandovery



Scan me

Plan your journey at traveline.cymru

LLANELLI

CARMARTHENSHIRE



All photos: © Carmarthenshire County Council

THE RUGBY-MAD TOWN WITH SOME OF THE WORLD'S RAREST BIRDS

Rugby is the unofficial sport of Wales, and if there's one town that encapsulates that passion more than any other, it is Llanelli. Home of the Scarlets, who play in Parc y Scarlets, match days have been passionate affairs since Llanelli RFC was formed in Victorian times, and a statue of legendary player Phil Bennett can be seen standing tall in his home village of Felinfoel.

The heart of the town includes an indoor market, the fascinating Llanelly House, a restored Georgian gem offering historical house tours, and – a short walk away – Parc Howard Museum and Art Gallery, whose exhibits include an impressive collection of Llanelly pottery.

Nearby is the Millennium Coastal Park, a beautiful 10-mile stretch of coastline with views of the Gower Peninsula. Encompassing Llanelli and neighbouring Burry Port, it is a fine example of Wales's past and future colliding, with land that was once heavily industrialised transformed into idyllic parkland.

A great place to get away from it all is Llanelli Wetland Centre. A popular destination for family days out, it's a haven for some of the world's rarest birds. It's a 40-minute walk from Llanelli but easy to reach by bike as it sits on National Cycle Route 4/Millennium Coastal Path.

How to get there



TRAIN

Regular service to Llanelli Train Station from Swansea and Carmarthen



BUS

Regular bus services



BIKE

The Millennium Coastal Park is on National Cycle Route 4



WALK

The Wales Coast Path passes through the Millennium Coastal Park



Scan me

Plan your journey at traveline.cymru

THE HEART OF WALES LINE

A BEAUTIFUL RAILWAY LINE THAT MEANDERS THROUGH THE WELSH COUNTRYSIDE

The Heart of Wales Line is a beautiful railway line that meanders through the Welsh Countryside between Swansea and Shrewsbury with many opportunities for walking, cycling, shopping, history and dining.

The railway starts off with some spectacular views between Swansea and Llanelli past the Loughor Estuary before heading into the green expanses of the Tywi Valley and the colourful Carmarthenshire market towns of Llandeilo and Llandovery. Both these towns offer some unique independent shopping or afternoon tea opportunities. Now the journey begins one of its slow climbs, taking you over the famous Cynghordy Viaduct and through Sugar Loaf, two of the most remote halts on the line and perfect starting points for the adventurous walker.

As you emerge from the Sugar Loaf tunnel into Powys the scenery becomes more expansive as the line skirts around Bannau Brycheiniog National Park, and you may spot a red kite or two.

A quartet of beautiful Victorian spa towns are next, with Llanwrtyd Wells, Llangammarch Wells, Builth Wells and Llandrindod Wells having many reminders of their popularity during Victorian times as spa resorts with some wonderful examples of Victorian architecture.

Next, the line heads into the clouds again, reaching 980 feet above sea level before Knighton, taking in another Victorian viaduct at Knucklas.

Then onto Church Stretton and Craven Arms, gateways to the Shropshire Hills Area of Outstanding Natural Beauty before the journey terminates at Shrewsbury, a town famous for its history and heritage which can be seen in its beautiful mediaeval buildings and courtyards.

The line features the Heart of Wales Line Trail, a long distance walking Trail that weaves between stations along the railway.

Photo: © Heart of Wales Line Community Rail Partnership (HoWL CRP) and Friends of the Heart of Wales Line Trail (FHFLT) and Dominic Vacher

Tickets are available on the train. For timetable and ticket info please see:



Scan me

tickets.trc.cymru

You can find walks, activities and other information on the Heart of Wales Line Website



Scan me

www.heart-of-wales.co.uk

FERRYSIDE AND LLANSTEFFAN

Photo: © Carmarthenshire County Council

SEASIDE CHARM: TWO OF CARMARTHENSHIRE'S BEST-KEPT SECRETS

Sitting on opposite banks of the Towy estuary, Ferryside and Llansteffan are two of the most stunning hidden gems of South West Wales, offering some of the best coastal and woodland walks you can find.

Ferryside is a charming village with a small sandy beach, which looks over the Towy estuary towards the picture-postcard village and hills of Llansteffan, close enough to clearly see the houses.

Ferryside beach and the hills behind it are beautiful, and like Llansteffan, it's renowned for great sunrises and sunsets. Once a bustling fishing village, it's still well-known for its fishing opportunities. Although the beach is beautiful and perfect for sandcastles and picnics, it's not ideal for paddling and swimming due to the currents.

As well as lost-in-time charm, Ferryside has plenty to offer history lovers, including a visit to St Ishmael's Church, whose links to the Rebecca Riots are documented by a display in the vestry. The church dates from the 13th century and occupies a lovely spot close to the shore.

Llansteffan is directly across the water, and a ferry linking the two villages runs from March. Like Ferryside, Llansteffan is an antidote to the busy modern world. The breathtakingly beautiful sandy beach offers plenty of walks and relaxation in nature, with views across to Ferryside.

A path from the village leads to St Anthony's holy well, set in a delightful walled sanctuary on a lane heading to the beach.

A short walk uphill from Llansteffan beach takes you through the old-worldly winding streets with their charming cottages, up to the ruins of Llansteffan Castle, with panoramic views of the surrounding countryside and coastline. The castle is free to visit, has beautiful grounds to explore, and is dog-friendly.

How to get there



TRAIN

Services to Ferryside from Swansea and Carmarthen, ferry from Ferryside to Llansteffan



BUS

Services from Carmarthen to Ferryside and Llansteffan



BIKE

Ferryside is on National Cycle Route 4



WALK

On the Wales Coast Path



Scan me

Ferry timetable at carmarthenbayferries.co.uk



Scan me

Plan your journey at traveline.cymru

TRAETH COFFEE



FERRYSIDE'S FRIENDLY INDEPENDENT COFFEE SHOP

Traeth Coffee is an independent coffee shop situated on the beachfront of Ferryside, Carmarthenshire. Its super location makes it a draw to a wide variety of both locals and visitors to the area looking to enjoy Ferryside beach throughout the year.

We are open Wednesday to Monday 9.30am - 4pm (closed Tuesdays) from February to January 1 and offer a wide selection of homemade cakes baked daily along with fabulous coffee sourced from local roasters Bay Coffee Roasters. We strive to use as much local produce as possible and to work with as many sustainable suppliers as we can.

Our premises are fully accessible with toilet facilities and we are also dog friendly. We have

outside seating area for customers to enjoy the warmer weather and views and also have recently added a cosy hut for the not-so-nice days. A bike rack is also available for our cycling customers.



We welcome a range of customers to Traeth Coffee, from cyclists to walkers (and their four legged friends) and we are lucky to have Carmarthen Bay Ferries located next door to us on the beach which operates from Easter through to the end of September. They offer a range of trips across the bay to Llansteffan and also to Caldey Island.

In addition, we are located across the railway track from Ferryside train station making access to public transport easy and accessible. There is also the bus stop next door.



Visitors to the area can enjoy the lovely dog-friendly beach at Ferryside and local woodland walks, take the opportunity to have a trip over to Llansteffan on the ferry, and go fishing amongst other activities throughout the year. Ferryside is a very welcoming community and very active with a range of community events throughout the month, something to offer everyone!

We pride ourselves at Traeth Coffee in offering the best coffee, homemade cakes and food. We are a very hands on husband and wife team supported by our wonderful staff. We love what we do and are lucky to be so well supported by all of our lovely customers.

So please add Ferryside to your bucket list of places to visit, we can't wait to meet you!

How to get there ↪



TRAIN

Right by Ferryside Train Station, which has regular services between Swansea and Carmarthen



BUS

Regular bus services



BIKE

Ferryside is on National Cycle Route 4



WALK

On the Wales Coast Path



@traethferryside



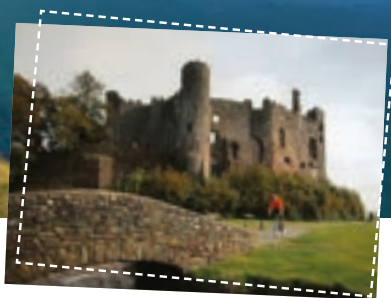
↪ Scan me

Plan your journey at traveline.cymru

LAUGHARNE AND PENDINE



All photos: © Carmarthenshire County Council



THE SLEEPY COASTAL TOWN FAMOUS FOR ITS DYLAN THOMAS HERITAGE

Tucked into a sweeping coastal inlet of Carmarthen Bay is the beautiful tiny town of Laugharne. Visitors beat a path here for its connections with writer Dylan Thomas - who famously "got off the bus, and forgot to get on again". The town is widely believed to be the inspiration for the fictional village of Llareggub, in Thomas' *Under Milk Wood*.

Dylan Thomas lived in Laugharne for the last four years of his life in The Boathouse overlooking the estuary and enjoyed a writing renaissance here. The Boathouse now hosts exhibits, Dylan memorabilia, audio-visual presentations and a tearoom. You can also visit Dylan's writing shed, with its inspiring watery views. Both Dylan and his wife Caitlin are buried in the cemetery of St. Martin's Church on the outskirts of the village.

Laugharne has an impressive castle (open to the public) with two giant medieval stone towers, and beautiful 19th-century gardens.

From Laugharne you can walk the Wales Coast Path to Pendine Sands. Today it's a popular seaside spot, but in the 1920s it was used for land speed record attempts. John Parry Thomas died here in 1927 trying to seize back the record from Malcolm Campbell, who had broken the record on the same beach just weeks earlier. Parry's restored car, Babs, can be seen at the new Museum of Land Speed at Pendine Sands.

How to get there



BUS

Services to Laugharne and Pendine from Carmarthen



BIKE

Laugharne is on National Cycle Route 4



WALK

On the Wales Coast Path



Scan me

Plan your journey at traveline.cymru

KIDWELLY



All photos: © Carmarthenshire County Council

A STUNNING CASTLE AND WALES' 'WARRIOR PRINCESS'

The ancient town of Kidwelly once played an important role in the Industrial Revolution and was home to large brickworks and tinworks. Today, it is the perfect base from which to explore all that Carmarthenshire has to offer.

Kidwelly Castle is very much the centrepiece of the town. Perched high above the River Gwendraeth, many will have seen the fortress on screen, possibly without realising it – it has featured as the backdrop in such films and shows as Monty Python and the Holy Grail and Doctor Who.

A well-preserved castle that dates from the 13th century, it was established on the foundations of an even earlier structure and its architecture is notable for its cutting-edge defensive capabilities, utilising a concentric design with an innovative 'walls within walls' feature that was ideal for repelling invaders.

Near the castle stands a monument in memory of Gwenllïan, Wales's 'warrior princess', who led a valiant but ultimately unsuccessful revolt against the Normans in 1136. Despite her defeat, Gwenllïan's patriotic legacy endures.

How to get there ↘



TRAIN

Trains to Kidwelly Train Station from Swansea and Carmarthen



BUS

Regular services from Swansea and Carmarthen



BIKE

On National Cycle Route 4



WALK

On the Wales Coast Path



Scan me ↶

Plan your journey at traveline.cymru

WELCOME TO PEMBROKESHIRE

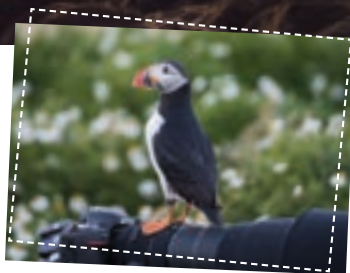
PEMBROKESHIRE IS AN AREA OF SPECTACULAR BEAUTY, OFFERING A WEALTH OF HISTORIC CASTLES, PREHISTORIC SITES, CHARMING TOWNS AND VILLAGES, MAGICAL COVES AND BEACHES, AND RUGGED, WINDSWEPT UPLANDS.

All photos: © Visit Pembrokeshire

Rail and bus services make it easy to reach picturesque coastal locations including the walled town of Tenby; Saundersfoot with its fascinating walks through old railway tunnels; and Pembroke with its imposing medieval castle.

Other treats include the thriving marina at Milford Haven, Pembroke Dock with its fascinating maritime history, and St Davids, the smallest city in the UK, which has a stunning cathedral and some truly spectacular coastal walks.

The Pembrokeshire Coast National Park offers a wealth of walks with transcendent views, and several companies around the coast offer boat trips for a chance to spot everything from dolphins to puffins.



Scan me

For travel information
visit traveline.cymru

WALKING HIGHLIGHTS

PEMBROKESHIRE

PEMBROKESHIRE

THE PEMBROKESHIRE COAST NATIONAL PARK OFFERS A SPECTACULAR ARRAY OF COUNTRY WALKS TAKING IN GLORIOUS BEACHES, HIDDEN COVES AND CLIFFTOP VIEWS.

There are also plenty of fascinating walks that are easily accessible from the county's towns. Read on for inspiration.

Pembrokeshire Coast Path

Pembrokeshire Coast National Park offers some of the most spectacular scenery in the world and is threaded with trails and footpaths offering something for walkers of every level, including the Pembrokeshire Coast Path, 85% of which lies within the park.

Pembroke Train Station circular town and castle walk

This walk takes in a lovely wetland nature reserve, plus urban scenery and Pembroke's stunning castle. There are plenty of cafés and pubs to grab food and drink on your return route. See link below.

Tenby Station walk

This 3.2-mile walk follows part of the Wales and Pembrokeshire Coast Path through Tenby and then climbs away from the town, taking you to the beautiful and secluded Waterwynch Bay - the perfect place for a picnic. See link below.

Saundersfoot Train Station circular walk

This 5.1-mile walk takes you into the Pembrokeshire Coast National Park, offering wonderful coastal views, plus a mix of woodland and beautiful open countryside. See link below

Find the Pembroke Station, Tenby Station and Saundersfoot Station walks at:



Scan me

www.southwestwales.co/walks

More information on walking in Pembrokeshire is available from:



Scan me

www.visitpembrokeshire.com



Scan me

www.pembrokeshirecoast.wales



All photos: © Visit Pembrokeshire

CYCLING HIGHLIGHTS

PEMBROKESHIRE

PEMBROKESHIRE IS CRISSCROSSED BY NUMEROUS SPECTACULAR CYCLE ROUTES, BOTH ON AND OFF ROAD, INCLUDING MANY THAT ARE ACCESSIBLE BY TRAIN.

Dramway Trail, Saundersfoot

This popular 18-mile return route follows a disused railway line between Saundersfoot, Wiseman's Bridge and Stepside, and offers some wonderful sea views. It follows the route of the railway from the old ironworks, and includes interesting industrial remains, including tunnels. The nearest railway station is Kilgetty, 1 mile away.

Medieval Mystery Trail, Manorbier

This trail begins just 1 ¼ miles from Manorbier Train Station and takes in several stunning historical sites, including Manorbier Castle, Lamphey Bishops' Palace, and King's Quoit dolmen. Refreshments are available in the village and there are some spectacular beach views en route.

Brunel Trail

A cycle path leads from Haverfordwest Train Station to the start of this trail, ¼ mile away. This 19-mile route traces a Victorian railway built under the direction of celebrated engineer Isambard Kingdom Brunel. It passes through water meadows and offers spectacular countryside views, woodlands and the beautiful Cleddau estuary.

The Celtic Trail

This long distance cycle route takes you through much of Pembrokeshire Coast National Park, travelling on traffic-free paths and trails, old railways and tranquil lanes. Find out more on the Sustrans website, linked below.

Note: if taking your bike on a train, be aware that spaces are limited and some need to be booked in advance.

Further information on these routes is available from:



Scan me

www.pembrokeshire.gov.uk/cycle



Scan me

www.sustrans.org.uk



Scan me

www.visitpembrokeshire.com

Photo: © Visit Pembrokeshire



VISIT PEMBROKESHIRE

CROESO SIR BENFRO



See life a little bit differently
Gweld bywyd ychydig yn wahanol



www.visitpembrokeshire.com

HAVERFORDWEST



All Photos: © Visit Pembrokeshire

HISTORIC COUNTY TOWN WITH RIVERSIDE WALKS

Pembrokeshire's county town has a long and fascinating history. A commercial hub for centuries, its merchants traded by land as well as by sea and it was an important port – for a while, the second largest in Wales.

The town's castle was built at the start of the 12th century, initially using earth and timber. It was expanded towards the end of the 13th century by Queen Eleanor (wife of Edward I). It changed hands several times during the Civil War, and Cromwell ordered its destruction in 1648, but this was not fully completed.

Today only a relatively small portion of the castle remains. Haverfordwest Museum, located within its walls, provides a fascinating look into the town's past.

Haverfordwest offers some lovely riverside walks, including the chance to visit the ruins of Haverfordwest Priory. An Augustinian priory set on the banks of the Cleddau River, it is home to Britain's only surviving ecclesiastical medieval garden – now replanted in all its glory.

Haverfordwest itself is a charming town to explore, with a mix of independent and high street shops and plenty of decent places to eat and drink.



How to get there ↘



TRAIN

Regular trains to Haverfordwest Train Station



BUS

Regular bus services



↶ Scan me

Plan your journey at traveline.cymru

PEMBROKE AND PEMBROKE DOCK



All photos: Crown Copyright Visit Wales (2024)



PEMBROKE: HISTORIC WALLED TOWN WITH A STUNNING CASTLE

Pembroke is a charming walled town famous for its magnificent Norman castle, the birthplace of King Henry VII. It's an extensive site with plenty of exhibits and lots of stairways and rooms to explore, plus a dungeon and Wogan's Cavern – a vast cave that has been used by humans since prehistoric times. It's well worth setting aside a couple of hours to explore everything the castle has to offer.

The town was well defended by water and by walls, much of which are still visible. Mill Pond, which protected the castle's northern side, is an attractive place for a walk – and the surrounding area offers much in the way of woodland, countryside and riverside strolls.

The town's Georgian houses nod to a prosperous past: they were built by merchants who transported goods via Pembroke Quay. Today, Pembroke offers an impressive selection of shops and places to eat and drink.

PEMBROKE DOCK: A KEY PART OF WALES' MARITIME HISTORY

Three miles from Pembroke, Pembroke Dock has a fascinating history: most of the town, with its distinctive grid layout, sprang up in the 19th century following the construction of the Royal Navy Dockyard. These days it's a commercial port, with ferries running to Rosslare in Ireland.

The beautiful Garrison Chapel – a Grade II listed Georgian building – is now a heritage centre where you can learn more about the town's history, including the story of how the Millennium Falcon from the Star Wars film The Empire Strikes Back came to be constructed at the dockyard.

You can also visit war graves at Llanion Cemetery and Pembroke Dock Military Cemetery.

How to get there



TRAIN

Regular trains to Pembroke Dock and Pembroke Station



BUS

Regular bus services



BIKE

On National Cycle Route 4



WALK

On the Pembrokeshire Coast Path/Wales Coast Path



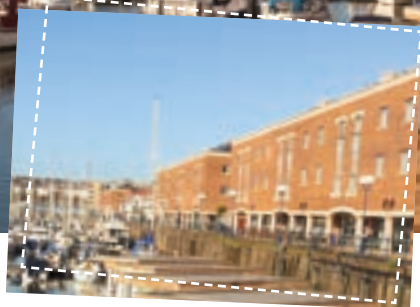
Scan me

Plan your journey at traveline.cymru

MILFORD HAVEN



Photos: Crown Copyright Visit Wales (2024)



MAGICAL MARINA STROLLS

Milford Haven's position on the Milford Haven Waterway, one of Wales' largest estuaries and one of the world's deepest natural harbours, means its fortunes have long been tied to the sea. Vikings wintered their fleet there in 854 and Richard II launched his invasion of Ireland from there in 1399.

The town was built in the 18th century as a centre for whaling and became the home port for the Nantucket Quaker whalers. It was constructed on a grid system and has some impressive Georgian houses.

Milford Haven spent time as a Royal Navy dockyard before becoming a commercial dock and a centre for the fishing industry, which boomed during the first half of the 20th century.

The dock's focus shifted to oil and gas logistics after the opening of the Esso oil refinery in 1960.

While the docks still fulfil an important commercial role, much of the dock area has been reinvented as a marina village. It's a lovely area to explore, with plenty of interesting shops and places to eat and drink.

Visit Milford Haven Museum in The Old Customs House on Milford Haven Waterfront to learn more about the town's whaling, fishing and industrial past.

How to get there



TRAIN
Regular services to Milford Haven Train Station



BUS
Regular bus services



WALK
On the Pembrokeshire Coast Path/ Wales Coast Path



Scan me

Plan your journey at traveline.cymru

LAMPHEY

Photos: Crown Copyright Visit Wales (2024)

BEAUTIFUL FORMER BISHOP'S RETREAT

This picturesque village, set in tranquil countryside just a few miles from Pembroke, is home Lamphey Bishop's Palace, an impressive medieval structure, now ruined, but with much still to explore. This was the Bishop of St David's retreat – a country idyll with its own orchards, fishponds and impressive great hall.

After visiting the Bishop's Palace, you can enjoy refreshments at The Dial Inn or, for a taste of real luxury, Lamphey Court Hotel and Spa – a stunning Grade II listed Greek Revival house built in 1823 and now a Best Western Hotel. Also delightful is the family-run Lamphey Hall Hotel, whose restaurant offers lunch, evening meals, and a Sunday carvery.

Lamphey Train Station is a very pretty request stop whose station gardens are maintained by Lamphey and District WI.

How to get there



TRAIN

Regular services from Pembroke Dock and Swansea to Lamphey Train Station, a request stop



BUS

Regular services from Haverfordwest and Pembroke Dock



Scan me

Plan your journey at traveline.cymru

STACKPOLE



All photos: © Visit Pembrokeshire

DELIGHTFUL LILY PONDS AND WORLD-CLASS BEACHES

The Stackpole Estate, owned by the National Trust, is renowned for its beautiful lily ponds but has much more to offer besides, so it's worth taking a day to explore the estate and the surrounding area.

Here you'll find two of Pembrokeshire's best beaches: Barafundle Bay and Broad Haven South. Barafundle, a wide stretch of golden sand framed by woods, dunes and cliffs, is a stunning spot often featured on lists of the world's best beaches – but be sure to check the tide times before visiting. It's accessible only via the footpath from Stackpole Quay.

Broad Haven South, another golden sandy beach, has caves and springs to discover, and a lovely freshwater stream running from the lily ponds. Beware that the sea here has strong currents.

Other treats include the picturesque harbour of Stackpole Quay, the National Trust's Boathouse tearoom, and a walled garden and café. The Stackpole Estate is also a great place for spotting birds, wildflowers and wildlife; Bosherton lily ponds, with their profusion of waterlilies, are home to otters, dragonflies and water birds.

The village of Stackpole offers a lovely pub, The Stackpole Inn, and the charming St Elidyr's Church, which dates back to medieval times.

How to get there



TRAIN

Regular train services from Swansea to Pembroke Train Station, 5 miles away.



BUS

Services from Pembroke Dock



WALK

On the Pembrokeshire Coast Path/ Wales Coast Path



Scan me

Plan your journey at traveline.cymru

TENBY

PEMBROKESHIRE

All photos: © Visit Pembrokeshire

ICONIC SEASIDE TOWN WITH BREATHTAKING BEACHES

One of Wales' finest seaside towns, Tenby has been sketched, painted and photographed numerous times – and with good reason: the pastel-painted Georgian houses perched above the harbour and on the cliffs that fringe the town's golden beaches are picture-perfect. But this is just one part of Tenby's charm.

The walled town, originally established by the Normans, is threaded with atmospheric narrow streets and lanes, along which you'll find plenty of interesting independent shops, pubs, cafés and restaurants.

For a glimpse of the town's long history, visit the National Trust-owned Tudor Merchant's House, which has been decked out as it would have been in the 15th century.

Other historical attractions include Tenby Museum and Art Gallery, located on Castle Hill overlooking the beaches and harbour, where you'll find plenty of child-friendly exhibits and activities; and St Catherine's Island, only accessible at low tide, which was once home to hermits' cells and a tiny chapel dedicated to St Catherine – sadly removed in the 19th century to build the fort that can be seen today.

Don't miss the chance to enjoy a boat trip to nearby Caldey Island, a monastic settlement where you can unwind and visit the priory and museum.



How to get there



TRAIN

Regular services to Tenby Train Station



BUS

Regular bus services



BIKE

On National Cycle Route 4



WALK

On the Pembrokeshire Coast Path/ Wales Coast Path



Scan me

Plan your journey at traveline.cymru

SAUNDERSFOOT



All photos: © Visit Pembrokeshire



STUNNING BEACH, GREAT SHOPS AND FOOD, AND FASCINATING TUNNEL WALKS

This thriving seaside resort hugs a wide, sandy beach with a pretty harbour at one end. The harbour was originally built for the transportation of coal from nearby mines, and the tramway that brought coal to the harbour now forms part of the Pembrokeshire Coast Path.

It's a fascinating route, taking you through a tunnel to Coppet Hall Beach, and then through two further tunnels to Wiseman's Bridge. If you choose, you can then continue up Pleasant Valley to the fascinating old ironworks site at Stepside.



The village of Saundersfoot offers plenty of great places to eat and drink, and a decent smattering of independent shops selling gifts, clothes and crafts.

If you arrive by train, take note that the station is about 25-30 minutes' walk from the centre of the village.

How to get there



TRAIN

Regular trains to Saundersfoot Train Station (1.5 miles from the village centre)



BUS

Regular bus services



BIKE

On National Cycle Route 4



WALK

On the Pembrokeshire Coast Path/ Wales Coast Path



Scan me

Plan your journey at traveline.cymru

MANORBIER

PEMBROKESHIRE

All photos: © Visit Pembrokeshire

HISTORIC SITES AND A BEAUTIFUL BEACH

This picturesque village has a lot going for it: a lovely sandy beach, an impressive castle, a village pub, and a historic Norman church. Manorbier is the birthplace of the priest and historian Gerald of Wales, and the writers George Bernard Shaw and Virginia Woolf used to holiday here.

The beach, set in a dune-backed cove, is popular with surfers but does have strong currents. If exploring the beach, check the tide times before visiting so that you don't get cut off.

The castle was built by Norman knight Odo de Barri and had a relatively peaceful history, seeing just two minor attacks – one in 1327 and one during the Civil War. Today the castle is open during the warmer months, and on selected dates in October.

The castle occupies an imposing location with wonderful views over the beach, and has plenty of towers, rooms and battlements to explore. Below the castle walls are a dovecote and the restored Bier House.

St James' Church dates from the 12th century and has three war graves in the churchyard.

Manorbier sits on the Pembrokeshire Coast Path, which passes King's Quoit cromlech, a Neolithic burial chamber on the east side of the bay.



How to get there



TRAIN

Regular trains to Manorbier Train Station, which is a 25-minute walk from the village centre



BUS

Regular bus services on the Haverfordwest – Tenby route



WALK

On the Pembrokeshire Coast Path/ Wales Coast Path



Scan me

Plan your journey at traveline.cymru

NARBERTH



All photos: Crown Copyright Visit Wales (2024)

HISTORIC MARKET TOWN STEEPED IN MYTH AND LEGEND

This thriving market town has a main street jam-packed with independent boutiques and food shops, plus several outstanding places to eat, catering for all pockets. You'll also find antique shops, art galleries and several welcoming pubs in the town centre and surrounding streets.

The town features in The Mabinogion – the classic collection of Welsh tales written down in medieval Welsh manuscripts, likely drawing on much older oral traditions. Mention in the Mabinogion of the town's castle suggests it predates the ruined Norman structure you can visit today – but the previous castle may have been in a different location.

In The Mabinogion, the castle was home to Pwll, the Prince of Dyfed, and the place where Rhiannon was forced to carry visitors on her back.

Other attractions include Narberth Museum, which provides a detailed look at the town's history, and The Queens Hall and Span Arts, which bring an exciting range of gigs, shows and arts events to the town.

Narberth Train Station is about a mile from the heart of the town (about 20 minutes on foot).



How to get there ↘



TRAIN

Regular services to Narberth Train Station, 20 minutes' walk from the town centre



BUS

Regular bus services



Scan me ↶

Plan your journey at traveline.cymru

BROAD HAVEN AND LITTLE HAVEN

BROAD HAVEN: HEAVENLY BEACH WALKS

Broad Haven has been a seaside resort since the 19th century, and it's easy to see why: its wide, sandy beach is perfect for bathing. There are lovely walks around the coast to Little Haven but be sure to check the tide times before you set off.

If you prefer an inland walk, the Broad Haven Slash Pond Boardwalk offers 275 metres of decking walkway passing through reedbeds and meadows, with a specially designed deck for pond dipping.

The village of Broad Haven offers a couple of options for food and drink.

LITTLE HAVEN: PICTURESQUE FISHING VILLAGE

This charming old fishing village hugs a tiny cove at high tide, but as the tide recedes you can walk around the headland to The Settlands, a lovely wide, sandy beach – and when the tide is right out, you can venture all the way to Broad Haven (make sure you check the tide times first).

Little Haven Beach has plenty of rock pools to explore, and there are several places to eat and drink nearby, including The Swan Inn, which enjoys a romantic position overlooking the cove.

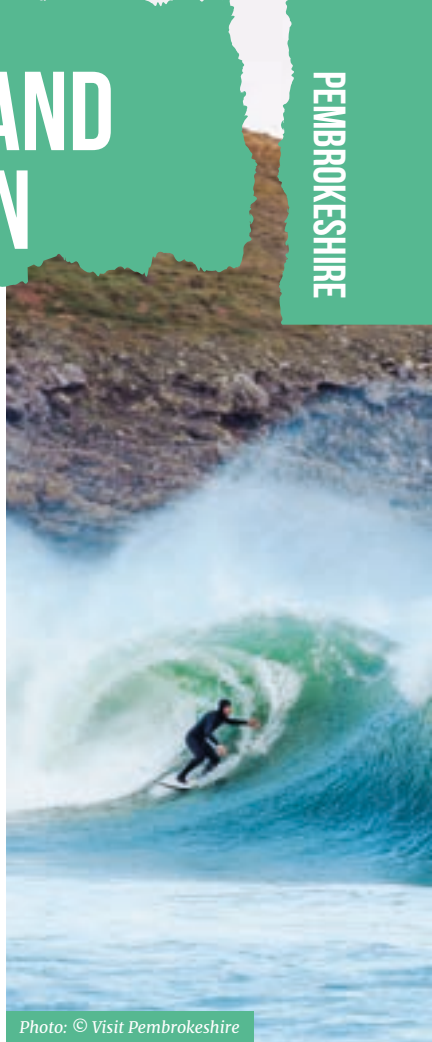


Photo: © Visit Pembrokeshire



How to get there



TRAIN

Regular train service to Haverfordwest, then take the bus



WALK

On the Pembrokeshire Coast Path/Wales Coast Path



BUS

Services from Haverfordwest



Scan me

Plan your journey at traveline.cymru

FISHGUARD AND GOODWICK



JEREMY MARTINEAU, SECRETARY OF FISHGUARD AND GOODWICK CHAMBER OF TRADE AND TOURISM, ROUNDS UP FISHGUARD'S MANY ATTRACTIONS.

Discover Fishguard, the enchanting gateway to the northern part of the Pembrokeshire Coast National Park. Far more than just a port, this charming haven offers a visual treat with a backdrop of vibrant ferry departures to Ireland and the majestic sighting of amazing cruise ships gracing its bay.

Embark on a mesmerising wildlife boat trip from Fishguard Bay, commencing a mere 100 meters from the delightful Fishguard Harbour Train Station. Prepare to be enthralled as you venture as far as Strumble Head, encountering the wonders of ocean and bird life. Delight in an intimate encounter with nature aboard the RIB, accommodating up to 12 people, while expertly narrating the rich tapestry of wildlife.

Arrive at Fishguard and Goodwick or Fishguard Harbour train station, beckoning you into extraordinary walks, including the world-famous coast path, all within 50 meters of Fishguard and Goodwick station, where a popular café waits to indulge your senses. Seize the opportunity to delve into the history of the area through immersive experiences such as the guided “Last Invasion Walk”, igniting a journey from the heart of Fishguard town.

Elevate your experience with an array of captivating activities – from exciting boat trips to remarkable walks, easily bookable on our North Pembrokeshire Tours website.
www.northpembrokeshiretours.co.uk

Our pilgrimage on wheels to St Davids is a great full-day experience for groups or 8-15 adults.

Extend your excursion into a full day of exploration in Fishguard and Goodwick, visit a variety of diverse dining options to satisfy every palate.



How to get there



TRAIN

Services to Fishguard and Goodwick Station and Fishguard Harbour Station



WALK

On the Pembrokeshire Coast Path/Wales Coast Path



BUS

Regular services from Haverfordwest, Cardigan and St Davids. Town service runs between Fishguard and Goodwick.



BIKE

On National Cycle Routes 4 and 47/Lon Teifi Cycle Route



Scan me

Pembrokeshire Bike Hire



Scan me

Plan your journey at traveline.cymru

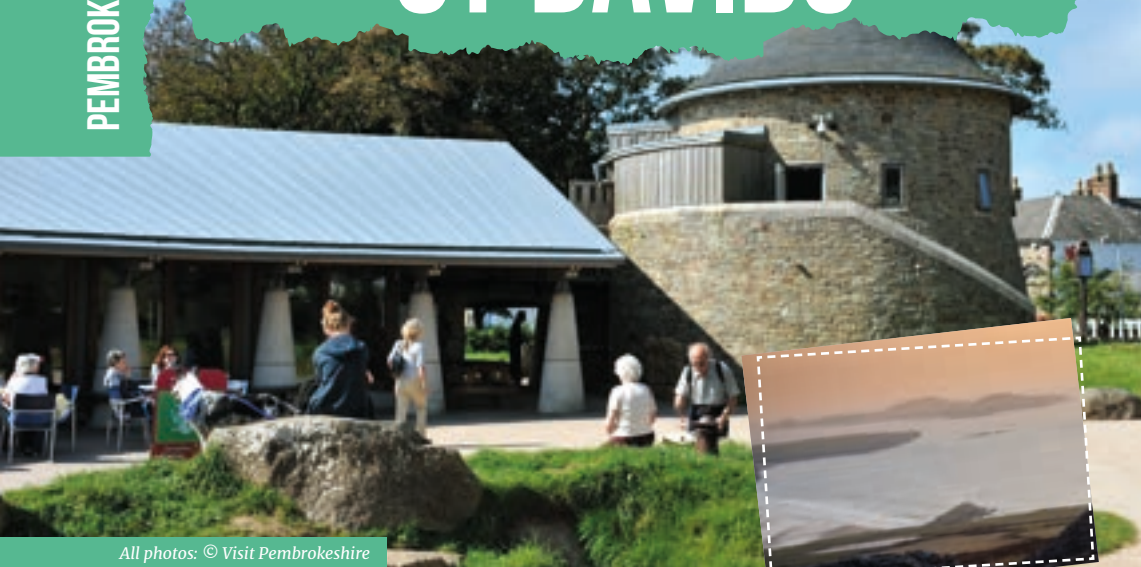
Embark on a delightful two-mile walk from the Harbour around the bay to Fishguard, brimming with noteworthy features along the way. Visit www.visitfishguard.co.uk to stay informed about the amazing events that unfold throughout the year.

Indulge in weather-dependent 90-minute boat trips or opt for an enriching 3.5-hour walking tour, with a picturesque refreshment stop awaiting you in beautiful Lower Town Fishguard. Discover cultural treasures such as the renowned Tapestry, in its exclusive gallery (£3 entry) upstairs in the Town Hall, and the magnificent stained glass of St Mary's Church, offering free entry daily. Engage with history at Ein Hanes, the local museum, also offering free entry 10.30-3.30 Tuesday to Saturday from March to October.

For those seeking evening entertainment, relish the Tuesday evenings at the Royal Oak in Fishguard, or lose yourself in the magical realm of cinema and theatre at Theatr Gwaun, www.theatrghaun.com. Explore the abundant sea life at the Sea Môr Aquarium in the Goodwick end of the Parrog, where guided tours led by marine biologists promise a captivating 45-minute experience. www.seatrust.org.uk. (£8 adult, £6 for under 16s).

If shopping is your delight, Fishguard tempts you with independent bookshops, art galleries, a specialist wool and haberdashery haven, florists, beauticians, local artisan shops, the original factory shop, Bettabuys, sweet shop, general hardware store as well as an assortment of charming stores perfect for tourists and souvenir hunters.

ST DAVIDS



All photos: © Visit Pembrokeshire

PLACE OF PILGRIMAGE AT THE WESTERN EDGE OF WALES

The smallest city in the UK has a long history as a place of pilgrimage. An exploration of its stunning 12th-century cathedral is an essential part of any visit to the pretty coastal settlement. The cathedral sits in a deep valley, so it's hard to spot until you're nearly upon it.

It's here that St David, the patron saint of Wales, founded his monastery in the 6th century. By the 12th century, the current building was under construction and it was decreed that three pilgrimages to St Davids equated to one to Jerusalem. Close to the cathedral is the Bishop's Palace – now a spectacular Gothic ruin.

Another holy site linked to St David is St Non's chapel and holy well, just a short walk from the heart of St Davids. This stunning and deeply atmospheric spot is said to be the place where St Non gave birth to St David. The well, believed to have sprung up at the moment of his birth, is still venerated. Local folklore says its waters are especially good for eye complaints.

Other attractions in St Davids include a wealth of cafés, restaurants and small independent shops, and Oriol Y Parc Gallery, which hosts exhibits from Wales' national collections. Several operators run boat trips from St Davids to explore the nearby islands, offering the chance to see puffins, dolphins, seals and more.

How to get there



TRAIN

Take the train to Fishguard or Haverfordwest then the bus to St Davids



BUS

Regular buses from Fishguard and Haverfordwest



WALK

Close to the Pembrokeshire Coast Path/ Wales Coast Path



BIKE

On National Cycle Route 4



Scan me

Plan your journey at traveline.cymru

NEWPORT

PEMBROKESHIRE

Photo: © Visit Pembrokeshire

DREAMY COASTAL SETTING AND A PERFECT BASE FOR EXPLORING

Once a busy port for the wool trade, Newport is now a dreamy coastal idyll popular with arty types as well as fishermen. Parrog, its ancient port, is a delight to explore, with the Pembrokeshire Coast Path taking you onto the beach and across a slate causeway. The views are beautiful, and there are a couple of options for refreshments along the way.

Not far from the beach is Carreg Coetan Arthur Burial Chamber, a small, chambered Neolithic tomb linked to King Arthur, who is said to have played the game of quoits with its stones.

Other historical features include the town's medieval kiln, which can be seen through a window on the side of the Memorial Hall, and the impressive castle, which is not open to the public but can be viewed from parts of the town centre.

On Mondays, Wednesdays and Fridays in school holidays you can visit Ty Twt, the town's charming private museum of dolls' houses and toys. Also worth a visit is the Carningli Centre, a truly unique shop packed with antiques, railway memorabilia, local art and second-hand books.

There are plenty of great places to eat and drink in the town, including Llys Meddyg, which is also a delightful boutique hotel and the base of the Hidden Routes, who offer electric mountain bike hire and guided bike tours of the area (see the next page).

How to get there



BIKE

On National Cycle Route 82/Lon Teifi Cycle Route



WALK

On the Pembrokeshire Coast Path/Wales Coast Path



BUS

Regular buses (T5) between Fishguard, Newport and Cardigan



Scan me

Plan your journey at traveline.cymru

HIDDEN ROUTES



EXPLORING THE PRESELI HILLS BY ELECTRIC MOUNTAIN BIKE

Are you ready to embark on a journey through the enchanting Preseli Hills, discovering hidden gems and breathtaking landscapes on two wheels? Uncover the wonders of the region with a focus on the remarkable experiences offered by Hidden Routes.

Hidden Routes Guided Electric Mountain Bike Tours epitomise an immersive and eco-friendly exploration of the Preseli Hills. With cutting-edge electric mountain bikes, the tour is designed to cater to a diverse range of enthusiasts, ensuring an unforgettable journey through the heart of Wales.

The seamless blend of technology and nature makes it accessible to both seasoned bikers and beginners, promising a unique and thrilling adventure. You can choose from a few hours in the saddle with a taster tour or opt for a half day, full day or two day tour. Prefer to plan your own route? Then the bike hire option is for you. The tours operate from Llys Meddyg hotel where you can stay in a cosy room or dine in The Secret Garden restaurant.

As you traverse the Preseli Hills with Hidden Routes, you'll encounter ancient monuments, dense oak woodlands, and scenic viewpoints that offer panoramic vistas of the surrounding landscapes and even over the sea to Ireland on a clear day. Whether you're a history buff fascinated by the ancient Stonehenge bluestone or a nature lover captivated by flora and fauna on the trails, there's something for everyone. The tour guides, knowledgeable about local folklore, myths and legends, add a layer of education to the exhilarating experience.

For those looking to explore the region without a car, both Fishguard or Clunderwen Station serve as a convenient starting point. We can arrange collection from the station via local minibus or even ride direct from the station.



Hidden Routes welcomes adventurers every day of the week, providing flexibility for visitors to choose the time that suits them best. Whether you prefer a morning expedition or a late-afternoon escapade, Hidden Routes ensures that the Preseli Hills are accessible whenever you're ready to embark on your adventure.

For more information and to plan your Hidden Routes experience, visit the official website at www.hiddenroutes.com. If you have any specific enquiries or wish to make a reservation, you can reach the Hidden Routes team at hello@hiddenroutes.co.uk or by phone at 01293 820008 opt 3.

Prepare to be captivated by the beauty of the Preseli Hills, and let Hidden Routes be your guide to an unforgettable exploration of this stunning region.

How to get there ↘



TRAIN

Pick up from Fishguard or Clunderwen Station



BUS

Regular buses (T5) between Fishguard, Newport and Cardigan



BIKE

On the Lôn Teifi cycle route



WALK

On the Pembrokeshire Coast Path/
Wales Coast Path



Scan me

Visit hiddenroutes.co.uk



Scan me

Plan your journey at traveline.cymru

CILGERRAN



All photos: Crown Copyright Visit Wales (2024)

CORACLES AND CASTLE EXPLORATION

Famed as the site of the annual coracle races which attract competitors from around the world, Cilgerran is a charming village set snug to the banks of the Teifi River, just three miles from the historic Ceredigion town of Cardigan.

The village has several notable features, including its castle – open to the public – set on a craggy outcrop overlooking the river. Once the home of the Vaughan family, it's a delight to explore. Its good looks inspired the artist Turner to paint it several times.

Also worth a visit is the lovely St Llawddog's Church, in whose grounds you can find a megalithic standing stone bearing Ogham script.

Two miles from Cilgerran is the Welsh Wildlife Centre, an impressive glass and timber building set in Teifi Marshes Nature Reserve, which is home to otters and a wide range of wild birds. It's a great place for pond dipping, walks and quiet reflection.



How to get there



TRAIN

Train services to Narberth, from where you can take a bus to Cilgerran



BUS

Services from Narberth and Cardigan



Scan me

Plan your journey at traveline.cymru

GUIDED PILGRIMAGE

PEMBROKESHIRE



CHRISTINE SMITH OF GUIDED PILGRIMAGE INTRODUCES A UNIQUE AND MEANINGFUL WAY TO EXPLORE PEMBROKESHIRE

Taking the train to Fishguard and Goodwick brings you to the starting point of the Way of St David, a 63 km/39-mile pilgrimage which ends at St Davids Cathedral. The route is mostly along the clifftop path of the renowned Pembrokeshire Coast Path, famous for its wild Celtic landscapes, deserted beaches and bird, plant and sea life. Once you reach St Davids you can take the bus back to Fishguard and Goodwick or Haverfordwest for onward train services.

This impressive pilgrimage route is the Welsh part of the Wexford-Pembrokeshire Pilgrim Way which connects Ferns in Wexford, Ireland with St Davids.

You can walk the route under your own steam or you can join a small group pilgrimage (or build your own group) with pilgrimage experts, Guided Pilgrimage, a not-for-profit company providing a range of Celtic pilgrimage experiences in West Wales.

We have regular departures along the Way of St David and will provide all accommodation, meals and guiding along the route, leaving you time to enjoy the scenery, the walking and the contemplation afforded by the pilgrimage.

We also have much to tell of the stories of the area, from the ancient druidic pagan history to tales from the Age of Saints, looking at the spiritual heritage of the area from the wild natural environment to neolithic burial chambers to hermit cells and holy wells. There is plenty to enjoy along The Way.



Scan me

guidedpilgrimage.co.uk



Scan me

wexfordpembrokeshirepilgrimway.org

O'r rheilffordd i'r llwybr

Dewch yn nes at Lwybr
Arfordir Cymru ar y trên.
Cynlluniwch eich antur yn
trc.cymru/llwybrau

From rail to trail

Get closer to the Wales
Coast Path by train.
Plan your adventure at
tfw.wales/trails



INDEX

INDEX

Acknowledgements	85	Map	2-3
Afan Valley	42	Margam	41
Briton Ferry	40	Milford Haven	66
Broad Haven and Little Haven	73	Mumbles	30
Carmarthen	50	Narberth	72
Carmarthenshire	46	Neath	38
Carmarthenshire Cycling Highlights	48	Neath Port Talbot	34
Carmarthenshire Walking Highlights	47	Neath Port Talbot Cycling Highlights	37
Cilgerran	80	Neath Port Talbot Walking Highlights	36
Clyne Farm Centre	29	Newport	77
Clyne Valley	28	Pembroke and Pembroke Dock	65
Common Meeple	20-21	Pembrokeshire	60
Contents	4	Pembrokeshire Cycling Highlights	62
Cwtsh Hostel	16-17	Pembrokeshire Walking Highlights	61
Dramatic Heart of Wales	35	Plantasia	24-25
Dylan Thomas Birthplace	19	Port Talbot	39
Elysium Gallery	13	Saundersfoot	70
Ferryside and Llansteffan	55	St Davids	76
Fishguard and Goodwick	74-75	Stackpole	68
Glynn Vivian Art Gallery	14-15	Swansea	6
Gower	32-33	Swansea Arts and Culture	12
Guided Pilgrimage	81	Swansea Bay Without a Car	31
Haunted Neath Port Talbot	45	Swansea Cycling Highlights	8
Haverfordwest	64	Swansea in Gloom	26
Heart of Wales Line	54	Swansea Parks and Gardens	9
Hidden Routes	78-79	Swansea Valley	43
Introduction	1	Swansea Walking Highlights	7
Kidwelly	59	Swansea Waterfront	22-23
Lamphey	67	Tenby	69
Laugharne	58	Traeth Coffee	56-57
Llandeilo	51	Uplands	18
Llandovery	52	Vale of Neath	44
Llanelli	53	Visit Swansea Bay	10-11
Manorbier	71		

CILGERRAN
P80

Photo: Crown Copyright
Visit Wales (2024)

GREAT WESTERN RAILWAY RUNS INTERCITY TRAIN SERVICES ALONG THE SOUTH WALES MAINLINE TO CARMARTHEN, SWANSEA, BRIDGEND, CARDIFF AND NEWPORT FROM LONDON PADDINGTON, BRISTOL AND THE RAIL NETWORK ACROSS SOUTHERN ENGLAND.



Book ahead for the best fares and save over 50% on train tickets at [GWR.com](https://www.gwr.com)

Treat yourself to GWR's Pullman Dining on board whilst enjoying the views between London and Swansea, where a modern twist on classic dishes are prepared with care by their on-board chefs.

How can I get around South West Wales by public transport?

GWR connects with Transport for Wales services at Swansea and Carmarthen for onward local journeys.

Once you have arrived by train, there is an extensive bus service covering the whole area so it's easy to travel sustainably to and around Swansea Bay and Carmarthenshire's coastline and countryside using the excellent public transport network.



A **PLUSBUS** ticket will give you a day's unlimited bus travel around Swansea, Carmarthen or Llanelli and can be bought online as an add-on to your train ticket.

The West Wales Rover bus ticket is great value and allows you to go as you please on multiple buses throughout the day across Carmarthenshire, Pembrokeshire and Ceredigion – just buy on board the first bus you want to use. And for the ultimate travel ticket for a Wales staycation, the Explore South Wales Pass is great value, allowing four days of travel within an eight-day period by train and on selected bus operators.

GWR

Great
Western
Railway

ACKNOWLEDGEMENTS

SOUTH WEST WALES
Connected
DE ORLLEWIN CYMRU
Cysylltu

Produced by South West Wales
Connected Community Rail Partnership
www.southwestwales.co



Published by 4theregion
www.4theregion.org.uk

Eloquent.

Co-produced with Eloquent PR and Media Ltd
www.eloquentpr.com



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

Sponsored by Transport for Wales/Trafnidiaeth Cymru
tfw.wales

AFAN VALLEY
P42

Photo: © Neath Port Talbot Council

LAUGHARNE AND PENDINE P58

SOUTH WEST WALES *Without a Car*

Discover hidden gems the
sustainable way



This guidebook is also available in Welsh.
Please visit www.southwestwales.co to request your copy.