



Hotel & Spa

Guest Directory





The Cliff Hotel & Spa, Gwbert,  
Cardigan, Ceredigion, SA43 1PP

Telephone: 01239 613241  
Email: [reservations@cliffhotel.com](mailto:reservations@cliffhotel.com)  
Website: [www.cliffhotel.com](http://www.cliffhotel.com)

## Guest Directory

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# The Cliff Hotel & Spa



## A Word of Welcome

Dear Guest,

May we take this opportunity to welcome you to The Cliff Hotel & Spa. We trust that you will have an enjoyable and comfortable stay with us.

The Cliff Hotel & Spa boasts one of the most breath-taking marine views in Wales. The hotel is set in its own 30 acres of headland overlooking Cardigan Bay, the broad sweep of Poppit Sands and the Teifi Estuary.

It is a complete holiday venue with comfortable accommodation, our own 9 hole golf course (with Cardigan's 18 hole course next door) and a range of leisure facilities in our spa which is currently operating by appointment only. The area offers both sea and river fishing beyond comparison and easy access to the gems of the Cardigan Heritage Coast and the Pembrokeshire Coast National Park.

The Carreg Restaurant offers a top-class menu from our Head Chef and his team, serving Breakfast, Lunch, Afternoon Tea and Dinner. Our popular Sunday Lunch Carvery is also available every week.

All of this, in sight of the dramatic, ever changing seascapes, glorious sunsets and occasional visiting dolphins and seals, makes The Cliff Hotel & Spa the perfect stress-free setting for a relaxing break.

If you require any further assistance, please do not hesitate to contact a member of staff. It means a great deal to us that our guests enjoy the entirety of their stay, so please give us the opportunity to correct any shortcomings immediately as we will be unable to deal with any complaints retrospectively.

The Management Team

# Emergency & Security

## Fire Precautions

Please read the Fire Precautions Notice located behind your bedroom door.

If the fire alarm sounds please exit the hotel as quickly as possible. Do not use the lifts but follow the fire exit signs and use the stairs to make your way to the Fire Assembly Point which is located in the top left hand corner of the Car Park to the rear of the building.

## Assisted Escape in an Emergency

We operate a system of assisted escape for disabled guests in the event of an emergency. Please tell our Receptionist if you feel you may require assistance in the event of an evacuation and we will explain our evacuation procedures to you and ensure that your requirements are noted.

## Accessibility Statement

The Cliff Hotel & Spa takes the needs and equal treatment of all our guests extremely seriously. Therefore we are committed to ensure our facilities and services are accessible to all.

The Cliff Hotel & Spa recognises that there is no single hotel design or layout that will entirely meet every individual's needs and preferences. If during your stay you feel there is something else we could do to assist you, or make your stay more comfortable, please allow us the opportunity to do so by contacting Reception.

## Personal Safety & Security

For your personal safety please secure your room at all times and deposit valuables for safe keeping at Reception. If you see anyone / anything suspicious please contact a member of staff immediately.

Children and vulnerable people should be supervised at all times whenever near the cliff edge.

Free car parking is available for your use. Please ensure your vehicle is locked and valuables removed as we regret we cannot accept responsibility for any damage to your car or property stolen from it whilst it is parked on the premises.

The fire alarm is tested on Tuesday mornings at 10:00am. The alarm sounds in short bursts when tested and it is not necessary to evacuate the building on these occasions.

It is against the law to smoke in the premises, doing so will incur a charge to the value of the next night's rate of stay.



# TASSIMO USER GUIDE

(Not available in Standard and Economy Room)



**Caddy**



**Joy**

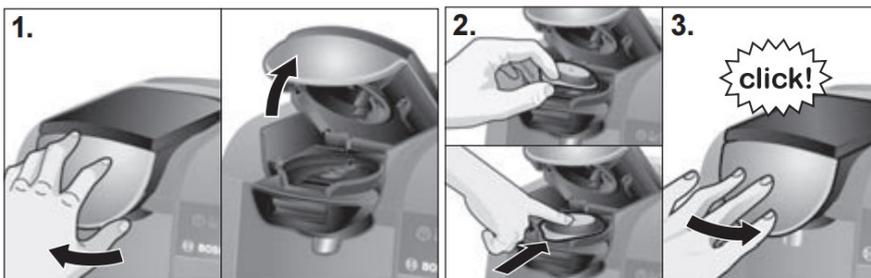
To prepare your beverage:

- ▶ Ensure the water tank is filled with cool, fresh, water every day.
- ▶ Turn the TASSIMO machine on by pressing the ON/OFF switch.
- ▶ Place a suitable cup on the stand according to the type of beverage. Adjust the height of the cup stand, if necessary, or remove it altogether for large cups.
- ▶ Always set the cup stand as high as possible.

To make your beverage:

1. Open the brewing unit by lifting the handle and then pushing the brewing unit up.
2. Select a beverage T DISC and insert it into the T DISC holder with the printed side down. Make sure that the flap of the T DISC is **locked** in the slot in the front.
3. Close the brewing unit by first bringing it down and then pushing the handle firmly to the machine. The machine is now ready to brew your beverage.
4. Press the Start / Stop button to start the brewing process.
5. The machine will now warm up indicated by a flashing light. Do not open the handle during this process.
6. The brewing process is complete when the Status LED stops blinking.
7. Prepare another beverage or switch machine off and enjoy!

\*Please note the BLUE coloured T DISCS contain milk only, and should be used with BROWN coloured T DISCS containing coffee.



## **⚠ Risk of scalding!**

- Never attempt to open the brewing unit during the brewing process.
- Keep in mind that the beverages are very hot when dispensed.
- The brewing unit locks automatically when brewing beverages at a higher pressure.

5.



# TASSIMO

# USER GUIDE

(Not available in Standard and Economy Room)



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To make your beverage:

1. Open the brewing unit by lifting the handle and then pushing the brewing unit up.
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3. Close the brewing unit by first bringing it down and then pushing the handle firmly to the machine. The machine is now ready to brew your beverage.
4. Press the button with the image of the cup that will be lit up.
5. The machine will now warm up indicated by a flashing light. Do not open the handle during this process.
6. The brewing process is complete when the Status LED stops blinking.
7. Prepare another beverage or switch machine off and enjoy!

\*Please note the BLUE coloured T DISCS contain milk only, and should be used with BROWN coloured T DISCS containing coffee.



### Risk of scalding!

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- Keep in mind that the beverages are very hot when dispensed.
- The brewing unit locks automatically when brewing beverages at a higher pressure.

# Temperature Control

Please note this page only applies to rooms with aircons installed.

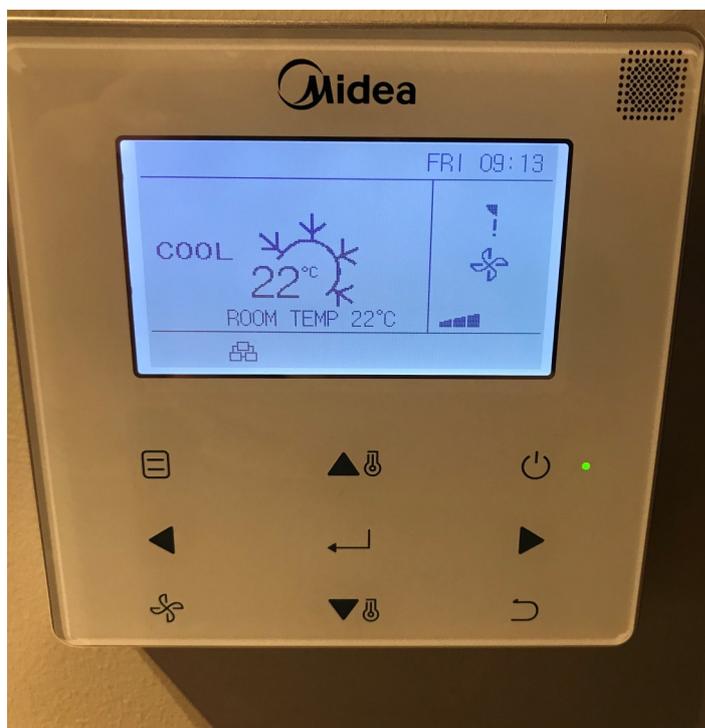
## TRV

Please ensure that your radiator is set to a comfortable temperature. If you are too hot set the dial to '0'.

You can either open your window, making sure the aircon is off or if you would prefer to use the aircon system please make sure that your window is closed.

## Aircon

Use the panel on the wall, turn on at the standby button. The display should be set as shown below.





## Opening Times

Spa Opening Hours Daily: 8am - 8pm (Booking is essential)

Treatment Times: 10am - 6pm (Appointment Only)

Gym Opening Hours: Daily 8am - 8pm (Appointment Only)

## Children's Opening Times (Under 16)

Daily: 8am – 10am

Monthly, Quarterly and Annual Spa Memberships are available, please enquire at Reception, alternatively email, [spa@cliffhotel.com](mailto:spa@cliffhotel.com) or call 01239 622179.

The Spa at The Cliff Hotel is submerged underground, creating a tranquil, relaxing ambience for an indulgent and de-stressing experience. After your relaxation why not enjoy a leisurely meal, or simply a refreshing drink in The Carreg Bar & Restaurant or even at The Point Bar & Lounge.

### **Our Spa Facilities include:**

Treatment Rooms, Hexagonal Hydro-therapy Pool, Hot Tub, Ice Fountain, Gym and Complimentary Teas, Coffees & Juices.

A wide variety of Spa Treatments are available at an additional charge, subject to availability. Please see our Spa Treatment menu for further details. Pre-booking is essential .

As a resident of The Cliff Hotel you are entitled to a 1 hour complimentary use of the spa between 3pm on the day of arrival and 10:30am on the day of departure, subject to availability. **This is by appointment only, please book with Reception.**

Spa use includes towels, which can be collected from the Spa Reception. A £1 coin is required for locker usage.

Please produce your Bedroom Key Card at the Spa Reception upon each visit.

We hope you enjoy a relaxing stay.



## The Carreg Restaurant

Looking for somewhere special to eat with breath-taking views and superb food on the Ceredigion Coast? The ever popular Carreg Restaurant offers first class dining with spectacular panoramic views and a terrace providing the option of dining *al fresco*, if weather permits!

At Carreg at The Cliff every effort is made to accommodate all dietary requirements. If you experience food allergies or intolerances, please contact our team to discuss your requirements.

### Breakfast

7:00am – 9:45am Weekdays

8:00am – 9:45am Weekends and Bank Holidays

A buffet style breakfast is served every morning, including a great selection of cooked and continental options.

### Lunch

Monday - Saturday 12 - 4pm

A wide range of dishes are available from Sandwiches, Pasta and Fish dishes to Carreg Classics.

\*Reservations are always advisable.

### Dinner

Daily 6 – 9pm

Contemporary dishes as well as firm traditional favourites.

Hotel guests do not have an automatic reservation unless on a Dinner inclusive package, so please call Reception if you wish to make a booking.

### Sunday Lunch

12 – 2:30pm Every Sunday

Our popular Sunday Lunch Carvery, which includes traditional favorites and firmly modern dishes is available weekly.

\*Reservations are always advisable.

### Afternoon Tea

3:00pm – 5:00pm Monday–Saturday

4:00pm–5:00pm Sunday

A variety of delights is available ranging from a Welsh Tea with local delicacies to a Traditional Full Afternoon Tea with all the trimmings.

24 hours notice required for some Afternoon Tea options, please check menu for details.

Available from 12 to 9pm

Dial 0 to order. A tray charge of £5 is applied to each order

## Something Light

**(Vg) Mixed Olives** £4.25

**(V) & (MVg) Selection of Breads with Balsamic and Butter** (m,su,g) £4.25

**(V) Sundried Tomatoes & Mozzarella** (m) £4.25

**(V) & (MVg) Chef's Soup** £5.95

Please enquire with your server for today's special and allergens. Served with Rosemary Focaccia

**(V) & (MVg) Carreg Flatbread** (g,gm,m,so,su) £7.25

Garlic Flatbread, Goat's Cheese, Red Onion Marmalade, Wilted Spinach, Balsamic Glaze

**(Vg) Sweet Potato Tikki** (c,mu,so,gm) £6.95

Sweet Potato Cake, Coriander, Garam Masala, Ginger, Garlic with Mint & Cucumber Raita

## Sandwiches Available from 12 - 5pm

*All served with Salad and Crisps*

*Gluten Free available upon request*

**Fillet Beef Focaccia** (g,so,gm,su,mu,e) £11.95

Horseradish Cream, Caramelised Onions, Fried Egg

**Chicken Caesar Wrap** (g,e,mu,so,gm,fsu) £9.25

Cos Lettuce, Grilled Chicken, Bacon Crumb, Red Onion, Parmesan, Caesar Cream in an oven baked Tortilla Wrap

**(Vg) Sweet Potato & Hummus Wrap** (g,s,so,gm,mu,su) £8.95

Sweet Potato, Roasted Red Pepper Hummus, Avocado, Cucumber & Mint Yoghurt Dressing

## **Classic Sandwich**

*All served on brown or white Bloomer* £7.95

Ham & Mustard (g,mu,e,su,m) or **(V)** Cheese & Chutney (g,mu,e,su,m) or

Smoked Salmon and Dill Crema (f,g,mu,e,su,m)

*Although every effort is made to correctly identify all allergens contained in our dishes, please note that such products are stocked and used in our kitchens. Please advise us of any dietary requirements or concerns you may have. Our menus are designed using fresh unprocessed produce wherever possible. Although every care is used, please be aware that seafood dishes may contain fish bones and shell fragments.*

**Allergy key:** (V) Vegetarian; (Vg) Vegan; (MVg) Modified Vegan; (c) Celery; (cr) Crustacean; (e) Egg; (f) Fish; (g) Gluten; (gm) Genetically Modified; (l) Lupin; (m) Milk; (mo) Mollusc; (mu) Mustard; (n) Nut; (pn) Peanut; (s) Sesame; (so) Soya; (su) Sulphur.

## Something Not So Light

<b>Beef Burger</b> (so,gm,g,mu,e,f,su,m)	£15.95
7oz Burger in a Flour Bun with Crispy Bacon, Smoked Cheese, Red Onion Jam, Gherkins, Beef Tomato, Horseradish Mayo, Tabaco Onions, served with Slaw and Fries	
<b>(Vg) Garden Burger</b> (so,gm,su,)	£14.95
6oz Crumbed Broad Bean & Spinach Burger in a Flour Bun, Tomato Relish, Gherkins, Beef Tomato, Baby Gem, served with Salad and Fries	
<b>Fish &amp; Chips</b> (f,so,g,su,gm,mu)	£15.95
Tartare Sauce, Minted Pea Pureé, Home Cut Chips and Lemon	
<b>(MVg) Cliff Cobb Salad</b> (mu,so,su,c,gm)	£14.95
Cucumber, Tomato, Red Onion, Boiled Egg, Bacon, Celery, Avocado, Fine Beans, Baby Leaf, Garlic Croûte, Mustard & Basil Crema	
	<i>Add Chicken Breast £3.00 supplement</i>
<b>(Vg) Pasta Puttanesca</b> (g,su,so,gm)	£14.95
Olives, Capers, Garlic, Parsley, Tomato	
<b>(V) Summer Risotto</b>	£14.95
Spinach, Lemon, Ricotta	
	<i>Add Chicken Breast £3.00 supplement</i>

## To Accompany

<b>Home Cut Chips</b>	£3.00	<b>Fries</b>	£3.00
<b>House Salad</b>	£3.00	<b>Sautéed Onions</b>	£3.00
<b>Medley of Vegetables</b>	£3.00	<b>Garlic Flatbread</b>	£3.50
<b>Roasted New Potatoes</b>	£3.25	<b>Cheesy Garlic Flatbread</b>	£4.25

## Indulge

<b>(V) Deep Filled Cheesecake</b>	£6.50
Please ask your server for today's special and allergens	
<b>(V) White Chocolate Chunk Brownie</b> (m,su,g,e)	£6.50
Ice Cream	
<b>(Vg) Peanut Butter Chocolate Tart</b> (n,pn,g,so,gm,su)	£6.95
Praline, Banana Chips, Raspberry Gel	
<b>(V) Passionfruit Crème Brûlée</b> (e,g,su,m)	£6.95
Shortbread Snap, Mango Sorbet, Coulis	

# Hotel Services

To help you make the most of your stay with us, we have compiled this service guide. Should you require a service or any other information not listed please do not hesitate to call Reception by dialling '0' and we will endeavour to assist you. Reception is manned from 7:00am – 10:00pm. Overnight, the Night Porter can be contacted by dialling '0' but will not always be at Reception.

## Accounts

We accept all major credit cards including Master Card, Visa and American Express. Payment card details will be kept on your Reservation and charging purchases to your room will be the only acceptable method of payment.

## Alarm Calls

Please call Reception (dial 0) to request an early morning wake up call. Please ensure your telephone is switched ON if an early morning call is required.

## Baby Cots

Cots are available at a supplement of £5 per night, please contact Reception if one is required

## Baggage Services

If you require assistance with moving your luggage please contact Reception by dialling '0'.

## Bath Mats

Are available upon request.

## Blankets & Pillows

Should you require another pillow or blanket, please ask.

## Business Services

Photocopying and Fax services are available from 7:00am – 10:00pm at Reception. There is a photocopying charge of 20p per B&W page and 30p per colour page. Faxes are charged at £1.00 per page.

## Car Parking

Guests are welcome to leave their cars in the hotel car park, but no responsibility will be taken by The Cliff Hotel & Spa for any loss or damage.

## Checking Out

Please check out before 10:30am on the day of your departure. Our Express Check Out allows you to depart without visiting Reception.

## Chemist

There are three chemists in Cardigan:

Caerleon Pharmacy 01239 612400

Boots 01239 621578

The Co-operative Pharmacy 01239 621416

## Dentist

There are two dental practices in Cardigan:

Charsfield Dental Surgery: 01239 612185

Feidrfair Dental Practice: 01239 613694

## Doctor

There is one doctor surgery in Cardigan:

Cardigan Integrated Care Centre: 01239 612021

Alternatively, you can contact NHS Direct on 0845 46 47 (prefix with 9 if using in-room telephone)

## Do Not Disturb

If you do not wish to be disturbed please hang the relevant sign outside your door. Our Housekeeping Department will not service your room if the Do Not Disturb sign is showing.

## Electrical Current

The voltage is 240 volts except for shaving points. We recommend that you do not charge your shaver from the bathroom socket nor to plug in any other electrical appliance. Plug adapters are available from reception for a £5 returnable deposit.

## Environmental Impact

Please assist us in our efforts to reduce our environmental impact by switching off the lights and appliances when not in the room, separating your plastic and glass bottles from your general waste.

## First Aid

There is at least one qualified First Aider on duty at all times. If you need First Aid for yourself or another person and are unable to find a member of staff, please dial 9 for an outside line, then 999.

## Flowers

Can be ordered in advance through Reception. Minimum spend of £30.

## Ice

Ice is available via room service.

## Jogging

Routes available at Reception.

## Keys & Key Cards

Out of hours your room key will also provide access via the main hotel doors. For your safety and security we feature an electronic door locking system. As an extra precaution, we suggest that you refrain from writing your room number on the key card. Upon check-out please leave your room key in the designated box at Reception.

## Lost & Found

We operate a lost property logging system, please contact Reception if required.

## Mail & Postage Stamps

Stamps are available to purchase from Reception where there is also a letter box. Collections are at 9:30am weekdays and 11:00am on Saturdays.

## Maps

There are a selection of maps and local information at the back of this directory however if you require further local information, directions, and maps, please ask at Reception.

## Messages

Will be delivered to your room by our Receptionists.

## Pets

Dogs are allowed only in allocated guest bedrooms and should not be left unsupervised. Guests are required to bring their own bedding for dogs. There is a £10 charge per pet per night on the first night of your stay and £5 per pet per night for any subsequent nights. Registered assistance dogs are permitted throughout the premises and may stay in allocated guest bedrooms free of charge.

Please note that as a large venue we also host many events. During some functions, we do hold firework displays at the hotel.

## Public Transport

Train and bus timetables are available at Reception.

## Radio

Is integrated into your television.

## Religious Services

Local religious service information is available at Reception.

## Restaurants & Bars

There are multiple locations to dine at within The Flat Rock Group, The Carreg Restaurant at The Cliff Hotel & Spa, The Flat Rock Bistro at The Gwbert Hotel or The Grosvenor located in Cardigan town centre. All offer a variety of food to suit all tastes, for more information please enquire at Reception.

## Room Service

Please refer to page 9 within this Guest Directory. Dial '0' from your in-room telephone to place your order.

## Sewing Kit

Available at Reception.

## Sharps & Needle Disposal

Please contact Reception should you require the safe disposal of any sharps and a sharps disposal container will be made available to you. Please do not leave sharps for others to clear away and do not dispose of sharps in general bins.

## Smoking

Please note that smoking is not permitted in any guest bedrooms or indoor public areas, including out of the window. Any guest found to be smoking in their bedroom will incur a fine to the value of the next night's rate of stay to cover cleaning charges and loss of revenue from smoke damaged rooms. Ashtrays are provided on room balconies, our terrace, and outside the front doors of the hotel for your convenience.

## Soilage & Damages

Please note that we reserve the right to charge guests for soilage and damages to hotel property after departure. If you think something in your room may have been damaged, either by yourself or another occupant, please speak to the duty manager at your earliest convenience.

## Taxi Service

Reception can order a taxi on your behalf. Alternatively call Robin's Taxis on 01239 612190.

## Temperature Control

Your room temperature can be altered by turning the Radiator dial up or down in your room. Fans or heaters are available upon request.

## Vending Machine

15. Situated at Reception, light snacks and drinks can be purchased.

# Telephone & Wi-Fi

## Telephone

For assistance during your stay the following numbers may be of use:

Reception/Night Porter	'0'
Spa Reception	'7504'
Bar	'7502'

### To Dial Another Room

All internal telephone numbers are four digits long. Two digit room numbers should be prefixed with 74 e.g. Room 16 - Dial 7416. Three digit room numbers should be prefixed with 7 e.g. Room 125 - Dial 7125.

### To Make an Outside Call

Lift receiver

Dial 9

Wait for dial tone

Dial number required including the area code

Please replace the receiver correctly on completion of your call.

Calls to mainland lines are charged at 20p per minute. Calls to mobile and premium numbers will be charged accordingly.

## Wi-Fi

Complimentary Wi-Fi is available throughout the hotel. To connect, select the network 'Cliff Hotel' and enter the password cliffhotel. Please note that, due to our rural location, connection speeds may vary, especially during busy times.

# Out & About

## Beaches

No visit to West Wales would be complete without visiting some of our clean sandy beaches with clear waters, caves, waterfalls, wild rugged cliffs and so much more. There are fabulous coastal walks across the headlands to secret coves rarely visited except by birds and the ghosts of ancient smugglers.

This section contains details of seven of our most local beaches. Further information and maps may be obtained from Reception.

We ask when out and about exploring you respect current Covid-19 restrictions and overall respect our local area. Thank you!



### Patch Beach

SA43 3LN

0.5 miles from hotel

Awards:	N/A	Bathing:	No
Type of Beach:	Sandy/Stony	Café:	No
Car Park:	On road	Sea Angling:	Yes
Toilet:	No	Dogs:	Yes
Disabled Access:	Yes		

### Mwnt Beach

SA43 1QH

3.8 miles from hotel

Awards:	Green Coast	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Toilets:	Yes—seasonal opening
Dogs:	30/09—01/05 only	Disabled Access	No

### **Poppit Sands SA43 3LR**

6.3 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	Sandy + Dunes	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	Yes	Dogs:	Yes (restricted areas)
Disabled Access:	Yes		

### **Aberporth Beach SA43 2DB**

7.1 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	2 x Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	Yes	Dogs:	Yes and No (restricted areas)
Disabled Access:	Yes		

### **Tresaith Beach SA43 2JL**

8.6 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Limited	Sea Angling:	Yes
Toilet:	Yes	Dogs:	30/09–01/05 only
Disabled Access:	Yes		

### **Penbryn Beach SA44 6QL**

10.3 miles from hotel

Awards:	Green Coast	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	At car park	Dogs:	30/09–01/05 only
Disabled Access:	Limited		

### **Llangranog Beach SA44 6SN**

12.1 miles from hotel

Awards:	Seaside Award	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet + Disabled:	Yes	Dogs:	30/09–01/05 only
Disabled Access:	No		

## Local Attractions

In this section you will find just a small number of the attractions on offer in our area.

We have a huge selection of leaflets available in the stands at Reception and, if you would like any further information or maps, please visit the Reception Desk.

### Cardigan Golf Club

Distance from Hotel: 0.5 Miles

Situated some three miles north of Cardigan town centre, high above the shores of Cardigan Bay and the Teifi Estuary, this is a SPECIAL place to play golf.

Excellent drainage and a relatively mild climate ensures that the course is playable throughout the year off regular tees and greens. Some say that Cardigan is at its very best through the Autumn and Winter months.

If you haven't played here yet, a warm welcome awaits, and you won't be disappointed.

### Cardigan Island Coastal Farm Park

Distance from Hotel: 0.7 Miles

This unique farm park is stunningly located on a scenic headland, overlooking the nature reserve of Cardigan Island, which is just 200 yards off-shore, so it can be clearly viewed from the park.

A colony of Atlantic grey seals breed in the many caves below the farm park cliffs and can be seen virtually every day. Cardigan Bay's bottlenose dolphins are frequent visitors to the waters surrounding the park. There is a variety of friendly farm animals here as well as an outdoor adventure playground and café.

### A Bay to Remember Boat Trips

Distance from Hotel: 0.7 Miles

A Bay to Remember's fully guided marine tours offer a safe and exhilarating experience suitable for all ages and abilities (wheelchair accessible boarding available in Cardigan), using a modern, purpose built vessel with the latest environmentally friendly engines and equipment, including underwater hydrophones to allow you to listen in on our amazing underwater world. Bottlenose Dolphins, Harbour Porpoise and Grey Seals are regularly sighted, plus a wide variety of birds.

## Cardigan Castle

Distance from Hotel: 3 Miles

Enjoy the splendour of a Georgian mansion, where you can unlock the story of the Castle, the people who lived here, and find out how it became the birthplace of Wales' biggest cultural festival, the Eisteddfod.

## Welsh Wildlife Centre

Distance from Hotel: 8 Miles

Families will love exploring the nature trails on foot or two wheels, playing in the adventure playground, discovering the willow maze, meeting the Wildlife Centre's resident water buffalo and friendly giant willow badger.

## Cilgerran Castle

Distance from Hotel: 8.8 Miles

The coracle, a one-person boat native to these parts, has a history dating back thousands of years. Cilgerran Castle, which overlooks the Teifi, a river favoured by the peculiar vessel, isn't doing too badly either. Almost 800 years young and counting.

National Trust members are admitted free of charge upon production of a valid membership card.

## Folly Farm Adventure Park & Zoo

Distance from Hotel: 29 Miles



As one of only seven zoos in the UK that cares for the critically endangered Eastern black rhino, you can also see lions, zebras, ostriches, giraffes, Bactrian camels, bongos, lemurs, meerkats, tapirs, Barbary macaques, squirrel monkeys... the list goes on!

## National Botanic Garden of Wales

Distance from Hotel: 40 Miles

Here you'll find an inspiring range of themed gardens, the world's largest single-span glasshouse, a new tropical Butterfly House, play areas, and a national nature reserve, all set in a Regency landscape which provides the stage for a packed programme of events and courses throughout the year.