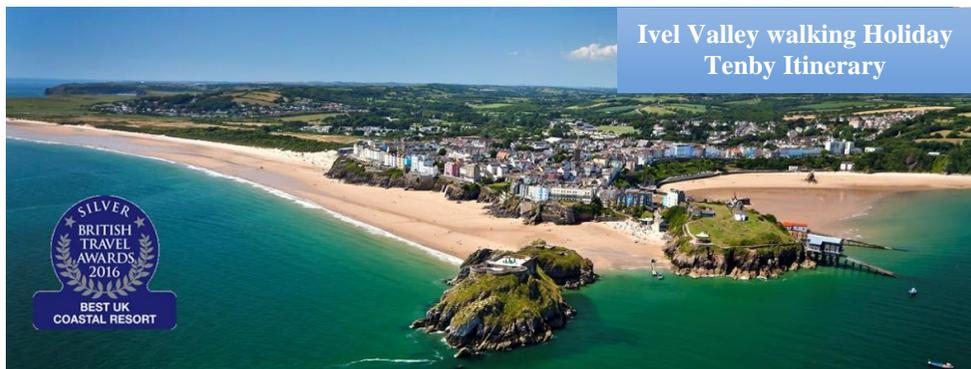


IVW – Tenby 17th June – 22nd June 2018



The Pembrokeshire coast has some of the most magnificent seascapes in Britain, including 58 beaches, 14 harbours and, in St Davids, the smallest city in the UK. The coast path is a walk through history as much as scenery. Discover Neolithic tombs on St Davids Head, mighty castles at Manorbier & Pembroke and fishing villages like Solva and Saundersfoot. In this holiday we plan to visit all of these. You will see birdlife everywhere: probably seals and perhaps dolphins too.

Tenby

Tenby developed into a major seaport in Norman controlled Little England beyond Wales. But, the continued sacking of the town by Welsh forces in 1153, 1187 and again in 1260, meant bigger defences were necessary. The 1st Earl of Pembroke ordered construction of the town's large outer walls in the late 13th century. The stone curtain wall, towers and gates enclose a large part of the town (now known as the "old town"). By the middle ages, Tenby was awarded grants to improve its defences and enclose the harbour to become a national port, exporting wool, oil, canvas, coal and iron; while in 1566 Portuguese seamen landed the first oranges.

In the mid 16th century, a large D-shaped tower known as the "Five Arches" was built following fears of a second Spanish Armada.

Take a stroll around Tenby; starting on the beautiful sandy beach, walk along the 13th-century walls; through the old town, beside St Mary's church; up to Quay Hill, where you should take time to explore the 15th-century Tudor Merchants House. Here you have wonderful views to Caldey Island, home to religious communities since the 6th-century. Finally, descend back into town and along the promenade past the pastel Georgian townhouses to return to the beach. All this will form part of our Evening walk.

It is 250 miles to Tenby from Bedford and will take 5½ hours to drive without stops. You can apply for a weekly Parking Passport before the holiday begins (Page 11)

Contact information:

Roy – 07784 208997

Dave B – 07482 890346

IVW – Tenby 17th June – 22nd June 2018

Day 1: Tenby – Sunday 17th June – 2pm – 7 mile circular walk for everyone

We start the holiday by meeting at The Green carpark in Tenby, below the railway station. You can apply for a weekly Parking Passport online before the holiday begins. Cost is £25. The walk takes us along part of the Ritec Walk which climbs up to give wonderful views of the town and coastline. From here we descend to Penally church for a short break before heading out to Giltar Point on the coast (if permitted) and return by walking back along the beach to the car.

Explorer Map OL36 Grid Ref: SN 128 007 Postcode: SA70 8EU



The monastery at Penally is believed to date back to around the 6th century when St Teilo and several other saints lived here, and it was located along the pilgrims' trail to St David's. A Celtic Cross created by pilgrims in the 10th century is located in Penally village church. A small firing range owned by the Ministry of Defence is located adjacent to Giltar Point on the coastline. The range, which was built in the middle of the 19th century, was used to train soldiers in World War I & II. When the firing range is being used, red flags are flown and sentries are stationed at the two huts along the coastal perimeter line. If firing is taking place, we have to divert along the A4139 to avoid Giltar Point. We will not know the firing times from the Military of Defence until June – fingers crossed. The range has its own byelaws, which are reproduced on signs around the firing range perimeter and must be obeyed.



Enter Tenby along the A4218 and The Green carpark will be sign-posted at the roundabout under the railway arches. The carpark is just there off Marsh road and close to Jewson.

SA70 8EU

Parking: £1.50 for 4 hours
Or use your Parking Passport

Start at 2pm

IVW – Tenby 17th June – 22nd June 2018

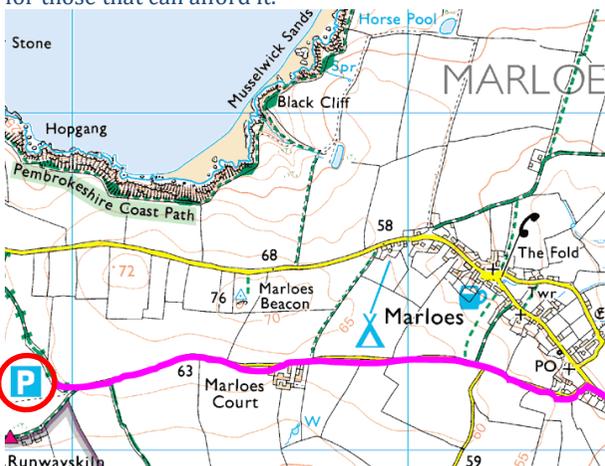
Day 2: The Marloes – Monday 18th June – 10:30am – 7 or 11 miles – Circulars

Both walks start together and go around the headland on the Pembrokeshire Coastal path to visit the Skomer Marine Nature Reserve exhibition centre. Here, you can depart the walk and catch a boat to Skomer Island for the rest of the day. Otherwise, we continue the walk along the coastal path to Black Cliff where the short walk departs to Marloes village for lunch. The long walk takes lunch at Musselwick Sands and then continues along the coast to St Brides before returning to Marloes village for afternoon tea. Both walks take the road back to the carpark.

Explorer Map OL36 Grid Ref: SM 779 082 Postcode: SA62 3BH



The Skomer Marine Conservation Zone protects the underwater sea life at the headland and around Skomer Island. Here, there is a unique mix of creatures, where the cold currents from the Arctic meet the warm waters of the Gulf stream. There is plenty of wildlife on land too and home to many colonies of sea birds on the cliffs and islands. In June, Puffins are in abundance. From the exhibition centre, why not take a boat trip to the islands for the rest of the day since your car is not parked that far away. The castle at St Brides is a good example of a Georgian castellated house built in 1833 and enlarged later. It is now a complex of holiday apartments for those that can afford it.



Marloes is 45 minutes away (26 miles) from Tenby along the A477 & B4327. There is a 75p toll at Cleddau Bridge linking Pembroke Docks to Milford Haven. Just before Marloes turn left to carpark & YHA, beyond the village.

SA62 3BH

Free Parking - NT members

Start at 10:30am

IVW – Tenby 17th June – 22nd June 2018

Day 3: Tenby – Tuesday 19th June – 09:30am – 6 or 10 miles – Linear walks

Today's walk starts at The Green carpark in Tenby where we catch a coach to Stackpole Quay. The cost is £2.50 per head. We will all walk the Pembrokeshire Coast path to Freshwater East before taking a break and then onward to Manorbier, where we can visit the castle and village. The short walk ends here, catching the 349 bus back to Tenby. The long walk continues along the coastline to the village of Lydstep, where we catch the 349 bus back to Tenby.

Explorer Map OL36 Grid Ref: SN 128 007 Postcode: SA70 8EU



The Norman knight Odo de Barri was granted the lands of Manorbier, Penally and Begelly in gratitude for his military help in conquering Pembrokeshire after 1003. His fourth son was Gerald de Barri. Known commonly as Gerald of Wales (the great twelfth century scholar) who was born at the castle. Renowned today for his chronicles and descriptions of life in his time. Standing on the other side of the valley from the castle is the beautiful Church of St. James. The church is a Grade 1 listed, 12th Century Norman Church dedicated to St. James the Greater.



Enter Tenby along the A4218 and The Green carpark will be sign-posted at the roundabout under the railway arches. The carpark is just there off Marsh road and close to Jewson.

SA70 8EU

Parking: £3.00 All Day
Or use your Parking Passport

Start at 9:30am

IVW – Tenby 17th June – 22nd June 2018

Day 3: Tenby – Tuesday 19th June – 7:30pm – 3½ miles – Evening walk

This evening we zigzag around the lovely town of Tenby visiting the historic sites of the Castle, St. Catherine's Island, The Tudor Merchant's House and blue plaques from the local heritage group. The walk is a 3½ mile stroll.

Explorer Map OL36 Grid Ref: SN 128 007 Postcode: SA70 8EU



Tenby's roots date back to the time of the Norman Conquest when the county was invaded and colonised in around 1093. Much of the medieval castle walls, built by the Pembrokeshire Earls in 1264 to fortify the town from Welsh rebellions, have survived to the present day. Tenby did not become a popular tourist destination until after the railways arrived and the Victorians began visiting the town for its health benefits. It was popularised by Sir William Paxton, The Tudor Merchant's House was built in the 15th Century and is still furnished and decorated with authentic Tudor fittings. Now owned by the National Trust it successfully illustrates the lifestyle of a successful Tudor family and is the oldest furnished residence in Tenby.



Enter Tenby along the A4218 and The Green carpark will be sign-posted at the roundabout under the railway arches. The carpark is just there off Marsh road and close to Jewson.

SA70 8EU

Parking: £1.50 for 4 hours
Or use your Parking Passport

Start at 7:30pm

IVW – Tenby 17th June – 22nd June 2018

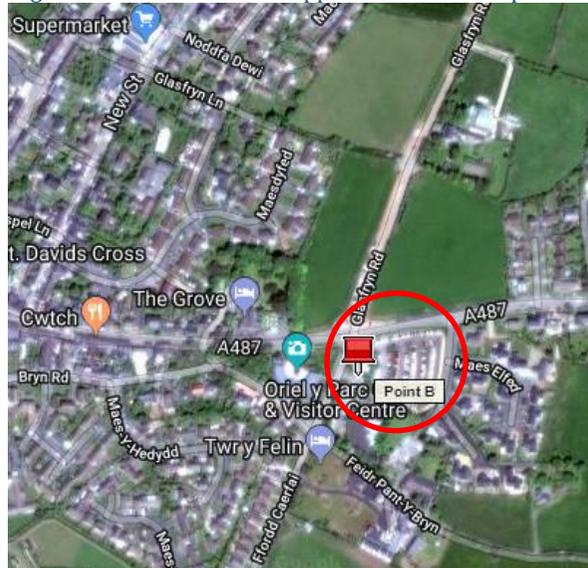
Day 4: St David's – Wednesday 20th June – 10:30am – 7 or 11 miles – Circulars

Both walks begin by walking through St David's to the coast. The short walk goes east towards Solva along the coastal path, to return on the 411 bus in the early afternoon. The longer walk heads westward around the headland to Whitesands Bay before returning to the city. For the adventurous, a breakaway group might like to climb Carn Llidi.

Explorer Map OL35 Grid Ref: SM 757 252 Postcode: SA62 6QT



In the 6th century, David founded a monastery here, which the brotherhood cultivated in order to feed themselves and the many pilgrims and travellers who needed lodgings. They also fed and clothed the poor and a settlement grew up around the monastery called "David's house". The original cathedral built on the site was often plundered by the Vikings (notably in 1089) and was visited by William the Conqueror in 1081 on a pilgrimage. The present cathedral was built by the Normans and contains many relics, including the remains of St David. However the cathedral was all but destroyed by Cromwell's forces when establishing the Commonwealth of England and the lead was stripped from the Bishops Palace roof.



St David's is an hour's drive (35 miles) from Tenby along the A4075, A40 & A487.

Meet at Oriely Parc carpark in Ffordr Caerfai – on the left as you enter St David's.

SA62 6QT in Ffordr Caerfai

Parking is £5 for the day
Cannot use your Parking Passport here but accepted elsewhere in the city

We will try and start at 10:30am

IVW – Tenby 17th June – 22nd June 2018

Day 5: Bosherton – Thursday 21st June - 10am & 2pm – 7 & 4 miles – Split Walk

We meet at the NT carpark in Bosherton. The morning walk goes out to Stackpole Quay and returns along the coastal path through the sun-bathing beach of Barafundle. Some might like to throw down a towel and stay there for the rest of the day, we won't mind. The afternoon walk begins in Bosherton and traverses through the National Trust site of Stackpole walking beside the waterlilies and over to the walled garden for afternoon tea. Returning to the carpark beside the limestone lakes. Bosherton has a busy pub and tearoom to enjoy at lunchtime.

Explorer Map OL36 Grid Ref: SR 966 948 Postcode: SA71 5DW



"Wow!" is probably the best way to describe Barafundle beach. A small bay backed by dunes and pine trees, accessible only by a half mile walk from the nearest car park. Swathes of golden sand and crystal clear waters - voted by many as the best beach in Britain and often likened to a Caribbean beach. The parkland around the Stackpole Estate was established by the Cawdor family between 1780 & 1860. Now owned by the National Trust, its popular features are the Lily Ponds with their display of spectacular waterlilies in June and the walled garden which grows fruit and vegetables. The Garden is managed by the trustees of Pembrokeshire Mencap Ltd and you will be able to enjoy the gardens and see the work undertaken by adults with learning disabilities, who sell a range of plants, fresh fruit and vegetables at their garden shop.



Bosherton is 15 miles from Tenby taking 30 minutes to drive along smaller roads of A4139 & B4319.

The NT carpark is behind the church in Bosherton.

SA71 5DW

Free parking - NT members

Start at 10am

IVW – Tenby 17th June – 22nd June 2018

Day 5: Tenby – Thursday 21st June – 7:30pm – Evening Dinner

For our evening meal we meet at the Giltar Hotel, Number 9, The Esplanade, Tenby, SA70 7DU. Please note their car park can only accommodate 14 cars and is on a first come, first serve basis. There are a number of parking bays around the hotel and the nearest Pay & Display car parks are at South Beach & Rectory car park. Arrive at 7:30pm for an 8:00pm start.

Explorer Map 0L36 Grid Ref: SN 132 001 Postcode: SA70 7DU



The beautiful Victorian Hotel is situated on The Esplanade in Tenby overlooking South Beach, with stunning views of the monastic Island of Caldey. The Esplanade was the principal seafront terrace, built up by 1880 after the opening of a railway terminus in 1866 by the Pembroke and Tenby Railway (P&TR). Little seems to have been built here before 1870.



IVW – Tenby 17th June – 22nd June 2018

Day 6: Tenby – Friday 22nd June – 10:00am – 6 miles – Linear walk

This is a linear walk, north of Tenby to Saundersfoot and Kilgetty along the Pembrokeshire Coast Path. There are good views back to Tenby and across to the Welsh coastline and Gower peninsula. In Saundersfoot there's the opportunity to finish the walk early and return to Tenby on the bus. The full walk continues to Kilgetty where a train or bus can be caught back to Tenby.

Explorer Map OL36 Grid Ref: SN 128 007 Postcode: SA70 8EU



Saundersfoot was known in medieval Wales as Llanussyllt and after the Norman conquest as Tl Issels. Permission to build the harbour was granted by Parliament in 1829 to the Saundersfoot Railway and Harbour Company for the export of anthracite coal from the many mines in the area, although coal was exported from the beach for centuries before this. The village grew up to serve the port which by 1837 had five jetties handling coal and iron ore and subsequently pig iron and firebricks from local sources. The course of the tramway from Bonville's Court mine bisects the village and the tramway from Stepside forms the sea front. The industry faded away in the early years of the twentieth century, and the village took advantage of the nearby Saundersfoot railway station to attract tourists from eastern Wales and England.



Enter Tenby along the A4218 and The Green carpark will be sign-posted at the roundabout under the railway arches. The carpark is just there off Marsh road and close to Jewson.

SA70 8EU

Parking: £1.50 for 4 hours
Or use your Parking Passport

Start at 10am

IVW – Tenby 17th June – 22nd June 2018

DAY 2 - RETURN BUS SERVICE – SOLVA TO ST DAVID'S – SHORT WALK

Solva Hall
On High Street, near Chapel Road, near Solva Hall



Next departures		Bus services		Nearby stops
411	St David's	11:37	400 - Marloes - St David's 'Puffin Shut...	Hall (opp)
411	St David's	12:37	411 - Haverfordwest - St David's via ...	

DAY 3 - RETURN BUS SERVICE – FROM MANORBIER & LYDSTEP TO TENBY Timetables for Service Number: 348/349

Valid from 01/04/2018 to 01/09/2018

348: Haverfordwest - Monkton

Via Johnston & Pembroke Dock

349: Haverfordwest - Tenby

Via Johnston, Neyland, Pembroke Dock, Pembroke & Manorbier

Monday - Friday (except Public Holidays)

Service No.:	348	348	349	348	349	348	349	348
Notes:	SD	NSD						
Withybush Hospital	0630	0640	0715	0740	0815	0845	15	45
Haverfordwest (Iceland)	0634	0644	0720	0745	0820	0850	20	50
Merlins Bridge (Roundabout)	0640	0650	0727	0752	0827	0857	27	57
Johnston (Railway Inn)	0645	0655	0733	0758	0833	0903	then	33 03
Neyland (Brunel Quay NE)	----	----	0745	----	0845	----	at	45 --
Pembroke Dock (Laws Street)	----	----	0800	0815	0900	0920	these	00 20
Pembroke (Coach House)	0703	0713	0815	0831	0915	0936	mins.	15 36 until
Monkton (Post Office)	0709	0719	----	0837	----	0942	past	-- 42
Lamphey (Church)	----	----	0821	----	0921	----	each	21 --
Jameston (Swan Lake Inn)	----	----	0830	----	0930	----	hour	30 --
Manorbier (Village)	----	----	0839	----	0939	----	39	--
Lydstep (Tavern)	----	----	0844	----	0944	----	44	--
Penally (Crown Inn)	----	----	0851	----	0951	----	51	--
Tenby (South Parade)	----	----	0900	----	1000	----	00	--

IVW – Tenby 17th June – 22nd June 2018

DAY 6 - RETURN BUS SERVICE – FROM KILGETTY, SAUNDERSFOOT TO TENBY

352 Service: Tenby – Kilgetty & Ryelands Lane (Via Saundersfoot)

Monday to Saturday (excluding bank holidays)

Kilgetty (Carmarthen Road)	8.41	10.02	11.02	12.02	14.02	15.02	16.02	x
Pentlepoir	8.43	10.04	11.04	12.04	14.04	15.04	16.04	x
Valley Road	8.45	10.06	11.06	12.06	14.06	15.06	16.06	x
Ridgeway	8.47	10.08	11.08	12.08	14.08	15.08	16.08	x
Saundersfoot (Arcade)	8.50	10.14	11.14	12.14	14.14	15.14	16.14	x
Sandyhill Road	8.53	10.17	11.17	12.17	14.17	15.17	16.17	x
New Hedges	9.02	10.19	11.19	12.19	14.19	15.19	16.19	x
Heywood Lane	9.04	10.23	11.23	12.23	14.23	15.23	16.23	x
Tenby (South Parade)	9.07	10.26	11.26	12.26	14.26	15.26	16.26	x

381 Service: Tenby - Haverfordwest (Via Saundersfoot, Kilgetty, & Narberth)

Monday to Saturday (excluding bank holidays)

Kilgetty (Carmarthen Road)	x	8.00	8.00	9.44	10.44	11.44	12.44	13.44	14.44	15.44	16.44	17.44	18.44
Pentlepoir	7.10	8.02	8.02	9.46	10.46	11.46	12.46	13.46	14.46	15.46	16.46	17.46	18.46
Valley Road	x	8.04	8.04	9.48	10.48	11.48	12.48	13.48	14.48	15.48	16.48	17.48	18.48
Ridgeway	x	8.06	8.06	9.50	10.50	11.50	12.50	13.50	14.50	15.50	16.50	17.50	18.50
Saundersfoot (Arcade)	x	8.10	8.10	9.55	10.55	11.55	12.55	13.55	14.55	15.55	16.55	17.55	18.55
New Hedges	x	8.20	8.20	10.03	11.03	12.03	13.03	14.03	15.03	16.03	17.03	18.03	19.03
Greenhil School Tenby	x	x	8.28	x	x	x	x	x	x	x	x	x	x
Tenby (South Parade)	7.20	8.25	8.33	10.08	11.08	12.08	13.08	14.08	15.08	16.08	17.08	18.08	19.08

Parking Passport Permit for Pembrokeshire

A Parking Passport Permit is a permit that enables you to park in the long stay sections of some Pembrokeshire County Council car parks. The cost is £25 a week.

[Apply online for a Parking Passport](#) or complete a [Parking Passport Application Form](#).

IVW – Tenby 17th June – 22nd June 2018

DAY 5 - EVENING MEAL MENU – FOOD TO BE PRE-ORDERED BY THE END OF MAY

Ivel Valley Walkers Dinner Menu

Thursday 21st June 2018

2 Courses £18.50 / 3 Courses £22.75

Starters

Homemade Cream of Tomato & Basil Soup with Cream & Croutons

Smooth Chicken Liver Pate with Chutney & Hot Ciabatta Toast

Smoked Salmon & Prawn Potato Tian with Lemon Oil & Pea Shoots

Sliced Mushrooms on Toast with Chives, Poached Egg & Mustard Dressing

Main Courses

Slow cooked Beef in a Red Wine & Mushroom Sauce
on Potato & Horseradish Mash

Stuffed Chicken Roulade
with Mozzarella, Spinach & Sun Dried Tomatoes served with Tomato Coulis

Honey & Rosemary Glazed Ham with Apple & Sage Sauce

Fillet of Cod on Wilted Spinach topped with Cheese Sauce & Herb Crumb

(v) Roasted Vegetable Tart with Pesto Dressing

FROM THE GRILL @ £19.50

8oz Sirloin or 8oz Rump Steak
cooked to your liking with Mushrooms & Tomato
Creamy Peppercorn Sauce £2.50 or Garlic Butter Sauce £1.95

8oz Gammon with Egg or Pineapple

**

All served with Seasonal Vegetables & Potatoes

Desserts

Homemade Cherry & Apple Franzipani Tartlet with Custard

Homemade Chocolate Profiteroles with Chocolate Sauce

Homemade Vanilla Cheesecake with Berry Compot