



Information Pack

Welcome to Grove of Narberth.

This information pack provides you with everything you might need to know about your room, our facilities and the surrounding area.

Reception is open 24 hours. In case of an emergency at night please dial 500 from your room phone or from your mobile call **01834 860915**, follow the instructions and you will be directed to the on site **NIGHT PORTER**.

Grove of Narberth
Molleston,
Narberth
Pembrokeshire
SA67 8BX

Contents

Useful information	3
Food & Drink	7
Sister Restaurants	9
The Grove History	10
Art & Gifts	11
What's On & When?	12
A bit about Pembrokeshire	12
Some Nice Days Out	16
The Islands of Pembrokeshire	18
Walking	20
Our Weather	20
Out and About	21
Gardens	25
Emergency Information	26
In the Event of a Fire	27

Useful information

Reception

To contact reception from your room please dial 'talk' followed by 500. Reception is open 24 hours.

Spa Treatments

Our in house therapists, Anna-Marie & Joanna, would be delighted to look after you.

We can arrange relaxing treatments in the comfort of your own room. Please refer to the In Room Spa brochure for details of all the treatments that are available. To arrange contact our Reception Team who can organise these for you. We recommend booking treatments in advance to ensure availability.

Check-Out Time

Checkout time is between 8.00am-11.00am.

If you would like an earlier checkout, please let us know in advance and we can arrange this for you.

Hairdryers

These can be found within a black draw-string bag in your wardrobe/drawers.

House Keeping

Our House Keeping team will service your room during the day between 10am and 4pm and again for evening turndown service from 6-9pm.

Internet

Free wireless internet is available throughout The Grove.

Wireless Network: **The Grove Guest Wi-Fi**

This will take you to a Grove home screen where you will need to accept the terms and conditions and press connect.

Ironing

There are ironing boards and irons available in the Herb Cottage Suites, and in the rooms within Poyer's Cottage and The Longhouse.

Please check your wardrobe if you haven't yet discovered it.

Ironing boards and irons for rooms within the main house are available upon request. Please ask at Reception.

Laundry Service

We can provide a laundry service upon request. Please contact reception on 'talk' 500 for a price list and form.

Lost Property

Should you leave anything in the hotel please let us know as soon as possible. Any unclaimed lost property will be held for three months and then donated to charity where appropriate.

Mobile Phones

Please be considerate to other guests when using your mobile phone. For the comfort of all our guests, mobiles are not allowed in the restaurant.

Newspapers

If you haven't already done so, please let Reception know if you require newspapers. They will be placed outside of your room in the morning.

A small selection of daily newspapers are also available in the breakfast room. These can be found in the lounges later in the day.

Night Porter

There is a night porter on duty every night. Should you require assistance please do not hesitate to contact them by dialling 500 from your room phone.

Safety Deposit

If you have any valuables please leave with Reception who will put them in the safe.

Smoking

We have a strict no smoking policy at Grove of Narberth, which meets the law against smoking in enclosed places in Wales. It also recognises the wishes of most of our guests and customers as well as our staff.

We respectfully request that you do not smoke in the bedrooms. Our smoke detectors are very sensitive and if it is found that the room has been affected by smoke a deep cleaning charge of £75 will be debited from the credit card used to make your booking. If you wish to smoke, ashtrays are provided outside.

Tea/Coffee

Tea and coffee is available in your room. Please call Reception by dialling 500 if you would like room service.

Window Restrictors

All low level windows are fitted with restrictors for your safety. If you do have young children please ensure that the restrictors remain in position during the course of your stay. The key for releasing the restrictor is in the drawer nearest the window.

Babysitting/Childminder/Nanny/Crèche

A local qualified registered childminder Jodie Dickinson who can be contacted direct to arrange babysitting on 07398724931

Our local crèche is Noah's Ark Soft Play Centre & Crèche, Narberth on 01834 869328.

Telephone

The telephone in your room is for internal and external calls. If you wish to dial Reception or one of the other hotel rooms, the numbers can be found listed below. If you wish to make external calls the cost will be charged to your room. You will need to dial 9 for an outside line.

Reception	500	Derwen	206
Seddon	102	Bramble	301
Blue	104	Elderflower	302
Henry	101	Byre	303
Partridge	201	Cwtch	304
Fenton	105	Preseli Loft	305
Beca	106	Meadow Loft	306
Awel	107	Sorrell	401
Grassholm	108	Lovage	402
Daniel & Elizabeth	202	Thyme	403
Carreg	203	Sage	404
Cresselly	204	Verbena	405
Templar	205	Angelica	406

External calls are charged at the following rate:

Local Calls 6p per minute

National Calls 7p per minute

Mobile calls 25p per minute

International 1 calls - £3.00 per minute

International 2 calls - £1.00 per minute

Free calls – Free

Wake-Up Calls

Please advise Reception before you go to bed if you wish to be woken up at a specific time.

Sky TV

If sky has not automatically come onto the television please follow the instructions:

Press TV then the help button, this will take you to source selection, select the correct source; HDMI 1, AV4 or AV5 in different rooms.

Then press the Sky button to control the Sky box then TV guide and it should be displayed on your screen. Press the power button to switch TV off.

To view a movie before 8pm, you may be asked to enter a pin number, this is 0000

Walking from Grove of Narberth.

We often get asked where guests can go for a short walk from Grove of Narberth. There is a 40 minute walk which will take you to an old Hill Fort with great views of Narberth and the Preseli Hills. Please ask at Reception for directions and a map.

You are more than welcome to ramble around the grounds. Be sure to take a look at our Kitchen and Walled gardens to see what our team is growing.

Water

Water is available in bottles in your room, which is directly from our own private spring. Our tap water is safe to drink and also from our spring. Please run the cold tap for 30 seconds if it's not cold enough. It is beautiful water!

Our teams are also raising money for Ty Hafan. We are delighted to offer our new Spring Water at Grove of Narberth to our guests with 50p per bottle sold going to Ty Hafan Children's Hospice. Our sister business Coast in Saundersfoot will also be raising money in this way. Together, over the coming years we hope to be able to raise tens of thousands of pounds for this amazing Welsh charity.

Weddings & Events

Set in our beautiful, romantic country mansion with the stunning scenery of the rolling Pembrokeshire countryside, Grove of Narberth creates a truly picturesque backdrop for your special occasion.

We have a licence for civil ceremonies and can hold weddings for up to 64 guests in the house; or larger weddings can be held in a marquee in our grounds.

With exclusive use of the house and its 25 bedrooms, you can make your special occasion an intimate and unforgettable one.

Grove of Narberth Events

We hold a variety of special events throughout the year here at Grove of Narberth, for a full list of our events please ask at Reception for a current brochure.

Wildlife at Grove of Narberth

Wildlife surrounds us here at Grove of Narberth. We have resident house martins during the summer months, apparently house martins are particularly fussy about where they nest and only choose places with good atmosphere! One year we had a nest of five chicks in our porch and were able to watch them grow into little fledglings and fly the nest. One of the arrow slit windows in the Longhouse became the ideal location for a blackbird nest and we were able to watch the eggs hatch through the small window.

We have many breeds of birds visiting us, and a Little Egret has been spotted in the grounds by our pond. Our gardeners have identified a large number of species of butterfly which are very attracted to our aromatic borders.

Grove Bees

We currently have four bee hives situated on site, the hives are growing strong and are producing our own honey. The bees are fond of the local wildflowers, clover and even brambles. We harvest the honey towards the end of July, at this time of the year the honey on our breakfast table may even be from our bees!

Food & Drink

Our Executive Head Chef Douglas Balish joined the Grove in May 2019 from the Michelin-starred Tudor Room at Great Fosters in Egham, Surrey, where he was Head Chef. Douglas has previously worked at Bohemia in Jersey and Whatley Manor in Malmesbury, as well as Quay restaurant in Sydney, Australia. In 2014 he joined the Tudor Room, which held a star since 2016.

Fernery Restaurant

The Fernery is the hotel's fine-dining restaurant, an elegant and softly-lit space with round tables draped in luxurious linens and finished with a fern swimming in a glass bowl. It's here that Executive Head Chef Douglas Balish takes the best local produce he can find – including vegetables and herbs grown in the hotel's own garden – and uses modern techniques with classic flavours and lets the best, seasonal ingredients speak for themselves.

Opening Times

Fernery Restaurant is open for dinner daily between 6.30pm to 9.00pm.
Due to limited availability reservations are recommended.

As an intimate venue, and for the comfort of all our guests during the evening, children under the age of twelve are not allowed in the Fernery Restaurant. Dining options for younger children are available in the Artisan Rooms Restaurant.

Artisan Rooms

The Artisan Rooms offers a relaxed dining experience in these stylish rooms overlooking our beautiful garden terrace. The menu has been inspired by the best of Welsh ingredients, expect grazing boards of the best of Welsh charcuterie, artisan cheese, Welsh lamb and beef, and Pembrokeshire landed fish.

The Artisan Rooms are the perfect choice for long lunches and relaxed dinners. In the summer months, guests are able to eat with us outside on our beautiful garden terrace.

Opening Times

Artisan Rooms are open for lunch and dinner Thursday - Sunday.
Lunch: 12.00 to 2.00pm
Dinner: 6.00 to 9.00pm
Reservations are recommended

Children are also very welcome and a special menu for them is available on request.

Breakfast

Breakfast is served from 8.00am to 10.30am in the Artisan Rooms. If you require an earlier breakfast please let us know the evening before.

Afternoon Tea

Afternoon tea is served from 2.30pm to 4.30pm Thursday - Sunday.
Reservations are essential.

Bar & Restaurant Charges

All bar & restaurant charges will be automatically transferred to your room account.

Room Service

Our room service menu is provided in your room. Breakfast can also be served in your room up to 10:30am. Hot room service is available 24 hours a day. Given the space constraints of this Grade 2 listed building, we are unable to accommodate tables and chairs in all the rooms.

Please note that a tray charge of £6 is applicable.

Packed Lunches and Hampers

If you are heading out to explore the stunning Pembrokeshire coastline or simply wanting to find a spot to relax in our garden, we have a range of picnics to help you enjoy the perfect lunch outdoors. Each of our delicious hampers are specially prepared by our chefs using the freshest local ingredients and produce from our own kitchen gardens. Choose from one of our delicious menus, add your drinks and place your order with our reception team. Picnics may be ordered up to 12 hours in advance. Please be aware we strongly advise to consume your hampers within 4 hours of collection.

Allergens

Our food, drinks and wines may contain one or more allergens. Please let the team know in advance if you have any allergies or dietary requirements and we will be happy to help and advise.

Gratuities

These are shared between all staff members excluding owners. Please note there are no service charges and gratuity is left at your discretion.

Suppliers

We choose only the best products, which is why we select our suppliers carefully, many of which are based in Pembrokeshire.

Sister Venues

Lan y Môr, Coppet Hall, Saundersfoot

Bordering the golden sands of Coppet Hall beach, Lan y Môr is a haven between land and sea, floating against its tree line. Reflecting the curve of the beach and the rolling waves it overlooks, the restaurant is a bold statement of modern architecture, complementing its irresistible natural setting. Undeniably, it sets the tone for everything that happens inside.

Embrace the 'hwyl' in life through great Welsh food and cooking. Share the freshest, natural and nourishing dishes, prepared with love and attention, with your friends and family, while soaking in the breathtaking coastal views. It's a match made in Wales.

Kiosk, Coppet Hall, Saundersfoot

The Kiosk forms part of Lan y Môr and acts as both a retail outlet and service for food and drinks. Here you can enjoy freshly made sandwiches and pastries as well as a selection of hot and cold drinks. Choose to sit under cover, outside or take-away. It's the perfect place to relax after long coastal walks or just to sit and enjoy the views!

Beach House, Oxwich Bay, Swansea

Located on the beautiful sands of Oxwich Bay, you'll have unrivalled views of sea and sky with fabulous food and service. Our Head Chef Hywel Griffith is native Welshman and a fluent Welsh speaker. He grew up in Bethesda in Gwynedd and honed his craft at Coleg Menai in Bangor before graduating to the Lanesborough in London. His next role was as Sous Chef with Simon Radley at The Chester Grosvenor before returning to Wales as Sous Chef at Ynyshir Hall near Machynlleth. During his time at Ynyshir Hall the restaurant achieved three Rosettes and a Michelin star. His first Head Chef position was at Paul Heathcote's Longridge Restaurant where he earned three AA Rosettes. In 2011, he moved into the Head Chef role at the Freemasons at Wiswell which became the first and only pub restaurant in the UK to be awarded a cooking score of 7/10 in The Good Food Guide.

Beach House was awarded 3 AA Rosettes and a Michelin Star.
Our Reception Team will be happy to make a reservation for you.

Grove of Narberth History

The intriguing history of Grove of Narberth can be traced right back to the 15th century. The dwelling which originally occupied this site is believed to be a "Ty Hir" or Longhouse. This building survives, standing just apart from the main mansion house. This solidly built, two-storey long house would have housed not only the owners but their livestock too. The Longhouse is possibly 15th century since the first record of it is 1414 when Philip Poyer the Bailiff of Tenby, owned the Grove. The Poyer Family would retain the Grove for many generations.

Just apart from the Longhouse stands the Coach House. In 1670, Henry Poyer was assessed for four hearths here, perhaps referring to the Longhouse and Coach House. It is thought that the main house was built by his son Daniel, who inherited in 1677. The original 2 story building built circa 1700 was referred to as a respectable old house. The walled garden is likely to have been added at this time. In 1692, The Grove appears on the London to St Davids Coach route Map no less than 3 times which suggests that it was an important stopping point. We are unsure as to what did exist at The Grove at this time to make it so important but the earliest map we have uncovered does clearly indicate up to 6 other separate buildings set south east of the Longhouse with a road running between them. These buildings that do not exist today are intriguing given The Grove's prominence on the coach route map.

The house remained in the Poyer family until it was acquired through marriage by the Callen Family in 1808. The house was unoccupied as a family home for many years, until an heiress of the Callens bought it for her husband, J. L. G. P. Lewis of the Henllan estate at nearby Llanddewi Velfrey. In 1874, the architect John Pollard Seddon was employed to make 'renovations and alterations'. His neogothic arts and crafts design added a 3rd floor to provide servants accommodation and further extended the Georgian L-shaped house to provide a grand hallway, staircase, lounge, master bedroom and a library on the first floor landing. All the existing rooms were also remodelled and fine ceramic fireplaces designed by John Pollard Seddon himself commissioned and added to each of the 1st floor bedrooms, library, lounge and drawing room. It is these alterations that give Grove of Narberth its unique and quirky character which en-dears it to so many visitors.

'Lost' Gardens

Aerial archaeological photographs taken by The Royal Commission on the Ancient and Historical Monuments of Wales have recently uncovered what could possibly be a 'lost' formal garden that pre-dates the existing walled garden. Our team have lovingly restored the walled garden and we have our own kitchen garden on the site identified by the aerial photographs.

Restoration

The owners, Neil & Zoe Kedward bought The Grove on September 3rd, 2007. Since then they have been busy restoring this beautiful property, its original outbuildings and gardens. The property was previously a derelict country house which had been left empty for 8 years. When they bought the property, the roof was not watertight, all the windows were rotten and the grounds and gardens were overgrown. Further, the outbuildings were being used as temporary wood stores and the cottages were almost uninhabitable.

Our team have worked tirelessly to restore the property with the help of a large number of local tradesmen and craftwork specialists. Many of those who started the project are now retained by The Grove for ongoing maintenance of the property. Every element of the property internally and externally, including the extensive grounds, has undergone significant restoration work. Please visit our website to see some photographs taken during the renovation.

Art

We have a wide selection of local and international artwork for sale at Grove of Narberth. Framed and mounted prints of Grove of Narberth by Gillian MacDonald are also available.

Inspired by their travels and their interest in Asian Contemporary Art, Neil and Zoe have established relationships with some leading Pembrokeshire artists, some of which are now regular visitors of the restaurant and good friends. The unique Georgian and Arts and Crafts architecture of The Grove offer a wonderful setting to exhibit artwork for guests and restaurant visitors alike. Today, an eclectic mix of local and international pieces are exhibited across Grove of Narberth; many of which are available for purchase.

Over the coming years we hope to be able to extend our list of artwork into our beautiful gardens and to offer a wide cross section of predominantly Welsh but also a sprinkling of UK and international paintings and sculptures.

Gifts

Grove of Narberth offers a selection of gifts which are available at Reception. These include unique, handmade jewellery, glassware and ceramic items from local artists. We also have Goodwash and Branch d' Olive products available which are used within the Hotel and Cottages.

Goodwash

Goodwash products are sourced from only the very finest natural ingredients from our land and sea. Our cruelty free products boast an abundance of natural health benefits that will leave your hair, body and soul feeling totally replenished, even our woof wash will leave the significant animal in your life smelling 'totally lush' and all ready for cwtches.

Do Good

They are a Welsh social enterprise giving 100% of the profit to local projects that improve the lives of animals and people.

What's On & When?

Pembrokeshire Fish Week

Last two weeks in June

Pembrokeshire Fish Week is a celebration of all things fishy in our beautiful county. This seriously fishy festival celebrates not just the abundance of mouth-watering sea-food of West Wales, but also Pembrokeshire's breath-taking coastline, clean seas, great angling, and fishing heritage. There are fishing competitions, guided walks and river trips, coastal foraging, and beach fun, along with water sports tasters and craft workshops. Food lovers are catered for with events including fish and wine tasting nights, seafood tapas, crab lunches, fresh fish BBQs, Shellfish extravaganzas, or just good old fish and chips. There are also lots of opportunities to sample and buy locally caught fish and shellfish. If you want to get out and about, there are island rambles and coastal kayaking, bush craft, seashore safaris, crab catching competitions, river cruises along with boat and fishing trips from several coastal locations. Keen anglers can take part in open sea angling or coarse fishing competitions while would be fisher folk can participate in learn to fish days. Those more interested in culture and tradition can watch coracle making, join an environmental beach day, learn about geology and fossils, or visit a sea inspired art exhibition.

Really Wild

Festival

Spring Bank Holiday There couldn't be a better time to learn more about 'food from the wild' and one of the best places to do this is at the 'Really Wild Food and Countryside Festival' held in St Davids. This event celebrates food and crafts which originate in the wild with cookery and craft demonstrations and stalls, plus advice on foraging to find 'free food'. Just some of the food exhibitors at this year's event include local makers of organic cheese, ice cream, Welsh wine, and honey, while other country pursuits to be enjoyed include basket making, spinning, weaving, leatherwork, and falconry.

Fishguard Jazz & Blues

Festival

August Bank Holiday weekend

The Annual Jazz & Blues Festival in Fishguard. This year's festival will feature many familiar names from previous years as well as some exciting new acts.

Tenby Arts Festival

Last week in September

Annual Tenby Arts Festival. An interesting mix of music, drama, poetry, talks, walks and fun for the family.

Narberth Food Festival

September

A very popular weekend featuring street entertainment, celebrity chefs, music and food!

A bit about Pembrokeshire



Did you know that Pembrokeshire has a unique dialect, with words peculiar to the region such as kift, caffled, drang and skirp?

It is an area colonised to such an extent by the Anglo-Norman, English and Flemish as long ago as the early 12th century, that it was once termed “Little England Beyond Wales”.

The dialect of South Pembrokeshire – English-speaking since the Norman period – has complex origins but it is much coloured by foreign settlers like the Anglo-Normans, English and the Flemish. Their influence has provided a wonderful way with words, and as dialects are organic and everchanging, more recent influences have also led to some splendid words and phrases, like ‘bad in bed under the doctor’, which comes more from the South Wales Valleys.

A large number of Flemish who had sought refuge in England in the early 1100s were moved to West Wales by Henry I, where they and the Normans built a line of castles to protect themselves from the indigenous Welsh.

The frontier stretched roughly from Newgale on Pembrokeshire's west coast to Amroth in the south and became known as the Landsker Line, from the Norse word for "divide".

Those living below the line became known as the "down below" while those above were known as "up the Welsh".

The influx resulted in the demise of the Welsh language in the area, and though English became dominant, the area also saw the use of certain words not commonly found elsewhere in the UK.

The Pembrokeshire dialect has also been classified as belonging to the south-western group of English dialects, which originated in ancient Wessex, leading to such words as *belg* (to bellow) or *culm* (a small piece of coal). Many of its distinctive words are thought to be pre-Chaucerian, while others reveal the influence of the Flemish, Irish and Scandinavian.

George Owen remarked in 1603 that names and architectural styles in the area were English to such an extent that it could be termed "Little England Beyond Wales", while the late Pembrokeshire scholar BG Charles listed nearly 2,000 dialect words recorded in the county in his book *The English Dialect of South Pembrokeshire*.

In 1930, PV Harris wrote that the dialect was "the most fascinating in Britain, and owing to the country's remoteness, perhaps the least adulterated in recent years".

Some examples recorded by Harris include *budger* (a butcher), *catamouse* (a bat), *catchypawl* (a tadpole), *frost candles* (icicles) and *sea parrot* (the puffin).

As mentioned even today there remains language differences over the Landsker line, which is the term commonly used for the language boundary between the Welsh-speaking and English-speaking areas in southwest Wales. The English-speaking areas, known as Little England beyond Wales, are notable for having been English linguistically and culturally for many centuries despite being far from the border with England. The line is noted for being sharp, and for having moved only slightly over the past several centuries.

During the 11th and 12th centuries both invaders and defenders built more than fifty castles during a complex period of conflict, effectively to consolidate the line. The southernmost was Laugharne; others included Wiston, Camrose, Narberth, and Roch. These are often referred to as "frontier castles" but they were in fact set back a considerable distance from the frontier itself. In the heart of the Normanised colony, the two great fortresses were at Pembroke and Haverfordwest. There were other fortresses within the colony as well, including Manorbier, Carew and Tenby.

When historians began to get interested in the strange linguistic divide which was incredibly sharp in the early part of the 1900s, they started to use the term "landsker." Since then, it has stuck, and remains in common use. Local people may or may not know what the word means, but they certainly all recognize that the language divide stretching from St Bride's Bay to Carmarthen Bay remains very distinct.

The Beaches

No other county in Britain has more Blue Flag beaches or Seaside Awards than Pembrokeshire. With over 50 beaches to choose from there's going to be one that just perfect for you, whether you want surfing, kayaking or kite surfing, or you are just looking for somewhere to relax, sunbathe, and build sandcastles. The Pembrokeshire Coastline was voted second in the Best Coastal Destinations in the World by National Geographic.

Here are some of our favourites:

Barafundle Bay

With swathes of golden sand and crystal clear waters, this pristine and isolated beach is a real favourite. Regularly listed as one of the best beaches in the UK, this small bay backed by dunes and pine trees is only accessible by a half mile walk from Stackpole Quay which ensures that it's always pleasant to visit.

Broad Haven South

This is a stunning wide sandy bay backed by large dunes. Explore the boulders and 'island' on the west side to discover caves and springs gushing out of the cliffs. The convoluted low cliffs on the east side have a few small caves to explore at low tide. The crystal clear stream on its east side is perfect for small children to play in.

The world famous Bosherton Lilly Ponds and its network of paths can be easily explored from the head of the beach making for the perfect day trip.

Freshwater West

This sand and rocky beach is the hunting ground of the surfer always on the lookout for that perfect wave. South westerly facing it has the best waves in the county but it's only for the experienced and strong swimmers.

Behind the beach are a magnificent set of sand dunes. Shell Cottage in the Harry Potter film's was situated at the foot of one of these dunes and the battle scene from Ridley Scotts Robin Hood film were shot on the beach.

Tenby Harbour

Picturesque harbour built into a corner on North Beach, between the old medieval walled town and castle hill. There's a small sandy beach tucked up under the harbour wall that's perfect for very young children. To the south of the harbour are the lifeboat stations, the old and the new. Hire speed boats, take a boat trip to Caldey Island or go on a paragliding trip from the harbour. There are many events such as Tenby Spectacular event and Paella evenings taking place on Tenby Harbour.

Tenby North

A superb, sheltered, safe, and sandy beach with the pinnacle of Goscar Rock sticking out of the sand in the middle. This is one of the most photographed views in Wales with the harbour at the western end. It is an enclosed, east facing beach so it's safe for young children and is a real sun trap even on windy days.

Tenby South

A mile and a half long, dune-backed beach playground. There's plenty of space at the Tenby end for families or continue eastwards for more boisterous beach activities. There are acres of beach at low tide but still plenty of room at high tide.

Saundersfoot

A small but very popular resort with all the facilities you might need. It's a wide, flat, and sandy beach at low tide but there's still plenty of space at high tide. Enjoy a stroll along the pretty harbour, or take in the stunning views from the top of the hill. This beach is brilliant at low tide for fishing in the rock pools. Children also love to fish off the cat walk on the harbour for crabs on a line, try tempting them with some cockles bought at the fishmongers on the harbour.

West Angle Bay

At the mouth of the Milford Haven Estuary, this horseshow sandy cove is tucked right inside West Angle Bay. The beach is quite narrow at high tide but at low tide it's revealed; a huge stretch of golden sand. The north end of the beach has rocks perfect for climbing and if you can find it, a cut through the cliffs leads to a secret beach!

Some Nice Days Out

From picturesque towns to the smallest city in Britain. Take a look at our recommended list of places to visit in Pembrokeshire during your stay at the Grove.

Narberth

Looking north from Grove you will see Narberth just 1 mile from us. This lively little town is twinned with Ludlow, and both towns celebrate very successful annual food festivals. Over the years Narberth has built up a reputation as the leading independent shopping experience in Wales with a range of fancy ladies boutiques, quality gift and antique shops, art galleries, cafes and restaurants. The Golden Sheaf Gallery exhibits and sells local art, ironwork, textiles and ceramics. Welsh Farmhouse sells a range of gifts and top end country fashions whilst The Narberth Pottery has been making ceramics with outstanding glazes for decades.

One of our favourite places to lunch is Ultracomida, one of the best Spanish delis in the UK. Look out for the chorizo in Welsh cider and ox cheeks cooked in fino.

Tenby

The picturesque town of Tenby, 'Dinbych-y-Pysgod' meaning little town of the fishes is a town steeped in ancient history, surrounded by an imposing medieval stone wall. Tenby is one of the UK's finest coastal resorts, with a medieval centre, a stunning harbour and three gorgeous Blue Flag soft sandy beaches.

Take a look at the Tudor Merchants House, this 15th century house is the oldest furnished residence in the town. Standing on Quay Hill, between the harbour and Tudor square, it is owned

and managed by the National Trust. The house is open between March and October. A day trip by boat from Tenby Harbour to Caldey Island is always popular with our guests.

Saundersfoot

Saundersfoot is a popular coastal village near Tenby with a little harbour and large sandy beach which is very popular with holiday makers. Its harbour was originally constructed for the export of high quality anthracite coal from the many mines in the area. The course of the tramway from Bonville's Court mine bisects the village and ends at the jetty. The tramway from Stepside now forms a stunning sea front for visitors to enjoy the magnificent view out over Carmarthen Bay to Worms Head on the Gower coast.

The walk from Saundersfoot to Monkstone point and beyond at low tide is a special experience and highly recommended. Walking the other way you will reach Coppet Hall beach which is very popular with beach goers and dog walkers alike. Our sister restaurant Coast with acclaimed Head Chef Thomas Hine is situated right on Coppet Hall beach. The restaurant is open all year round and specialises in fish with lobster, crab and line caught seabass often featuring on the menu.

St Davids

St Davids is Britain's smallest city in terms of both size and population, the final resting place of Saint David, Wales's patron saint, and the de facto ecclesiastical capital of Wales. It is the only city in the United Kingdom to lie entirely within a National Park.

The Cathedral which dates from 1181 was built on the site of the monastery where St David (Dewi Sant) died in circa 589 AD. The cathedral was a popular pilgrimage destination throughout the middle ages and indeed remains so to this day attracting thousands of visitors every year from all over the world. Adjacent to the cathedral stands the magnificent ruins of the medieval Bishops Palace.

St David's has lots of lovely shops, galleries, cafes and restaurants. The surrounding area has some magnificent coastline to enjoy coastal walking.

Porthgain

Porthgain is a picturesque village with a small harbour located in the Coastal National Park between St David's and Goodwick. The village originally manufactured slate which was quarried nearby before turning to brickmaking. The large brick hoppers on one side of the harbour are now a Scheduled Ancient Monument and in 1987 Porthgain was designated as a conservation area for the first time. Today the harbour is home to local fishermen and the coastal walks north and south are popular routes. The village itself boasts a very good pub called the 'Sloop Inn' and a well regarded quayside bistro called 'the Shed'. Its Harbour Lights Gallery, is arguably the leading art gallery in Pembrokeshire and features original Welsh artwork.

Solva

Solva lies on the north side of St Bride's Bay just 5 miles from St Davids, right on the Coastal Path. This picturesque village enjoys fabulous coastal walks to the east and west looking out at St Bride's Bay. The half mile walk to the east takes you to the top of the Gribin with the secluded Gwadyrn beach beyond.

The rocks at the entrance to Solva Harbour make it one of the most sheltered anchorages between Fishguard and Milford Haven. Solva was the main trading centre of St Bride's Bay in the medieval period, and was important for lime burning. Several lime kilns are preserved in the harbour area. In the 19th century, Solva had around 30 registered trading ships. This coastal trade has now been replaced by tourism, and the harbour is a popular boating centre. Solva also has a small collection of shops and galleries and some excellent pubs. Solva Woollen Mill, located at the nearby village of Middle Mill, claims to be the oldest continuously working woollen mill in Pembrokeshire.

Laugharne

Famous as the home of Dylan Thomas, Laugharne is an ancient town steeped in history popular with writers, artists, tourists, anglers, and bird watchers alike.

Situated on the 'heron priested' Taf estuary there are plenty of walks, a castle and a fine Norman church, and of course, Dylan Thomas's Boathouse where he wrote many major pieces of work - including Under Milk Wood.

Dylan and Caitlin lived with their children at the Boathouse from 1949 to 1953, and today it is a small heritage centre. Dylan had a long term affinity with Laugharne also living previously at "Eros" in Gosport Street and the "Sea View". Dylan is buried in St. Martin's new church yard and his grave is marked with a plain white cross.

The dramatic ruins of a Norman Castle which overlooks the estuary is also open to the public from April to the end of September. Drink at Brown's Public House where the poet himself would have a pint, or two.

Newport

This pretty small town is situated at the edge of the Preseli Hills is an ideal base for some wonderful walks. Our favourite being the walk from the beach to Dinas Head.

The town has a plenty of little shops, cafés and art galleries. There are also some excellent places to eat including Lys Meddyg, The Canteen and The Golden Lion pub.

Nearby Melin Tregwent is definitely worth a visit. This woollen mill makes and sells exclusive blankets, throws and cushions, furniture, accessories and clothing that combine authentic Welsh tradition with innovative and modern design.

The Islands of Pembrokeshire

The Pembrokeshire coastline is famous for its beautiful islands. The islands are home to thousands of puffins, gannets and other sea birds whilst dolphin, porpoise, seals and whales can be seen in their waters at different times of the year.

Ramsey

An RSPB reserve, Ramsey is on the end of the St Davids peninsula. At nearly 400 ft in places, the western cliffs are among the highest in Wales. They are home to Ravens, Peregrines, and Buzzards. In spring, Guillemots, Razorbills, Fulmars, Kittiwakes, and Shags come to nest too. Choughs also breed on these cliffs, seeking out deep fissures and caves in which to build their nests. From mid-July, however, the cliffs empty as the auk chicks head out to the open sea. Several hundred seal pups are born each autumn on Ramsey's beaches and in the caves.

The southern heathlands of heather, gorse and coastal plants are the haunt of Stonechats, Meadow Pipits, Linnets, and Skylarks. The summits of Carn Ysgubor and Carn Llundain give splendid views east to the mainland, south to Skomer Island and on the clearest of days, west to Ireland.

Boat trips to and around Ramsey Island leave from St Justinian's. Once on the island there are some spectacular yet rugged trails to explore.

Skomer Island

Skomer is an island of sheltered bays and exposed headlands all painted with the graduated colours of lichen. It is known worldwide for its wildlife. Half the world's population of Manx shearwaters nest on the island and the Atlantic puffin colony of 6000 pairs is the largest in southern Britain. The Skomer vole, a subspecies of the bank vole, is unique to the island. Archeological stone circles, standing stones and the remains of prehistoric houses are also points of interest.

Skomer is a national nature reserve, a Site of Special Scientific Interest and a Special Protection Area. Much of the island has also been designated an ancient monument. It is surrounded by a marine nature reserve and is managed by the Wildlife Trust of South and West Wales.

Boats leave throughout the spring and summer months from Martins Haven. Tickets cannot be reserved in advance and there are no refreshments available on the island - perhaps you need to consider one of our fabulous packed lunches to take with you!

Skokholm

Skokholm is managed by the Wildlife Trust for West Wales and lies just south of Skomer. The island is roughly a mile in length and half a mile across at its widest point. It has deep bays and gullies exposing interesting underlying rock strata in a variety of red and purple hues.

Surrounded by reefs and the rich seas of the Marine Nature Reserve it shares with Skomer, this island is a wildlife spectacle. It supports an incredible diversity of wildlife, including thousands of puffins, manx shearwaters and a large population of storm petrels. In the seas around the island you

can see Risso's dolphins, harbour porpoise and Atlantic grey seals whilst a little further out larger cetaceans can be spotted. Like Skomer it really is an incredible place to visit.

Boats leave four times a month from Martins Haven. Otherwise you might consider a wildlife safari from Dale or an evening boat cruise from Martins Haven.

Grassholm

Grassholm Island is a tiny white speck of land, 11 miles from the coast. As you approach the island, you begin to understand why it's white. It's home to the only Gannet colony in Wales and second largest in the UK. Not only are the rocks stained white with droppings but the air is white too, with thousands of Gannets on the wing. The island is a RSPB bird sanctuary. Boat trips around the island can be organised at Martins Haven on Mondays or from St Justinians.

Caldey Island

Caldey is an enchanting and tranquil island situated just south of Tenby. It is one of Britain's holy islands with Cistercian monks continuing a tradition, which began there in Celtic times back in the 6th Century. The cliffs on the south side and on neighbouring St Margaret's island are teeming with nesting seabird colonies from May to July but are best viewed from a round island boat trip. There's also one of Pembrokeshire's best beaches on Caldey, The Priory beach.

Catch a boat from Tenby Harbour if the tide is in or Castle Beach if the harbour is dry. Boats run from early April to late September all day apart from Sundays. The twenty-minute trip leaves visitors at the landing spot on the beautiful Priory beach, the only safe bathing spot on the island. From here it is a short stroll to the village and Monastery.

Walking

Whether you are feeling energetic or just want a nice stroll, Pembrokeshire has walks for everyone. The Pembrokeshire Coast Path is one of Britain's National Trails and is 186 miles long stretching from Amroth in the south to Poppit in the north, passing 58 beaches and 14 harbours.

What makes the Pembrokeshire Coast Path so interesting is the variety of landscapes ranging from steep limestone cliffs, undulating red sandstone bays, volcanic headlands, and flooded glacial valleys. There are also some remarkably quaint towns and villages to explore on route.

Don't be put off by the length of the Coast Path. The year round Coastal Bus Services are specially designed for walkers. Many of our guests will park up and travel by bus a few miles down the coast and walk back at your own pace. We have a range of booklets & maps on local walks to help guide you and our staff will be delighted to advise you on their favourite walks.

Our Weather

Like the rest of the nation, Pembrokeshire's weather it is very mixed. Winters are generally mild and summers cool. Winds blow mainly from the South West bringing plenty of cloud and rain in off the Atlantic.

The wettest place is the Preseli Hills. Towards the coast it is drier and Dale only receives 829 mm per year, the lowest rainfall rates in Wales.

Snow is only likely for four days a year in this westerly county. When it does fall, it rarely sticks, and at sea level hardly covers the ground for more than a day or two.

If you're a sunshine lover then the coast is often the place to head in summer. While thunderstorms may develop inland, the coast can be fine and sunny. On average, South West Wales enjoys around 7.5 hours of daily sunshine in June and 1.75 hours in December. Average temperatures range from 9 Celsius in January to a pleasant 20 Celsius in July.

The views from the top of the Preseli's are superb. On a clear day all of Pembrokeshire is visible, along with the mountains of Snowdonia, and occasionally, even Ireland's Wicklow Mountains. Below lies the secluded and richly wooded Gwaun Valley. But, it should never be forgotten that conditions in upland areas can be very different to the coast and the weather can deteriorate rapidly with gales, snow and fog being a hazard.

Gales are likely on up to 30 days a year along the Pembrokeshire coast but the strong winds and summer sea breezes make for ideal surfing conditions, with bigger swells and waves at one of the many fine surfing beaches.

Out and About

Cinemas

Vue Cinema - St Catherine's Walk, Carmarthen [t] 0871 2240240
Palace Cinema - Upper Market St, Haverfordwest [t] 01437 767675
Torch Theatre - St. Peters Rd, Milford Haven [t] 01646 695267

Churches

Church In Wales, New Rectory, Adams Dr, Narberth, Dyfed, SA67 7AE [t] 01834 860370
St Jeffrey & St Oswald C In W Church, Jeffreyton, SA68 [t] 01646 651269
Grace Church, Court House Market Square Narberth Pems. [t] 01834 861 777
Whitland Congregational Church, St. John Street, Whitland, SA34 [t] 07719 945 766
Reynalton URC Church, Reynalton, Kilgetty, SA68 [t] 01834 813 269
St.Issells Church, Saundersfoot, Dyfed, SA69 9BD [t] 01834 812375

Taxis

TP Narberth Taxis: [t] 01834 861601 or 07792385480. They have 4 and 5 seater cars and 2 x 8 seater minibuses.

Out and About - Active

Coasteering

A mixture of rock climbing, cliff jumping and riding the surf. Experienced Coasteering guides will tailor your adventure activity to suit all including children and all cliff jumps are optional. Wales' coastline has an abundance of water features creating a natural water park with lots of water chutes and whirlpools making this highly recommended fun for the adventurous. Family activity holidays in Wales don't get much more exciting than this.

Sea Kayaking

Sea kayaking is a fantastic way to enjoy the National Park allowing access to caves, stacks and reefs along the coast, and the creeks and mudflats inland. It is a great chance to observe sea birds, seals and porpoises, estuary waders and wild fowl in an unobtrusive and sustainable way. For the experienced sea kayaker there are extended trips along the coast and out to the islands as well as world class play boating in the fierce tidal streams. There are also great opportunities for surf kayaking on many of Pembrokeshire's storm beaches.

Surfing

The unspoilt, wild and beautiful beaches of the Pembrokeshire coast are the ideal location for learning to surf in Wales. Hang 5 and come learn to surf on some of the best beach breaks in the west. For the more experienced, Freshwater West is your destination offering some of the best and most consistent surfing in Wales. There are left and right handers here most of the time. The sandy end of the beach is good for a beginner but can still hold a pretty feisty wave.

Windsurfing

Pembrokeshire has a number of beaches and areas of coastline that are perfect for all levels of windsurfing. The shape of the coast usually means that favourable conditions can be found somewhere in the county with wind and surf particularly common outside of the summer months. Sheltered spots such as Dale are great for learning while other more challenging areas such as Newgale and Freshwater West.

One thing is for sure, your back drop will be absolutely stunning and there is even the chance of an encounter with dolphins and seals.

Cycling and Mountain Biking Trails

Whether you are planning a cycle-touring holiday, or a short family ride, Pembrokeshire offers a huge choice of routes to suit all and is the ideal way to explore the National Park. Some areas are suitable for true off-road mountain biking, particularly the Preseli Hills and the woodlands around Canaston Bridge and Stackpole. In any area you can plan a route that links villages, coastal views and historic sites via quiet country lanes and byways. It's also easy and great fun to try a route involving mainly quiet roads and the occasional, short section of off-road bridleway.

Horse-riding

Pembrokeshire offers plenty of opportunity for horse riding, taking you across a variety of landscapes and providing a great way of exploring the area. Whether you want to ride across open moorland, along wooded bridleways or down quiet country lanes, there's something for everyone, all offered by the excellent selection of riding establishments operating in the county. Almost anywhere you ride in Pembrokeshire, you'll be travelling through an area of great historical interest. There are many other things to see from Iron Age forts and standing stones; to castles, ancient woodlands and quiet streams. Riding on the golden sands of Pembrokeshire's beaches is also a popular activity.

Sea Angling

The fishing in Pembrokeshire is some of the best to be had anywhere in Britain and as the county is surrounded on three sides by the sea, fish are never far away.

The coast offers excellent fishing from rocks or beaches offering Bass, Mackerel, Wrasse, and Flatfish to name but a few. Some of the popular marks are found on or near golden sands dotted around the county while other areas still provide the tranquility of fishing in near isolation, where you can easily find you have a whole stretch of coast to yourself. There are also lots of opportunities for sea boat fishing where you get a chance to explore some more of the coastline and find the richest fishing areas.

Golfing

Pembrokeshire and the surrounding area have a number of first class golf courses to choose from, many of which are classic links with stunning views of the coastline to help inspire your golf. Choose between established clubs like Tenby, the oldest links club in Wales or brand new courses like Trefloyne. A little further you have the Nicklaus designed modern links Machynys that regularly hosts major championships and the well regarded Ashburnam Golf club

Out and About with children

Oakwood

Narberth [t] 01834 891376

Oakwood is Wales' only theme park with plenty of rides to keep you busy all day. A whole new area called 'The Legend of Sleepy Hollow' opened in 2015, hot on the heels of the 'Neverland' themed area which opened a few years ago. The popular After Dark evening in the school holidays is always popular with families.

Folly Farm

Kilgetty [t] 01834812731

The award winning Folly Farm is more than just a farm. Its a zoo, vintage fun fair, an adventure playground and its open all year with 50% of the attractions under cover. Star attractions are the Lions, Giraffes and the Penguins.

Blue Lagoon

Narberth SA67 8DE [t] 01834 862 410

The Blue Lagoon is a brilliant indoor water park with a wave machine, flume rides and a lazy river. Regular 'after dark' evening sessions are great fun when all the waves, cannons and jets are on full power! Next door is the Adventure Centre, a giant countryside themed indoor play centre and indoor high ropes course.

Manor House Wildlife Zoo

Tenby (t) 01646 651201

At Anna Ryder-Richardsons Welsh Zoo you can enjoy walk through enclosures where you can get close to the animals. The newest residents include Zamba and Jambo the Rhinos. Now open all year round.

Dinosaur Park

Tenby, [t] 01834 845272

For a monster day out, go to the Dinosaur Park near Tenby. As well as the Dinosaur trail, there are loads of rides and activities included in the admission price including an indoor adventure playground, digging for fossils and a giant bubble ride.

Heatherton Activity Theme Park

Tenby (t) 01646 652000

27 different activities to choose from including daring Tree Top Trails and the amazing Pirates of the Caribbean themed adventure golf course. Castles

There are many castles to explore throughout Pembrokeshire;

Pembroke Castle

Pembroke Castle where Henry VII was born, is the largest and most important in the county. Its mighty great keep, lofty towers and vast cavern are sure to impress. Exhibitions and guided tours make it a real destination for visitors whilst organised events for the children during the Easter and summer holidays make it a firm favourite with families.

Carew Castle

Carew Castle is arguably one of Pembrokeshire's finest castles set in a magnificent position right on the estuary. Occupied from the 12th to 17th centuries by which time it had been transformed into a magnificent Elizabethan mansion.

Picton Castle

Picton's enchanting 13th century Castle is surrounded by a spectacular 40 acre garden.

Explore the Castle's rich history, discover rare trees and plant collections from around the world and enjoy the magnificent Rhododendrons, shady woodlands, an exotic jungle garden and colourful walled garden alongside living willow dens, family trails and an engaging adventure playground. The

wildlife is abundant and there's plenty of space to relax and enjoy the tranquility and take in the views.

Upton Castle

Upton Castle and Gardens are several gardens in one. A walled garden and formal rose garden are surround by an arboretum of rare trees planted in the 1920's and 30's.

Upton Castle is a small castle the earliest remaining part of which is believed to date from the 12th/13th century. Three of the original towers survive and there is evidence of a drawbridge and port cullies entrance while one wing contains the remnants of what was probably the great hall. The inhabited part of the castle mainly dates from the 17th and 18th century with later additions of two further towers in the 19th century. Nearby the small medieval chapel also thought to date from the 13th century contains several early effigies. In the grounds of the chapel is a stone preaching cross listed by CADW as a historic monument.

Other Castles

Other notable castles include Cilgerran Castle which probably commands the most dramatic location perched high above the Teifi Gorge. Whilst Manorbier Castle is a special Norman baronial residence overlooking the beach. It was once described as 'the pleasantest place in Wales'.

Gardens

Our warm climate and a plentiful supply of water combined with rich, fertile soils means that Pembrokeshire's historic houses often have outstanding gardens to visit.

National Botanic Gardens Of Wales

Past Carmarthen, turn off A48 before Crosshands [t] 01558 667148/9

Themed gardens, rolling parkland and secluded woodland. Endangered plants are carefully conserved in award winning great glasshouse. Unique double walled garden with elegant lily ponds. 360° cinema taking you through a tour of the amazing world of plants.

Colby Woodland Gardens

Amroth, Narberth [t] 01834 81 1885

The National Trust's Colby Woodland garden near Amroth is set in a tranquil secret valley. Spring brings carpets of bluebells, crocuses, and daffodils, then swathes of camellias, rhododendrons and azaleas, followed by hydrangeas and the summer wildflowers. It's a garden for all ages.

Dyffryn Fernant

Fishguard, [t] 01348 811282

Dyffryn Fernant is a 6 acre garden in the hamlet of Llanychaer near Fishguard and started life in 1996 as 'complete wilderness'. The garden now features a wide range of planting including a bog garden,

ornamental grass field, ebullient colour around the house, an exotically planted courtyard and a fernery.

Critically acclaimed by Gardeners World, Gardens Illustrated and Monty Don, Dyffryn Fernant is also one of the Great Gardens of West Wales.

Emergency Information

Safety Information

Parents of children should be aware that we have ponds, lakes and streams on the property and that children should be accompanied by an adult at all times. Guests should also be vigilant regarding vehicles using the road within the grounds of The Grove. In the interests of safety, we kindly request that all guests respect the speed limit of 5 mph.

If you need anyone during the night please call 'talk' followed by 500 from your in-room telephone or 01834 860915 from your mobile. Our On Site Night Porter will be more than happy to assist.

Police:

Jesse Rd, Narberth, Dyfed, SA67 7DJ - 0845 330 2000

Doctors:

Narberth Health Centre

Narberth & Clarbeston Road Practice, Northfield Road, Narberth, SA67 7AA [t] 01834 860316

Narberth Health Centre

Northfield Road, Narberth, SA67 7AA [t] 01834 860237

Dentists:

Winchester House Dental Practice, 67 St James Street [t] 01834 861486 Health Centre, Northfield Road [t] 01834 860176

Opticians:

Celia Vlismas, The Health Centre, Northfield Road [t] 01834 861373

Pritchard - Cowburn Opticians Ltd, Spring Gardens, Narberth, SA67 7AW [t] 01834 861660

Pharmacies:

Lloyds Pharmacy, 39 High Street [t] 01834 860486

Lloyds Pharmacy, Health Centre, Northfield Road [t] 01834 861294

Before retiring to bed:

- Please ensure that you know the nearest means of escape.
- The nearest fire alarm call point and how to use it.
- All doors to and from corridors are to be closed.
- The room key has been placed in the door

In the Event of a Fire

If you discover a fire during the Day

- Leave the room ensuring the door is shut behind you.
- Operate the nearest fire alarm

If you hear the Fire Alarm

- Go immediately to the nearest fire assembly point which is in the car park.

If you hear the fire alarm during the night

- Do not get fully dressed, put on a dressing gown & shoes.
- Make sure all the others in your room are awake

Go to the assembly point in the car park.

- **DO NOT STOP TO COLLECT PERSONAL BELONGINGS**