

Source to Sea - August 2024 – Overall Schedule

Day 1 Friday 9th August (Walk)

Long walk from Teifi Pools to Lampeter- 42km/26 miles (11 hours)

Short walk from Teifi Pools to Tregaron – 21km/13 miles (5 hours)

7am: Meet @ Teifi Pools by the dam

7:30am Grand Depart (photos)

9:30-10:00am Breakfast in Pontrhydfendigaid (Black Lion)

1-2pm: Lunch in Coffi a Bara, Tregaron,
Unit 4, Clos Twm, Sion Cati, Tregaron, SY25 6JX

7pm: Arrive in Lampeter

Support Vehicles:

1. Callum Firth
2. Sophie Gasson

Evening (Lampeter)

6:00-9:00pm Event @ University of Wales, Trinity St Davids (UWTSD)
15 College St, Lampeter, SA48 7ED

Entertainment

- Eklektica – Smudger & Ali
- Readings from Words on Troubled Waters (Josie)
- West Wales Rivers Trust – Citizen's Plan

Food

- Trinity St Davids

Accommodation:

- Trinity St Davids

Day 2 Saturday 10th August (Cycle)

Cycle from Lampeter to Newcastle Emlyn – 50km/31 miles (4-5 hours)

08:00-09:00 Breakfast at UWTSD, Lampeter
15 College St, Lampeter, SA48 7ED

9:30am Meet at UWTSD

9:45am Briefing

10:00am Depart

12-2 Lunch at Parc Coffa Memorial Park, Llandysul
Dwylan Pencader Road, Pontwelly, Grovesend, SA44 4AE

Food

- Becws Felindre Bakehouse
- Tarten coffee

Evening

6:00-9:00pm event @ The Riverside Café, Newcastle Emlyn
Adpar, SA38 9ED

Entertainment:

- The Swingin Nettles

Food

- The Riverside Café

Day 3 Sunday 11th August (Paddle or Walk)

Paddle (or walk) from Llechryd to Poppit – 14km/9miles (4-5 hours)

10am Stop @ Llais yr Afon, Cenarth – exhibition by Space to Create/Small World

- Cenarth River Festival element that has been planned to coincide with the Source to Sea visit. The programme for Sunday morning, which will be taking place in the memorial garden (look for the big yellow tent) and Chapel vestry looks like this:
 - **10am** Welcome to the Source to Sea from Joe Wilkins (West Wales Rivers Trust) in the Memorial garden
 - **10.15** Short (10min) Performance by the Small World Youth Theatre and an invitation to respond and contribute thoughts on the past present and future of the Teifi, which will feed into the People's Plan
 - **10.40** Exhibition viewing in the Chapel Vestry and Coffee and locally made cake to fuel and send cyclists and canoeists on their way

11:00am Meet @ Llechryd Cricket Club Castle Malgwyn Ground, Llechryd, SA43 2QB

- Bluestone coffee

Approximate Timings

| | Walk | Paddle |
|----------------------------|-------|--------|
| Meet | 11:00 | 11:30 |
| Briefing | 11:15 | 11:45 |
| Llechryd depart | 11:30 | 12:00 |
| Cilgerran/Dolbadau | | 12:45 |
| Wildlife Centre | | 13:30 |
| Cardigan | 14:00 | 14:00 |
| St Dogmael's/The Ferry | | 15:30 |
| Poppit/The Teifi Waterside | 16:30 | 16:30 |

Lunch 14:00-15:00 Fisherman's Rest, Quay Street, Cardigan, SA43 1HR

Evening 5pm onwards: Poppit Sands - Festival/closing ceremony on Poppit Sands

Schedule:

- 5:00pm Blessing of water - Belinda Ray
- 5:15pm Singing Village Choir
- 5:45pm Cardigan Ukeleles
- 6:15 Oshi Owen
- 6:45 Michael Shakib
- 7:15pm Jenny Bliss-Bennett

Food:

- Rebel Kitchen