



in, and the next morning we awoke bright and early to brilliant sunshine.

My husband was keen to try the Coasteering, one of the many adventures that TYF Adventure offers. It involves donning a hard helmet and wet suit, and basically climbing rocks and throwing yourself back into the sea to get from A to B along the coastline.

After our light organic breakfast, I left hubby in the capable hands of Instructor Andy Jenkins, to go down to nearby St Non's Bay for his adventure.

TYF adventure offers activities such as surfing, rock climbing, and kayaking, for groups or individuals from aged 8 years.

Andy is an expert coach and guide and evidently loves his work. My husband returned exhilarated, and invigorated. He loved it. They had used rocks, caves, tunnels and waves as playthings. The next extreme from jumping waves on the shore!

I, on the other hand, placed myself under the healing hands of Sarah Middleton, wife of TYF Group Ltd MD, Andy Middleton. Sarah is an experienced Reiki therapist who offers her therapeutic services to hotel guests. An hour's session with Sarah left me completely relaxed and de-stressed.

If you are looking for a holiday that causes minimum impact on the environment, but maximum beneficial impact on your health, TYF Eco Hotel ticks all the right boxes; accommodation that is comfortable, friendly welcoming staff, plenty of activities, both energetic and relaxing, and excellent organic food.

St David's City is attractive, and there are some fabulous walks and beaches.

As well as being an excellent holiday destination, TYF is also a great venue for group getaways, courses and team building exercises.

Details:- Bed and Breakfast from £35 – £45 pppn.

There is also a self catering cottage available for small groups.

Half Day Coasteering £50 (adult)

Reiki Session £20 hour.

Telephone 01437 721678 or email [stay@tyf.com](mailto:stay@tyf.com)

TYF Eco Hotel. Caerfai Road, St David's, Pembrokeshire. SA62 6QS.

Check out their excellent website for more information on eco policies, accommodation rates, courses and activities. [www.tyf.com](http://www.tyf.com)

### **Rail**

Haverfordwest-16 miles to St Davids

Fishguard-15 miles to St Davids-- Enquiries 0345 484950 Timetables on-line

### **Bus/Coach**

Coach Station-Haverfordwest

National Express Coaches

### **Local Bus Service**

St Davids-Haverfordwest, St Davids-Fishguard

Richards Brothers-Tel 01239 613756

[www.richardsbros.co.uk](http://www.richardsbros.co.uk)