

# Hidden Trails

PH. 1-888-9-TRAILS

*Outdoor Vacations  
- on & with Hidden Trails*

## About Hidden Trails



Explore the World on & with Hidden Trails

Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.

You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.

We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Ryan Schmidt  
Hidden Trails

### Hidden Trails

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Toll Free: 1-888-9-TRAILS

from within the USA or Canada or

E-mail: [info@hiddentrails.com](mailto:info@hiddentrails.com)

Website: [www.hiddentrails.com/outdoor](http://www.hiddentrails.com/outdoor)

### Address:

659A Moberly Road, Vancouver BC Canada V5Z 4B3

4406 Tennyson Road, Wilmington, DE USA 19802

### Toll Free from the U.K.:

Ph: 0- 808 189-0420

Fax: 0-808-280-1860

### Toll Free Worldwide:

Skype: hiddentrails

# Cycling in Southern Wales - Wales, Europe

Tour Code: ZZ-BKWA-H01  
8 days / 7 nights ~\$0.00  
Dates: April to September

Trip Rating : ●●●●●  
Difficulty : ●●●●●  
Lodging : ●●●

[Tack:](#)  
[Horses:](#)  
[Pace:](#)

[Airport:](#)



## Introduction

South Wales, Wales

This biking vacation in Wales follows the wonderful Pembrokeshire coastline, sections of which are a national park. The region of Pembrokeshire is in South West Wales. Not only is the scenery simply stunning but the region also has a number of historic attractions such as Pembroke castle. A castle was first built in the town of Pembroke in the 11th century. Carew Castle is also from the 11th century but was then rebuilt in stone in the 14th century. The most famous historic landmark on the route though is St David's Cathedral, a vast building making the small hamlet of St David's actually a city.

As you cycle through Wales Coastal National Park, it is possible along the breath-taking coastline, to see dolphins and porpoises. In the north part of the tour, Cardigan Bay is a permanent residence of these fabulous creatures. Here you can take boat trips to explore the sea life. The coastline is also a haven for great birdlife. Inland the national park homes badgers and otters although they can be particularly hard to spot.

Not only will you cycle on some safe cycleways but also on minor country lanes as you take a circular route around the region.

## Accommodation

### Accommodation

This is a progressive trip so overnights will be spent at different locations along the way.

### Description

You will stay in 3/4 star hotels, guests houses, country inns and bed and breakfast. Occasionally we have to book a nearby village in peak times which would mean a shorter day and a long days walk the next day.

Our handpicked accommodations are chosen for their accessibility to the route and warmth of welcome. We try and find accommodation which is interesting, and we are sure all our providers of accommodation will show an active interest in your tour progress.

We try and provide en-suite rooms where possible but on occasions, this may not be possible on some tours. If you insist on an en-suite room then please provide this request during the booking process.

### Accommodation Itinerary for 8-day option - subject to changes based on availability

Night 1 & 2: Accommodation in Fishguard  
Night 3 & 4: Accommodation in Saundersfoot  
Night 5: Accommodation in Haverfordwest / Broad Haven  
Night 6 & 7: Accommodation in Fishguard

### Accommodation Itinerary for 6-day option - subject to changes based on availability

Night 1 & 2: Accommodation in Fishguard  
Night 3 & 4: Accommodation in Saundersfoot  
Night 5: Accommodation in Haverfordwest / Broad Haven

### Meals

All Breakfasts are included in your package.

## Riding

### Insurance

It is essential that you have adequate travel insurance that you have purchased to cover cancellations, accidents, and repatriation etc. You will need to provide details (insurer, policy number and medical emergency telephone number) of the insurance you have purchased.

It is your responsibility to ensure that the insurance cover you have purchased covers you for your particular activity. We will not accept liability for any costs, losses or expenses which you incur as a result in not getting the correct level of cover.

## Itinerary

### Sample Itinerary: 8-day option - subject to changes

Note: It is possible to book a shorter version of this tour (6 days).

Bike (Cannondale Quick Hybrid Bikes or Lapierre/Raleigh eBikes) handover is usually on the evening of Day 1, at your first accommodation (or morning of Day 2).

### Day 1: Arrival

Make your own way to the quaint port of Fishguard. Stay in a lovely guest house overlooking the sea.

*Meals included: none*  
*Overnight in Fishguard*

### Day 2: Cardigan Loop

This stretch of coastline is truly stunning, with less people apart from real nature lovers. You will cycle up the stunning Cym Gwaun Valley right into the Welsh hills before looping back to the west coast of Pembrokeshire. You can take a detour to Cardigan a superb town and the head of a beautiful river. A few chances to relax on a nice sandy beach before heading back over the hills to Fishguard.

*Distance: 56 km*  
*Meals included: Breakfast*

**Day 3: Fishguard to Saundersfoot**

Today you cycle in the wild area of the Preseli Hills famous for its ponies and blue stones. These blue rocks are where the stones used to build Stonehenge came from but you can only wonder how centuries ago these huge rocks were transported from Wales to South England!

Along this route you will see many Neolithic and Bronze Age standing stones. You will soon turn south and follow the rolling hills towards the south coast and the beautiful fishing village of Saundersfoot. Take a walk on the wonderful sandy beach before enjoying the evening in one of the many local restaurants.

*Distance: 52 km*

*Meals included: Breakfast*

*Overnight in Saundersfoot*

**Day 4: Mills and Mining Trail**

Cycle inland through Canaston Woods which is steeped in mining history. This whole area was a major part of Pembrokeshire's coal fields from the 17th Century. Soon, you reach Blackpool Mill which is one of Britain's best examples of a corn grist mill. Visit and see the milling machinery. Then, follow the river estuary upstream, look out for the birdlife on the River banks. Soon you will reach Carew Castle before circling back to Saundersfoot.

*Distance: 64 km*

*Meals included: Breakfast*

*Overnight in Saundersfoot*

**Day 5: Saundersfoot to Haverfordwest / Broad Haven**

Make your way west along the south coast of Wales, following the Celtic trail. When you arrive in Pembroke, visit the castle and have a break before continuing north to Haverfordwest.

As an optional ride you can head towards the coast and Brides Bay. Relax on one of the lovely sandy beaches. You are now right in the Coastal National Park.

*Distance: 42-47 km*

*Meals included: Breakfast*

*Overnight in Haverfordwest or Broad Haven*

**Day 6: Haverfordwest / Broad Haven to Fishguard**

This morning, you cycle back to the Coastal National Park and onto St David's which is Wales' smallest spiritual capital (St David is Wales' Patron Saint). Visit the grand cathedral. After your visit, you can cycle to St David's head to see the stunning views before heading north to Fishguard.

*Distance: 64-69 km*

*Meals included: Breakfast*

*Overnight in Fishguard*

**Day 7: Fishguard Loop**

For your last full day, you have a fabulous coastal ride heading west visiting first a tiny ancient chapel in Llanwnda, before heading to the lighthouse at Stumble Head. After you look across the sea, head back inland, with occasional views of the ragged Pembrokeshire coastline. You will reach a working Mill. Soon you will be back in Fishguard for a relaxing walk around the town.

*Distance: 36 km*

*Meals included: Breakfast*

*Overnight in Fishguard*

**Day 8: Departure**

Make your own transfer arrangements.

*Meals included: Breakfast*

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*Overnight in Fishguard*

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*Distance: 56 km*

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*Overnight in Fishguard*

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*Distance: 42-47 km*

*Meals included: Breakfast*

*Overnight in Haverfordwest or Broad Haven*

**Day 8: Departure**

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Make your own transfer arrangements.

*Meals included: Breakfast*

**Other Info**

**Meeting:** Fishguard

**Tack:**

**Horses:**

**Pace:**

**Level:** 🐾🐾🐾🐾🐾 (3 to 3 out of 5) Moderate

## Rates and Dates 2026 - ZZ-BKWA-H01

Rates include: Accommodations, All breakfasts, Luggage transfers & Navigation by Smart Phone App (Access code for App emailed around 3 weeks before departure)

## Packages and Options

Season	Description
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## Transfer Option

Description

Tour Dates

Season	Tour Dates
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Rates do not include: Transfers before and after the tour, Lunches, Dinners & Travel insurance (mandatory)



# Reservation Form

## Hidden Trails Outdoor Reservation Form

**Tour :** \_\_\_\_\_ **Code #:** \_\_\_\_\_ **from:** \_\_\_\_\_ **to :** \_\_\_\_\_

<b>The Travelers</b> (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date <small>MM/DD/YY</small>	Height	Weight*	<small>Special Diets**</small>	<small>Allergies</small>	<small>Medical Con.</small>	<small>Excellent</small>	<small>Good</small>	<small>Moderate</small>	<small>Poor</small>	<small>Fitness Level</small>	<small>need to rent equipm.</small>
1.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* If more than 200 lbs we need to reconfirm with our partners first      \*\* Details on dietary needs on separate sheet, please.

Special Diets: \_\_\_\_\_

How often do you exercise? \_\_\_\_\_ Describe your experience: \_\_\_\_\_

Have you been on other riding tours? No  Yes  last trip when? \_\_\_\_\_ Trip: \_\_\_\_\_

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES  NO

In an emergency, name and phone number of contact: \_\_\_\_\_

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.

I (we) will sign and forward the *Recreational Activity Release and Indemnity Agreement* at least 8 weeks before trip starting date.

**Last Name and First Name (The Traveler)** \_\_\_\_\_

**Street** \_\_\_\_\_ **e-mail** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Postal/Zip Code** \_\_\_\_\_

**Phone (wk)** \_\_\_\_\_ **(hm)** \_\_\_\_\_ **Fax** \_\_\_\_\_

**Date** \_\_\_\_\_ **Signature (mandatory)** <sup>1.</sup>

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by **VISA**  or **Mastercard**  (no debit cards)

Cardholder: \_\_\_\_\_

Card # \_\_\_\_\_ -3 digit Security # \_\_\_\_\_

Exp.Date: \_\_\_\_\_ Signature:

Billing Address for Credit Card (if different than mailing address):  
\_\_\_\_\_

I have enclosed a check for the deposit

Additional Signatures:

2. \_\_\_\_\_

3. \_\_\_\_\_

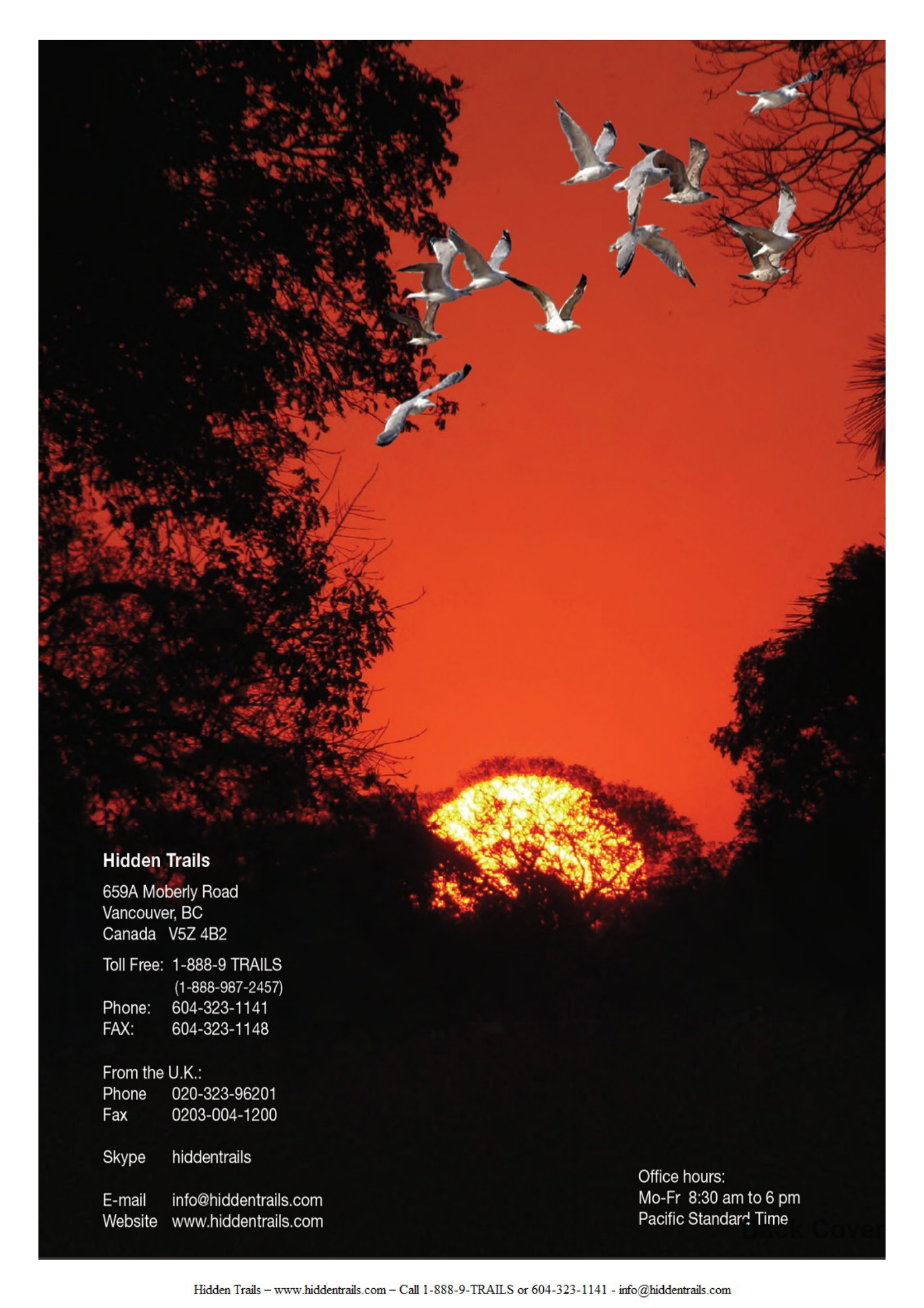
4. \_\_\_\_\_

**Travel Cancellation Insurance** Credit Card required

Sign me (us) up  initial \_\_\_\_\_

No, we will provide our own  initial \_\_\_\_\_

**Hidden Trails Ltd. 659A Moberly Rd. Vancouver, BC V5Z 4B3      FAX: 604-323-1148 Phone: 604-323-1141**



## Hidden Trails

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