

## TOUR 6 WALES

In food terms Wales is among the most interesting and dynamic areas in the UK, with its culinary offerings now a match for its spectacular scenery. This 67-mile trip will bring some exquisite tastes, traditional and modern, with a variety and quality of settings.

If possible stay overnight at **The Harbourmaster Hotel** in Aberaeron and rise to enjoy a hearty Welsh breakfast. Then, taking the A487 along the shore, you can enjoy delightful views over the heritage coast to Cardigan Bay (look out for dolphins) before coming to Aberystwyth. A sizeable market town, the capital of mid-Wales houses The National Library and The University of Wales and is very pleasant to walk around. **The Ultracomida Delicatessen** (31 Pier Street, Aberystwyth, Ceredigion SY23 2LN; 01970 630 686) serves great coffee and hot chocolate to take away, with a café due to open later this year. On the first and third Saturday of the month there is a farmers' market along North Parade (information at [www.fmiw.co.uk](http://www.fmiw.co.uk)).

Rejoin the A487 and follow it away from the coast through a string of pleasant villages and the town of Machynlleth. Beyond the core is the **Centre for Alternative Technology**, an institute specialising in innovative solutions to the problems facing the planet. You can eat lunch at the restaurant here, or alternatively carry on along the A487 to the **Corris Craft Centre** (Corris Craft Centre, Corris SY20 9RF; 01654 761437; [www.corriscraftcentre.co.uk](http://www.corriscraftcentre.co.uk)) where the café serves sandwiches and cakes as well as delicious traditional Welsh food.

Head back down the A487 towards Machynlleth, but turn right onto the A493 for a scenic drive that takes in Tywyn, a seaside town near the southern tip of the Snowdonia National Park, and runs alongside the charming Cambrian Coast railway line. Stop at Morfa Mawddach station for a breathtaking view, and walk across the Barmouth

Bridge, an intricate lattice wood structure that conveys trains and pedestrians over the River Mawddach estuary. To the south of the road is the multiple-peaked mountain range of Cadair Idris, a rising expanse of igneous rock imbued with many legends. The climb is worth the effort, but it is essential to wear appropriate clothing – the weather can change quickly, and the terrain can be challenging. Provided the cloud cover isn't too dense there will be views to enjoy over Cardigan Bay or the mountainous terrain of the separate Snowdon mountain range. After such exertion, any hunger will be muted just along the A493 in Penmaenpool, courtesy of the **Penmaenuchaf Hall Hotel** with its fine menu of modern British cuisine using fresh herbs and produce from its gardens. The accommodation is to the highest standard featuring elegant rooms with windows framing wonderful views of the sun setting beyond the wide flowing estuary as it meanders to the Irish Sea.

*This drive has been created in association with Jane Eyres who champions Welsh food everyday through her work with the Welsh Food Guide.*

