



Lôn Geltaidd Gorllewinol

Celtic Trail West

5-day Self-guided Cycling Holiday

The Celtic Trail spans the breadth of Wales, from Fishguard in the West to Chepstow on the English Border. The Celtic Trail West tour is a 144-mile loop of the western section of the trail using Sustrans routes 4 and 47. It offers the best of both worlds



– Pembrokeshire's rugged and wildlife-rich coastline and the rural hinterland of Carmarthenshire where fabulous castles and the National Botanic Gardens lie en route.

Day 1

Fishguard to Broad Haven (34 ½ miles)

The journey begins on the Pembrokeshire coast in Fishguard, at the mouth of the Gwaun River. It's a fabulous



first day, with the route sticking close to the sea as you head south-west, before heading inland to the cathedral city of St David's. It's worth a short detour today to visit the delightful Melin Tregwynt – a centuries-old woollen mill still in operation and with an excellent café! An easy

ride along St Bride's Bay brings you to the renowned surfing waters off Newgale Beach. The final part of the day is more strenuous but you are rewarded with fabulous views of Ramsey Island and Skomer Island. Where the route stays close to the shore, there are rock pools and coves to explore, and several idyllic spots to rest your legs.

Day 2

Broad Haven – Tenby (29 miles)

It's a cross-country ride to Pembroke, with its sturdy stone castle and 12th century keep – worth climbing for views of the town! Follow the route of a Neolithic trackway known as The Ridgeway, to finish the day in the pretty town of Tenby with its pastel-painted beachfront.



Day 3

Tenby to Carmarthen (34 ½ miles)

A strenuous day on quiet lanes, with a couple of stiff climbs to test your legs. Laugharne Castle makes a good stopping off point, and don't miss The Boathouse at Laugharne,



where Dylan Thomas penned the famous *Under Milk Wood*. There is also an imposing castle, in a tranquil spot surrounded by greenery. Follow the River Taf upstream

today to St Clears, through a landscape steeped in archaeological significance. The area is dotted with prehistoric sites, and the town of Carmarthen itself has been in existence since the Roman occupation of Britain.

Day 4

Carmarthen to Crymych (24 miles)

Today's route wiggles through the fertile Carmarthenshire countryside, following narrow lanes and dipping in and out



of river valleys for much of the day. If you like your cheese, there's a warm welcome at the Caws Cenarth organic dairy farm, where cheese has been hand crafted for decades.

Day 5

Crymych to Fishguard (21 ½ miles)

On the final day you cross hilly but lovely countryside, with stunning views of the Preseli Hills and Dinas Head. Look out for standing stones and stone-topped burial chambers too and ponder how the architects of Stonehenge managed to transport "bluestones" from the area all the way to Wiltshire. A downhill swoop into Fishguard brings the day's ride – and your journey on the Celtic Trail – to an end.

Tour summary

Duration	5 days
Distance	144 miles (230 km)
Grading	Moderate/Strenuous
Price	£575 per person based on 2 people sharing a twin/double room. Contact us for sole traveller/single occupancy rates.
Meals	Cooked breakfast included. Packed lunches & evening meals can be arranged on your behalf if required.
Options	Add an extra night at any stage of the tour, prices from £40pp per night.
Bike Hire	Bike hire is included in the tour price. For tandem bikes, please add £10pp 10% discount if you bring your own bike.

Remember, this itinerary is just the starting point.

Please contact us if you have any special requirements and we will be happy to tailor the tour to suit you.