

SUBJ>> 48 Hours in Cardiff, Wales

Hi xx,

Rich in ancient history, sporting excitement and uniquely Welsh cuisine, Cardiff is the perfect destination for families, couples and groups. 48 hours is just enough time to hit the highlights and learn why Wales is an underrated, must-visit destination. Just two hours by train from London, international travelers can get a taste of Welsh language, food and culture in no time in Cardiff. [This is Cardiff: Video.](#)



There's no better time than this summer to visit – on the heels of Royal wedding of HRH Prince Henry of Wales, to the rollout of three [new epic driving routes](#), to the first-time hosting of the [Volvo Ocean Race in June](#).

Below are suggested accommodations, iconic must-sees and exciting new hotspots to check out while visiting Europe's youngest capital city.

Where to Stay



- [The Exchange Hotel](#) (May 2017) – The Grade II* listed building is located in the heart of Cardiff Bay and offers guests the opportunity to take a step back in time and explore one of Wales' most significant buildings – the former Cardiff Coal Exchange. Filled with rich history and grandeur throughout, The Exchange Hotel has undergone a more than £40 million restoration to its former glory, with original features preserved and the Grand Hall reinstated. The Exchange was first completed in 1888, and Cardiff quickly became the biggest coal port in the world. In 1901 the first £1 million business deal ever took place here. The 200-room hotel offers [R.P. Culley & Co. Bar & Restaurant](#), inspired by a local philanthropist who once catered in the Exchange for the movers and shakers of the day.
- [Hotel Indigo Cardiff](#) (May 2017) – Recently opened in the heart of Cardiff, the 122 vibrant boutique rooms reflect a small slice of the Welsh capital in their unique design.

Where to Eat & Drink

- **James Sommerin** – This Michelin-starred restaurant from James Sommerin offers astonishing flavors. The seafront setting in Penarth, a few miles from Cardiff, is great, too.
- **Elevens** – Welsh football star Gareth Bale (Real Madrid) has his own premium sports bar and restaurant in his hometown. He partnered with Cardiff's biggest brewery, Brains, to bring local food and beer to the venue, which is directly opposite the Castle.
- **City Arms** – One of Cardiff's oldest city center pubs always has a big selection of interesting guest ales.
- **Dead Canary** – A speakeasy environment where you can relax, enjoy the best cocktails Cardiff has to offer and kick back to a soundtrack of mellifluous jazz.
- **The Potted Pig** – Here you can find classic British fare in an atmospheric bank vault setting. A dangerously broad selection of gins make this one of Cardiff's hottest tickets at the moment.

What to Do and See



- **Cardiff Castle** – It's nearly 2,000 years old, but in the 19th century the interior had a lavish makeover by architect William Burgess. Take a tour to see the ornate decor, intricate carvings and rich colors that fuse together Arabian, Gothic and Mediterranean styles. For a fantastic view of the city and beyond, climb to the top of the keep.
- **Cardiff Bay** – Once known as Tiger Bay, the world's biggest coal-exporting docks dispatching millions of tons of Welsh coal to power the industrial world. Be sure to check out the Senedd (the National Assembly for Wales HQ) and the Wales Millennium Centre arts center, which sit happily alongside the original Pierhead building and the Norwegian Church in which Cardiff-born author Roald Dahl was christened.
- **The Arcades** – Out of all the cities in Britain, Cardiff has the highest concentration of Victorian, Edwardian and contemporary indoor shopping arcades. Winding between St Mary Street, Castle Street, Duke Street and The Hayes, there are plenty of independent shops, cafes and restaurants to browse in them, as well as charming architecture. Cardiff Arcades have some of the city's best food and drink offerings in a distinctly traditional setting including Madam Fromage, Bwyta Bwyd Bombai, The Plan and Fabulous Welshcakes.

- **Spillers Records** – With Wales being the land of the song, it's no surprise that Cardiff is home to one of the world's oldest record shops. Spillers opened in 1894, bringing records, live performances and a hub for musicians to mingle.
- **Yr Hen Lyfrgell** – Which translates into 'The Old Library,' captures the history of Cardiff through stories, photographs, films and objects. Walk around the interactive exhibits then stop off in Bodlon, its gift shop full of Welsh goods. Some of the best buys include bars of Nom Nom chocolate made in West Wales and Melin Tregwynt Welsh wool blankets.
- **Bute Park** – Cardiff offers more green space per person than any other city in the UK, with more than 330 parks and gardens. Bute Park is the 'green' heart of Cardiff city center, and at 138 acres; it's also one of the largest urban parks in Wales with over 2,000 trees. Relax with tea and cake at **Pettigrew Tea Rooms** on the southern end of the park.

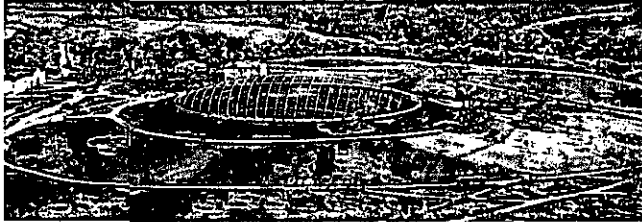
Those are just a few suggestions! Let me know if you think this could be a fit for any upcoming coverage you have in the works! Happy to provide additional information.

Chat soon,
XX



Upcoming Events in Wales

Doggie Weekend at the National Botanic Garden of Wales: 6-7 and 27-28 January

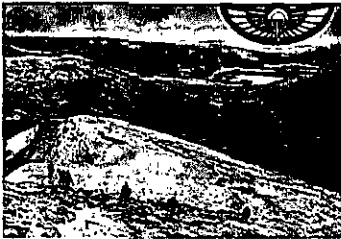


Take your dog to the beautiful National Botanic Garden of Wales – set in the picturesque Carmarthenshire countryside. Due to popular demand dog weekends are back, dog owners and their furry friends can enjoy a day out at the stunning site in January!

Open from 10am-6pm with last entry at 5pm
Price: £4 or free for garden members and dogs

For more information: <https://botanicgarden.wales/press/doggy-days/>

Fan Dance: 06-13 January



The Fan Dance is a gruelling 24km non-navigational race over two sides of Pen Y Fan, the highest mountain in the Brecon Beacons. This infamous route has long been a part of SAS and SBS selection and is now open as a fundraising event and tribute to lost friends.
Price: £50 - £150

For more information: <http://www.thefandancerace.com/index.html>

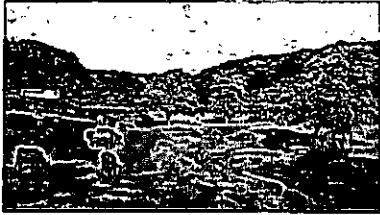
Saturnalia Real Ale Ramble: 13 January



The Saturnalia Beer Festival has a plethora of winter warming ales and an abundance of special foods from Roman recipes. Walk off the excess on the Saturnalia Real Ale Ramble along the routes of old Roman roads, with free ale at the checkpoints.
Price: £11 for one day or £18 for two days

For more information: <https://www.green-events.co.uk/>

Hen Galan: 13 January



The New Year starts on 1st January for most but not for the people of the Gwaun Valley in Pembrokeshire. The valley has continued to use the ancient Julian calendar instead of the Gregorian calendar. Children are welcome and celebrate the New Year by visiting their neighbours and signing for gifts.

For more information: <http://bit.ly/1KcK6XY>

Open Exhibition: 17 January - 04 February



Home to artistic excellence in Wales, the Royal Cambrian Academy is exhibiting works of non-members. 'The Open' covers a broad range of subjects and media. Go along and view the work of some of Wales' talented artists.

Price: Donation

For more information: <http://rcaconwy.org/>

Buff Winter Trail Wales: 20 January



Take part in the four annual Buff Winter Trail Walks from 10.00am on 20th January. The trail will take in the Trail Marathon Wales half marathon route across the same beautiful trails and tracks of the world-famous Coed y Brenin Forest Park in Snowdonia.

Price: £28.00

For more information: <http://www.runcoedybrenin.com/events-at-coed-y-brenin/winter-trail/>

St Dwynwen's Day: 25 January



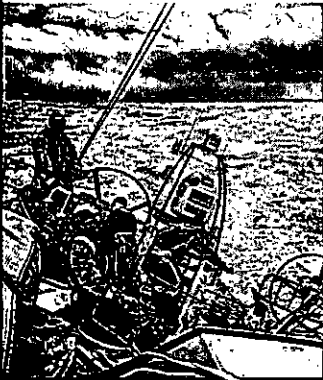
Celebrate the Welsh version of St Valentine's Day – St Dwynwen's Day. On this day Wales, honour the Welsh patron saint of lovers, a 4th-century Welsh princess who lived in what is now the Brecon Beacons National Park. She was unlucky in love and became a nun, praying that true lovers have better luck than she did. People celebrate in the same way as Valentine's Day with gifts and cards.

For more information: <http://www.visitwales.com/explore/traditions-history/st-dwynwens-day>

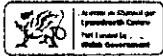
For information, images and press trips, contact visitwales@webershandwick.com / 0161 238 9400.

volvooceandracer Cardiff.com

**VOLVO OCEAN RACE
2017-18 STOP OVER
CARDIFF, WALES**
27 MAY - 10 JUNE 2018



volvooceandracer Cardiff.com



**Welsh Government invites you to
the Volvo Ocean Race Stopover
Newport, Rhode Island
Thursday to Sunday, May 17-20, 2018.**

Join us for VIP access and an exciting weekend of events leading up to the highly anticipated transatlantic leg of the race. We'll celebrate as the teams prepare to depart Newport, bound for Cardiff in one of the world's most renowned professional sailing races.

**Come for a day or two
or stay for the entire weekend of events:**

- May 17, Thursday - Private cocktail reception
- May 18, Friday - VIP Access to Ocean Race Club
- May 19, Saturday - VIP Access to Ocean Race Club for exclusive viewing of the in-port races
- May 20, Sunday - Private breakfast to launch the Newport-to-Cardiff race, and VIP Access for the race start

Please reply by Monday, April 30, 2018.



- Wales is home to **more than 600 castles** (more per square mile than any other country in the world!). Plus, a wealth of national parks and World Heritage Sites, the 870-mile Wales Coast Path, Surf Snowdonia - the world's first inland surfing lagoon, International Dark Sky Reserves for exceptional stargazing, and so much more. Wales is a mecca for horseback riding, with thousands of miles of bridlepaths, but visitors can also delight in mountain biking, whitewater rafting, paddling, and hiking.
- **Cardiff, just 2 hours by train from London**, is a city of classical architecture, green spaces and a buzzing cultural scene. Enjoy eclectic dining, global street food and some traditional foods like welshcakes, fine malt whisky from Penderyn Distillery, Welsh rarebit and other signature immersive culinary experiences, including some of the top restaurants in the UK. Check out new spots like the Dead Canary, or classic favorites like the Potted Pig.
- Around **20% of the population speak Welsh (Britain's oldest language)** – that's around half a million people. The figures are likely to rise in future: every child now learns Welsh up to the age of 16, and a fifth of children attend Welsh-medium secondary schools.

Common Welsh phrases:

- Bore da (Boh-reh dah): Good morning
 - Prynhawn da (Prin-houn dah): Good afternoon
 - Nos da (nohs-dah): Good night
 - Croeso i Gymru (Croesoh ee Gum-reeh): Welcome to Wales
 - Iechyd da! (Yeh-chid dah): Cheers!
 - Diolch (Dee-olch): Thanks
 - Cwtch (Cutch... rhymes with butch): Hug/cuddle; or cozy place
- **The 'Prince of Wales' title is more complicated than meets the eye...there hasn't been a native Welsh prince since 1409.**
Prince Charles is the latest in a long line of heirs to the British throne who have enjoyed the title of Prince of Wales. With the range of principalities that existed in Wales until the middle ages, it was rare that any one leader could argue to have united the country under one banner and become a Prince of Wales in its entirety. While the likes of Hywel Dda and Llywelyn ab Iorwerth came to rule vast swathes of Wales, it was only during Edward I's reign that Wales became a unified area under one monarch. But, it was an English monarch. Edward, the scourge of Wales and the builder of many of castles used to subdue the population, imposed his infant son, Prince Edward, on the Welsh as their new prince in 1301. Since then, only one domestic warlord, Owain Glyndwr has had a claim to the title, and was proclaimed as such in 1400. His defeat in 1409 marked the end of native Welsh princes for good and, since then, the eldest son of the reigning monarch has been made Prince of Wales.
 - **New hotels in Cardiff-** The Exchange Hotel and Hotel Indigo Cardiff have both opened since May, adding new boutique accommodations offerings for visitors.
 - **Year of the Sea 2018** - 2018 will be the "Year of the Sea" in Wales, highlighting the country's coastal experiences and culinary offerings for visitors, from Michelin-starred restaurants to

unique experiences like foraging for seaweed in Pembrokeshire and touring the Halen Môn Sea Salt company in Anglesey. [Images here](#).

- **The biggest news in Wales for 2018:** Visit Wales just launched **The Wales Way** this November, a family of three national scenic touring routes that cross the country's most epic landscapes, showcasing its fascinating history, coastlines and attractions:
 - **The Coastal Way** celebrates Wales' epic coastline and travels the wild and rugged west coast around Cardigan Bay from Aberdaron to St. Davids, where dramatic seascapes meet the mountains.
 - **The North Wales Way** is rich in culture and packed with thousands of years of history and includes two UNESCO World Heritage sites, offering a gateway to Snowdonia's mountain adventures.
 - **The Cambrian Way** leads travelers from top to bottom along the mountainous spine of the country, focusing on Wales' beautiful countryside, winding through the Snowdonia and Brecon Beacons National Parks, with epic scenery and adventure around every corner.

For more information, see press release below:

PRESS RELEASE

New National Routes to Showcase the Very Best of Wales

November 7, 2017 – Visit Wales has today announced the launch of **The Wales Way**, a family of three national scenic touring routes that cross the country's most epic landscapes, showcasing its fascinating history, coastlines and attractions.

Packing in over 6,000 years of history, the three routes lead travellers across ancient paths, drovers' ways, and along roads built by the Romans. Meandering through the very best of Wales' landscapes and attractions, the routes allow visitors to unearth the country's gems and unique, authentically-Welsh experiences.

The Wales Way has been designed to provide 'stepping stones of discovery', with a density and compactness of sights and attractions that appeal to those not looking to the final destination as an event in itself. It's these compelling opportunities to stop and linger every few miles that differentiate the routes from their competitors, with more reasons to be out of the car than in.

The three Ways have been designed to intersect, so can be enjoyed alone for shorter breaks, or linked together for longer adventures. Whether you go for coast, mountains or culture, the beauty of these routes, and the thing that makes them really stand out among their counterparts, is that you can so easily create your own, custom-built Welsh road trip." In Welsh it's known as going *igam agam* – 'step-to-step', or 'zig-zagging' – discovering your own secret places.

The Wales Way isn't confined to driving; the routes offer rail connections, walking paths, cycling routes and horse-riding trails – so anyone can explore the best of what Wales has to offer in a way that inspires and excites them.

The Coastal Way celebrates Wales' epic coastline and travels the wild and rugged west coast around Cardigan Bay from Aberdaron to St Davids, where dramatic seascapes meet the mountains. This 180-

mile (290km) road trip, with the sea on one side and mountains on the other, tours a series of picturesque harbour towns and resorts such as Barmouth, the historic city of St Davids, tiny fishing villages such as the brightly painted Aberaeron and countless beaches, cliffs and hidden coves.

Travelling from top to bottom along the mountainous spine of the country, **The Cambrian Way** focuses on Wales' beautiful countryside and runs for 185 miles (300km) between Llandudno and Cardiff, winding through the Snowdonia and Brecon Beacons National Parks, with epic scenery and adventure around every corner. Pass through the quaint village of Betws y Coed in the foothills of the Snowdonia, before embarking on epic zip-lining and underground adventures at ZipWorld and Bounce Below.

The North Wales Way is rich in culture, and although just seventy five miles in length, is packed with thousands of years of history and includes two UNESCO World Heritage sites. The North Wales Way offers a gateway to Snowdonia's mountain adventures and the ancient history of Anglesey. Experience the bridges of the Menai Straits and discover the area's industrial heritage at glorious Parys Mountain, once the world's largest copper mine

Aston Martin, which is in the process of opening its second UK plant in St Athan Nr Cardiff, has partnered with Visit Wales on the launch of The Wales Way. **Dr Andy Palmer CMG, President and CEO of Aston Martin**, said: "We're incredibly impressed by everything Wales has to offer and my team has had a fantastic time exploring and filming on its roads. We're very proud to be able to help launch these routes and look forward to welcoming visitors from the world over to experience them for themselves."

Welsh Government, Cabinet Secretary for Economy and Infrastructure, Ken Skates, said: "This initiative emphasises the epic experiences that Wales has to offer – rather than simply the journey from A to B. The routes will encourage visitors to stop and visit different places, areas, attractions and products which will enable them to get a deeper understanding of Wales and will benefit the local tourism industry too."

The Wales Way is easy to follow thanks to a series of route maps available at visitwales.com, complete with a guide to the unmissable attractions and uniquely Welsh experiences along the way.

For more information on The Wales Way, see www.thewalesway.com

For media assets, see:

Images and maps credit- Visit Wales: <http://bit.ly/2zAEEn2>

Wales Way video: <https://youtu.be/oxDNOKXk-MA>



1 March 2018

North East Wales Celebrates its Routes to the Sea

A new film showcasing the North East Wales region has been released today (1 March) as part of Visit Wales' Year of the Sea campaign. Denbighshire, Wrexham and Flintshire have joined forces to produce the film to inspire new visitors to experience North East Wales' Routes to the Sea.

Funded by Visit Wales' Regional Tourism Engagement Fund, the film explores the region's visitor offer from inland to the coast, highlighting the cycle routes, coastal path, heritage, and beaches as well as activities including paragliding and horse riding in Talacre. The variety of outdoor water based experiences available in the area are also featured including sailing, fishing, sea swimming, stand up paddle boarding and water skiing.

Tourism plays a vital part in the regions' economy, with a total economic impact in 2016 of £848m and over 11 million visits made.

Tourism Minister, Lord Elis-Thomas, said: "In 2018 we're celebrating Wales' outstanding coastline, and inviting visitors to discover new epic experiences all around our shores, with special events and attractions throughout the year. I'm delighted that Visit Wales funding has enabled the North East to work together in order to strengthen awareness and showcase some of the area's inspiring journeys to the coast this year."

Ian Lebbon, Chair of Denbighshire Destination Partnership said, "Thank you to everyone who contributed to the making of the film, we hope it will inspire visitors to experience some of our water based and coastal activities. Key investments in our coastal resorts, such as the developments in Rhyl, will help increase awareness and visitor footfall to the region and create jobs that will boost the local economy."

This film is the start of a series of new mini films which will be released throughout the year, featuring different themes including walking, cycling, wildlife, heritage, food & drink, beaches, as well as outdoor water activities. A series of blogs and Year of the Sea professional images will also be released to help draw new and repeat visits to the region.

Follow Films Co-Founder Graham Cooper, who produced the films, said "This has been a fantastic project to work on over the past few months, I've lived in North East Wales all my life, but working on projects like this reminds me how lucky we are to live in this area. I find so many new, amazing activities whilst producing films like this, and the passion businesses have for North East Wales is great to see."

To view the film and for further information on the places and activities featured in the film, please visit www.northeastwales.wales

Editors Notes

The film can be viewed on www.northwestwales.wales and YouTube <https://www.youtube.com/watch?v=SiE-t7zrS1s> . A library of North East Wales, Year of the Sea images is also available on request.

North East Wales is a partnership between Denbighshire, Wrexham and Flintshire Destination Partnerships and the three unitary authorities. This project is funded by Visit Wales' Regional Tourism Engagement Fund. For more information please contact Denbighshire Tourism Team 01824 706915.

- **Stroll through The Flash, Wrexham** – set within the county of Wrexham, this lake is a surprise to most people as it is so far inland. However, with stunning walks and scenery, it makes for the perfect spot for a quiet moment. It's a peaceful reminder of our routes to the sea.
- **Fish for crabs at Marine Lake, Rhyl** – the perfect place for the kids to try 'crabbing.' If you haven't brought the equipment with you, don't worry because all you need can be purchased in the railway shop. *Top tip: the best bait for crab fishing is bacon.....a good target is 4 to 5 crabs!* Apart from fishing for crabs you can try sailing, canoeing, water skiing, wakeboarding, knee boarding and for those of you that are daring enough; barefooting. Marine Lake can cater to all ages and tastes and is the only salt water lake in North Wales.
- **Relax underneath the arches at Trevor Basin, Llangollen** – we have a World Heritage Site in North East Wales but you can experience the stunning picturesque Pontcysyllte Aqueduct from on top of the aqueduct looking down or from below and get a different perspective on the architecture of this beautiful site.
- **Run along our coastline on Barkby Beach, Prestatyn** – there isn't a more calming soundtrack to a run than the sea. With our stunning coastline, your run can be a short one or extended into a longer run. And with great facilities along the coastline, why not treat yourself to a little reward en route!
- **Take to the skies over the Dee Valley, Llangollen** – take to the skies and experience the Dee Valley from above, it's even more stunning. Book yourself onto a course and maybe find a hidden interest that you never thought you had. Or book onto a tandem flight with a qualified instructor and sit back and enjoy the flight and views whilst not having to worry about the landing.
- **Cycle past the sea from Rhyl Harbour** – if you're not into running then why not bring up the family bikes to Rhyl Harbour and coast along the coast. With the Rhyl Bike Hub open for a cup of tea or ice cream before you start, Rhyl has all the facilities to make your time near the sea an unforgettable experience.
- **View our beaches from horseback at Talacre Beach** – you can trot, gallop and stride along the beautiful sands of Talacre Beach, with the sea at on one side and the rural views on the other.
- **Show-off your bike tricks at the Marsh Tracks, Rhyl** – Marsh Tracks in Rhyl is the perfect location for adventure cyclists. With great views of the sea, Marsh Tracks is a great place to get awesome photos or videos of your tricks with a stunning background to make them stand out even more.
- **Try out water-skiing near Connah's Quay** – have a splash at Deeside Wake-board and Water-ski Club, which is based on the tidal River Dee at Connah's Quay, Deeside, in North Wales. Try out the thrill of Water-skiing whilst taking in the beautiful surroundings of North East Wales.
- **Explore the North Wales Coastal Cycle Route** – whether you'd prefer to walk or cycle the path, you will be graced with some stunning views of the coastline on one side and the beauty of North East Wales' countryside on the other. If you'd like to extend your walking route from Prestatyn you can join the Offa's Dyke path down along the border of England and Wales and have the weird sensation of having two different countries on either side.
- **Take a dip in the ocean at Prestatyn Blue Flag beach** – the Blue Flag Beach of Prestatyn is made up of a 5-mile stretch of sand. Popular with tourists for its beauty and many leisure activities such as sailing and windsurfing, Prestatyn beach makes for a perfect getaway for the whole family to enjoy.
- **Enjoy an ice cream along the Coastal Path, Rhyl** – with many local businesses along the Coastal path including cafe's, bars, restaurants and the arcade at Rhyl, the coast of North East Wales is perfect for a family getaway and will keep the kids entertained for hours.
- **Paddle Board on the Serpents Tail, Llangollen** – whether you're a novice or pro, doing it standing up or on your knee, with or without a dog, stand up paddle boarding in Llangollen tailors to all levels. It's a perfect way to experience the Year of the Sea and float away from all stresses. For more experienced

and confident Paddle-Boarders, you can experience the adventure of the River Dee and more specifically the Serpents Tail.

- **Explore Basingwerk Abbey, Holywell** – substantial remains of Cistercian Abbey, originally founded as a house of the order of Savigny in 1131, and remodeled in the thirteenth century. Visit this historic site for free and learn about its significance, within the stunning heritage park at Greenfield, Wrexham.
- **Get that spectacular selfie along the Horseshoe Pass, Llangollen** – With car-stopping views, Horseshoe Pass has been the site of many epic selfies as it offers an open view of the Dee Valley hills. Located on the road to Llangollen, just passed the Ponderosa Cafe, this location is one of the most photographed places in Denbighshire and is popular with local photographers and filmmakers.

I'm contacting you on behalf of **Visit Wales** to share some information on all things Royal in the lead-up to the Royal Wedding in May!

As you may know, on Jan. 18 Prince Harry and Meghan Markle visited Wales's capital city of Cardiff, where they celebrated Wales' heritage (including exposing Meghan to Welsh cakes, and delicious Welsh cheeses)! The couple stopped off at historic Cardiff castle where they attended a Welsh Culture Festival, and they even received a traditional Welsh gift – a lovespoon. (photo here).

For centuries, Wales and the British Royal Family have had strong connections. The wedding ring Prince William gave Kate Middleton when they married on April 29, 2011 (after living in Anglesey, Wales together!) was made from a nugget of Welsh gold, which has been reserved for royal rings since the 1920s. It originally came from the Clogau Gold Mine near Barmouth in the mountains of North Wales.

While we all know that Harry's title is Prince Henry of Wales, for many Americans, the destination is still a bit unfamiliar, despite it's longstanding ties to the British Royal Family.

A wealth of information on Wales' royal connections, accommodations fit for a Royal and fun facts about Welsh culture are below for consideration in upcoming coverage!

NOTABLE ROYAL CONNECTIONS TO WALES:

<http://www.visitwales.com/explore/traditions-history/welsh-royal-connections>

Welsh gold:

The British Royal Family has been wearing Welsh gold wedding rings since 1923, and the famous mine that created three generations of Royal wedding rings is set to re-open this year after nearly 20 years since it closed. Meghan Markle is expected to don a Welsh gold ring for her wedding in May to Prince Harry. The Welsh gold used to make the Royal wedding rings was taken from a Clogau gold nugget and the tradition has continued to this day including Prince Charles, Diana The Princess of Wales and The Duchess of Cornwall. In 1911, at the investiture in Caernarfon Castle of Edwards Prince of Wales, the coronet placed on his head by his father, King George the fifth, was fashioned entirely from Clogau Welsh Gold from North Wales. www.clogau.co.uk

Caernarfon Castle



Begun in 1283 as the definitive chapter in his conquest of Wales, Caernarfon was constructed not only as a military stronghold but also as a seat of government and royal palace. A World Heritage Site, the castle is set on a peninsula bounded by the Menai Strait and at the heart of North Wales. It is one of the most impressive of all the castles built by Edward I and is one of Europe's great medieval fortresses. In 1969 it was the venue for the current Prince of Wales' Investiture and was

constructed not only for military purposes but also as a seat of government and royal palace.

<http://www.visitwales.com/things-to-do/attractions/castles-heritage/visiting-caernarfon>

Anglesey



This island in North Wales is a favorite for the Duke and Duchess of Cambridge; after they got married at Westminster Abbey in 2011, they started their married life in Anglesey. Prince William was serving with the RAF as a co-pilot on the Sea King search and rescue helicopter and they settled into their home on the Isle of Anglesey just off the north coast of Wales. It's said that William's favorite spot for a pint was at the White Eagle Pub.

Accommodations with Royal connections in Wales:

Stay in Prince Charles' Welsh home:

Llwynywermod is used by Charles The Prince of Wales and The Duchess of Cornwall when they are in Wales on their regular visits and annual summer tour. When they are not there, visitors can stay at the two barn conversions adjoining the main farmhouse (North & West Range). It's located near Myddfai, Llandovery in Carmarthenshire and set within 192 acres of farmland with views over historic parkland. Llwynywermod was renovated using the expertise of skilled Welsh craftspeople and materials were sourced from Wales wherever possible. The interior has also been furnished with local Welsh textiles, blankets, quilts, rugs and pottery.

www.princeofwales.gov.uk/the-prince-of-wales/residences/llwynywermod



Ruthin Castle has hosted members of the Royal family including Edward VII and HRH Prince Charles. The beautiful castle is the perfect retreat for those wanting a relaxing break and you'll certainly feel like a Royal with acres of land to explore, a spa to relax in and a restaurant to indulge in. The castle is set in acres of parkland next to Clwydian Range in North Wales and has a Prince of Wales Suite. You can book this fantastic suite – it's the castle's largest 'bed chamber' which occupies a whole floor of a tower, 24-hour in-room dining, a coffee machine and Ruthin Castle robes. www.ruthincastle.co.uk



Princess Margaret was a regular visitor to **Plas Dinas Country House** and more recently her great nephew, Prince William. This award-winning historic country house is set in Snowdonia in North Wales and it boasts 15 acres of land, which are great for exploring in the summer as well as a log fire in the Drawing Room, which can be admired for hours as guests relax in the winter.
www.plasdinas.co.uk

Llangoed Hall



Llangoed Hall is a Relais & Chateau Hotel is the former home of renowned Welsh designer Laura Ashley and Sir Bernard Ashley. Located in Wales's Wye Valley, it's quite regal in appearance, and was once a filming site for *Downton Abbey* where it played home to fictional royalty. HRH Prince Charles has made frequent visits (typically twice a year), as have the Duke and Duchess of Cambridge. The hotel has had a number royal guests, including Princess Michael of Kent (the Queen's cousin) as well as sultans, sheikhs, and more from the countries of Dubai, Malaysia, Greece and Thailand. <http://www.llangoedhall.co.uk/hotel/history.html>

ROMANTIC ACCOMMODATIONS FIT FOR A ROYAL:

For couples looking to feel like royalty, they can stay in a castle, or explore dozens of other romantic hotels throughout the Welsh countryside, some highlights include:

Roch Castle



IMAGES: <https://www.webcargonet.com/11gMx6nVk3/>

The romantic six bedroom Norman castle in the Pembrokeshire Coast National Park is a five star property kitted out with luxurious furniture, linens, and art. Built in 1280, it was the home and birthplace of Lucy Walter, mistress to King Charles II and mother of his child, the Duke of Monmouth. Roch Castle Hotel, awarded the best 5-star hotel in Wales for 2017, sits high above the stunning Welsh landscape offering panoramic views over St Brides Bay and the Preseli Hills. Exclusive use of the castle is available based on a two night minimum stay (you also get your very own key to the castle!). Breakfast is fresh and made to order, with Welsh laverbread - a traditional seaweed delicacy - and locally made honey on the menu.

Bedrooms – 6 | Minimum guests – 1 | Maximum guests – 12

Bed and Breakfast – from £210 per room per night / Exclusive Use – from £1,350 per night.

Rates are per room per night, based on two guests sharing and include VAT, parking and Wi-Fi.

Visit <https://www.rochcastle.com/special-offers> for details on Valentine's Day

Château Rhianfa



Experience a real-life fairytale at Château Rhianfa – originally built in 1849 by Sir John Hay Williams, Baronet of Bodelwyddan as a gift for his wife Lady Sarah. The magnificent interiors were chosen by Lady Sarah herself, and to honor her exquisite taste and connect the French-style château to its newly formed Welsh roots, the house was christened “Rhianfa” (put forward by the local vicar), which means ladies’ abode. The château’s charming character - inspired by an enchanting love story - lives on for guests to admire and make their own during their stay. www.chateaurhianfa.com

FUN FACTS ABOUT WALES:

- Wales is home to **more than 600 castles** (more per square mile than any other country in the world!). Plus, a wealth of national parks and World Heritage Sites, the **870-mile Wales Coast Path**, Surf Snowdonia - the world’s first inland surfing lagoon, International Dark Sky

Reserves for exceptional stargazing, and so much more. Wales is a mecca for horseback riding, with thousands of miles of bridlepaths, but visitors can also delight in ziplining the longest zipwire in Europe, mountain biking, whitewater rafting, paddling, and hiking.

- **Cardiff, just 2 hours by train from London**, is a city of classical architecture, green spaces and a buzzing cultural scene. Enjoy eclectic dining, global street food and some traditional foods like welshcakes, fine malt whisky from Penderyn Distillery, Welsh rarebit and other signature immersive culinary experiences, including some of the top restaurants in the UK.
- **Around 20% of the population speak Welsh (Britain's oldest language)** – that's around half a million people. The figures are likely to rise in future: every child now learns Welsh up to the age of 16, and a fifth of children attend Welsh-medium secondary schools.

Common Welsh phrases:

- Croeso i Gymru (Croesoh ee Gum-reeh): Welcome to Wales
- Iechyd da! (Yeh-chid dah): Cheers!
- Diolch (Dee-olch): Thanks
- Cwtch (Cutch... rhymes with butch): Hug/cuddle; or cozy place

For more information, visit: <http://www.visitwales.com/>
[Facebook.com/visitwales](https://www.facebook.com/visitwales); Twitter: [@visitwales](https://twitter.com/visitwales); Instagram: [@visitwales](https://www.instagram.com/visitwales)

Bore da (good afternoon!),

On behalf of **Visit Wales**, I am pleased to invite you to be a guest of Carwyn Jones, the First Minister of Wales (the country's leader), as we celebrate **St. David's Day**, The National Day of Wales here in NYC.

The Welsh government is hosting this special gathering ahead of the March 1 holiday, when the Welsh don daffodils and celebrate the country's patron saint with parades and events throughout the country. Beyond the First Minister, you may just spot the star of Visit Wales current brand campaign in the crowd – Luke Evans.

We hope you'll join us for a uniquely Welsh cocktail reception! Details below.

Diolch (Thanks),
Carolina



Llywodraeth Cymru
Welsh Government

The Rt. Hon. Carwyn Jones, First Minister of Wales
invites you to celebrate the National Day of Wales
St. David's Day (Dydd Gwyl Dewi)

Tuesday, February 27, 2018

6:00pm – 8:00pm

Mondrian Park Avenue

444 Park Avenue South (between 30th & 31st) New York, NY 10016

Hi xx,

With a unique **870-mile coastal path** – the first in the world to follow a country's coastline in its entirety – as well as **230 beaches, 50 islands** and higher ratio of Blue Flag beaches per mile than anywhere else in Great Britain, it's no surprise that Lonely Planet named the Wales coast the top region to visit in the world.

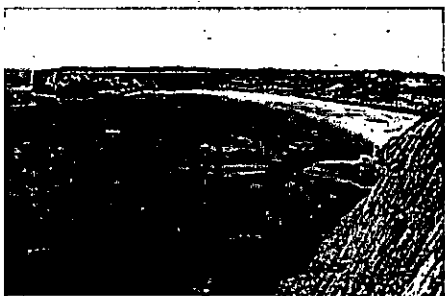
As we celebrate Year of the Sea, we encourage your readers to visit Wales, where you can find some of the most beautiful, underrated beaches in the world. From pebbly beaches in the north, sheer limestone cliffs and sandy beaches in the east and a wild southern shore of seemingly endless sand dunes, Wales's beaches have it all.

See below for a list of the top five beaches in Wales:



Whitesands Beach in Pembrokeshire has a reputation for being one of the best surfing beaches in Wales. It's renowned for its wide expanse of pale gold sand and secluded coves. Be sure to take in spectacular views of the land and sea.

Tip: Book a surfing lesson at Whitesands Surf School.



Lydstep Beach is an attractive sandy crescent in Pembrokeshire. The beach is covered at high tide, backed by a pebbly bank, with rugged limestone cliffs. It's popular for sea fishing, swimming and water sports.

Tip: Head to the Lydstep cliff and explore the caverns walk to get a view of the beach. You may even spot some dolphins or porpoises.



Tenby Castle Beach is the smallest of Tenby's three sandy beaches, offering stunning views of Tenby Castle. During low tide, the sand is continuous with neighboring South Beach, forming a two-mile stretch of uninterrupted golden sands. Right at the top of the castle beach is a wide sloping stretch of soft dry sand.

Tip: Get to know all about Tenby at the Castle Hill, which overlooks the beach where you'll find the Tenby Museum and Art Gallery.



The coastal belt of **Tresaith Beach** is within the Cardigan Bay Special Area of Conservation. The beautiful beach is home of seals and dolphins, as well as the setting of dramatic novel *'The Welsh Witch.'*

Tip: The Ceredigion Coast Path links Tresaith to neighboring Aberporth. At low tide, it's possible to walk along the foreshore all the way to the golden beaches of Penbryn.



Rhossili Bay surpassed the sandy shores of Spain, Greece and France to become the only European beach worthy of a place on Suitcase's Top 10 Beaches in the World (2017). It's home to Worm's Head, Gower's most famous landmark, and has been deemed "the supermodel of British beaches." Earlier this year, it was voted the Third Best Beach in the UK in the TripAdvisor Travelers' Choice Awards, where it has held a top ten position for six years running.

Tip: The remote beach encompasses three miles of golden sands and sits within the first designated Area of Outstanding Natural Beauty in the UK.

Let me know if you think this could be a fit for any upcoming stories you have in the works or if you need additional information.

Chat soon,
Carolina

Subject: Bucket List Road Trips- Wales, UK debuts three new drive routes

Visit Wales recently announced the launch of The Wales Way, three authentically-Welsh scenic cross-country routes. The Coastal Way, which spans Wales' stunning west coast, in particular is the ultimate international road trip to put on traveler's radar in 2018:

- **The Coastal Way** celebrates Wales' epic coastline and travels the wild and rugged west coast around Cardigan Bay from Aberdaron to St Davids, where dramatic seascapes meet the mountains.
- **The North Wales Way** is rich in culture and packed with thousands of years of history, and includes two UNESCO World Heritage sites, offering a gateway to Snodonia's mountain adventures.
- **The Cambrian Way** leads travelers from top to bottom along the mountainous spine of the country, focusing on Wales' beautiful countryside, winding through the Snowdonia and Brecon Beacons National Parks, with epic scenery and adventure around every corner.

Designed to be singular adventures or linked together for greater exploration of the Wales' countryside, The Wales Way combines over 6,000 years of history in three distinct experiences with ancient paths, drovers' ways and Roman roads.

For more information, please visit: www.thewalesway.com

Please let me know if you have any questions, or are interested in covering!
Individual press visits are available on request to experience the driving routes firsthand.

Best,
XX

PRESS RELEASE

New National Routes to Showcase the Very Best of Wales

November 7, 2017 – Visit Wales has today announced the launch of The Wales Way, a family of three national scenic touring routes that cross the country's most epic landscapes, showcasing its fascinating history, coastlines and attractions.

Packing in over 6,000 years of history, the three routes lead travellers across ancient paths, drovers' ways, and along roads built by the Romans. Meandering through the very best of Wales' landscapes and attractions, the routes allow visitors to unearth the country's gems and unique, authentically-Welsh experiences.

The Wales Way has been designed to provide 'stepping stones of discovery', with a density and compactness of sights and attractions that appeal to those not looking to the final destination as an event in itself. It's these compelling opportunities to stop and linger every few miles that differentiate the routes from their competitors, with more reasons to be out of the car than in.

The three Ways have been designed to intersect, so can be enjoyed alone for shorter breaks, or linked together for longer adventures. Whether you go for coast, mountains or culture, the beauty of these routes, and the thing that makes them really stand out among their counterparts, is that you can so easily create your own, custom-built Welsh road trip." In Welsh it's known as going *igam ogam* – 'step-to-step', or 'zig-zagging' – discovering your own secret places.

The Wales Way isn't confined to driving; the routes offer rail connections, walking paths, cycling routes and horse riding trails – so anyone can explore the best of what Wales has to offer in a way that inspires and excites them.

The Coastal Way celebrates Wales' epic coastline and travels the wild and rugged west coast around Cardigan Bay from Aberdaron to St Davids, where dramatic seascapes meet the mountains. This 180-mile (290km) road trip, with the sea on one side and mountains on the other, tours a series of picturesque harbour towns and resorts such as Barmouth, the historic city of St Davids, tiny fishing villages such as the brightly painted Aberaeron and countless beaches, cliffs and hidden coves.

Travelling from top to bottom along the mountainous spine of the country, **The Cambrian Way** focuses on Wales' beautiful countryside and runs for 185 miles (300km) between Llandudno and Cardiff, winding through the Snowdonia and Brecon Beacons National Parks, with epic scenery and adventure around every corner. Pass through the quaint village of Betws y Coed in the foothills of the Snowdonia, before embarking on epic zip-lining and underground adventures at ZipWorld and Bounce Below.

The North Wales Way is rich in culture, and although just seventy five miles in length, is packed with thousands of years of history and includes two UNESCO World Heritage sites. The North Wales Way offers a gateway to Snowdonia's mountain adventures and the ancient history of Anglesey. Experience the bridges of the Menai Straits and discover the area's industrial heritage at glorious Parys Mountain, once the world's largest copper mine

Aston Martin, which is in the process of opening its second UK plant in St Athan Nr Cardiff, has partnered with Visit Wales on the launch of The Wales Way. **Dr Andy Palmer CMG, President and CEO of Aston Martin, said:** "We're incredibly impressed by everything Wales has to offer and my team has had a fantastic time exploring and filming on its roads. We're very proud to be able to help launch these routes and look forward to welcoming visitors from the world over to experience them for themselves."

Welsh Government, Cabinet Secretary for Economy and Infrastructure, Ken Skates, said: "This initiative emphasises the epic experiences that Wales has to offer – rather than simply the journey from A to B. The routes will encourage visitors to stop and visit different places, areas, attractions and products which will enable them to get a deeper understanding of Wales and will benefit the local tourism industry too."

The Wales Way is easy to follow thanks to a series of route maps available at visitwales.com, complete with a guide to the unmissable attractions and uniquely Welsh experiences along the way.

For more information on The Wales Way, see www.thewalesway.com; www.fforddcymru.cymru

ENDS

Notes to Editors

For media assets, see:

Images and maps credit- Visit Wales: <http://bit.ly/2zAEEEn2>

Wales Way video: <https://youtu.be/oxDNOKXk-MA>

For more information, interviews, and press trip requests, contact:

Kate Monohan, Weber Shandwick kmonohan@webershandwick.com; 212-546-7802

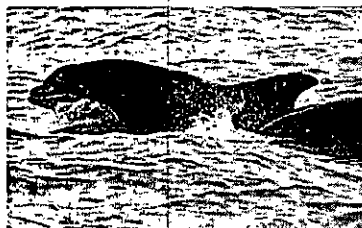
World Ocean's Day (June 8) is a global day encouraging solutions for a healthy ocean, and draws attention to the importance of the ocean in our lives. In the country of Wales, 2018 is the Year of the Sea - a themed year dedicated to highlighting Wales' epic shores.

This includes the 870-mile Wales Coast Path – the first in the world to follow a country's coastline in its entirety – as well as 230 beaches, and 50 magical islands home to seals, porpoises and Britain's largest population of bottlenose dolphins.

Wales invites visitors to discover new epic experiences all around the country's shores with special events and attractions throughout the year. Wherever you are in Wales, you're never more than just over an hour from the sea. With a language and culture that's the oldest in Britain, unique coastal accommodations and food and drink made with skill by passionate people straight from the sea – this is the greatest coastal experience of 2018.

HIGH-RES IMAGES: [here](#)

Highlighted coastal adventures in Wales include:



Meet the puffins on Smoker Island: Just 15 minutes away from mainland, the short boat ride takes you to a different world. The relationship with the wildlife is unlike anywhere else in the world, as you are able to get so close to the puffins and seabirds; witness the seal pups being born on the cliffs



Go surfing Whitesands Beach: It is overlooked by the imposing craggy hill of Carn Llidi, this wide expanse of fine white sand curves north towards the remote rocky headland of St David's Head. This is one of the best surfing beaches in the country and therefore very popular. The surf 'break' is at the northern end and on busy days there are canoeists, surfers and body boarders competing for the best wave.

Visit Pembrokeshire, a Victorian seaside town with more award winning beaches than skyscrapers and more coastal walks than taxi lines. A place for walkers, nature lovers, foodies and families. Go on a boat trip to Ramsey Island: It's a real gem of wildlife habitat, like the Galapagos of the Pembrokeshire coast.

You meet the two wardens who live there all year round on this working farm just off the St David's peninsula.



Wales is famous for aquatic adventure sports including surfing, stand-up paddle boarding, scuba diving and coasteering – an activity pioneered in Pembrokeshire. The coast is inhabited by puffins, dolphins, seals and even orca whales.

More info: <http://www.visitwales.com/> • Digital Brochure

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Wales Embarks on Next Epic Adventure with Launch of Year of the Sea 2018

January 8, 2018: Visit Wales has embarked on another epic adventure with the launch of Year of the Sea 2018.

Following the successes of previous themes with Year of Adventure 2016 and Year of Legends 2017, Year of the Sea 2018 will celebrate the country's outstanding coastline, maritime heritage, sea-bound activities and coastal wildlife.

Wales has lots to offer in a themed year dedicated to the sea, including a unique 870-mile coastal path – the first in the world to follow a country's coastline in its entirety – as well as 230 beaches, 50 islands and higher ratio of Blue Flag beaches per mile than anywhere else in Great Britain.

However Year of the Sea will be about more than just the coast. The campaign's shores will include everything from rivers and journeys to the sea. It will embrace the proximity of Wales' countryside and coastline and celebrate its coastal communities and culture.

Visitors can delve into the past along Wales' shore, conquering ancient castles, exploring the hidden secrets of historic homes, tracing the trails of pirates and bringing myths and legends to life. Wales' coastlines play host to the pirate tales of Tenby and the infamous Sir Henry Morgan, the Victorian seaside resorts of Llandudno that inspired the stories of Alice in Wonderland and ancient legends such as Bardsey's island of 20,000 saints and Cantre'r Gwaelod's sunken kingdom.

Wales is famous for aquatic adventure sports including surfing, stand-up paddleboarding and coasteering – an activity pioneered in Pembrokeshire – as well as Surf Snowdonia, the world's first inland surfing lagoon. The coast is inhabited by puffins, dolphins, seals and even orca whales.

Visitors to Wales can soak up the stunning views while sampling local ale or freshly caught seafood at one of the fisherman's pubs dotted along the coastline or at one of the country's fine waterfront restaurants.

The Year of the Sea promises to offer an inspiring programme of events, including the Volvo Ocean Race, which will come to the UK for the first time in a decade – the first time ever to Cardiff. An epic, maritime adventure that pits the sport's best sailors against each other, it is a true test of human endurance and teamwork at sea as they race around the world. The Volvo Ocean Race festival site, called the Race Village, will be located on the scenic Cardiff Bay Barrage in May 2018 to welcome the competitors into the city. The two week free event will host a variety of entertainment and Volvo Ocean Race-themed attractions.

This year's theme also complements the country's latest major tourist attraction: The Wales Way. An ambitious new family of three national scenic touring routes launched in November 2017, The Wales Way crosses the country's most epic landscapes, showcasing Wales' fascinating history, coastlines and attractions. Two of the three routes run along Wales' north and western coasts, taking in the very best of the country's shorelines and scenery.



The themed years are known to be a hit with visitors and make a huge difference to Wales' economy, with the Year of Adventure 2016 reported to have generated an additional £370 million for the Welsh economy – an 18 percent increase from 2015. Year of the Sea hopes to build on last year's record-breaking visitor numbers; during Year of Legends 2017, some 42 percent of tourism businesses in a Visit Wales Business Barometer survey revealed they had more visitors than the year before.

Visit Wales' Year of the Sea is backed by some of the country's top nautical ambassadors, including double Olympic medallist sailor Hannah Mills MBE, three times Kitesurfing World Wave Champion Kirsty Jones, and world record-breaking rower Elin Haf Davies.

Hannah Mills commented: "I am so excited to be involved in Year of the Sea. Growing up in Cardiff and exploring the coasts and seas around Wales from Anglesey to Mumbles, the Welsh coastline has had a huge impact on shaping my earlier career. Those memories and beautiful experiences sailing in such a stunning place remain very firmly in my mind."

Welsh-born Hollywood actor Luke Evans (Beauty and The Beast, Girl on the Train, The Hobbit), who currently features in Visit Wales' campaign film for Year of the Sea, added: "I have such fond memories of spending holidays by the coast in Wales, and I try to get back here as often as I can. It offers complete respite from the hustle of everyday life and reminds me how lucky I was to grow up surrounded by such awe-inspiring scenery."

Last month, Rough Guides named Wales as one of the top five places in the world to visit, an accolade that was preceded by Lonely Planet naming North Wales a top-10 global destination to visit for 2017.

-ENDS-

For more information, interviews, images, and press trip requests, contact Kate Monohan, Weber Shandwick: kmonohan@webershandwick.com

Experience the Year of the Sea for yourself

The Wales Way – The Coastal Way



The Wales Way is a family of three national routes that lead along the Welsh coast, across castle country and through the mountains. The Coastal Way is a fantastic way to discover the Welsh coastline. The Coastal way runs the entire length of Cardigan Bay – a 180-mile (290km) odyssey that threads between beautiful blue seas on one side and epic mountains on the other. There is plenty to do and see on The Coastal Way from sandy beaches and towering cliffs to fishing villages and

harbour towns filled with quaint shops and restaurants, serving freshly caught fish daily. Experience The Wales Way, your way: <http://thewalesway.com/the-coastal-way>

Runs between: Aberdaron and St Davids

Distance: 159mi/256km

Driving time (non-stop): 4.5 hours

Volvo Ocean Race: Race Village



This year sailing takes centre stage in Cardiff as the Volvo Ocean Race stops in the UK for the first time in over a decade. The former industrial port of Cardiff Bay will host the Volvo Ocean Race for the first time. Come and join the fun at the race village from 27th May – 10th June 2018, and expect a carnival-like atmosphere as teams head to the port. Fans can also get a first-hand taste of the race with a new “pit lane” experience. The race’s concept is simple: it’s a round-the-clock pursuit, the ultimate ocean-based marathon, pitting the

sport’s best sailors against each other across the world’s toughest waters.

For more information: www.volvoceanrace.com/en/home.html

Castles galore!



With over 600 castles to choose from in Wales, you’re never too far away from one, and there’s plenty that are by the sea. So take a step into Wales’ fascinating history and experience the sea with your feet firmly on the ground. Explore away whatever the weather, from Caernarfon castle in the North West to Llansteffan castle in South West Wales.

For more information: <http://www.visitwales.com/things-to-do/attractions/castles-heritage/is-wales-the-castle-capital-of-the-world>

Lobster Safari, Conwy



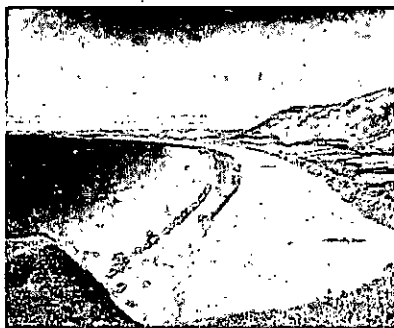
This two-hour long trip is the perfect introduction to the Welsh coast. Learn all there is to know about lobsters from skipper Carl Davies, a qualified Marine Biologist. The safari explores around the cliffs of the Great Orme and, as well as taking in the beautiful scenery, look out

for any wildlife that may be around. At the end of the trip, there is an opportunity to buy fresh lobster and crab for tea!

Prices for adults are from £20.00 and £14.00 for under 16s. Trips run from Easter to October.

For more information: www.sea-fishing-trips.co.uk

Rhossili Beach, Swansea



Fancy visiting Europe's best beach? Well look no further than Rhossili beach in Swansea. This spectacular beach was voted the best beach in Europe in Suitcase magazines top 10 beaches in the world. Located on the Gower Peninsula, which became the UK's very first Area of Outstanding Natural Beauty – learn to surf, enjoy a walk or simply take in the beautiful landscape that this beach has to offer. Experienced Swansea Surf School has over ten years of teaching surf lessons and providing friendly professional advice to ensure clients receive their most out of the lesson. The lessons take place at Caswell

Beach and Llangennith.

Price: From £25+ (group bookings available.)

For more information: www.swanseasurfing.com

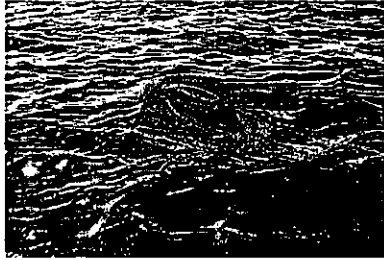
Sea Kayaking, Morfa Bay Adventure



Experience the wild waters of Wales by sea kayaking with Morfa Bay Adventure. The team at Morfa Bay, on the border to the Pembrokeshire Coastal National Park has over 30 years of experience in the outdoor adventure industry. Group bookings are available for full weekends, as well as half and full day activities. There are a number of other water sport activities available too.

For more information: <http://morfabay.com>

Dolphin Watching



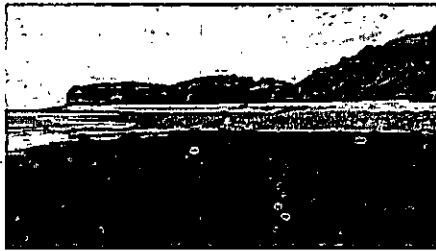
Cardigan Bay is home to the UK's biggest pod of dolphins. You should be able to spot bottlenose dolphins all year round but there are some locations that are better than others. For example, New Quay in the summer is the ideal site for spotting them, and if you are very lucky, you might be able to spot seals, porpoises, basking sharks and even orcas. If you want to experience an organised tour, A Bay to Remember covers around 10 miles on every one-hour trip making sure you see as

much as possible. The tours are available from March through to October weather and tide depending.

For more information on the best locations for dolphin watching:

www.visitwales.com/explore/wildlife-fauna/dolphin-spotting-locations

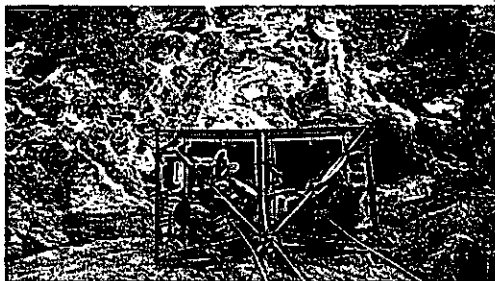
Beach Barbecue, Porthkerry, Barry



From coastal paths and sandy walkways, Wales has an array of beautiful beaches to explore and discover. A tranquil 200 acres of woodland and meadow lead down to the pebble beach of Porthkerry, making it the ideal spot for a beach barbecue. The beach has a purpose built barbecue area to use, bring all your food and admire the very best of the Welsh coastline.

For more information on the best beach barbecue spots: www.visitwales.com/things-to-do/attractions/beaches/10-top-barbecue-beaches

Cliff Camping, Gaia Adventures



Experience the Welsh coastline from a thrilling and completely new perspective. Camp on the side of a cliff and enjoy the feeling of being at one with the ocean. The team at Gaia Adventures will also cook up a hearty hot meal for you to enjoy as you take in the sea breeze.

Prices start from £300.00 for two people.

For more information: www.gaiaadventures.co.uk

Stand-up Paddle Boarding, 360 Swansea



Navigate your way around the fresh seawaters of Swansea on a stand-up paddleboard. On flat water, paddle boarding allows you to explore the picturesque sea and enables you to catch the waves early and access breaks that surfers cannot.

Sessions at 360 Swansea start from 24th March 2018 after closing in the chiller winter months and prices start from £15.00 per person.

For more information: <http://360swansea.co.uk>

Scuba Diving, Anglesey Divers



Did you know Anglesey is one of the best drift diving spots in the UK? From beginners to the most experienced divers, the Welsh coast will certainly impress. There's plenty to delve into in Anglesey, including shipwrecks and spectacular marine life.

Start in the introduction pool and continue into the open water with Anglesey Divers 'Try Scuba

Diving' one-day course.

For more information: www.diveanglesey.co.uk

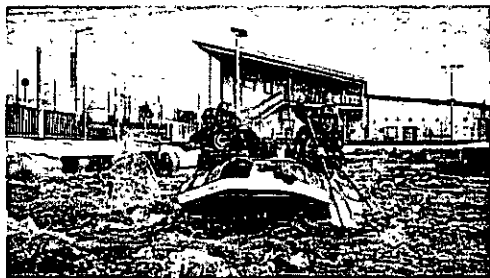
Beach House, Gower



The Beach House restaurant has been voted the AA Restaurant of the Year for Wales 2018. This beautiful restaurant enjoys a stunning natural setting located right on the soft golden sands of Oxwich Bay with magnificent coastal views. Head Chef and native Welshman Hywel Griffith is passionate about local produce and his team prepare dishes with skill, experience and creativity.

For more information: <http://beachhouseoxwich.co.uk>

White Water Rafting, Cardiff International White Water



Head to the hustle and bustle of the capital city and experience something completely different to what your average city would offer: white water rafting. Cardiff International White Water is based in Cardiff Bay, where the Volvo Ocean Race will come to the UK for the first time in a decade later this year. Take part in their watercourse with up to five friends. Prices start from £40.00 per person.

For more information: www.ciww.com