

# PRESELU

# VENTURE

CAR



FREE

## ACTIVITY HOLIDAY

- ✓ Public transport
- ✓ Low-carbon accommodation
- ✓ Environmentally-conscious activities

*Planet*



*friendly*

SEE ALL ACTIVITIES



ACCOMMODATION



# Day 1: Arrive in Fishguard



SAT  
PM

12:21 ARRIVE into Fishguard & Goodwick train station. There is a later train arriving at 18:51 (based on the Saturday train timetable).

Walk over to Fishguard along the seafront and up the steps or take a taxi if you've got a lot of luggage.

Sit down for lunch. Try Mannings Cafe (or choose from the cafe list under LUNCH at the end of this brochure).

Pick up some groceries from Mannings, Nourish, The Gourmet Pig or the Co-op (for more detail, see GROCERIES at the end of this brochure).

SAT  
PM

Wander around the shops. Visit the Last Invasion Tapestry in the Town Hall.

15:00 Fishguard (T11) > Mathry 15:17

You can request a stop at the end of our lane.



SAT  
PM

Walk down the lane to [PRESELI VENTURE](#). 16:00 check in, make yourself at home, take in the spectacular views.



SAT  
EVE

WALK from PV down the lane and through the National Trust woodland to Abermawr beach (20 mins each way).



SAT  
EVE

DINE at the Farmer's Arms in the local village of Mathry. Walk up on the bridleway (20 mins each way).



# Day 2: St David's Boat + Coasteer

**SUN  
AM**

Based on the high-season Sunday bus timetable. Season dates are listed at the end of this brochure.

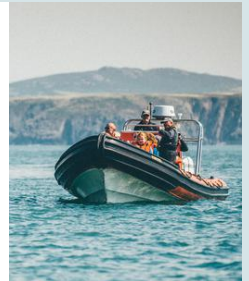
08:04 Mathry (404) > St D's New St. 08:43.  
08:47 St David's New St (403) > St Justinian's  
09:15. Visit the St David's Lifeboat Station.



10:15 - 11:30 [RAMSEY ISLAND VOYAGE](#)

boat trip - look out for seals & cetaceans!

11:45 St Justinian's (403) > St D's New St.



**SUN  
PM**

LUNCH at The Mill in St David's.

13:30-17:00 [COASTEERING](#) (please use this link rather than the one on our website, which begins at a different location).

17:50 St D's New St. (404) > Mathry 18:37



**SUN  
ALT.**

If you're travelling off-season (no T11 service bus or 403/404 shuttle buses), then we suggest a local circular walk instead:

- [THE PWLLSTRODUR WALK](#)
- [THE ABERCASTLE LOOP](#)



**SUN  
EVE**

See DINING AT HOME at the end of this brochure for dine-in options, including gourmet meal delivery by Ben Gobi.



# Day 3: Trefin and Porthgain Walk or Adventure Day

MON  
AM

WALK from PV to Abermawr (1 mile) then take the coast path (South) to Trefin (+6.1 miles) or Porthgain (+7.7 miles).



MON  
PM

LUNCH at The Ship in Trefin, or at The Sloop or The Shed in Porthgain with views over the historic harbour. Walk back along the coast path, or take a bus.

Take the Strumble Shuttle (404) > Mathry



MON  
ALT.

ALTERNATIVE Monday itinerary:

07:17 Mathry (T11) > Solva Hall 08:02

Walk to Bay View Stores (3 mins). Pick up a freshly baked pastry for breakfast and a homemade salad box for your packed lunch with some locally caught, fresh dressed crab.



Walk along the main road to Llanungar Camping and Caravan Site (13 mins).

09:00 - 17:00 Full day coastal adventure: choose from [CANOEING](#) , [SEA KAYAKING](#) or [COASTAL EXPLORER](#).

17:56 Solva Hall (T11) > Mathry 18:38

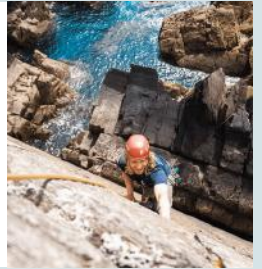


# Day 4: St David's Climb + Kayak or Culture + History

**TUE  
AM**

08:02 Mathry > 08:27 St David's New St.

09:00-12:30 **ROCK CLIMBING**: traverse the craggy cliffs of the St David's peninsula.



**TUE  
PM**

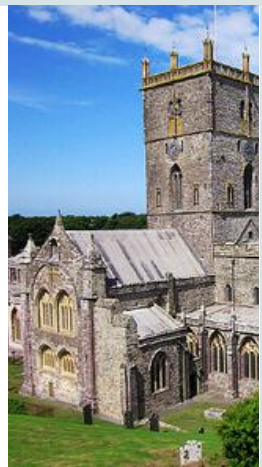
LUNCH at Y Gegin or The Really Wild Emporium & check out the shop upstairs.

13:30-17:00 **SEA KAYAKING** (sit-on-top).



**TUE  
ALT.**

ALTERNATIVE: Visit the Bishop's Palace & St David's Cathedral. Pop into Mamgu in the Cathedral refectory to pick up some freshly griddled Welshcakes. Visit Oriel-y-Parc Parc, the National Park visitor centre, cafe and art gallery. Take a stroll around the shops.



**TUE  
EVE**

Book to pick up your take-away wood-fired pizza & some local craft beers from Grain before catching the bus home and warm it up in the oven later. Or book an early table at Grain before catching the 18:10 bus.

17:10 or 18:10 (T11) St David's New St. > Mathry 17:38 or 18:38



# Day 5: Fishguard Boat Trip + Stand-up Paddle Boarding

**WED  
AM**

09:00 (T11) Mathry > Goodwick  
Harbour Garage 09:13

Walk over to Fishguard Ferry Port.

10:00-11:30 FISHGUARD to STRUMBLE  
HEAD VOYAGE boat trip - look out for seals!



**WED  
PM**

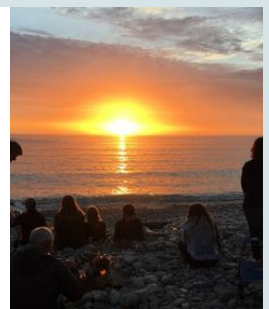
Walk over to Fishguard for LUNCH at  
Ffwrn. Walk down to the harbour carpark  
in Lower Town Fishguard.

14:00-16:30 guided SUP BOARDING  
beginning in the harbour and then exploring  
a spectacular stretch of wild coastline.



**WED  
EVE**

17:00 Fishguard (T11) > Mathry 17:17.  
prepare a picnic and take it down to  
Abermawr beach. Make a driftwood fire on  
the pebbles and watch the sunset over the sea.



# Day 6: Strumble Head Walk

**THU  
AM**

WALK from PV to Abermawr, then follow the coast path North to Strumble Head lighthouse (7.4 miles/ 3.5 hrs).

If you set out at 07:30 you can catch the 11:32 Strumble Head (404) > Mathry 12:03. Enjoy a hearty lunch at the Farmer's Arms.

If you set out at 12:15 you can catch the 16:22 Strumble Head (404) > Mathry 16:53. Celebrate with a drink at the pub.



**THU  
ALT.**

09:57 Mathry (404) > Garn Fawr car park (request stop) approx. 10:18

ALTERNATIVE WALK: Garn Fawr to Strumble Head Circular Walk (6.8 miles/ 3.5 hrs). Ample time for a picnic & wildlife watching from the wildlife hide at Strumble Head.

Approx. 16:30 - hail at Garn Fawr carpark (404) or walk to Trefasser Cross 16:34 > Mathry 16:53.

For a slightly shorter route, catch the 404 from Pontiago 16:12 instead (see map).



**THU  
PM**

BBQ in the garden. Get excellent quality burgers, steaks and various cuts of lamb and chicken delivered in your C&M box (arrives frozen, defrost overnight on Weds).



# Day 7: Walk + Newgale Surf

**FRI  
AM**

CIRCULAR WALK- PV to Abermawr & MELIN TREGWYNT, a traditional Welsh woollen mill with a cafe & gift shop.



**FRI  
PM**

12:17 Mathry (T11) > Newgale Shop  
13:06. Walk along the beach/ pavement / road towards the carpark on the South side of the beach (by Pebbles Cafe).

14:00 - 16:30 SURFING lesson

16:45 or 17:45 Newgale Shop > Mathry

17:38 or 18:38



**FRI  
EVE**

For your last night, why not organise a privately catered meal with Ben Gobi at Preseli Venture (6+ people).



# Day 8: Depart from Preseli Venture

**SAT  
PM**

DEPART Pembrokeshire with a week's worth of precious memories, a much shorter bucket list and some epic photos.

09:00 Mathry > Goodwick Square 09:11

09:57 Train from Fishguard & Goodwick Or:

11:28 Mathry > Goodwick Square 11:39

12:44 Train from Fishguard & Goodwick





# Packing List

- A towel or changing robe and flip flops for sea activities.
- A water bottle and food containers for packed lunches.
- Bathers to wear underneath wetsuits (provided on activities).
- Warm layers for walking & wearing after sea activities.
- A waterproof/ windproof jacket for boat trips and walking.
- Walking boots, walking shoes or trainers for the coast path. Some muddy stretches can be expected from the Autumn to Spring. In the Summer, walking sandals may be okay depending on the weather.
- A pair of old trainers for coasteering.
- A synthetic short/long sleeved T-shirt, or lightweight thermal top and a fleece for kayaking.
- A plastic bag to take wet gear home in.
- Bring a strap for glasses on activities or wear contact lenses.
- Packable binoculars for wildlife watching on walks.

This is a SAMPLE ITINERARY. Tides affect some of the water activities and activity timings vary from week to week, therefore your itinerary will look a little different to this one. Please remember to check whether the seasonal buses are operational during your visit. We recommend booking ahead for all cafes and restaurants, especially in high season. If you plan to use taxis, you will also need to book in advance.



# CAR - FREE

## TRANSPORT

### TAXIS

If you decide to get a taxi to PV from Fishguard & Goodwick station, you'll need to book in advance.

- Fishguard Taxis: 01348 875129
- Letterston Taxis: 07360144548
- Tony McDonald: 01348 873075
- Llandeloy Cabs: 07817831265

### BUSES

YEAR-ROUND BUSES:

- T11: the regular service bus from Fishguard to St David's (Mon-Sat only: no bus on Sundays).
- T5: the regular service bus from Fishguard to Newport (Mon-Sat only: no bus on Sundays).

SEASONAL BUSES:

- 404: The "Strumble Shuttle" coastal shuttle bus runs along the coast between Fishguard and St David's from May 24th to September 28th 2025.
- 403: The "Celtic Coaster" coastal shuttle bus runs around the St David's peninsula from April 12th to September 28th 2025.

WHERE TO CATCH THE BUS: The T11 service bus and the Strumble Shuttle (404) bus can be accessed at the Mathry Village bus stop, located in the centre of the village by the green, at the top of Mathry hill. To reach this bus stop, you can walk from Preseli Venture (turn right out of the entrance) and down the lane (2/3 of a mile) and then turn right up the hill into the village (1/3 of a mile). We advise leaving Preseli Venture about 30 minutes before the bus is due.

There is an alternative off-road route up to the village using the bridleway that leads off to the right as you walk down the lane: it's the only bridleway footpath leading off the road and is signposted to Mathry. This takes you straight to the village centre.

GETTING ON & OFF THE BUS AT UNDESIGNATED STOPS: The regular service buses will usually oblige, and when requested, will drop you off at a safe spot. When returning to Preseli Venture, you can ask to be dropped off at Mathry Crossroads, which is the crossroads at the end of the lane.

The coastal shuttle buses are always obliged to stop at a safe place as requested away from the bus stops, so do ask to be dropped off at the end of lane leading to Preseli Venture.

COSTS: Individual fares vary. A weekly bus pass offers the best deal, with adults at £34 and children at £16.



## CAR - FREE

## GROCERIES

### WELCOME HAMPER

Book your accommodation with us and add a welcome Hamper from The Paddock Farm Shop at the checkout costing £18 and including: Local fresh milk, freshly baked bread, a loaf of bara brith, free-range eggs and homemade jams and marmalades.

### PICK UP GROCERIES in FISHGUARD

- Fishguard Country Market: every Thursday (09:00-14:00). Local meat, dairy, eggs and veg. This is a great place to buy fresh, locally sourced fish from the fishmonger.
- Mannings: a green grocers selling fresh local produce including lots of organic fruit and vegetables.
- Nourish: an excellent bakery selling Artisan sourdough loaves, focaccia, fresh croissants and other beautiful European pastries & cakes.
- The Gourmet Pig - a European-style delicatessen with some local cheeses and wines.
- The Co-op: a medium sized, well-stocked supermarket.

### C&M ORGANICS VEG BOX DELIVERY

C&M Organics' food box can be delivered to your door on Wednesdays including fruit, veg, meat, dairy, wholefoods and toiletries. Meat arrives frozen: once defrosted, we recommend having a sunset BBQ using the large grill in the back garden. Almost all their produce is certified organic and much of it is local or from their own farm. Create an account and place your order online by 09:00 am on Tuesday. Choose a bespoke veg box or a seasonal veg box/ fruit box. Specify delivery to Preseli Venture: Eco Barn or Preseli Venture: [Loom] Cottage, Courtyard Cottages, Parc-y-Nole Fach, Mathry, SA62 5HN. <https://vegbox.cmorganics.co.uk/>

### PENINSULA PRODUCERS in ST DAVID'S

Choose from a huge range of local produce to create your own bespoke box from the Peninsula Producers online shop and pick up on Saturday morning from St Davids Rugby Club between 10:00 -11.30 (applicable only if Saturday is not your arrival day). Order by noon on Thursday from the Open Food Network website: [https://openfoodnetwork.org.uk/peninsula-producers-food-hub/shop#/shop\\_panel](https://openfoodnetwork.org.uk/peninsula-producers-food-hub/shop#/shop_panel)

### TESCO DELIVERY

Order from Tesco online (Haverfordwest store) and specify delivery to Preseli Venture: Eco Barn or Preseli Venture: [Loom] Cottage, Courtyard Cottages, Parc-y-Nole Fach, Mathry, SA62 5HN.



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## DINING AT HOME / WALKING DISTANCE

### THE BOX by BEN GOBI

A vibrant gourmet menu of “oven-ready” and “plate-ready” starters, mains & deserts. Delivery to PV with a minimum £60 spend & 24 hours notice required. If you’re thinking of ordering a few meals to heat up throughout the week, speak to Ben & Ellie to find out which are okay to store in the fridge & reheat.

Order here: <https://theboxbybengobbi.co.uk/evening-dinner-treats/> and specify delivery to Preseli Venture: Eco Barn or. Preseli Venture: [Loom] Cottage, Courtyard Cottages, Parc-y-Nole Fach, Mathry, SA62 5HN. Menu: <https://theboxbybengobbi.co.uk/wp-content/uploads/2023/12/Self-Catering-Menu-2021.pdf>

Ben also offers a private dining experience for parties of 6+ in self-catering holiday accommodation. He will prepare most of the food before arriving and finish it off on site. Choose from a set menu, costing £55 per head. 3-5 days notice required. Arrange here:

<https://theboxbybengobbi.co.uk/private-dining/> Specify location as Preseli Venture: Eco Barn or Preseli Venture: [Loom] Cottage, Courtyard Cottages, Parc-y-Nole Fach, Mathry, SA62 5HN. Menu: <https://theboxbybengobbi.co.uk/wp-content/uploads/2023/12/PRIVATE-DINE-MENU.pdf>

### FARMERS ARMS in MATHRY (20 mins)

Only a 1-mile walk (20 mins each way via the lane & bridleway) up to the hilltop village for a family-friendly, hearty pub meal. Great for roast dinners by the roaring open fire. Open daily 12:00 to 23:00.

### MELIN TREGWYNT CAFE (40 mins)

A traditional Welsh woolen mill only 40 minutes (2 miles) walk from Preseli Venture, which can be a circular walk including Abermawr & Aberbach. Breakfast is served 09:30-11:30 on weekdays and 10:00-11:30 on weekends. Lunch and afternoon tea is served daily 12:00 - 16:00. Menu: <https://melintregwynt.co.uk/pages/menu?srltid=AfmBOop5O-Xc0U1ZZG5xKVtF3KpSN7TGji-4n6jyph3Q3OBAiOQG8Ufm>

### LONGER WALKS via the COAST PATH

#### THE SHIP in TREFIN

A charming village pub with hearty meals, local brews and a beer garden overlooking the countryside.

#### SLOOP INN in PORTHGAIN

A characterful old pub with harbour views and good food: 2.5 hrs walk on the coast path from Abermawr.

#### THE SHED in PORTHGAIN

The BEST fish & chips in Pembs, serving fresh caught local fish in a cosy harbourside setting or take-away.



CAR - FREE

## LUNCH ON DAYS OUT

### FISHGUARD

#### MANNINGS

A green grocers-come-cafe passionate about organic local produce, serving an upbeat lunch menu.

#### FFWRN

Quality local ingredients, live music, wood fired pizza nights, Italian nights and a great atmosphere.

#### NOURISH BAKERY

Artisan sourdough loaves, focaccia, fresh croissants and other beautiful European pastries & cakes.

#### ROYAL OAK

An historical pub with good food and a sunny beer garden on the bustling market square.

### ST DAVID'S

#### THE MILL

Exceptional traditional Welsh breakfasts, colourful lunches and beautifully presented evening meals.

#### Y GEGIN

Relaxed but stylish dining with local meat & fish on the menu & gin made in their own distillery.

#### GRAIN

Stone baked pizzas and local craft beers, seating in an atmospheric wood cabin / outdoor canvas pods.

#### MAMGU

An amazing selection of welshcakes available at their coffee shop in the St David's Cathedral refectory.

#### REALLY WILD EMPORIUM

A wonderfully inventive and colourful menu full of locally grown / foraged food.

#### LOSH'S PASTIES

Hearty homemade pasties and pies on the highstreet: perfect for a quick lunch between activities.

#### PILGRIM'S CAFE at ORIEL Y PARC

A relaxed cafe in the National Park visitor centre, pop in for a nourishing bowl of Welsh "cawl".

#### THE BISHOP'S

A maritime pub at the heart of the community, with a beer garden facing the cathedral.

#### THE FARMER'S ARMS

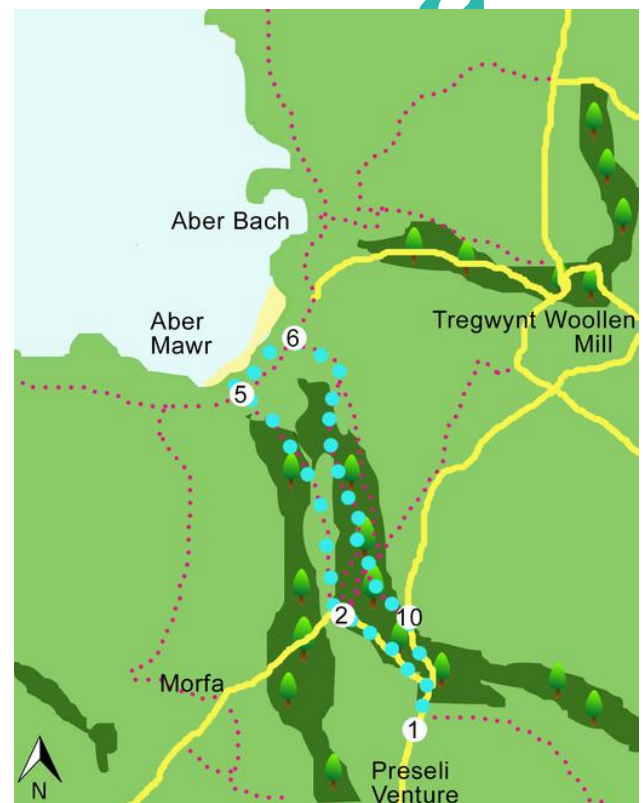
Another rustic local pub with a suntrap beer garden overlooking the cathedral and a hearty menu.

## PRESELI VENTURE TO ABERMAWR

- Turn left out of Preseli Venture and head down the road.
- Shortly after passing through a farm, at the T-junction, turn left and follow the road until you meet a cluster of cottages, head through the gate signposted to Abermawr which is on the right.
- On this walking holiday itinerary, whenever you start at Abermawr, you'll be taking the coast path South. For this reason, you'll need to take the left hand path and at the next gateway, go through the kissing gate into the field, cross the field to the gate on the far side.
- A few metres past the gate, go up the steps to your left, bear right and follow the woodland trail towards the beach.
- This path brings you out into the South corner of Abermawr beach. The coast path veers off uphill to the left just as you reach the pebbles, signposted toward Abercastle.

## ABERMAWR TO PRESELI VENTURE

- On the North side of the beach, you'll see a path heading uphill to the road. Instead of taking this, you'll need to go through a gate on your right (inland) into a field.
- Cross the field and you will find a stream with some stepping stones leading to a the gate.
- Go through the gate and follow the woodland path until you reach another gate, head through the gate into another field.
- Bear left across the field and go through a gate back into the woods.
- Follow the path that bears right and follow the path until you reach the road.
- At the road turn right and head back along the road and up the hill through the farm to Preseli Venture which will be on your right.



Approximately 1 mile each way.