

# Cruise Wales



# Wales – what will you discover?



Mae'r prosiect hwn wedi derbyn cyllid drwy'r Gronfa Ymgysylltu Twristiaeth Ranbarthol ac yn derbyn cefnogaeth y Rhaglen Datblygu Gwledig 2014–2020 – Cymunedau Gwledig Llywodraeth Cymru sy'n cael ei ariannu gan Gronfa Amaethyddol Ewrop ar gyfer datblygu gwledig (EAFRD) a Llywodraeth Cymru. Nod y Gronfa yw gwella profiadau ymwelwyr a chreu cyrchfannau cryfach drwy gydweithio.

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# Croeso i Gymru! Welcome to Wales!



View from Snowdon,  
the highest peak in Wales

## WHY WALES?

**Wales is a country like no other. Its natural beauty is second to none; a fifth of the land is within one of three National Parks (namely Snowdonia, Brecon Beacons and Pembrokeshire), a third is protected because its flora and fauna are of special scientific interest and there are five Areas of Outstanding Natural Beauty, not to mention 870 miles of walkable coastline.**

Within the spectacular mountains, valleys, rivers, sand dunes, forests and seas, there is a whole lot of adventure to be had. The rich cultural heritage

offers unique experiences, such as exploring the sites of some of the 600+ castles built in the country, hearing a live male voice choir, following in the footsteps of world-famous Welsh poets and tasting the sweet delights of a Welsh cake. The people of Wales are friendly, inviting and proud of their home nation, leaving visitors with lasting impressions besides the dramatic scenery.

At Cruise Wales, we aim to offer your passengers a wonderful time in this outstanding country, helping you to

share the best of Wales with your passengers and leaving them with memories of a lifetime. Wales has six unique cruise ports that provide access to North, South and Mid Wales and the endless opportunities that lie within them. From ziplining above rolling hills at over 100 miles an hour to relaxing on a steam railway to the top of Snowdon mountain, there is something unforgettable for all ages and abilities.

Wales – what will you discover?

# Culture & Heritage

In Wales, patriotism, culture and heritage are held in high esteem. The three things overlap in many of the ways the country distinguishes itself. For example, a Welsh artist's love of his country inspires his artwork (as was the case for painter Kyffin Williams and poet R S Thomas).

Wales is often referred to as the 'land of song'. It has many choirs, a lively theatre and drama scene, a love of live music and an annual National Eisteddfod (a major eight-day event where the public perform in music and poetry competitions). A large part of the Welsh culture and heritage is the language, which is spoken widely across Wales.

St Fagans National Museum of History, Cardiff



Owain Glyndŵr, the last native Prince of Wales

## MYTHS & LEGENDS

Storytelling is a big part of Welsh culture. Myths and legends have been passed down through the generations from as far back as the first millennium, both orally and through written tales and medieval manuscripts. From place names and landmarks to people and animals, many things in Wales have links to words of the past. Even the flag, Y Ddraig Goch (the red dragon), is steeped in legend.

## INDUSTRIAL

The modern history of Wales is one of industrialisation. The demand for iron, coal and steel – and the availability of raw materials in the mineral-packed Welsh valleys and countryside – brought money, fame and modernity to the country. Enthusiasts can explore a disused coal mine at Big Pit. Manufacturing, fishing and agriculture have always played their part too, with Wales' island status making it ideal for importing and exporting goods.



Big Pit National Coal Museum, Blaenavon



Skomer Island, Pembrokeshire

## NATURE & WILDLIFE

Wales' terrain caters to millions of creatures and plants. In the skies fly red kites, ospreys, puffins, the world's greatest concentration of Manx shearwaters, terns, waders, falcons and more, while the waters house many animals including dolphins, seals, otters, porpoises and turtles.

Wales has some of the largest areas of flower-rich grassland, thousands of rare plants, Europe's largest active sand dunes and some of the continent's best temperate forests.

## ACTIVITIES

For thrillseekers and big kids, Wales is one giant adventure playground. Activity providers make the most of the undulating terrain, accessible coastline and varied weather. Popular activities include coasteering (jumping, climbing, scrambling and paddling along the coastline), caving, gorge walking, mountain biking, hiking, surfing, ziplining and sailing. There are quirky indoor activities too, such as trampolining in a cave at Bounce Below or watching busy bees at the National Beekeeping Centre Wales.



Adventure Parc Snowdonia, Conwy

# Cardiff

Wales' vibrant capital city balances history with modernity, compactness with grand ambition and cosmopolitan architecture with parks and gardens. There's lots to explore in the city, plus the countryside, beaches, mountains and former mines are within easy reach.

As an easily-navigable city, visitors can walk from one point of interest to another while enjoying the sights.

#### Treats galore

Its fast-paced food and drink scene has pop-up eateries, specialty coffee shops, established restaurants and cocktail bars. Big brands fill St David's shopping centre, while the Victorian and Edwardian arcades house independent boutiques and quirky shops. Cardiff's indoor market sells Welsh cheese, freshly-caught fish, souvenirs and other things.

#### Capital castles

Cardiff Castle, a medieval castle and a Victorian Gothic Revival mansion, is located in the heart of the city. The interior is extravagant: gold leaf, marble and intricate wood carvings. The fairytale-like sibling, Castell Coch, can be seen from the top of the keep.

#### Cultural cornerstones

The white-stoned civic centre buildings sit on wide avenues near parkland. There you'll find National Museum Cardiff. It is home to the best collection of Impressionist paintings outside of Paris, displays of Welsh art through the ages, touring

shows and permanent exhibitions on zoology, archeology and more. On The Hayes, a central shopping street, the Cardiff Story tells the city's history.

Boat tours run along the River Taff from Bute Park to Cardiff Bay, passing the 76,000-seat Principality Stadium. Cardiff Bay is the result of the regeneration of the docklands that were central in the country's industrial past. It is culturally rich, with the Wales Millennium Centre hosting theatre shows, the Norwegian church where Roald Dahl was baptised and seasonal events.

Cardiff city centre, including Principality Stadium and Cardiff Castle

# TOURS

## Caerphilly Castle

Discover the largest castle in Wales, with a tower that leans more than the Tower of Pisa

## Cardiff Walking Tour

Take a historical stroll from Cardiff Castle in the city centre to former docklands in Cardiff Bay

## Castle Country Tour

Travel through time with guided visits to Cardiff Castle, Castle Coch and Caerphilly Castle

## Experience Tours

Go 300 metres underground at Big Pit National Coal Museum or watch millions of coins being made at The Royal Mint Experience

## Millennium Centre 'Behind the Scenes' Tour

Walk in the footsteps of stars as you explore the inner workings of this iconic building

## St Fagans National Museum of History

Trace centuries of Welsh life, culture and architecture in this award-winning open-air museum

## The National Trust Tour

Wander around two fine mansions and their grounds: Dyffryn Gardens and Tredegar House

## Tintern Abbey and Monmouth

Visit the Wye Valley abbey that inspired Wordsworth and Turner and the elegant market town of Monmouth

## Waterfall Country Tour

Hike to – and even behind – famous waterfalls in the Brecon Beacons National Park



Top: Cardiff Bay Food Festival  
Above: Millennium Centre, Cardiff Bay

Castle Arcade, Cardiff

South Wales

# Swansea



Wales' Waterfront City, Swansea, is known for its golden beaches, undulating hills, the Gower Peninsula and the poet Dylan Thomas. Boasting culture, heritage and unspoilt landscapes, it has plenty of entertainment to offer visitors.

View of Swansea Bay

Swansea combines city, culture, coast and countryside on the sweep of a five mile bay. Its centre is compact and easy to walk around, with shopping centres, cafes, museums and galleries. Swansea Market, voted best in the UK, has local delicacies including cockles, laverbread (seaweed) and Welsh cakes hot off the griddle.

Drive 20 minutes from the port to Mumbles, a former oyster-fishing village. It's a haven for boutique shopping, Welsh crafts (including lovespoons) and fresh ice cream.

Oystermouth Castle, at the centre of the village, has spectacular views over the bay.

#### Nature's finest

Past the headland, you're met by a succession of towering cliffs and miles of award-winning sandy beaches: the Gower Peninsula. It was the UK's first region to become a designated Area of Outstanding Natural Beauty, and you can see why with the likes of Three Cliffs Bay and Rhossili Bay. Gower also has links to Arthurian legend; Arthur's Stone is at one of the peninsula's highest points.

#### Future attractions

In 2021, a 3,500-seat arena will open, showcasing live music, theatre and exhibitions. In 2022, Penderyn Whisky Distillery will open with a visitor centre on the Morfa Copperworks heritage site.

#### Easy access

Swansea city centre is a 20 minute walk from the port, crossing the SA1 Waterfront area. The city is the gateway to Carmarthenshire, home to the National Botanic Garden of Wales and the walled gardens of Aberglasney.

## TOURS

### **Gower Coast Path Walks**

Uncover sandy bays, craggy cliff tops and rare flora and fauna on the protected peninsula

### **Literary Lunch**

Discover the life and works of Wales' most famous bard at the Dylan Thomas Centre then visit his birthplace

### **Medieval to Modern**

Travel through time and place, covering Mumbles, Oystermouth Castle, Swansea Bay and the National Waterfront Museum

### **Outstandingly Beautiful**

Take a relaxing tour to see why the gorgeous Gower Peninsula was the UK's first Area of Outstanding Natural Beauty

### **Welsh Whisky River Cruises**

New for 2022, take a river cruise in a restored river barge then enjoy a tour and tasting at Penderyn Distillery



Top: Swansea Market

Above: Oystermouth Castle, Mumbles



Langland Bay, Gower

# Pembroke Dock

Across the water from Pembroke Dock lies its twin port, Milford Haven. Both are located on the Milford Haven Waterway, Wales' largest estuary and one of the deepest natural harbours in the world.

Statue of Henry VII,  
Pembroke Castle

Pembroke Dock was founded in 1814 when a small fishing village and a large patch of farmland were turned into a Royal Navy Dockyard. It acts as a waterside extension of the neighbouring town Pembroke, one of the larger towns in the county.

Remnants of Naval use remain, including two Martello towers (small coastal forts), two listed hangars and parts of the Llanion Barracks. The Pembroke Dock Heritage Centre, based in the Garrison Chapel, tells the story of the town's maritime, military and social history. Interestingly, back in 1979, the Western Hangar housed

a three-month secret project named 'The Magic Roundabout'. It was later revealed that a select team of people built a life-sized, moving prop of Star Wars' Millennium Falcon there for the filmmakers to use in the film *The Empire Strikes Back*.

Pembroke Castle is two miles from the port. Founded by the Normans in 1093, the stone fortress sits at the tip of a peninsula and is surrounded by water on three sides as a defence measure. It was the birthplace of Henry Tudor, who went on to become Henry VII.

The beaches near Pembroke Dock are well worth a visit. Barafundle Bay Beach, Freshwater East and West and Manorbier Beach are unspoilt, with sprawling sands backed by undulating hills and cliffs. Golfers are spoilt for choice: The South Pembrokeshire Golf Club sits above Pembroke Dock, offering views to Milford Haven, while nearby Tenby Golf Club has sea vistas.

## TOURS

### **Alpaca Trekking Experience**

Meet, pet and take a leisurely walk with Pembrokeshire's quirkiest herd

### **Fly Wales**

Jet off to Snowdonia in North Wales and back, with a midway picnic at Caernarfon Castle

### **Green Lanes of Wales**

Discover, forage and taste the fresh local produce of the peninsula

### **Harbwr Brewery**

Watch brewers make ale at this Tenby-based brewery and tap house, then sample the goods

### **Pembrokeshire Safari**

Hop in a Land Rover Defender for a private tour of the region's landmarks and idyllic coast

### **Picton Castle and Gardens**

Tour Pembrokeshire's finest stately home, with 40 acres of landscaped gardens and woods

### **Pointz Castle Ice Cream**

See how local gelato is made, from milking the cows to scooping onto the cone

### **Tenby Coasteering**

Jump, climb, swim and scramble along the rugged coastline with qualified instructors

### **Tenby Golf Club**

Play 18 holes at the oldest course in Wales, with sea views at every point



St David's Cathedral, St David's

# Milford Haven



Milford Haven is a busy town that centres around its position as a gateway to everything Pembrokeshire has to offer. The port is on the north of the Milford Haven Waterway, a natural harbour used since the Middle Ages.

Milford Haven Marina

Situated in the southern half of Pembrokeshire Coast National Park, Milford Haven is well-placed for exploring the region. That is, however, after seeing what the town itself has to offer. The town centre is only half a mile from the port, so is easy to reach by foot. Recent developments, such as the Milford Waterfront, have brought new life to the town with shops, cafes, restaurants and leisure facilities.

#### **Adventure awaits**

With such incredible coastal access and dramatic landforms, it's no wonder that people go to Pembrokeshire for activity breaks. There are instructors across the region to help visitors enjoy coasteering, kayaking, surfing, stand up paddleboarding, sailing, caving, climbing and much more. A short drive from Milford Haven takes you to the stunning beaches of Broad Haven, Little Haven and Marloes.

#### **Nearby destinations**

It takes about 30 minutes by car to reach Tenby, a harbour town and resort with three fantastic and varied beaches. Its town walls date back to the 13th century, and these days they share the main streets with independent shops, ice cream parlours and friendly pubs. The harbour sits below a steep street of pastel-coloured cottages and is a hotspot for crabbing, boating and eating the catch of the day. Nextdoor to Tenby is Saundersfoot, a large village with a wide beach and great eating places.

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Pembrokeshire Fish Week Festival



Tenby Coasteering

# Fishguard



At the mouth of the River Gwaun, Fishguard is a small but fascinating Pembrokeshire town. It is divided into two – the quaint town and the old harbour area – and has a twin town to the west called Goodwick.

Ramsey Island Tours

Fishguard is perched on the rocky tip of beautiful Pembrokeshire. It has a strong, welcoming sense of community and feels Welsh, through and through.

#### **Coastal beauty**

This part of the Pembrokeshire Coast Path has lots of pretty vantage points over the waters. The Strumble Head – Llechdafad Cliffs Site of Special Scientific Interest has one of the last lighthouses to be built in Britain and supports a diverse range of rare species, including the chough and small blue butterfly. Nearby, Dinas

Head, where sheep graze beside avid walkers, is the northernmost part of Dinas Island Peninsula.

#### **Myth, legend and history**

The 'last invasion of mainland Britain', also known as The Battle of Fishguard, took place in the town in 1797. Visitors today can see a 100ft-long Last Invasion Tapestry dedicated to the event, which was sewn by 78 volunteers to mark the 200th anniversary. Barti Ddu, the most successful pirate of the Golden Age of Piracy, also came from nearby.

#### **Saintly surroundings**

Less than half an hour away by car is St Davids, Britain's smallest city. It is the birthplace of the patron saint of Wales, who founded a monastery on the site where the impressive St Davids Cathedral now stands. Every year, thousands of pilgrims visit the cathedral and what remains of the Bishop's Palace. Elsewhere in North Pembrokeshire, there are stunning beaches of all sizes, historic trails, castles, cute villages, country pubs and wool mills.

## TOURS

### **Cardigan Castle**

Tour the town's medieval castle before strolling along the charming high street

### **Carew Castle and Tenby**

Explore a limestone castle and a restored tidal mill then spend time in the bustling seaside town of Tenby

### **Coastal Walk**

Walk a circular route that takes in beaches, fields, tors and villages along the Pembrokeshire Coast Path

### **National Botanic Garden of Wales**

Wander around themed gardens, the world's largest single-span tropical glasshouse, a butterfly house and the British Bird of Prey Centre

### **Pembroke Castle and Tenby**

Visit two impressive walled towns: the mighty fortress of Pembroke and the narrow streets and three beaches of Tenby

### **Picton Castle and Gardens**

Tour Pembrokeshire's finest stately home, with 40 acres of landscaped gardens and woods

### **Prehistoric Pembrokeshire**

Get a snapshot of the Iron Age at Pentre Ifan burial chamber, Castell Henllys settlement and Gors Fawr stone circle

### **Ramsey Island**

Board a fast RIB to visit secluded caves, see gorges and meet local wildlife

### **Skomer Island**

Sail to a national nature reserve to see the largest puffin colony in southern Britain, seals, dolphins and Manx shearwaters

### **St Davids**

Stroll around Britain's smallest city, the fantastic cathedral founded by the patron saint of Wales and nearby coastal areas

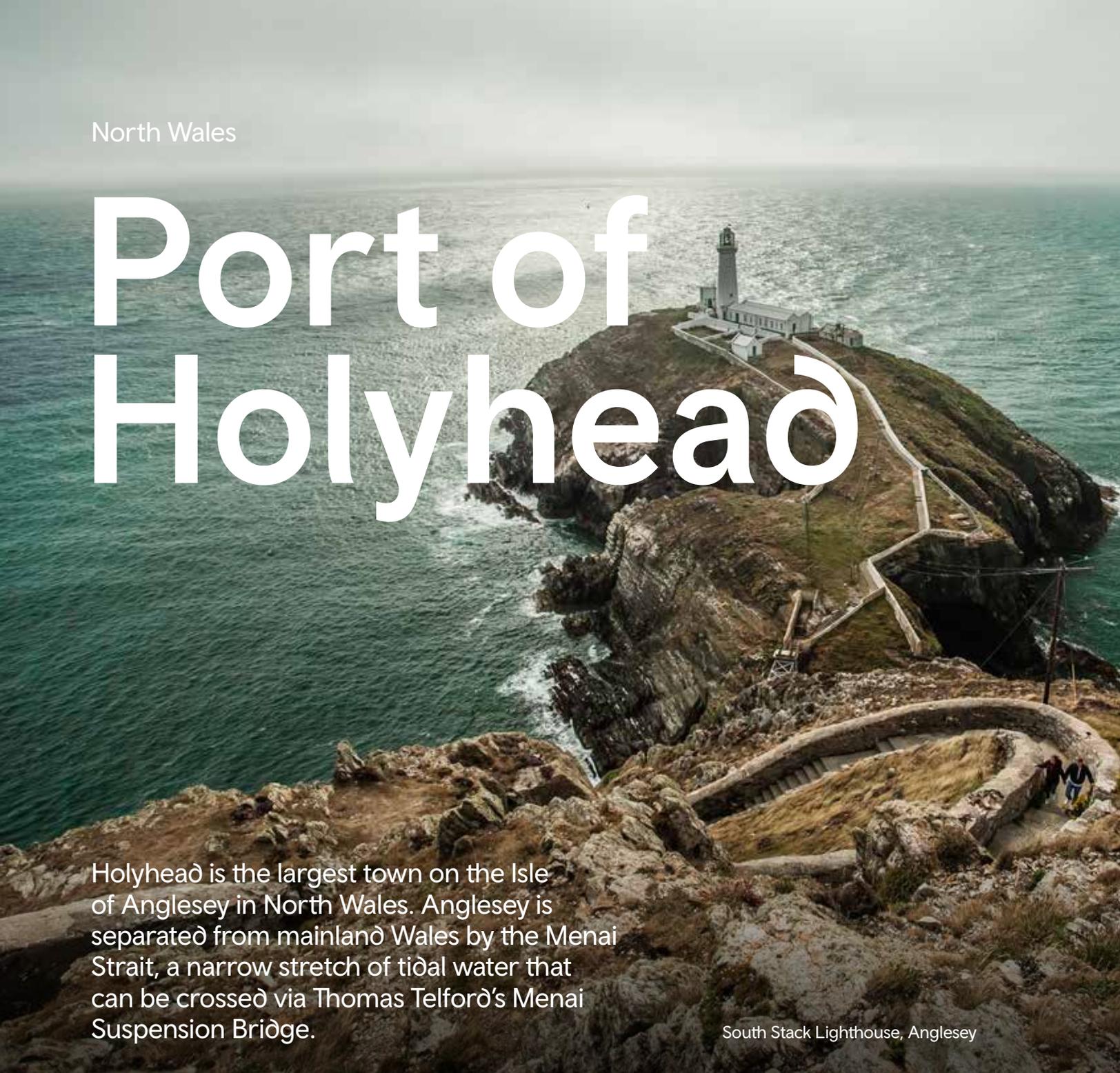
### **Tenby, Caldey Island and Monastery**

Take a boat ride from Tenby to Caldey Island to see a working Cistercian monastery



Cardigan River and Food Festival, Cardigan

# Port of Holyhead

An aerial photograph of the South Stack Lighthouse on Anglesey, North Wales. The lighthouse is a tall, white, cylindrical tower with a lantern room at the top, situated on a rocky, grassy cliffside. A white path leads up to the lighthouse. The sea is a deep greenish-blue, and the sky is overcast. The title 'Port of Holyhead' is overlaid in large white text on the left side of the image.

Holyhead is the largest town on the Isle of Anglesey in North Wales. Anglesey is separated from mainland Wales by the Menai Strait, a narrow stretch of tidal water that can be crossed via Thomas Telford's Menai Suspension Bridge.

South Stack Lighthouse, Anglesey

Although best known for its busy ferry port, Holyhead is much more than this alone. It is actually an island of an island, as it is situated on Holy Island beside the Cymyran Strait. Its location tempts fans of the coast and wildlife, while its past draws in history buffs. The port is half a mile from the town centre, making everything easily accessible by foot or car.

#### Walk through time

Prehistoric settlements date the town's existence. With a hillfort, burial chambers, standing stones and circular huts, it has the most

settlements for an area of its size in the UK. The centrepiece of the town, St Cybi's Church, evidences Roman activity; it is built inside a three-walled Roman fort, one of only a few in Europe.

#### Coastal exploration

In good weather, you can walk along the 1.7-mile Victorian Holyhead Breakwater, the longest breakwater in the UK. There's a lighthouse at the end of it, or you can wait for the one on South Stack – a rocky island accessed by foot bridge.

With untampered sea cliffs, an RSPB nature reserve and the lighthouse, South Stack is one of the best spots on the Anglesey coastline, which is an Area of Outstanding Natural Beauty. There, you can look for seabirds including guillemots, puffins and razorbills, or tilt your head towards the water's surface to spot harbour porpoises, grey seals and dolphins.

## TOURS

### **Beaumaris Castle, Courthouse and Gaol**

Go back in time at this immense concentric fortress, the 400 year old courthouse and former jail

### **Caernarfon Castle and Conwy Castle**

Explore two North Wales' castles, the first being a medieval fortress and the second being a UNESCO World Heritage Site.

### **Ffestiniog and Welsh Highland Railways**

Ride an award-winning narrow gauge steam train that runs through 40 miles of beautiful Snowdonia National Park scenery

### **Portmeirion**

Explore this famous Italianate village set on the Dwyryd Estuary, with colourful little buildings, independent shops and fairytale forest walks

### **Snowdonia National Park**

Take in the incredible scenery of Wales' largest National Park, including craggy mountains, vast countryside, woodlands and picturesque villages

### **South Stack Lighthouse and Nature Reserve**

Climb down 400 steps to this historic lighthouse built on a tiny islet, favoured by thousands of rare breeding seabirds



Top: Welsh Highland Railway  
Above: Portmeirion Food and Craft Fair

Conwy Castle, Conwy

# Wales – what will you discover?



Zip World Penrhyn Quarry, Bethesda



eFoiling at FoilRide, the new hydrofoiling department of the multi-award winning RibRide



Cardiff International White Water, Cardiff Bay



Zip World Bounce Below, Blaenau Ffestiniog



Stand up paddleboarding, Mawddach Estuary



Cronfa Amaethyddol Ewrop ar gyfer Datblygu Gwledig:  
Ewrop yn Buddsoddi mewn Ardaloedd Gwledig  
European Agricultural Fund for Rural Development:  
Europe Investing in Rural Areas

Llywodraeth Cymru  
Welsh Government

Holyhead Bay, Anglesey



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