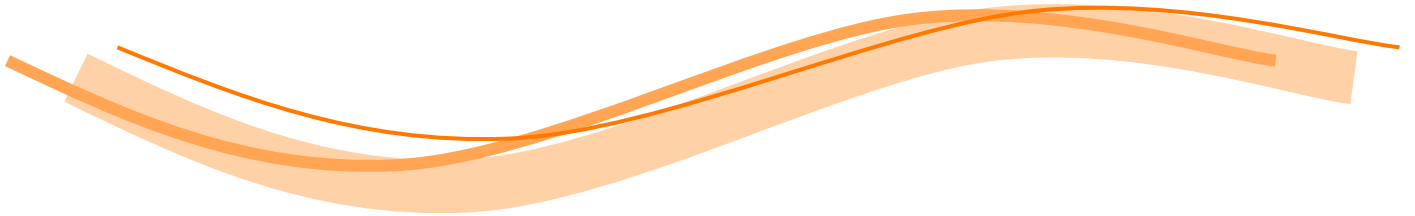




WALES





WALES

Just a two hour train ride from London, England you can find yourself in a whole new country - Wales. A country that will soon charm you with the warmth of its welcome, and amaze you with the richness and depth of its culture.

In fact the Welsh culture is one of the oldest in the world – Cardiff, the capital city, has well over 2000 years of history. Wales has 641 castles – more per square kilometer than any other European country – a testament to its fascinating and turbulent past. The castles of Wales are open to visitors: climb towers, walk ancient walls and explore dungeons. This is the land of magic, myth and dragons!

Welsh is the oldest living language in Europe and the most widely spoken Celtic language. This land resonates with literature and song and is bursting with creativity in both its official languages. The beautiful landscapes of Wales inspired Lewis Carroll to write Alice in Wonderland and Beatrix Potter to write her Peter Rabbit books. Many film makers have used the stunning Welsh scenery as a backdrop to their movies. Harry Potter, Robin Hood and Snow White and the Huntsman were filmed in Wales, just to name a few.

This year Wales celebrates the 100th anniversary of the birth of Dylan Thomas – so you could add Fishguard in Pembrokeshire to your film locations list. The famous 1972 version of Thomas' Under Milkwood (starring Welshman Richard Burton and Elizabeth Taylor) was filmed there.

The stunning Welsh scenery goes way beyond the film set. Wales is officially beautiful! Over 25% of the land is designated as either a National Park or an Area of Outstanding Natural Beauty. In fact Wales has 3 National Parks in a small country that is only the size of Massachusetts!

In Snowdonia National Park you can climb Mt. Snowdon - the tallest mountain in England and Wales - or take a historic steam railway to the summit for the spectacular views. The Pembrokeshire Coast National Park takes in sandy coves, fishing villages, cliff-top walks and the rich nesting grounds for millions of seabirds. In the distance, spot dolphins in Cardigan Bay, or seals basking in the sun. And get outdoors in the Brecon Beacons National Park – where you can explore on horseback, bicycle or on foot to really be at one with the enchanting landscape.

Wales will also surprise you with 43 Blue Flag Beaches. In fact Wales has 1200 kms of coastline with breathtaking scenery – it is the only

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>country in the world to have its entire coastline as one continuous coastal pathway. And even if you can only take a short coastal walk - the views from this hiking trail are an essential part of any Welsh experience.</p> <p>After all that hiking you will be hungry – and Wales is increasingly achieving a excellent reputation for its gastronomy. Produce served in Wales is FRESH! Here you will find a real culture of farm to table and organically produced food. The seafood is excellent and the oysters are superb as there is little to no fertilizer run off. Head to Machynlleth in Mid Wales to dine like a king or queen at Ynyshir Hall. It was once owned by Queen Victoria and is now a fine dining restaurant and luxury hotel.</p> <p>And this isn't the only hotel with Royal connections in Wales! For instance Plas Dinas Country House, a couple of miles outside Caernarfon in North Wales, has been in the possession of the Armstrong-Jones family since the 19th century, and was once home to HRH Princess Margaret. Equally you can stay in small hotels, vacation cottages, cozy inns and Bed and Breakfasts in charming towns and villages throughout the country.</p> <p>And getting to Wales is easy with excellent train connections from the rest of the UK. So with the added incentive of the Dylan Thomas celebrations - this is the year to visit Wales!</p>
Location	<p>Wales is the friendly green hilly bit on the western side of Britain. More geographically, Wales is one of the four constituent countries of the United Kingdom. It is located in the south-west of Great Britain and is bordered by England to the east, the Bristol Channel to the south and the Irish Sea to the west and north, and also by the estuary of the River Dee in the north-east.</p>
Geography	<p>The facts and figures might lead you to believe that Wales is small – it covers an area of around 20,800 square kilometres. But if you could roll it out flat, it would be almost bigger than Texas!</p> <p>Snowdon at 1085 m (3,560 ft), is the highest peak in Wales</p>
Name	<p>The English name for Wales originates from the Germanic word Walha, meaning "stranger"</p> <p>The Welsh called themselves Cymry, "compatriots", and named their country Cymru (pronounced kəmri), which is thought to have meant "Land of the Compatriots" in Old Welsh Welsh.</p>
Population	<p>Around 3 million in Wales; Cardiff has 300,000</p>
Language	<p>The Welsh language is one of the oldest in Europe, spoken fluently by about one in five of the population. Although everyone speaks English as well, Welsh is a thriving mainstay of the Welsh way of life.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Currency	UK Pounds; currently (February 2014) one Pound = 1.84 Canadian Dollars
Tipping	As in Canada
Government	<p>The National Assembly for Wales was formed in 1999, with powers to amend primary legislation from the U.K. Parliament. These powers were widened by the Government of Wales Act 2006, which will take effect after the 2007 Welsh Assembly election. The Welsh Assembly Government will be reformed from a committee within the Assembly to a separate Welsh Government executive body, with a role similar to that of the Scottish Executive.</p> <p>The UK is made up of Great Britain (England, Scotland and Wales) and Northern Ireland, and is one of the 25 member states of the European Union (EU). The UK is a constitutional monarchy that is a representative democracy, where Queen Elizabeth II is recognised as the head of state, and the elected Prime Minister is the head of government.</p>
Documentation	On arrival in the United Kingdom, you must show a valid national passport or other equivalent official document that satisfactorily establishes your identity and nationality
Time zone	Five hours ahead of EST
Health	You are advised to take out adequate insurance before travelling to Britain. Your travel agent will be able to suggest a suitable policy. If you become ill while visiting Britain, you are eligible for free emergency treatment in the Accident and Emergency departments of National Health Service hospitals. However, if you are admitted to hospital as an in-patient, even from the accident and emergency department, or referred to an out-patient clinic, you will be asked to pay.
Safety tips	By international standards, Britain is a safe country with low rates of street crime and violence.

CLIMATE	
General climate	Wales has a fairly temperate climate and can sometimes be overcast. However, Wales enjoys long summer evenings due to its relatively northerly latitude and periods of fine weather can happen in all seasons. The weather can vary greatly from day to day, but generally summer (June-August) is a hot 14-30 °C, and winter (December-February) is a cool 1-5 °C.
Today's weather	8 degrees Centigrade and mostly sunny (28 February, 2014)
Best time to visit	All year round!

GETTING THERE	
Flying time	Flying time is 7 hours to London Heathrow. The capital city of Wales, Cardiff, is just two hours by train from London.
Cities	Wales' capital city is Cardiff. The Romans had a fortress here in the first

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Century AD, but Cardiff's a lively youngster really. It was officially designated as capital in 1955.

Cardiff Castle

Situated in Cardiff's city centre, Cardiff Castle offers a packed programme of events that provide a glimpse into 2000 years of history. In its fascinating life, Cardiff Castle has been a Roman Garrison, a Norman Stronghold, a Gothic Fantasy with lavish Victorian design... and it harboured Wartime Tunnels during the Second World War....

National Museum

The National Museum Cardiff brings together art, archaeology, natural history and geology, all for free! That's right – there is no entrance fee to this fascinating museum! Starting with our ancestors, the Neanderthals, a quarter of a million years ago - everyday objects and beautiful artefacts tell the story of the people of Wales. Plus it explains the forces that created the dramatic Welsh landscapes.

The Art collection at the new **National Museum of Art**, within the same building, is one of Europe's finest. See five hundred years of magnificent paintings, drawings, sculpture, silver and ceramics from Wales and across the world, including one of Europe's best collections of Impressionist works.

Millennium Centre and Millennium Stadium

A testament to the renaissance of Cardiff as a modern city, and its world class architecture, and are the two Millennium project buildings.

The Millennium Centre is an Arts Centre with 6 performance spaces and a year round programme of music, opera, theatre and dance. The BBC National Orchestra of Wales, The Welsh National Opera and the National Dance Company of Wales all have their home at the Millennium Centre.

The Millennium Stadium is one of the most impressive icons of modern Wales. Join a guided tour to visit highlights such as the Press Conference Suite, and an official VIP hospitality suite. Discover the 2012 Olympic football dressing room and experience the atmosphere before a match in the "Dragon's Lair" – the dressing room of the Wales' rugby team. Hear the roar of 74,500 fans as you walk down the players' tunnel towards the hallowed turf, and lift the trophy to the skies like a sports star in the President's Box, an area normally reserved for royalty.

Victorian Arcades

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Cardiff boasts six historic arcades, which in total stretch to a length of 797m! The beautiful arcades still retain many of their original features and are home to dozens of unique stores as well as some of Cardiff's most interesting cafés and delicatessens. You'll find vegetarian and organic cuisine as well as great delicatessens for foodies looking to stock-up. One of Cardiff's most famous shops, Spillers Records (the oldest vinyl record store in the world) is based in Morgan Arcade – its 3rd home since opening in 1894.</p> <p>Cardiff Bay</p> <p>The city of Cardiff thrived as a port in the days when Welsh slate was proudly covering rooftops around the world. Now the old Cardiff docklands have been redeveloped over the last decade to create Cardiff Bay. This is home to a large freshwater lake for sailing and water sports, the stylish five-star St David's Hotel and Spa, and Mermaid Quay – a restaurant hotspot with everything from Caribbean to Turkish cuisine. Cardiff Bay is also home to exciting attractions and hosts events throughout the year.</p> <p>On the Trail of Dr Who</p> <p>Cardiff is indisputably the home of Doctor Who. The series is filmed on location in and around the city as well as at the new BBC Studios in Cardiff Bay. Just next door, the Doctor Who Experience has brought the Doctor back to his roots, making a stop in Cardiff the perfect choice for Doctor Who fans of any age.</p>
Distances	<p>Wales is about 2 hours west of London by rail or by road.</p> <p>Cardiff is about 170 km from London</p>
Ferries	<p>Regular ferry service to Ireland leave from various Welsh ports such as Swansea Holyhead, Pembroke and Fishguard</p>
Trains	<p>The National Rail network covers the entire country, leaving from central London locations and spanning out to the remotest parts of the UK.</p> <p>There are also 14 narrow guage and steam railways such as Ffestiniog railway 24km; Snowdon Mountain Railway; Brecon Mountain Railway</p> <p>For frequent train journeys, a Britrail Flexipass allows travel for up to 15 days in two months; a Classic Pass allows travel on a certain number of consecutive days up to one month.</p> <p>Take the mountain train up Snowdon</p> <p>Snowdon or Yr Wyddfa, as it's known in the native Welsh, is the highest mountain in Wales at 1,085 metres. The Snowdon Mountain Railway is a spectacular way to arrive at the 'rooftop' of Wales, where you'll be greeted with breathtaking views and the highest visitor centre in Britain.</p> <p>www.snowdonrailway.co.uk</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Car Rental	All major car rental companies are available in Wales. You may wish to specify an automatic car rather than stick shift. And remember that you will be driving on the left!
Buses	The Tourist Trail Pass will give you unlimited travel on all coach services in England and Wales for a choice of 2, 5, 7 or 14 days.
Passes	<p>The best way to save money (and skip the lines!) at all the National Trust and CADW - Welsh Historic Monuments properties is to get a Great British Heritage Pass. The passes are only available to non-UK residents.</p> <p>The Cardiff and Capital Region Discount Card is on sale in Cardiff Tourist Information Office. The card offers free admission for ten top attractions, including Cardiff Castle, Techniquest and the Millennium Stadium tour. Card holders will also receive discount vouchers with savings for shops, tours and restaurants in Cardiff.</p>

ACCOMMODATION TYPES	<p>You'll find your ideal accommodation in Wales. Hotels range from luxurious country houses to friendly places beside the sea. Guest houses have moved with the times and now offer standards that rival many hotels, while farmhouse accommodation is something of a Welsh speciality (and a great introduction to country life). On the self-catering front, Wales boasts possibly the finest choice in Britain, with everything from seafront apartments to deluxe country properties. And Wales's caravan and camping parks are second to none.</p>
----------------------------	--

TARGET GROUPS	
Kids	History, sports, fishing, steam trains...so many options!
Teens	Soft adventure opportunities abound throughout Wales
Romance	The Welsh lovespoon is a wooden spoon carved by a young man and presented to his sweetheart as a token of affection
Honeymoons & Weddings	What could be more perfect than a few days in a stately house hotel in the beautiful Welsh countryside?
Genealogy	<p>As the years go by, do you feel a yearning to re-discover your roots? You may have heard your parents and grandparents talk of their Welsh ancestry and would like to find out more about them and their communities.</p> <p>There has never been a better time start looking for your family. The powers of the Internet provide you with valuable information to set you on your way, but to get the very most out of your research, you will need to visit Wales. The National Library of Wales, county record offices and libraries can provide invaluable information to enable you to piece together your family history.</p> <p>Start your search by visiting www.visitwales.ca</p>
Seniors	There are many discounts on transport and attractions offered to Seniors traveling in Wales

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



UNIQUES	<p>Canal holidays are an ideal way to see Wales if you are looking for a relaxing trip. Travelling at no more than 4 miles an hour you can take in some of Wales' best scenery and experience little villages and quaint pubs that are rarely visited when travelling by car or bus. Canal boating is easy. A number of companies offer boat hire packages with full tuition provided on your departure day. If that's not for you or time is limited, shorter guided trips are available. Pontcysyllte Aqueduct on the Llangollen Canal is 128 feet high!</p> <p>Famous sons and daughters of Wales you will have heard of include Richard Burton, Sir Tom Jones, Sir Anthony Hopkins and Catherine Zeta-Jones. And lots of other people have been tracing their Welsh ancestry recently - including Tom Cruise, Susan Sarandon, Russell Crowe and Kylie Minogue.</p>
Surprising – Gold Mining	<p>2,000 years ago, the powerful Romans left behind a glimpse of gold-mining methods. The harsh mining environment continued in the 19th and 20th centuries, ending in 1938. Guided tours take you back to experience the conditions of the Roman, Victorian and 1930s underground workings. See and hear the 1930s mine and mine machinery. Have a go at gold panning and take the opportunity to experience the frustrations of searching for real gold. Underground tours involve steep slopes, so stout footwear is essential. Experience the thrill of an underground guided tour; try gold panning in the sifting troughs. Enjoy the walks around this beautiful upland estate and the over-ground mine tours of Roman adits.</p>
History	<p>The Romans mined for gold here, the Normans built castles here and the Tudor dynasty was founded here. Each of the major periods of history has left its mark and the sense of continuity can still be felt all around Wales.</p> <p>Wales's Celtic roots stretch back as far as 1000 BC. That's a lot of time to cover, but here's a short chronology to get you started:</p> <p>1000 BC - the Iron Age dawns. Welsh people group themselves into large hill forts, practice farming, and work extensive copper mines.</p> <p>500-100 BC – the Celts arrive. Despite their fierceness in battle, their lack of political unity leads to their eventual defeat by more disciplined Roman armies.</p> <p>784 – The King of Mercia builds Offa's Dyke, the first permanent boundary between the Welsh and the English people.</p> <p>844 – Rhodri ap Merfyn becomes king of a small area called Gwynedd. By the time of his death in 877, all of Wales is united under his rule.</p> <p>1066-77 – The Normans establish the Marcher Lordships on the borders of Wales. They are reluctant to venture into Wales itself.</p> <p>1400 – Charismatic (but tyrannical) national hero Owain Glyndŵr begins</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>his rebellion against King Henry IV. By 1404, he had summoned a parliament in Machynlleth, and crowned himself Prince of Wales. By 1408, Owain's ambitious plans ran out of steam, and this last real uprising against the English Crown was over.</p> <p>1485 - Henry Tudor returns to Wales, landing at Milford Haven. He defeats King Richard at the Battle of Bosworth Field and goes on to become King Henry VII of England.</p> <p>1768 - The copper industry is now using Welsh ore mined at Parys Mountain, the beginning of an industry that would control half the world's production by the end of the century.</p> <p>1839 – Bute Dock is built at Cardiff, supplying vast amounts of coal to the world's new navies, and causing Cardiff's rapid expansion into the largest and most important city in Wales.</p> <p>1905 – Cardiff is elevated to city status. It has experienced a seven-fold population increase in less than 50 years.</p> <p>1916 - David Lloyd George becomes the first Welshman in British history to achieve the position of Prime Minister.</p> <p>1932 - The weekly Welsh-language newspaper is founded.</p> <p>1935 – The first radio broadcast in Welsh is made.</p> <p>1946 - Welshmen James Griffiths and Aneurin Bevan produce the National Insurance Act of 1946, setting up the UK's welfare state.</p> <p>1953 – Dylan Thomas dies in New York City.</p> <p>1955 – Cardiff is chosen as the nation's capital.</p> <p>1977 – Radio Cymru and Radio Wales are established.</p> <p>2000 – First Welsh Assembly is formed.</p>
Books	Look out for Jan Morris' books on her native land of Wales
1000 Places to see before you die	<p>Caernarfon Castle</p> <p>Bodnant Garden, Snowdonia</p> <p>Snowdonia National Park</p> <p>International Musical Eisteddfod</p> <p>Portmeirion village</p> <p>Hay-on-Wye Festival</p> <p>Dylan Thomas' Boathouse, Laugharne</p> <p>Tintern Abbey</p> <p>St. David's Cathedral</p>
Must Sees	<p>Wales has three UNESCO World Heritage Sites:</p> <ul style="list-style-type: none"> - The castles and town walls built by King Edward - Blaenavon Industrial Landscape - The Blaenavon area, in the Gwent Valleys of south east Wales, has been moulded by the coal and iron industries. Its ironworks - which have been carefully preserved - were built in 1789 and were followed by the development of the mining industry. - Pontcysyllte Aqueduct on the Llangollen Canal

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



SPORTS ACTIVITIES	The Millennium Stadium sees more than its fair share of nail-biting football games: the FA Cup, the Worthington Cup, Nationwide League play-off finals. And there's golf, with Wales boasting some of the best golf in Britain and Europe.
Golf	Wales has a very well established golfing tradition. An 18-hole course was in existence as early as 1885, and the Welsh Golfing Union was founded in 1895. Since then Wales has produced such golfing greats as Dai Rees, Brian Huggett and Ian Woosnam. There's a wide range of courses in Wales, from testing links courses to parkland courses like Celtic Manor. For more information, visit www.golf.visitwales.com
Fishing	If your passion is game angling, then Wales is for you. It has a wealth of rivers and lakes in a variety of stunning scenarios, choosing where to fish is often more difficult than actually catching your fish. Welsh rivers account for more than half the sea trout caught in England and Wales, couple this with the number of large seatrout caught every year and the availability of fishing, it makes for a very special destination. Wild brown trout are abundant, whether you fish the famous rivers or intimate brooks; the stunning lowland lakes or the majestic highland lakes, the challenge is the same. These trout are truly wild and the angler must use all his skill to catch them. The reservoirs of Wales are set in such scenery that you would be forgiven for thinking they had always existed, these, together with small fisheries of quality; provides the angler with plenty of choice. Wales has always had quality grayling fishing, but the choice of rivers is now expanding, the rivers of South Wales are gaining a high reputation for the quality of their grayling.
Horse riding	Galloping on a beach is one of the things that most riders dream of. In Wales, you will find plenty of riding centres which can make your beach riding dream come true. There is also fantastic mountain and forest riding, for beginner or experienced riders, with or without guides.
Hiking	The biggest challenge for hikers in Wales is choosing where to walk. You can opt for Anglesey, North Wales Coast, the Llŷn Peninsula, Snowdonia, Ceredigion, Gower, The Brecon Beacons, the Black Mountains, Wye Valley and the Vale of Usk, Carmarthenshire, Glamorgan or the Clarydian Hills. Alternatively, you could strike out on a long distance walk on any of three National Trails - Offa's Dyke on the Wales Border, the Pembrokeshire Coastal Path and Glyndwr's Way. For more information, visit www.walking.visitwales.com
Cycling	There is no better way to see Wales than from a bicycle. Lôn Las Cymru is a route on the National Cycle Network that offers

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>spectacular views. Running the length of Wales from north to south, it crosses three mountain ranges and goes through many remote and beautiful parts of Wales that no car driver will ever see.</p> <p>The Celtic Trail crosses Wales in the other direction, at its widest point. This route runs from the Pembrokeshire coast in the west to Chepstow in the east, and includes dramatic coastline, forest tracks climbing to 2000 ft, canal towpaths and country parks.</p>
Adventure	<p>The high-adrenaline activities available in Wales will take your breath away. Mountains and sea cliffs provide unsurpassable rock climbing, abseiling and coasteering. Or if you want to go down instead of up, Ogof Draenen in South Wales is one of the world's top caving sites with over 65 kilometres of tunnels and passages.</p> <p>With surfable coastline on three sides of the country, it's no surprise that Welsh surfers have always been amongst the best in Europe. Windsurfers and kitesurfers will also find excellent conditions.</p> <p>Wales offers some of the best diving and snorkelling in Britain, and some of the finest sea kayaking in Europe. There's also white water rafting, paragliding, landyachting, rally trails, trail riding, 4x4 action, quadbiking, jetskiing, wakeboarding and waterskiing.</p> <p>For more information, visit www.adventure.visitwales.com</p>

CULTURE	
Arts	<p>Time your visit to attend the National Eisteddfod of Wales: 1-9 August 2014</p> <p>Llanelli plays host to the 2014 National Eisteddfod, held in Carmarthenshire for the first time since 2000. The Eisteddfod festival is the highlight of a two year community project, described as Wales' leading mobile regeneration scheme, which brings together people from across the county to take part in a wide range of activities and events promoting the National Eisteddfod.</p> <p>The Eisteddfod is one of the world's greatest cultural festivals, held during the first week of August every year. The Eisteddfod in Carmarthenshire will be held on Festival Fields, Millennium Coastal Park, Llanelli from 1-9 August, with the town's new theatre, Y Ffwrnes, and we hope to welcome around 150,000 visitors to the area for a wonderful week to celebrate the Welsh language and the culture of Wales.</p>
Music	<p>The music scene here has never been richer in talent, diversity and originality. Familiar bands like the Manic Street Preachers, Super Furry Animals along with the perennial favourites, Sir Tom Jones and Shirley Bassey, have a worldwide following. And for jazz fans, there's a choice of clubs and festivals - Brecon Jazz is one of the best in Europe.</p> <p>Classical music aficionados are also well served. Catching a performance by the Welsh National Opera in their new home the Wales</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Millennium Centre is a special experience, and Cardiff's St David's Hall has a world class programme of concerts every year.</p> <p>Folk music has always been at the heart of both entertainment and political protest in Wales. For a great snapshot of what's going on, you can't beat a visit to an event like the Fishguard Folk Festival.</p> <p>And don't forget the National Eisteddfod - apart from the traditional events there's always a very lively programme of alternative nights.</p>
Films	Cardiff is home to a large concentration of media and creative types, turning out award- winning productions like the current incarnation of the legendary Dr Who series and now home to the Dr. Who Experience.
Museums	National Museum of Wales in Cardiff covers all aspects of Welsh history and is home to one of the largest collections of French Impressionism art outside of France
Festivals	<p>One of my favourites is the Hay Festival in May. Hay-on-Wye is famous for one thing – second-hand books. There are millions of them and they are everywhere. But festival time is special - Bill Clinton calls it the "Woodstock of the mind".</p> <p>Royal Welsh Show, 2014 Royal Welsh Show 21 -24 July 2014</p> <p>The role of the modern Royal Welsh Show is a rounded one. As well as its principal function of showcasing the cream of Welsh livestock and the high quality food and drink produced in Wales, it encompasses the wider spectrum of farming and rural life and successfully bridges the gap between town and country.</p> <p>It provides something to interest everyone through its kaleidoscopic range of activities including forestry, horticulture, crafts, countryside sports, Sports Village and a 12 hour programme of exciting entertainment that continues throughout each of the four days of the event.</p>

ATTRACTIONS	<p>Visit The Seven Wonders of Wales: It's a list in doggerel verse of seven geographic and cultural landmarks in Wales probably composed in the late eighteenth century. All the 'wonders' are in north Wales: Snowdon (the highest mountain), the Gresford bells (the peal of bells in the mediaeval church of All Saints at Gresford), the Llangollen bridge (built in 1347 over the River Dee, Afon Dyfrdwy), St Winefride's Well (a pilgrimage site at Holywell, Treffynnon in Flintshire) the Wrexham steeple (16th century tower of St. Giles Church in Wrexham), the Overton yew trees (ancient yew trees in the churchyard of St Mary's at Overton-on-Dee) and Pistyll Rhaeadr (Wales' tallest waterfall, at 240 ft or 75 m). The wonders are part of the rhyme:</p> <p>Pistyll Rhaeadr and Wrexham steeple, Snowdon's mountain without its people, Overton yew trees, St Winefride wells,</p>
--------------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Llangollen bridge and Gresford bells.
Beaches	Wales has 1,200 kms of coastline, including Oxwich Bay on the Gower Peninsula, near Swansea, has been named the most beautiful beach in the UK by The Travel Magazine
Wildlife	Dolphins, puffins, seals, red kite, buzzard and more
Parks	Wales boasts 3 National Parks and 5 Areas of Outstanding Natural Beauty
Gardens	<p>There is a wonderful array of gardens all over Wales; here is my pick of some of the best in South Wales:</p> <ul style="list-style-type: none"> - National Botanic Garden The National Botanic Garden of Wales in the Vale of Tywi near Carmarthen is a hugely significant horticultural landmark. This ambitious enterprise, covering almost 240 hectares/600 acres, springs surprises around almost every corner. The largest single-span glasshouse in the world is here. - Colby Woodland Garden This charming National Trust property on the Pembrokeshire coast near Tenby is full of interest from spring to autumn. Set in a tranquil, secluded valley, it is noted for its fine displays of rhododendrons and azaleas, walks through woodland and meadow, and a colourful Walled Garden. - Clyne Gardens Clyne, a mile or so west of Swansea city centre on the road to Mumbles and Gower, is one of Wales's finest gardens. It is internationally recognised for its superb collections of rhododendrons, pieris and enkianthus. - Aberglasney Aberglasney, in the Vale of Tywi near Llandeilo, is an exciting and highly significant garden restoration. Set within 3.5 hectares/9 acres are six different garden spaces including three walled gardens. - Picton Castle These beautiful gardens accompany Picton Castle, an elegant Pembrokeshire mansion with a history spanning 750 years. Picton is particularly noted for its rhododendrons, some of which are unique to this site.
Castles/Forts	<p>There are 641 castles in Wales including UNESCO World Heritage Sites</p> <p>The castles and town walls built by King Edward I in the 13th Century to suppress Welsh independence in Gwynedd were listed in 1986. They include the castles of Beaumaris, Harlech, Conwy and Caernarfon.</p>

OTHER ACTIVITIES	
Shopping	There are great shopping opportunities throughout Wales. Consider lovespoons, honey, wool clothing, rugby shirts, crafts.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Markets	Plan on catching a sheep market in one of the hill villages if possible
Nightlife	The Welsh, perhaps more than most, do enjoy a drink or three. In Cardiff city centre you will find the greatest concentration of pubs in all of Wales.

CUISINE	
Food	<p>With a 1,200 kms coastline, and hundreds of sparklingly clean lakes and rivers, Wales boasts a superb variety of seafood. Oyster, mussel and scallop beds are to be found around the Welsh coast; young lobsters have been re-introduced into the Menai Strait; there's an abundance of 'sewin' - sea trout; and of course, you can't forget the seaweed! Laverbread, made from a lettuce-leaf type of seaweed, is often mixed with oatmeal, and served at breakfast with bacon and eggs. Inland, the glory of Wales lies in its numerous valleys and mountains. Welsh Lamb and Welsh Beef are geared to the fine modern taste - lean and naturally free of additives.</p> <p>Wales produces its own milk and butter and, perhaps most exciting of all, more than 50 farmhouse cheeses, all distinctly different, with regional variations and a wonderful range of flavours and textures. You can usually buy them from market stalls, local shops and larger supermarkets. And you may also be tempted by traditional baked products such as Bara Brith (fruit loaf) or Welshcakes (griddle scones).</p>
Wine	<p>Welsh wines are growing in quantity and reputation and are increasingly becoming the beverage of choice at receptions and events across the globe.</p> <p>Several vineyards are open to visitors, such as Sugar Loaf Vineyard in Abergavenny, Monmouthshire (Website: www.sugarloafvineyards.co.uk) which has self-guided tours and wine tasting daily</p>
Restaurants	<p>Whether you're out to impress a date or simply looking for a quick bite to eat, Cardiff is jam packed with some fantastic restaurants. Thai, Italian, Japanese, Turkish...whatever your preference there are restaurants to suit all tastes in Cardiff.</p> <p>Dine by the fire in a cosy Welsh Pub</p> <p>Wales is the place to go for food – after all, it's home to one of the world's best food festivals in Abergavenny every September (foodies, book in now). There are hundreds of pubs ready to offer you a warm welcome, with a cosy fire to sit beside in winter or a pretty garden in the summer. Try the Felin Fach Griffin, which was named Dining Pub of the Year for the fourth time this year, thanks to delicious food made with local produce. It's a former roadside coaching inn, and you can still stay the night – right on the edge of the Brecon Beacons National Park, you're in for a good night's sleep in the middle of the countryside.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	www.eatdrinksleep.ltd.uk
--	--

MORE INFO	
Websites	www.americas.visitwales.com www.dylanthomas100.org www.Literaturewales.org

PERSONAL EXPERIENCES	<p>My wife was bought up in Pembrokeshire and I spent many childhood summers with my parents fishing on the River Cothi in Carmarthenshire.</p> <p>February 2014: The Dylan Thomas Trail – Cardiff, Swansea and Laugharne</p> <p>March 2007: South Wales; Ty Castell B&B, Nantgaredig</p> <p>June 2005: North Wales, Brecon Beacons, Carleon Roman Amphitheatre</p> <p>Previously: Anglesey, the castles, Snowdon summit, Tintern Abbey, St. David's, St Gowan's Chapel, Pembrokeshire Coastal Path, Swansea, Cardiff, Hay-on-Wye, Roman Gold Mines, Cilgerran Castle above Teifi River</p>
-----------------------------	---

SPECIAL FEATURE - DYLAN THOMAS CENTENARY	<p>Dylan Marlais Thomas was born on 27 October, 1914 in Swansea, Wales and died in New York in 1953 at the age of just 39. He has left behind a lasting legacy as one of Wales' best known poets, writers and broadcasters.</p> <p>Some of Dylan Thomas's most popular works include the poems "Do not go gentle into that good night" and "And death shall have no dominion", the play for voices, "Under Milk Wood", and stories and radio broadcasts such as "A Child's Christmas in Wales" and "Portrait of the Artist as a Young Dog".</p> <p>Although Thomas was appreciated as a poet in his lifetime, he found earning a living as a writer difficult - so he augmented his income with reading tours and broadcasts. His radio recordings for the BBC during the latter half of the 1940s allow us still to enjoy his beautiful voice – however no known moving footage of the poet remains.</p> <p>While living in London, Thomas met Caitlin Macnamara, whom he married in 1937. Their relationship was turbulent and marred by alcoholism. In the early part of his marriage, Thomas and his family lived hand-to-mouth, finally settling in the Welsh fishing village of Laugharne.</p> <p>In the last few years of his life Thomas travelled to America, where his</p>
---	--

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>readings brought him a level of fame - though his erratic behaviour and drinking worsened, and he had a reputation as somewhat of a drunken and doomed poet. During his fourth trip to New York in 1953, Thomas became gravely ill and fell into a coma from which he did not recover. His body was returned to Wales where he was buried at the village churchyard in Laugharne.</p> <p>Wales is celebrating the 100th anniversary of the birth of Dylan Thomas with a yearlong countrywide cultural festival ... but there are sites related to the poet that are part of the Welsh landscape and heritage and you can visit them any time.</p>
Events	<p>Literature Wales has launched A Dylan Odyssey, a series of special events and tours that will form part of the Dylan Thomas 100 Festival in 2014, marking the centenary of the birth of legendary Welsh poet. A Dylan Odyssey, which runs between May and November next year, allows visitors to experience the landscapes that inspired Thomas' words, exploring them by boat, canoe, horse-drawn carriage, bus, steam train, foot and horseback.</p> <p>Of the 23 tours available, many will be guided through the eyes of some of Wales' leading living artists, including comedian Griff Rhys Jones, author and scriptwriter Andrew Davies (who wrote screenplays for the BBC's <i>Pride and Prejudice</i> and the two <i>Bridget Jones' Diary</i> films), as well as National Poet of Wales Gillian Clarke.</p> <p>In partnership with Rare Hospitality, Literature Wales is also offering a range of residential packages incorporating Welsh Rarebits and Great Little Place country hotels, historic inns and boutique townhouses. Highlights of A Dylan Odyssey include a four-day/three-night tour of Dylan Thomas at Home, which samples some of south-west Wales' great places to stay and eat, including exploring some of the places in which Dylan made his home; a guided journey to New Quay, which was the inspiration for Thomas' <i>Under Milk Wood</i>; Dylan Thomas' Oxford, Jazz and the Beat Poets, where poet Owen Sheers and Dylan's granddaughter Hannah Ellis explore the grounds of Magdalen College at Oxford University and visit South Leigh, followed by a Q&A with some of the surviving Beat Poets who were influenced by Dylan; and the Pop-up Dylan Thomas 100 Festival in London, featuring walks exploring Dylan's connections with Soho and Fitzrovia.</p> <p>Dylan Thomas was born in Swansea, south Wales (an hour's drive from the capital Cardiff) and there are Thomas landmarks all over the city from Wind Street where he drank with colleagues while working as a journalist, to Castle Street where he met other writers and artists such as Vernon Watkins and Alfred Jones, to the statue of Captain Cat. Both Swansea Museum and the city's National Waterfront Museum will be</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>hosting special Dylan Thomas exhibitions and gallery trails during 2014. Dylan Thomas settled in Laugharne, south-west Wales, between 1938-1940, and again in 1949 until his death. During these periods he moved house several times before settling with his wife, Caitlin, and children at the Boathouse, now a small museum. His writing shed can still be seen looking out over the shimmering estuary of the Taf. For further information visit www.literaturewales.org , www.dylanthomas100.org</p> <p>The centenary of Dylan Thomas's birth (born Swansea: October 27, 1914; died New York City: November 9, 1953) will be celebrated by a yearlong countrywide cultural festival- Dylan Thomas 100 - in Wales in 2014. A new interactive map-based and eponymously named digital hub www.dylanthomas100.org makes it easy and fun to discover Dylan Thomas, explore places in Wales he is connected with, engage via social networking and locate festival events via a Timeline tab.</p> <p>The site www.americas.visitwales.com is a resource for planning your Dylan-themed trip to Wales and for downloading a program of Dylan Thomas 100 events. The program will be updated regularly.</p> <p>The Dylan Thomas 100 Festival's Royal Patron, HRH Prince Charles's new reading of "Fern Hill" is now available online at http://www.dylanthomas100.org/english/multimedia/prince-charles-read-s-fern-hill/ . 'Fern Hill' is one of Thomas's best known poems. The Prince of Wales said: "For National Poetry Day, I was very glad, if somewhat hesitant!—to be able to record a reading of one of my personal favorites, 'Fern Hill', with its poignant and moving evocation of a rural west Wales childhood. I cannot help feeling this is one of the great legacies of Thomas's poetry – that it inspires people to appreciate the incomparable landscape of Wales."</p>
The Dylan Thomas Centre	<p>The Dylan Thomas Centre is a beautiful building in the Maritime Quarter of Swansea. It has a permanent exhibition on Dylan Thomas and his life and is also home to many literary events throughout the year - including the annual Dylan Thomas Festival during October and November. This is the ideal starting place on a quest for Dylan Thomas as the exhibition places the poet's life and works in an historical context.</p>
Dylan Thomas House	<p>The poet was born in Number 5 Cwmdonkin Drive in the Uplands suburb of Swansea. The Thomas family bought it in 1914 as a new house and Dylan was born in the front bedroom of the house that very year. He continued to live at Number 5 until his parents moved out in 1937.</p> <p>The Dylan Thomas House has been restored and recreates exactly how the Thomas family would have seen it in 1914. Imagine standing in the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>bedroom where one of the most iconic figures in Welsh literature was born! Or drinking in the atmosphere of the writing room where the greatest poet and writer of the 20th century first put pen to paper....</p> <p>If you plan far enough ahead you can actually sleep under Dylan Thomas' roof. You can rent the whole house or maybe stay on a bed and breakfast basis if all the rooms aren't filled.</p>
The Boat House	<p>Dylan Thomas wrote Under Milk Wood in 1954 as a radio drama. It was later adapted as a stage play and the 1972 film version starring Richard Burton is still a landmark movie. Under Milkwood is centred around characters in a fictional small Welsh fishing village called Llareggub. Typical of Thomas - Llareggub is "bugger all" spelt backwards. The actual geographical inspiration for the town has generated much curiosity.</p> <p>In 1938 Dylan Thomas moved his family to Laugharne, a town in Carmarthenshire with spectacular views of the estuary of the River Taf. Their house was called 'Sea View'. This town was probably the inspiration for the people of Llareggub, although the topography of the town is thought to be based on New Quay, where Thomas was staying when he started writing the play seriously in 1944.</p> <p>In 1949 Dylan and Caitlin moved back to Laugharne and he lived at The Boat House. Dylan Thomas chose the garden shed as his writing place. The Boat House terrace offers wonderful views over the Taf estuary to the Gower beyond – it's a haven for egrets, lapwings, herons, oystercatchers, seals and otters with fishermen and cocklers continuing the ancient traditions. Today Laugharne is also a stop for hikers on the Wales Coast Path.</p> <p>The Boat House houses a small museum and a tearoom with a locally sourced, home-cooked menu.</p>
The Birthday Walk	<p>You can also follow Dylan Thomas' footsteps on the "Dylan Thomas Birthday Walk". In 1944, Dylan wrote "Poem in October" about his birthday walk to the shoulder of Sir John's hill. The poem is simply about his love of Laugharne and getting older. The poem was set on the 27th of October, 1944; his 30th Birthday. The sounds of the estuary and the memory of the herons awaiting the tide were on his mind...</p> <p>The walk is approximately 3.2 kilometres in length and will take you uphill to enjoy the magnificent views of the estuary, Dylan's boathouse, the Gower, north Devon, Caldey Island and Tenby.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.