

St David's 2010 ROUTE CARDS

*Apart from their interest and information for each day's walk, these route cards are your life-line in an emergency. **Carry them with you at all times**. (You may want to remove the staple and only carry the sheet you need each day). If you get separated from the main party, the route cards will tell you where we are going and indicate an outline of our route, and may help you locate any public transport, used in conjunction with the alternative transport list. It is a good idea to take a map case with you to keep your route cards in, together with leaflets and postcards etc that you may pick up at churches en route - even if you do not carry a map.*

Timings are correct at time of publication but subject to change

Abbreviations Used on the Route Cards

E - Explorer Map L - Landranger Map

Summary of Route

			Length, miles	Ascent, ft
Day 1	Sat Aug 14	Travel to Cardigan and Induction	-	-
Day 2	Sun Aug 15	Cardigan to Aberporth	11.7	2200
Day 3	Mon Aug 16	Aberporth to New Quay	13.5	4000
Day 4	Tue Aug 17	New Quay to Llanon	12.1	1500
Day 5	Wed Aug 18	Llanon to Aberystwyth	15.3	3000
Day 6	Thu Aug 19	Rest Day in Aberystwyth	-	-
Day 7	Fri Aug 20	Aberystwyth to Pontrhydfendigaid	20.2	2300
Day 8	Sat Aug 21	Pontrhydfendigaid to Cellan	18.7	2100
Day 9	Sun Aug 22	Cellan to Llandysul	18.4	2400
Day 10	Mon Aug 23	Llandysul to Carmarthen	18.6	2900
Day 11	Tue Aug 24	Rest Day in Carmarthen	-	-
Day 12	Wed Aug 25	Carmarthen to Whitland	18.8	1700
Day 13	Thu Aug 26	Whitland to Haverfordwest	21.1	2500
Day 14	Fri Aug 27	Haverfordwest to Solva	13.9	2200
Day 15	Sat Aug 28	Solva to St David's to Solva	9.4	1400
Day 16	Sun Aug 29	Journey Home	-	-
		Totals	191.7	28200

Contacting the pilgrims: An address is given for each hall that we stay in, to help pilgrims joining on that day find the hall. These are not intended to be used as postal addresses for contacting the pilgrims, as we do not know whether anybody will be collecting the mail. So the best way to contact the pilgrims is to use the emergency phone numbers given at the top of each page (but the coverage may be poor in rural Wales) or the email address at the foot of each page, or via the web site:

www.thepilgrims.org.uk

Notes on Diagrams

The diagrams included in the route cards are graphs of the "profile" of the day i.e. a plot of height above sea-level against distance travelled. All of them are distorted - nothing is really that steep! The vertical scale is approximately the same for each profile but the horizontal scale varies.

St. David's Pilgrimage Theme				<i>Hymn: "Guide me, O thou Great Redeemer"</i>		
DAY, DATE AND DAILY DESTINATIONS				CONTEXT: <i>Seven Sorrows of Mary readings. "Do the little things."</i>	DAILY THEMES: <i>Mary, role model and inspiration. "Do those little things with Mary."</i>	PARALLELS: <i>Contemporary Life. "Walk the path our fathers have trod before us."</i>
Day 1	Sat	14-Aug	Cardigan	Our Lady of the Taper	Calling	Christian Life
Day 2	Sun	15-Aug	Aberporth	Prophecy of Simeon	Light/Truth revealed	Acceptance of Child
Day 3	Mon	16-Aug	New Quay		Obedience	
Day 4	Tue	17-Aug	Llanon		Trust	
Day 5	Wed	18-Aug	Aberystwyth		Acceptance	
Day 6	Thu	19-Aug	Aberystwyth (Rest)	Celtic Saints of Wales / Welsh Protestantism	Childhood	
Day 7	Fri	20-Aug	Pontrhydfendigaid	Flight	Parenting	Developing in Faith
Day 8	Sat	21-Aug	Lampeter		Caring	
Day 9	Sun	22-Aug	Llandysul		Loss/Fear	
Day 10	Mon	23-Aug	Carmarthen		Education	
Day 11	Tue	24-Aug	Carmarthen (Rest)	St. David, Bishop	Growing up: Ministry	
Day 12	Wed	25-Aug	Whitland	Child Jesus lost in Temple	Priority: Spiritual Life	Telling others; Growth, Prayer, Maturity,
Day 13	Thu	26-Aug	Haverfordwest		Adolescence	
Day 14	Fri	27-Aug	Solva		Maturity	
Day 15	Sat	28-Aug	St. David's		Death, Loss & Resurrection	
Day 16	Sun	29-Aug	Journey Home		Mary at Christ's side	Christ at our side

In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 4 **Tuesday August 17** **New Quay to Llanon** **12.1 miles**

Context **Daily Theme** **Parallels**
Prophecy of Simeon *Trust* *Acceptance of Child*

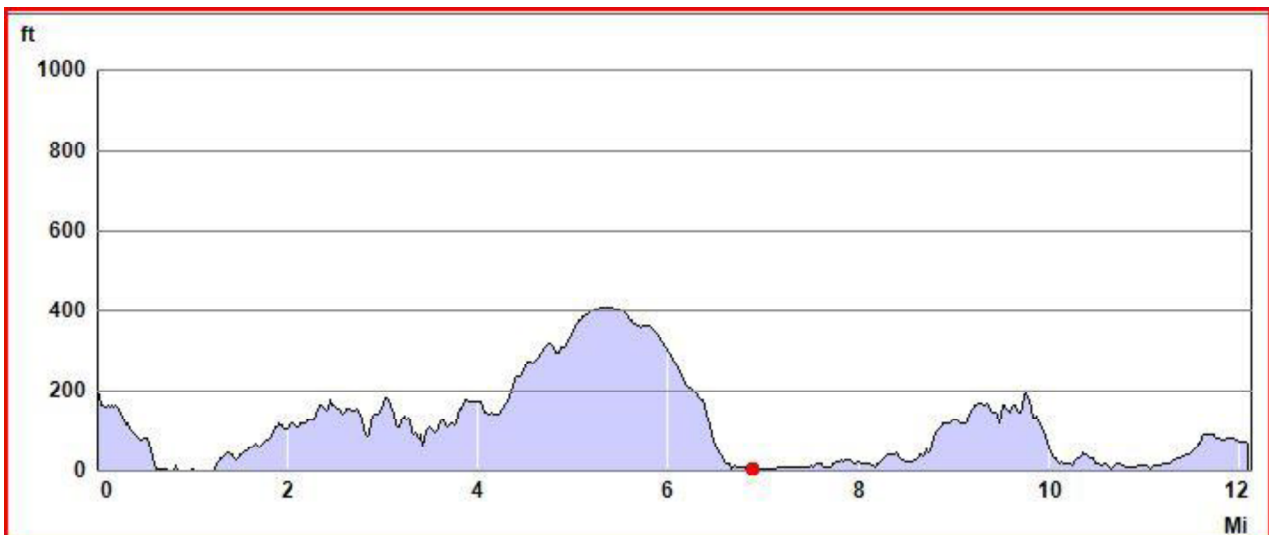
LEADER: Lucinda Wood **Maps: L145/146 or E198**

More glorious coast path and shorter and less hilly than the previous day, particularly in the afternoon. For lunch we have a choice of the many establishments in the resort town of Aberaeron. Before that we have our main service of the day at the church in Henfynyw. This church, once the site of a monastery, is identified in the earliest "Life of St David" as the scene of the infancy and early education of St David. The name Henfynyw signifies literally 'Old Menevia' and there is a tradition that the cathedral of St. David's was originally designed to have been erected here. Near the church is a spring, still called Fynnon Ddewi, or 'St. David's Well'.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: New Quay Memorial Hall	SN387597
09:35 - 09:55	1.5	PRAYERS: Llanina Church	SN404598
11:50 - 12:50	5.1	EUCCHARIST: Llandewi, Henfynyw	SN447612
13:30 - 14:45	6.5	LUNCH: Central Aberaeron	SN458627
14:45 - 15:05	6.5	PRAYERS: Holy Trinity, Aberaeron	SN458627
15:50 - 16:10	8.4	PRAYERS: Bethel Chapel, Aberarth	SN478638
17:50	12.1	ARRIVE: Llanon Village Hall	SN515671

About lunch: Pilgrims are free to find their own lunch venue in Aberaeron - need to gather back together at Holy Trinity Church (where the arrows will have led us) at 13.30.

Addresses: Hall: Llanon Village Hall, Strydd-y-neuadd



In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 8 Saturday August 21 Pontrhydfendigaid to Cellan 18.7 miles

Context
Flight

Daily Theme
Caring

Parallels
Developing in Faith

LEADER: Bruce Matheson

Maps: L135/146 or E213/199

There are two important sites today: the ruins of Strata Florida Abbey and the village of Llanddewi-Brefi. Strata Florida is one of the best known of the many Cistercian ruins in Wales. After Strata Florida we head South West with the Cambrian mountains to our left and the valley of the Teifi to our right, reaching the greatest elevation of the pilgrimage. The route takes us over wild moorland on the edge of civilisation then down to Tregaron for lunch. Another up and over the low hills and we reach Llanddewi-Brefi. This is the legendary site of St David's most famous miracle - and more recently, where some Little Britain sketches were filmed. Continuing on the minor lanes, we cross the Teifi and re-cross it just before reaching our destination: Cellan, a village a couple of miles from the university town of Lampeter. Listen for the many birds busy about the ancient farmland.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: Pafiliwn Bont, Pontrhydfendigaid	SN729667
09:05 - 09:35	1.3	PRAYERS: Strata Florida Abbey Ruins / St Mary's	SN746657
11:00	4.2	Blaengorffen	SN719626
12:30 - 13:30	7.8	LUNCH: Talbot Hotel, Tregaron	SN680596
13:30 - 13:35	7.8	DIY PRAYERS: St Caron's, Tregaron	SN680596
15:40 - 16:40	12	EUCHARIST: Sant Dewi, Llanddewi-Brefi	SN663553
18:20 - 18:40	16.1	PRAYERS: Festri Capel Mair, Llanfair Bridge	SN621514
19:40	18.7	ARRIVE: Millennium Hall, Cellan	SN604490

About the lunch pub: Assume that we do not have permission to eat pilgrim rolls on the premises unless told otherwise.

Addresses: Lunch: Talbot Hotel, The Square, Tregaron, SY25 6JL
Hall: Cellan Millennium Hall, Tre Cynon, SA48 8HX



In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 9 Sunday August 22 Cellan to Llandysul 18.4 miles

Context
Flight

Daily Theme
Loss/Fear

Parallels
Developing in Faith

LEADER: Aidan Simons, Bridget Simons & Isaac Leaver

Maps: L146 or E199/185

As our start, lunch, Eucharist and destination are all on the Afon Teifi, you'd expect a valley walk today – but you'd be wrong! We start with a quiet country lane as a warm up before climbing in to the hills south of Lampeter. We're rewarded with fine views, before dropping past the Dunbia abattoir (where you're almost certain to see red kites) into Llanybydder for lunch. After lunch we take to the hills again briefly before following a small lane to St Luke's, Llanllwni for our Eucharist. Here we cross the river and head into the hills on the north side to Capel Dewi, then another lane stretch before a pleasant stroll along the Teifi to Llandysul. Quite long, but easy going; just as well, as there's no public transport alternative today.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:25	0	DEPART: Cellan Millennium Hall	SN604489
08:30 - 08:45	0.2	PRAYERS: Capel Yr Erw, Cellan	SN603488
09:35	2.4	A482 Cwmann	SN582473
10:10	3.7	DIY PRAYERS: Caersalem Chapel, Parc y Rhos	SN577458
11:30	6.2	near Blaencarreg	SN549446
12:20 - 13:20	8.3	LUNCH: Crosshands Hotel, Llannybydder	SN522440
13:25 - 13:30	8.5	DIY PRAYERS: St Peter's, Llannybydder	SN518439
15:30 - 16:45	13.1	EUCCHARIST: St Luke's, Llanllwni	SN473412
17:00 - 17:05	13.8	DIY PRAYERS: Waunifor Chapel	SN465414
17:45 - 18:05	15.1	PRAYERS: St David's, Capel Dewi	SN451425
19:25	18.4	ARRIVE: Tysul Memorial Hall, Llandysul	SN416404

About the lunch pub: The pub has a relaxed attitude to us eating our pilgrims rolls. This grade 2 listed building was originally a set of workers' cottages.

Addresses: Lunch: The Crosshands Hotel, Llannybydder, SA40 9TX
Hall: Tysul Memorial Hall, New Road, SA44 4QJ



In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 10 Monday August 23 Llandysul to Carmarthen 18.6 miles

Context
Flight

Daily Theme
Education

Parallels
Developing in Faith

LEADER: Danny Thomas

Maps: L146/159 or E185/177

It's time to leave the Afon Teifi - if we didn't, we'd walk back to Cardigan! We climb out of the valley to the south by taking a minor road, due to impassable footpaths. The descent to lunch and the rest of the day's ups and downs are mostly on footpaths. Finally we reach the Afon Tywi (River Towey) in Caerfyrddin (Carmarthen, name means Myrddin's - or Merlin's - Fort).

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:25	0	DEPART: Tysul Memorial Hall, Llandysul	SN416404
08:30 - 09:30	0.1	EUCHARIST: Llandysul Church	SN418406
13:20 - 14:20	8.5	LUNCH: Afon Duad Inn, Cwmdud	SN375311
14:25 - 14:45	8.6	PRAYERS: St Alban's, Cwmdud	SN375309
16:25 - 16:45	12.1	PRAYERS: St. Cynwyl's, Cynwyl Elfed	SN373274
18:05 - 18:10	14.7	DIY PRAYERS: St Michael's, Newchurch	SN383242
19:40	18.6	ARRIVE: St Mary's, Carmarthen	SN404202

About the lunch pub: The pub is opening especially for us. Assume that we will not be allowed to eat our pilgrim rolls on the premises.

Addresses: Lunch: Afon Duad Inn, Cwmdud, SA33 6XJ
Hall: St Mary's Parish Centre, Union Street, SA31 3DE



In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 14 **Friday August 27** **Haverfordwest to Solva** **13.9 miles**

Context **Daily Theme** **Parallels**
Child Jesus lost in Temple *Maturity* *Telling others; Growth, Prayer, Maturity, Purpose*

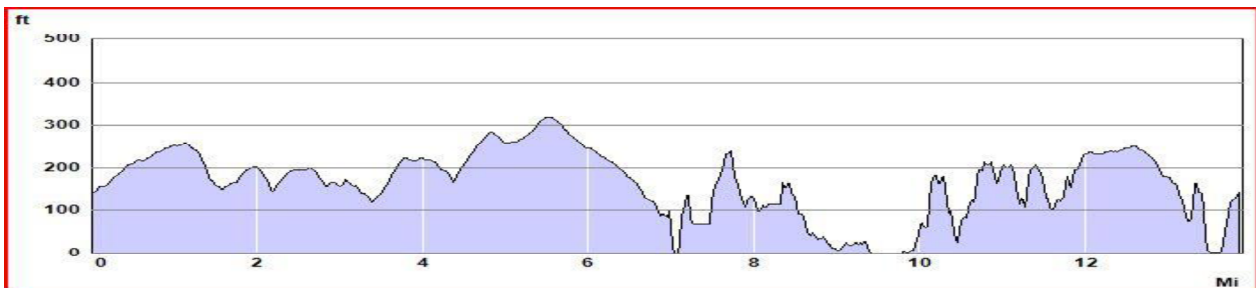
LEADER: Howard & Theresa Park **Maps: L157 or E OL36**

The morning is mostly on roads with some paths. In the afternoon we are back on a long distance coast path: this time the Pembrokeshire Coast Path. Veteran pilgrims will get a sense of deja-vu as the route is very similar to the same day as walked in 1992.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:55	0	DEPART: St David's & St Patrick's Church Hall	SM950154
09:00 - 10:00	0.1	EUCHARIST: St David's & Patrick's Church, Haverfordwest	SM950153
11:20 - 11:40	3.4	PRAYERS: Bethel Baptist Chapel, Sutton	SM909164
12:55 - 13:15	6.4	PRAYERS: St Madoc's Church, Nolton	SM867182
13:30 - 14:30	7	LUNCH: The Mariner's Inn, Nolton Haven	SM860185
14:35 - 14:55	7	PRAYERS: United Reformed Church, Nolton Haven	SM860185
15:55 - 16:25	9	REFRESHMENTS: Newgale Sands Cafe	SM853210
19:00	13.9	ARRIVE: Solva Memorial Hall, Solva	SM800243

About lunch: The licensee has been running the public house for twenty-four years and remembers our previous pilgrimage in 1992. The building is large enough to take us all in the rain and there are a number of outside benches albeit the dramatic beach is directly opposite. He is happy for us to eat our sandwiches in the building provided pilgrims leave no trace of them.

Addresses: Hall: Solva Memorial Hall, Main Street, SA62 6TE
 Lunch: Mariner's Inn, Nolton Haven, SA62 3NH



In emergency contact: Aidan 07801-453891 or John C 07866-971623 or Monica 07799-086626

DAY 15 **Saturday August 28** **Solva to St David's to Solva** **9.4 miles**

Context **Daily Theme** **Parallels**
Child Jesus lost in Temple *Death, Loss & Resurrection* *Telling others; Growth, Prayer, Maturity, Purpose*

LEADER: Sue & Fred Adilz **Maps: L157 or E OL36**

To reach St David's Cathedral, we continue along the Pembrokeshire Coast Path as far as St Non's Chapel, then turn inland. After lunch and free time in St David's, we meet up at the market cross at 16:00 and walk back to Solva along a minor road (or alternatively catch a bus) in good time for our celebration eucharist followed by meal.

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: Solva Memorial Hall, Solva	SM800243
10:45 - 11:30	4.4	PRAYERS: St Non's Chapel	SM752243
12:15 - 13:00	5.6	PRAYERS: St David's Cathedral	SM751253
13:05 - 14:05	5.7	LUNCH: Farmer's Arms, St David's	SM751252
14:10 - 16:00	5.8	EXPLORE: Freetime in St David's	SM753252
17:30	9.4	ARRIVE: Solva Memorial Hall, Solva	SM800243
19:00		EUCHARIST & CELEBRATION MEAL in hall	SM800243

About lunch: Assume that we do not have permission to eat our pilgrim rolls at the pub.

Addresses: Lunch: The Farmer's Arms, Goat Street, SA62 6RF



DAY 16 **Sunday August 29** **Journey Home**

Daily Theme **Parallels**
Mary at Christ's side *Christ at our side*

Rise time and breakfast time will be announced the night before.

10:00 DEPART on coach
11:30 (approx) ARRIVE at Carmarthen Station