

Cycle the Celtic Trail



Highlights

A circular trip cycling the western section of the Celtic Trail in Pembrokeshire and Carmarthenshire. With a detailed route map, and accommodation planned along the way, all you need to concentrate on is hitting the cycle paths and seeing the sights.

The Celtic Trail is arguably Wales's finest cycle trail, there are large traffic free sections (along the Millenium Coastal Path) perfect for a family cycling holiday and of course lots of picnic friendly beaches and quaint fishing villages hosting delicious local produce. Wales is rich in Celtic history and the Celtic Trail passes countless dramatically situated standing stones.

You'll be exploring the western section of the Celtic Trail, coasting through the glorious Carmarthenshire and Pembrokeshire countryside on this seven-day tour, and there are plenty of high points dotted along the way. Start off with the sweeping views of the Pembrokeshire coast before wending your way inwards to St David's – a tiny place that's more like a village than a cathedral city. Then there's Laugharne with its crumbling castle that overlooks the Taf estuary. This place is also well known for its Dylan Thomas connections – the writer scribed 'Under Milk Wood' in the boathouse here. Lastly, look out for standing stones and stone-topped burial chambers as you ride through the Preseli Hills.

Is it for me?

The team who run this tour has graded this trip as moderate. That means, basically, you'll need to have a decent level of fitness and if you're planning on bringing the kids they'll need to be confident cyclists. It's a self-guided tour so this would make a great family-bonding trip, and as long as everyone's happy spending most of the day on two wheels, it should go without a hitch (though we can't vouch that they'll be no bickering along the way if you've got teenagers in tow). You'll cover 144 miles over seven days, which averages out at about 20 miles a day – so while it's not too taxing, you should just about feel the burn.

Accommodation

You'll be staying in B&B accommodation and good guesthouses that the team has used previously – so they know they're of a high standard. In terms of food, aside from breakfast – which you'll get at your accommodation - you'll need to provide your own so make sure you budget extra for this.

Itinerary

Day 1-Fishguard to St David's (19 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 going 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!

Day 2-St David's to Broad Haven (15 miles)

An easy ride along St Bride's Bay brings you to the renowned surfing waters off Newgale Beach. The second half of the day is more strenuous but fabulous views from Ramsey Island to Skomer Island are more than enough reward for the climbs. Where the route stays close to the shore, there are rock pools and coves to explore, and

Prices from

685 GBP (7 days) per person

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several idyllic spots to rest your legs and enjoy the view.

Day 3-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 4-Tenby to Laugharne (16 miles)

A short day on quiet lanes, but with a couple of stiff climbs to test your legs. Laugharne Castle makes a good stopping off point for a picnic and a rest before the final miles to Laugharne. Don't miss The Boathouse, where Dylan Thomas penned the famous Under Milk Wood, and the imposing castle, in a tranquil spot surrounded by greenery.

Day 5-Laugharne to Carmarthen (18 ½ miles)

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. Set astride the River Towy, Carmarthen is a great place to stop and offers plenty of restaurants and cafes to enjoy a well-deserved meal.

Day 6-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 Gwynfor and Thelma have been handcrafting cheese for decades.

Day 7-Crymych to Fishguard (21 ½ miles)

Let's hope your legs have some life left in them! The final day crosses 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.

Details

Getting there

Fishguard has its own train station which is served by Arriva Trains Wales, or if you're travelling from Ireland there's the ferry from Rosslare.

Price includes

Price quoted is for the 7 day cycle ride. The price for the 5 day cycle ride is £535.

Pick-up and drop-off at nearest railway or bus station at the start and end of the tour, 7 nights accommodation in B&Bs and guesthouses, luggage transfer, emergency vehicle back-up, custom maps with your daily ride highlighted and route guide including directions and background information. 7 days' hire of a quality hybrid bike is included and a handlebar bag, puncture repair kit, lock and water bottle are also supplied.

Available

Jan—Dec

Typical Duration

1 week

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed