

# WALKS

## Newport Bay Spring Festival Walks

**FRIDAY 1st MAY**  
**4.00pm - Town & Castle** 2 miles, 2.5 hours, leisurely, cost £4.  
 Explore Newport's medieval past with local historian Julian Orbach.

**SATURDAY 2nd MAY**  
**9.00am - Preseli Peaks** - 15 miles, all day, strenuous, cost £6. Bring packed lunch and drinks. Stout footwear or walking boots. Weatherproof clothing.  
 A challenging walk through the stunning landscape of the Preseli Peaks

**10.00am - Carn Ingli and the Stonehenge Bluestones.** - 4 miles, 3 hours, moderate, cost £4. Join author Brian John on a walk around Carn Ingli to examine two sources of the Stonehenge bluestones.

**11.00am - O'r afordir i'r Cwm (Welsh language walk)** - 6 miles, 5 hours, moderate, cost £4. Bring packed lunch.  
 Explore the history and geology of the beautiful Gwaun Valley. Geraint Harries will conduct this walk in Welsh.

**11.00am - Dog walk** - 3.5 miles, 2 hours, leisurely. Cost £4. Families Dogs allowed!!  
 Rosita Roles and her dog Charlie lead a circular walk on the beach and along the estuary finishing at dog-friendly local cafe, Fronlas.

**2.30pm - Historical Nevern** - 3 miles, 4 hours, moderate, cost £4. Recommended boots, weather-proof clothing. Bring drink and a snack.  
 Discover the rich history of Nevern on a circular walk with Jean Dunham.

**SUNDAY 3rd MAY**  
**9.30am - Panorama of Newport** - 11 miles, all day, challenging. Cost £6. Bring packed lunch.  
 Stout footwear, weatherproof clothing.  
 Enjoy stunning mountain and cliff views on this challenging scenic walk with National Park Ranger Carol Owen.

**10.00am - Pilgrimage from Nevern to Cwm yr Eglwys, Dinas** - 7 miles, 2 hours, moderate to challenging. Bring packed lunch. Stout footwear and weatherproof clothing.  
 Follow the mediaeval route from St Brynach's church in Nevern to St Brynach's church in Cwm Yr Eglwys.

**10.30am - Bluebells in the Gwaun** - 3-4 miles, 3 hours, leisurely, cost £4. Bring packed lunch.  
 A gentle walk through the magical woodland and ancient trackways of Gwaun Valley.

**2.00pm - Walk Through Newport's History** - 4 hours, moderate, cost £4  
 Bring packed lunch. Stout footwear and weatherproof clothing.  
 Archaeologist Professor Wainwright explores the landscape surrounding Carn Ingli and Carn Ffoi.

**MONDAY 4th MAY**  
**10.00am - Four Rivers Walk** - 11 miles, 6 hours+, moderate, cost £6.  
 Bring packed lunch. Stout footwear. Dogs allowed if on lead at all times.  
 Walk through the wonderful countryside surrounding the river Nevern and its three tributaries.

**10.30am - Nordic Walking Workshop** - 45 minutes, cost £2. Suitable for beginners.  
 A workshop introducing the techniques of Nordic walking, a popular form of fitness walking using poles similar to ski poles.

**11.30am - Wizard Walk** - 2 hours, leisurely family walk, cost £4. Bring packed lunch.  
 Can you answer the Druid's Riddle? A unique family adventure around the ancient burial chamber at Pentre Ifan.

**2.00pm - From Seafarers to Sandcastles** - 3 miles, 2 hours, leisurely, includes some steep sections. Cost £4.  
 Reginald Davies and Rex Harries explore the evolution of the Parrog from Newport's industrial base to the tourist destination it is today.

# BOOKING INFORMATION

## For Newport Bay Spring Festival walks

**DETAILS & registration form from:**  
 enquiries@newportbayspringfestival.com,  
 - Tel: 01239 820912 or 820352

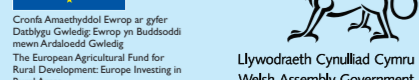
## All the other walks

**DETAILS & bookings from:**  
**Tel: 01834 862109**  
**Email: kated@planned.org.uk**  
 Walks led by experienced leaders to suit both beginners and active walkers. Charges between £2 and £6, some walks free of charge.

Transport for walkers provided by the Preseli Rural Transport Association (Preseli Green Dragon) For Further details, phone: 0845 6860242

For information on accommodation please call  
**Greenways Holidays on 01834 862 119** or visit  
[www.greenwaysholidays.com](http://www.greenwaysholidays.com)

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PLANED, The Old School, Station Road, Narberth, Pembrokeshire SA67 7DU  
 Tel: 01834 862109 Email: kated@planned.org.uk [www.planned.org.uk](http://www.planned.org.uk)

# FESTIVALS

## Newport Bay Spring Festival Events 1st-4th May

Four days of outdoor activities, cultural and social events to celebrate the beautiful environment of Newport Bay and the heritage, energy and activities of Newport. Whether it's cycling, walking, arts, kayaking or entertainment we've got it all!  
 For further information: enquiries@newportbayspringfestival.com or tel: 01239 820912 or 820352

## Maenclochog Festival Events 4th-24th May

**MONDAY 4th MAY**  
**11.00am Maenclochog Eisteddfod** - Community Hall Maenclochog. Competitions for young and old, choirs, chanting of pwn, churning the bard and much more.  
 For a full programme please phone 01994 448756 or 01437 532392.

**FRIDAY 15th MAY**  
**7.00pm - Let's keep the mountains 'sacred'** - Caffi Beca, Ffaiwen.  
 A lecture by Hefin Wyn, the author of the recently published volume, 'Battle of the Preselau', which outlines the victory of the Preselau people over the War Office at the end of the 1940s. A translation service will be provided. Booking essential, to reserve a place please phone 01834 862109.

**SATURDAY & SUNDAY 23rd - 24th MAY**  
**10am - 4pm - History of Maenclochog Exhibition** - Maenclochog Community Hall. Refreshments available. Old photographs, films and recordings of preachers from bygone days.

**SUNDAY 24th MAY**  
**10.00am - Cymanfa Bwnc Festival** - Tabernacl Chapel, Maenclochog  
 Ancient tradition of chanting verses from the Bible followed by debate.

**St Dogmaels Arts Festival events 3rd-16th May**  
 A series of arts and heritage events, including music, drama, craft workshops and St Dogmaels Eisteddfod 16th May. Full programme closer to the time, for further details please phone Kate on 01834 862109.

**SATURDAY 16th MAY**  
 St Dogmaels Eisteddfod - St Dogmaels' annual village Eisteddfod with stage, literary and art competitions for young and old.

**Fishguard Folk Festival Events 22nd-25th May**  
 Featuring concerts, dance displays, family twmpath, meet the artist events, instrument and voice workshops, busks, informal music and song sessions and a real ale bar. Line ups include Kevin Dempsey, Neillidh & Fiachra Mulligan, Nick Wyke & Becki Driscoll. For up-to-date diary visit [www.pembrokeshire-folk-music.co.uk](http://www.pembrokeshire-folk-music.co.uk)

# WALKS (continued)

**EVERY DAY IN MAY**  
**10.00am - Steps2Health Walks**  
 1-2 hrs, easy. Free of charge. Meet at the Otter statue, Cardigan Bridge, walk to Welsh Wildlife Centre for a coffee (optional) and return over part of the Preseli Circuit.

**Walks in Crymych area**  
**SATURDAY 9th May**  
**10.00am - The Golden Road** - 10 miles, moderate. Cost £6. Bring packed lunch.  
 Stout footwear, weatherproof clothing. Meet at Crymych Fairfield car park. Transport to Rosebush provided. Follow the Drovers trail from Rosebush to Crymych finishing at the Crymych Arms for Drovers Supper (optional)

**SUNDAY 17th MAY**  
**10am - Nordic Challenge Walk - The Golden Road to the Gwaun Valley** - 11 miles, moderate. Cost £6. Meet at Pontfaen car park for bus out.  
 A spectacular ridge walk at around 1500 ft. along the Golden Road before descending down into the Gwaun valley. Trained Nordic walkers only.

**Maenclochog Festival Walks**  
**SATURDAY 16th MAY**  
**10.00am Battle of the Preselau Walk** - 7 miles, approx 5 hours. Meet at Bwlchgwynt.  
 Unveiling of 'Battle of the Preselau' plaque followed by a guided tour across the Preselau with a similar unveiling Croes Mihangel 3 p.m.

Experience the variety of magnificent landscapes and distinct North Pembrokeshire culture by joining us at **the second Preseli Walking Festival** which celebrates the best of Pembrokeshire's stunning - and largely secret - coastlines, lowlands and mountains. Explore the natural moorland wilderness and archaeological heritage; discover hidden river valleys, ancient woodland, stunning coastal cliffs and secluded beaches. There is a choice of walks for all ages and abilities - from two mile rambles for the whole family to 17 mile navigation treks across the blue stone hills for experienced walkers. Whilst enjoying the spectacular scenery why not experience a taste of festivals & events that are taking place of the Preseli area. Whether it is food, music, heritage or Welsh language you will never be at a loss for something to delight you and your family.

**The 67 mile (108km) Preseli Circle Walking Trail** is unique in its variety of landscapes and distinct North Pembrokeshire culture. Beginning at Fishguard the walk leads inland to the timelessness of the Gwaun valley. Leaving the Gwaun, the mystery of the Preseli Hills unfolds memories of ancient peoples and prehistoric sites. The old Cardigan railway track is followed to Cilgerran and the Teifi Gorge. The Pembrokeshire Coastal path marks the return trek westwards with spectacular cliffs of Cemaes Bay. Dinas Head then leads back to Fishguard, to complete a journey truly worth making. The Preseli Circle Walking Trail can be viewed on the [www.experiencepembrokeshire.com](http://www.experiencepembrokeshire.com) which is currently being developed by PLANED.

**The above has been neatly packaged into a challenging 4-day offer covering the inland features.**  
 You are invited to join the full 4 day walk or just join in for 1 or 2 days. Link transport will be provided. Bring enough drink and food, sturdy footwear and waterproofs.

- Day one - Saturday 9th May - Cardi Bach (9 miles)
- Day two - Sunday 10th May - The Preseli Hills (10 miles)
- Day three - Sunday 24th May - The Preseli Hills (10 miles)
- Day four - Monday 25th May - The Gwaun valley - (10 miles)

The guide will be Andrew Dugmore who was the researcher and writer for the Preseli walking trail.  
 Cost £6 per day or £20 for the 4 days.

**Booking essential, please phone Kate on 01834 862109.**



**key**

- Preseli Circle Walking Trail
- Pembrokeshire Coast
- National Park
- Festival locations



Pembrokeshire In Wales

# WALKS

## St Dogmaels Arts Festival Walks

**SUNDAY 3rd MAY**  
**10.30am - The Low Challenge Walk** - Approx 1.25 miles of easy walking for those with limited time, energy or mobility. Free of Charge.  
 Meet at the moorings green north of the Ferry Inn St Dogmaels and explore the heritage of St Dogmaels village, finishing with a cup of tea (optional) at the Coach House. Led by Arthur Walters the walk includes motte & bailey, castle across river, Netpool, Blessing Stone and more.

**10.30am - Inspiring Landscape Walk** - 5 1/2 miles walk taking in landscape that has inspired local artists. Cost £2.50 to cover the cost of transport.  
 Meet at the St Dogmaels High Street Village Car Park and finish at artist Sarah Sharp's studio overlooking Poppit Sands and Gwbert. Bring stout footwear and packed lunch. Transport back provided. Led by Julie & Steve Wilson.

**THURSDAY 7th MAY**  
**10.00am - History Walk** - approx 1 1/2 hrs, easy. Cost £2. Meet at the Coach House Visitors Centre and visit the historic sites around the St Dogmaels village with a local historian Glen Johnson.

**TUESDAY 12th MAY**  
**10.30am - Wildlife Walk** - approx. 2hrs, moderate, cost £2. Meet at the Coach House Visitor Centre. Learn about wildlife in the magnificent countryside around St Dogmaels.

**TUESDAY 19th MAY**  
**10.30am - History Walk** - approx 1 1/2 hrs, easy. Cost £2. Meet at the Coach House Visitors Centre and visit the historic sites around the St Dogmaels village with a local historian Glen Johnson.

## Fishguard Folk Festival Walks

**FRIDAY 22nd MAY**  
**6.00pm - The Invasion Walk - short** - 3 miles, 2 hours. Cost £1.  
 Meet at Fishguard Fort car park and follow the story of the Last Invasion whilst enjoying beautiful views of the Harbour returning in time for evening folk gigs in the town (optional).

**SATURDAY 23rd MAY**  
**10.00am - The Invasion Walk - long** - approx 10 miles, 6 hours, medium with some steep sections. Cost £5. Proceeds to the Folk Festival. Bring stout footwear, appropriate clothing & packed lunch. Meet at the Goodwick beach car park opposite the Seaview Hotel and follow the footsteps of British and French troops during the Last Invasion.

**SUNDAY 24th MAY**  
**11.00am - Pirates & Smugglers Walk** - 2 1/2 miles, meet at the Square Fishguard. Two hour easy walk through 400 years of history. Return to lunch and a music session back at the Square (optional)

# PRESELI WALKING FESTIVAL

WALKS & EVENTS FOR MAY 2009



Photo: Andrew Dugmore