



Retired Staff Association

WEST WALES – 08 / 12 SEPTEMBER 2024

If you would like to go a booking form is attached. The cost will be **£499** for members and **£509** non-members. There are 4 true single rooms without a supplement, we also have 5 double rooms for sole use of a single person which has a supplement of **£116** per room. This figure is beyond our control and is fixed by the hotel. As we always state if you can find someone to share with this will give you a better chance of getting on the trip. Single rooms are always at a premium. The price does include all gratuities except anything you would like to leave for the staff who make up your room.

We will depart from Bedfont Football Club at around 0900 (exact time to be confirmed) to make our way to our hotel in West Wales.

Our hotel is the Ivy Bush Royal Hotel, Carmarthen, website www.lvybushroyal.co.uk. On arrival we will have a welcome tea/coffee whilst our cases are taken to our room. We are on a half board basis with full cooked breakfast, 3 course menu with 3 choices per course, plus a vegetarian option Choice made at dinner. Tables are 4 and 6 in the main restaurant. If you wish to sit with anyone, please note this on the booking form. Tea/coffee after dinner. Entertainment will be on 2 nights. The Ivy Bush Hotel was a favourite retreat for Lord Nelson and Lady Hamilton. The hotel is on three floors and has a lift to every floor.

The hotel only has 3 rooms with walk in showers and this is on request. Please state this on the booking form but with only 3 available we cannot guarantee.

On our way to Carmarthen, we will have a lunch stop in Cardiff.

Monday we will visit the Gower Peninsular. The Gower Peninsular was the UK's first Area of Outstanding Beauty 67 years ago. Mumbles marks the beginning of the Gower Peninsular and is a well-loved area of Swansea. There is a lighthouse built in 1794 and a Victorian Pier. It really is a beautiful area.

Tuesday we will go on a return journey on the Gwili Steam Railway. Gwili Railway is one of the most picturesque, preserved lines set in beautiful countryside with

abundant wildlife and follows the Gwili River on a steady uphill journey. In the afternoon you will be free in Aberystwyth.

Wednesday we will have a day tour to Tenby which will include a boat ride to Caldey Island. Caldey Island lies cradled in the magnificent South Pembrokeshire coastline and is one of Britain's Holy Islands. The Cistercian monks of Caldey continue a tradition which began in Celtic times. More than a thousand years of prayer and quiet living has made this remote and beautiful island a haven of tranquillity and peace. The monks and islanders are pleased to welcome visitors.

If you do not wish to go on any of the excursions, you can spend the day in Carmarthen. Carmarthen is the county town of Carmarthenshire lying on the river Towy 8 miles from its estuary in Carmarthen Bay. There is an indoor market, and the hotel is within walking distance of the shopping centre.

Thursday after checking out of the hotel we will have a lunch stop in Laycock a beautiful National Trust Village in the Cotswolds before making our way back to Bedford Football Club. We should arrive back there early evening.