

GUEST INFORMATION





Welcome to Our Home



Angela Angel & Nigel Evans

01570 218608 ~ 07896 323460

info@evangelisawales.com

30 High Street, Lampeter, Ceredigion, SA48 7BB

 what3words

<https://w3w.co/exonerate.jubilant.blip>

(52.1132100, -4.0815151) (52°06'47.6"N 4°04'53.5"W)

CROESO ~ WELCOME

To make your stay with us as comfortable and safe as possible, we would be grateful if you could take a few minutes to read this information folder.

Situated on Lampeter High Street, our Grade II listed double-fronted property is a beautiful example of the Georgian stone home. We've put a lot of thought into our rooms, their styling, and facilities, hoping to ensure you have everything you need.

On our doorstep, we have Trinity St. David University, the Welsh Quilt Centre, Dylan Thomas trails and did you know that Lampeter is famed as the home of Welsh rugby? We're ideally situated to explore all that Wales has to offer. From the stunning Pembrokeshire coastline, sandy beaches at New Quay, Llangrannog and with the picturesque harbour village of Aberaeron only twenty minutes away, to the rugged and awe-inspiring mountains of Wales. Lampeter is situated in the westerly region of the Cambrian Mountain range, with the edge of the Brecon Beacons to the Southeast and Snowdonia to the North.

We love where we live! A special place to be and we love to see folks from all around the world calling our house home even if only for a few nights.

Feel free to reach out to us by knocking on the door at the bottom of the stairs, calling us on 01570 218608 or our mobile on 07896 323460 or sending us a text or a WhatsApp message if you have questions or concerns.

Most importantly, enjoy your stay!

Angela & Nigel

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ARRIVAL INFORMATION

KEYS & SECURITY

Each guest room is provided with one set of keys providing access to your room and the front door.

The front door is not self-locking so if you have had to unlock the door to come in or go out, please re-lock the door to ensure the safety of all our guests and the security of our home.

PARKING

There is no parking onsite. There is public parking limited to one hour directly outside Evangelia with restrictions in force Monday-Saturday between 9:00am and 6:00pm, therefore overnight parking directly outside is available between 5:00pm and 10:00am and all-day Sunday and Bank Holidays. Alternatively, there is free on-street parking as you head out of the town (opposite the police station and further down the road outside Creuddyn offices) and The Rookery pay and display car park within approximately 150 metres, (at the top of Mount Walk) for which hourly charges apply between 8:00am and 6:00pm every day (longer periods currently charged at £4.60 for 24 hours and £13.10 for one week). Each guest room is provided with one set of keys providing access to your room and the front door.

LUGGAGE STORAGE

There is obvious storage under the bed in Anglesey, Snowdon, and Brecon guest rooms.

For Pembroke, there is also under-bed storage but you will need to lift the Velcro flap on the side of the bed furthest from the window.

WET OUTDOOR CLOTHING & FOOTWEAR

We are happy to hang very wet outdoor clothing and footwear in our utility area so they can dry out. Washing and tumble drying is available at a cost per load per machine. Lampeter does not have a coin-operated launderette.

DEPARTURE INFORMATION

CHECKING-OUT

Check-out time is 10:30 am.

Payment to settle any outstanding bill can be made using cash or a card.

We will usually be around to say goodbye, collect your keys from you and wish you safe onward travels.

Guests wishing to have a later check-out are requested to check with us the day before to ensure their room is available. If available, a late check out is 1:00 pm and is tarified at 25% of the nightly room rate.

However, if you vacate your room and require only to leave your luggage with us until later in the day, we can usually accommodate this, but please also let us know in advance.

If you will be checking out very early, please re-lock the front door and post your keys through the letterbox.

GDPR

You will have been required to complete a guest registration form upon arrival at Evangelisa. On checking out, please be assured that your personal information remains secure and we will not give your details to any third party at any point. Please see our GDPR statement under 'Privacy Policies' on our website at www.evangelisawales.com

ROOM FACILITIES

TELEVISION

The guest room TVs are connected to Freeview via the aerial, and to the internet through the wi-fi. The TV is operated by using the remote controller. Turn the TV on and off using the red button at the top of the controller. Select the channel or radio station you wish to access by putting in the relevant number on the keypad or by using the 'P' rocker switch on the controller.

To access internet TV channels, press the 'Home' button and then use the left and right arrow keys to select the programme you want, or the web browser, from the menu. Confirm your selection by pressing the OK button. You can access **Netflix** on each TV with your account login details. Except in our Snowdon guest room, where there is an Amazon Fire Stick to access **Netflix** and **BBC iPlayer**. On the main TV remote, press 'Source' then use the downward arrow to select 'Option 5 - HDMI1, then use the Amazon remote to select channels and sign in to your accounts. Don't forget to sign out again before you leave.

WIFI / INTERNET DETAILS

The house has free **BT-Guest-Wi-fi**, and a password is not required. The service is provided for your enjoyment but you are responsible for safe and appropriate use and complying with all laws. If there is any loss of service, please contact us.

COFFEE MACHINE

This makes an espresso-strength coffee which can then be topped up with hot water and milk to your preference. To make your espresso, place a cup below the dispensing nozzle. **Never operate the coffee machine without a cup placed below the dispensing nozzle.** Lift the lever and insert a capsule into the compartment. Close the lever and press the Espresso, Espresso Lungo or Caffé Lungo button (small, medium, or large coffee cup symbols). When the coffee is ready, lift the lever and the capsule falls into the used capsule container. Your espresso coffee is now ready to top up with hot water and milk according to your preferred strength and taste

HOT WATER DISPENSER

Place a cup with a tea bag, or your espresso coffee below the dispensing nozzle. **Never operate the hot water dispenser without a cup placed below the dispensing nozzle.** Vary the amount of water to be dispensed according to your needs by adjusting the dial on the top of the machine. $\frac{3}{4}$ is about right for our cup sizes.

Press the on/off switch down to its on position. The switch will light up blue. After a short while, the selected amount of boiling water will be dispensed into the cup. If too much water is being dispensed use the Stop button on top of the machine which allows water flow to be stopped mid-cycle. The hot water dispenser is then ready to use again. If, after just having boiled, the on/off switch doesn't stay in the on position, wait a few seconds before trying it again.

MINI FRIDGE

Complimentary fresh milk is available from the fridge in the dining room. You are welcome to bring your alcoholic drinks and, as appropriate, to store them in the fridge. Wine glasses can be provided on request.

CENTRAL HEATING & COOLING FANS

Our home has a central heating system. Our guest room radiators are fitted with thermostatically controlled valves with which you can adjust the temperature. If you have any problems with the heating please let us know.

In the summer months, when the weather is very warm, we provide pedestal fans to help keep you cool. Please just ask if there is not one already in your room and you are too hot.

ADDITIONAL BEDDING

Additional bedding is provided for your comfort and consists of two soft pillows, a flat sheet, and a blanket throw. If in the warmer weather, you would like us to remove your duvet from your room or alternatively provide additional blankets in colder weather, or just for your personal sleeping temperature preferences, then please just ask.

BEDSIDE LIGHTS

These are touch-on/off lamps and have 3 levels of brightness.

USB CHARGING POINTS

There are USB charging sockets beside the beds in each of the guest rooms.

HAIR DRYER & SHAVER SOCKETS

Hairdryers are provided in each guest room and the drawers are marked. A shaver adapter is also provided in the same drawer as the hair dryer in each room except Brecon which has a shaver socket as part of the bathroom mirror.

SHOWER MATS

There are bath mats for the floors in the ensembles as well as non-slip shower mats. We recommend that you consider using these to reduce the risk of slipping on a wet surface.

IRONING FACILITIES

An iron and ironing board are available on request. Please just ask.

ACCESSIBILITY

Our Pembroke double room on the first floor is best suited for our guests with limited mobility. There is a single step up to the ensuite shower room therefore, we have fitted a grab rail on the door frame and can also provide a half step to make accessing the bathroom, especially at night, a little easier.

SUSTAINABILITY

When we envisaged Evangelisa, we knew we wanted to build a business we could be proud of, and that meant finding ways to be environmentally responsible.

THE HOUSE

- We try to minimise our waste and recycle wherever possible. We recycle glass, paper/cardboard, plastics, batteries, and food waste, composting as much as possible on our allotment.
- We feed the birds too and make seeded fat cakes with leftover butter. We have a daily gathering of rooks, jackdaws, starlings, sparrows, blackbirds, ring-necked doves, and a robin or two.
- Our white goods are all A+ rated or above, including the dishwasher, washing machine and tumble dryer. We do all our linen laundry on-site, ensuring machines are fully loaded before use and air-dry when we can.
- Our cleaning products are environmentally friendly, cruelty-free, and vegan and our cleaning cloths are washed and reused to prevent the use of disposable cloths and wipes.
- Old bedding and towels are donated to a local animal rescue charity and items unsuitable for donating are re-used as rags.
- Guests are not required to print or show confirmations of booking.
- We ask guests if they would like a receipt and if possible, we email receipts to save paper.

IN THE ROOMS

- The welcome tray is stocked with re-useable mugs, glasses, and teaspoons to prevent the need for single-use plastic. We provide glasses in the guest bathrooms too.
- We provide refillable glass bottles of fresh milk to reduce the use of sachets.
- Our energy-efficient hot water dispensers boil four times faster than a traditional kettle and exactly the amount of water you need and not a drop more, saving energy and time.
- For long guest stays, in general, we will only change bedding once a week unless requested. Towels left hanging up will be left for your re-use and only towels left on the shower floor will be changed.

- We offer toiletries in the room in refillable dispensers so that they can be cleaned and reused for as long as possible, avoiding the need for single-use plastics.
- Our toiletries are locally sourced from Myddfai Trading Company, a social enterprise, whose mission is to provide opportunities for vulnerable people from the local community. All are cruelty-free and available to purchase from us too.
- Much of our furniture has been upcycled and we have sought to buy pre-loved where possible. We also seek to procure more sustainable products, such as pillows and duvets with fillings made from recycled materials.
- We ask you to separate your waste in your room, using the two-section bin provided for all recyclables – plastic, cardboard, paper and glass and general rubbish.
- We do not use plastic linings in our bins, instead, they are naked and green and reduce plastic waste.
- As much as possible we have installed led light bulbs and of course, when you're not in your room we hope you will remember to switch off the lights, the TV, and any other appliances.

IN THE DINING ROOM

- We request that you pre-order your breakfast which helps us to reduce unnecessary food waste so we can just prepare the food that is to be consumed.
- We also continuously challenge ourselves to source more sustainably, for example, through locally sourced and fair-trade food supplies, supporting other local businesses and small holdings.
- We use fewer individually packaged items, such as table sauces and drinks, utilising refillable containers instead.
- Our dining tables have wipeable surfaces to reduce washing of table cloths and our serviettes are made from 100% recycled paper.

HAPPY HOUSE ETIQUETTE

QUIET TIMES

Our quiet hours are between midnight and 6:00 am. Please limit noise, phone calls, tv, etc... Please also keep noise to a minimum if arriving back late or leaving early so as not to disturb other guests.

SMOKING & VAPING

You are respectfully reminded that Evangelisa is a non-smoking/non-vaping establishment and we request that you refrain from smoking/vaping in any part of the house. If you are found to have been smoking in your room, we will levy a deep cleaning charge equivalent to one night's accommodation.

If you smoke in the street outside Evangelisa, we kindly request that you do so well away from the building as it affects the rooms above if their windows are open. Please dispose of your cigarette ends responsibly.

DRUGS AND ALCOHOL

The trade or use of drugs and alcohol abuse are not permitted.

BREAKAGES

We understand that sometimes accidents happen! Should you break anything please let us know immediately – if it's minor we usually won't charge. If it's a larger issue (such as the TV screen!) we would like to agree on the cost with you before you leave to avoid any issues later. Thank you.

THEFT/ LOSS & PERSONAL INJURY

We accept no responsibility for any loss, accident, personal injury, medical expenses, or property damage caused by personal negligence or by any other circumstances beyond our control.

FIRE ACTION

IF YOU DISCOVER A FIRE

Sound the alarm!

Operate the nearest fire alarm call point. These are located:

- At the top of the stairs outside Snowdon & Anglesey rooms
- At the top of the stairs outside Brecon room
- By the front door

Dial 999 to call the fire brigade

ON HEARING THE FIRE ALARM – a continuous loud bell

Leave the building by the nearest exit available via the stairs and the front door quickly and calmly

Fire extinguishers are on every floor, do not use to tackle the fire, for escape use only

At night, put on footwear and a coat. The house has emergency lighting fitted and there is a battery torch hanging on the back of the bedroom door should it be required

Do not stop to collect personal belongings

Close doors behind you (but don't lock them) to slow the spread of fire and smoke

Assemble outside the FUW building opposite Evangelisa

Do not return until authorised to do so

Do not take any risks

SMOKE ALARMS are fitted in each guest bedroom for additional early fire detection – a loud high pitch repetitive shrill sound

CARBON MONOXIDE DETECTORS are fitted for your safety – a loud high pitch repetitive beep

SAFETY INFORMATION

IF YOU REQUIRE GENERAL ASSISTANCE

During the day, please ring the bell at the bottom of the main stairs or knock on one of the 'Private' doors. We are generally around somewhere. If we are not within the vicinity to hear you, then please call either the landline or our mobile. When we are away from the premises the landline diverts to our mobile.

T: 01570 218608 / M: 07896 323460

This is our family home and therefore overnight, we will always be here. Our room is Cambrian on the first floor.

In the event of an emergency, please call 07896 323460. Alternatively, knock loudly on our door ~ CAMBRIAN on the 1st floor.

EMERGENCY HELP

In a medical emergency or life-threatening situation **dial 999 or 112 from a mobile.**

For overseas visitors, 112 operates the same as 999 and directs you to the same emergency call centre. The difference is that 112 works from any mobile phone from anywhere in the world. If you are unsure which emergency service you require, always ask for the police in the first instance.

If you are feeling unwell but the problem is not a medical emergency, you can access NHS 111 Wales online symptom checker at www.111.wales.nhs.uk or **call 111**. Calls to NHS 111 Wales are free from landlines and mobiles.

FIRST AID KIT

A First Aid kit is available – please ask should you require basic first aid.

USEFUL NUMBERS

DOCTOR

- **Taliesin Surgery**, Taliesin Court, Bridge Street, Lampeter, SA48 7AA [01570] 422665
 - Mon-Fri 8am-6pm
 - Dial 111 for urgent medical advice when the surgery is closed

DENTIST

- **My Dentist** 2 Market Street, Lampeter, SA48 7DS [01570] 423630
 - Mon-Fri 8am-6pm
- **Pont Steffan Dental Practice**, North Road, Lampeter, SA48 7HZ [01570] 422595
 - Mon, Weds, Fri 8am-5pm
 - Tues, Thurs 8am-8pm

CHEMISTS

- **Lloyds**, Taliesin Court, Bridge Street, Lampeter, SA48 7AA [01570] 422596
 - Mon-Fri 9am-5:30pm & Sat 9am-1pm
- **Adrian Thomas**, 3 High Street, Lampeter, SA48 7BA [01570] 422566
 - Mon, Tues, Thurs, Fri 9am-5:30pm
 - Weds 9am-4pm
 - Sat 9am-1pm
- **Boots**, 9A Harford Square, Lampeter, SA48 7DX [01570] 422568
 - Mon-Fri 9am-5:30pm
 - Sat 9am-5pm

HOSPITALS

- Bronglais General Hospital, **Aberystwyth**, SY23 1ER [01970] 623131
- Glanwili Hospital, **Carmarthen**, SA31 2AF [01267] 235151

MOUNTAIN RESCUE & COASTGUARD

We hope you will have a fabulous time and not come into any difficulties when enjoying the countryside and coastlines of Wales. Should you find yourself or someone else in trouble, **dial 999** and ask for the relevant emergency service.

VETS

- **Steffan Vets**, 5 High Street, Lampeter, SA48 7BA [01570] 422322
 - Mon-Fri 8:30am-5:00pm
 - Sat 9am-12pm
 - 24-hour emergency cover, outside of normal working hours, call (01570) 422322. If the Vet is out on a call, an answering service will take your details and a Vet will ring you back as soon as possible.

LOCAL TRANSPORT

TRAINS

Lampeter does not have a train station therefore the nearest train stations are:

Aberystwyth [to the north]

Alexandra Road

Aberystwyth, SY23 1LH

Carmarthen [to the south]

Station Road

Carmarthen, SA31 2BE

Ticket Office Opening:

Mon-Sat 7:15am-5:40pm

Sun Closed

Ticket Office Opening:

Mon-Sat 6:45am-6pm

Sun 10:15am-5:45pm

TAXI

Nick H Taxi – 07940 588 809 / 07507 760 132

- 24-hour taxi service
- 4 and 6-seater vehicles available
- Local taxi fares
- Transfers to Ferry, Airport and Train in the South West Wales area
- Airport transfers to Heathrow

Fastline Cabs – 07748 586848

BUSES

The main local bus service is the T1 which runs from Carmarthen, through Lampeter and on to Aberystwyth. The nearest bus stop for either direction is to turn left out of Evangelisa, the stop is on the opposite side of the road from the Premier store.

LOCAL TRAVEL NEWS

Information on local road travel news can be found at:

- www.traffic.wales and www.rac.co.uk/route-planner/traffic-news

MEALS

BREAKFAST

We normally serve breakfast between 7:30am and 9.30am. We can vary this by prior arrangement. Breakfast is served in the dining room.

At Evangelisa breakfast is pre-ordered. We will have given you a breakfast menu card on check-in and we will place new cards outside your door on each day of your stay. Please leave your card(s) in the milk crate outside your door before 10:00pm each evening.

We serve a traditional Welsh breakfast with laverbread and Penclawdd cockles as well as regular cooked breakfast options. Much of our menu is locally sourced. We also offer a full vegetarian and vegan breakfast menu. We can provide gluten-free and dairy-free options on request.

If there is something you would like for breakfast that is not on our menu then please let us know and we do our best to cater to your request.

Please ask about your meal ingredients before ordering if you have any food allergies or intolerances.

We will always do our best to cater for your dietary requirements.

USE OF THE DINING ROOM

You are welcome to make use of the dining room during the day for work or relaxation purposes.

TAKE AWAY FOOD

If you prefer a take-away meal, please use our dining room. Just let us know and we will provide plates, cutlery, and glasses.

Take-away meals are not to be eaten in guest bedrooms.

WHERE TO EAT & DRINK

EATING OUT

The Black Lion High Street, Lampeter [01570] 422172 – describes itself as offering a welcoming, friendly atmosphere with a good choice of menu options. Prepared and cooked daily by our team of trained chefs, using the finest & freshest ingredients. www.blacklionlampeter.com/about-black-lion-lampeter/restaurant

The Castle Green Bryn Road, Lampeter [01570] 422348 – great carvery on Thursday evenings and Sunday lunchtime.

The Royal Oak High Street, Lampeter [01570] 218615 – which describes itself as a family-owned and operated business. We aim to provide the best service possible. Dogs are allowed in the bar, sports lounge, and beer garden. The restaurant is a Steak and Burger house featuring Welsh beef, lamb, and pork. The bar stocks local Welsh beer, cider, and spirits along with the best national brands. www.royaloak.wales

Granny's Kitchen High Street, Lampeter [01570] 421667 – it has been Granny's wish for many years to open a Retro Cafe/Tearoom with that bygone age feel. It has a welcoming, comfortable, and relaxing atmosphere, where you can enjoy great home-cooked food.

The Falcondale Hotel Falcondale Drive, Lampeter, SA48 7RX [01570] 422910 – quoted from their website, you can expect menus crafted and inspired by local producers which are updated to showcase the quality produce Ceredigion and surrounding counties have to offer. For homemade afternoon tea, a special occasion, or just a good, cooked meal, the menus have something to offer every food fanatic.

The Grannell Hotel Llanwnnen, Lampeter, SA48 7JT [01570 480476] – says on its website that here you'll find good honest country fare, locally sourced wherever we can, and certainly with a little creative twist to take it a bit out of the ordinary. Sample menu online at www.grannell-hotel.co.uk/menu

FISH AND CHIPS

Lloyds of Lampeter Bridge Street, SA48 7HG [01570] 422366 or order online at www.lloydsfishandchips.co.uk

Oh My Cod High Street – just over the road from Evangelisa – **CASH ONLY**

CHINESE

Ling Di Long Restaurant & Take-Away Bridge Street, SA48 7HG [01570] 422009

Canton Kitchen Take-Away High Street [01570] 422531 – **CARD PAYMENT OVER £20**

INDIAN

Nehar Take Away Bridge Street, Lampeter SA48 7HG [01570] 422175

Shapla Tandoori Restaurant & Take-Away College Street, Lampeter, SA48 7DY [01570 422076] or order online at www.shaplalampeter.co.uk

PIZZA, BURGERS, CHICKEN & KEBABS

Oscar's Den College Street, Lampeter, SA48 7DT [01570] 421535

Marco The Takeaway Bridge Street, Lampeter, SA48 7HG [01570] 429360 or order online at www.marcothetakeaway.com

We can also recommend the harbour village of Aberaeron, an approximate drive of twenty-five minutes, where, amongst others, you will find:

- **The Harbourmaster Bar and Restaurant** Pen Cei, SA46 0BT [01545] 570755
www.harbour-master.com
- **The New Celtic Restaurant** Market Street, SA46 0AS [01545] 570369
www.newceltic.co.uk
- **The Cellar Restaurant & Bar** Market Street, SA46 0AS [01545] 574666
www.yseler.co.uk

WHERE'S THE NEAREST

AIRPORT

- **Cardiff Airport** Vale of Glamorgan, CF62 3BD
 - Information [01446] 711111 / E: info@cw1.aero
 - Parking enquiries [01446] 712604 / E: myparking@cw1.aero

BANK / ATM CASH POINT MACHINE

- **HSBC** – Harford Square, Lampeter, SA48 7DU – turn left out of Evangelisa, located at the top of the High Street on the mini-roundabout
 - Cashier service & ATM cash point machine
 - Not Wheelchair accessible
- **Principality Building Society** – High Street, Lampeter – turn left out of Evangelisa, just up the High Street on the same side of the road as Evangelisa
 - Cashier service only
- **Sainsbury's Bank** – Market Street, Lampeter, SA48 7DS – turn left out of Evangelisa, up the High Street, turn left under the clock tower and then turn right to Sainsbury's. The cash point is at the main entrance
 - ATM Cash point only

PUBLIC TELEPHONE

- Lampeter does not have a public payphone. If you do not have access to a mobile phone and need to make an emergency call, please just ask.

CHURCHES

- **St Peter's Church in Wales** Maesllan, Lampeter SA48 7EN
- **St. Thomas Methodist Church** 7 St Thomas Street, Lampeter SA48 7DQ
- **Our Lady of Mount Carmel Catholic Church** Pontfaen Road, Lampeter, SA48 7BS
- **Evangelical Church** 16 College Street, Lampeter SA48 7DY
- **Capel Shiloh Presbyterian Church of Wales** Temple Terrace, Lampeter SA48 7BJ
- **Brondeifi Unitarian Chapel** Lampeter, SA48 8LF
- **Church of the Three Hierarchs & St Cybi** Soar Chapel Hall, Cwmins Car Park, Victoria Terrace, Lampeter, SA48 7DF

PETROL STATIONS

- **Shell** North Road, Lampeter, SA48 7JA – turn left out of Evangelisa, left at the mini roundabout, and straight ahead towards Aberaeron, garage is on your left
 - Mon-Sat 8:00am-5:00pm & Sun 9:00am-2:00pm
 - Hours may seasonally vary
- **Murco** Pontfaen Road, Lampeter, SA48 7JL – turn right out of Evangelisa, straight ahead towards Newcastle Emlyn, garage is on your right
 - Mon-Sat 8:00am-6:00pm & Sun 9:00am-4:00pm
 - Hours may seasonally vary
- **Murco** Llanwnnen Road, Lampeter, SA48 7JR – turn right out of Evangelisa, straight ahead towards Newcastle Emlyn for 2 miles, the garage is on your left
 - Mon-Fri 7:00am-8:00pm & Sat-Sun 8:00am-8:00pm

GROCERY STORE

- **Sainsbury's** Market Street, Lampeter, SA48 7DS – turn left out of Evangelisa, up the High Street, turn left under the clock tower and then turn right to Sainsbury's
 - Mon-Sat 7:00am-10:00pm & Sun 10:00am-4:00pm
- **Co-op** Bridge Street, Lampeter, SA48 7AF – turn left out of Evangelisa, keep straight over the mini roundabout, and continue to just before the river bridge. The Co-op is on your left
 - Mon-Sat 7:00am-10:00pm & Sun 10:00am-4:00pm

POLICE STATION

- **Dyfed Powys Police Station** High Street, Lampeter, SA48 7BH [01267] 222020 – turn right out of Evangelisa and the police station is located just a short distance away on the opposite side of the road from Evangelisa

POST BOX

- Located in the wall of 28 High Street – the house next door but one
 - Last collection Mon-Fri 4:30pm & Sat 12pm

POST OFFICE

- Located in the Co-op supermarket at the rear of the store at Bridge Street, Lampeter, SA48 7AF – turn left out of Evangelisa, keep straight over the mini roundabout, and continue to just before the bridge. The Co-op is on your left
 - Mon-Sat 9:00-5:30pm

DEFIBRILLATOR

Do not leave the collapsed person to retrieve a defibrillator unless you have called 999 and someone else is continuing CPR

- **Lampeter Bowling Club** The Rookery Car Park, Lampeter, SA48 7BU
 - Available Times – 24/7
 - Access Type – Public
 - **Walk distance 62 yards** – straight across the road from Evangelisa, up Mount Walk, The Rookery Car Park is directly in front of you, and the Lampeter Bowling Club is in the right-hand corner
 - **Drive distance 350 yards** – turn right out of Evangelisa, past the police station and first left into Peterwell Terrace, after a short distance The Rookery Car Park is on your right and Lampeter Bowling Club is in the right-hand corner

- **Hafen Deg Residential Home** Temple Terrace, Lampeter, SA48 7BJ
 - Available Times – 24/7
 - Access Type – Public
 - **Walk distance 200 yards** – turn right out of Evangelisa, past the police station and first left into Peterwell Terrace, Hafen Deg is signposted on the corner of the road on your right
 - **Drive distance 200 yards** – turn right out of Evangelisa, past the police station and first left into Peterwell Terrace, Hafen Deg is signposted on the corner of the road on your right

ENJOYING YOUR TIME OUTSIDE

OVERVIEW OF THE AREA

Lampeter is ideally located as a base for walkers. Nestling in the beautiful valley of the River Teifi, with the Carmarthenshire valleys to the south, and the land gradually rising to the foothills of the Cambrian Mountains to the north and east, there is a choice of riverside walks in the Teifi and Aeron valleys, or woodland and upland walks, such as on the ridge along the Dulais Valley which takes in three Celtic Hillforts. Even the beautiful Cardigan Bay is not far away.

The historic town of Lampeter itself is a gem. An ancient borough since 1284, when it was allowed to hold fairs and markets, by the late nineteenth century it had grown into an important commercial centre, providing for all the needs of the surrounding farming communities. The town is easily accessible by road, being the main point of entry into Ceredigion from the south and south-east Wales.

Also making Lampeter stand out amongst other country towns is St. David's College, Lampeter. Now a part of the University of Wales Trinity St. David, the College was founded in 1822 and is the oldest degree-awarding institution in England and Wales after Oxford and Cambridge. It is also the first place in Wales where Rugby Football was played. A walk around the college grounds is a delight.

Amongst many other attractions, the visitor will find the Jen Jones Welsh Quilt Centre, housed in the Old Town Hall, of great interest, the Calico Kate fabric shop and a small museum on College Street displaying various aspects of the town's history.

Lampeter is known for its small, independent, quality, retail outlets catering for the shoppers' every need, and there is ample choice of excellent cafes, restaurants, and pubs for daytime eating.

THINGS TO DO AROUND LAMPETER

Explore one of Wales's most beautiful counties, Ceredigion and discover the outdoors, from the magnificent Cambrian mountains, the last wilderness of Wales to lush forests and wild rivers.

- **The Wales Way** is three national routes – **The Coastal Way**, **The Cambrian Way** and **The North Wales Way** – that lead you on a journey through some of the Country's most striking scenery along the coast, across castle country, and through our mountainous heartland.
 - www.visitwales.com/inspire-me/wales-way
 - www.discoverceredigion.wales/the-wales-way-the-coastal-way
 - **The Coastal Way** – runs the entire length of Cardigan Bay. It's a 180-mile (290km) odyssey that threads between blue seas and big mountains.
 - **The Cambrian Way** – is a complete north-south journey along the mountainous spine of Wales, running for 185 miles (300km) from coast to coast.
 - **The North Wales Way** – leads 75 miles (120km) past mighty castles, following the old trading route, along our northern coast into Anglesey.

- **Celtic Routes** are a way of discovering southwest Wales and South East Ireland. The landscapes of these corners of Wales and Ireland are almost mirrored images of each other, with only the sea dividing them. Both coastlines are characterised by long, unspoilt beaches and secret coves, which then give way to lush, rolling countryside and, rising in the distance, dramatic mountain ranges. Celtic Routes is a Wales-Ireland partnership between the coastal communities of Carmarthenshire, Ceredigion and Pembrokeshire, and Irish counterparts Wicklow, Wexford, and Waterford. Come and feel the force of nature in every mountain, river, tree, and rock.
 - www.discoverceredigion.wales/celtic-routes

- The coast is just a stone's throw away so don't miss visiting some of the best fishing villages and beaches West Wales has to offer.
 - Waterfall beach at Tresaith
 - Beautiful hidden cove and ancient church at Mwnt
 - Spacious golden sands at Penbryn beach
 - Sandy cove and cliff walks at Llangrannog
 - Harbour village at Aberaeron
 - Dolphin spotting at the quaint fishing village of New Quay
 - **Dolphin Spotting Boat Trips, SA45 9NW**
 - 01545 560 800
 - info@newquayboattrips.co.uk
 - www.newquayboattrips.co.uk
- Find a special gift, or a tasty treat, at one of the town's many independent retailers, cafes, and restaurants.
- Be inspired by the creativity at Lampeter's Quilt Centre and Nantfelin Pottery and delve into history from the National Trust's Llanachaeron House and Woodland, the Dolaucothi Gold Mines and Cadw's Strata Florida Abbey to Lampeter's museum

TOURIST INFORMATION CENTRES

- **Aberystwyth**
 - Terrace Road, Aberystwyth, SY23 2AQ
 - 01970 612125
 - www.discoverceredigion.wales
- **Carmarthen**
 - St. Catherine's Walk, Carmarthen SA31 1GA
 - 01267 234567
 - www.discovercarmarthenshire.com

LOCAL CONDITIONS OUT & ABOUT

LOCAL WEATHER

Up-to-date information can be found at:

www.metoffice.gov.uk

MOUNTAIN WEATHER & CLIMBING CONDITIONS INFORMATION SERVICE

If you are planning on visiting the Brecon Beacons or Snowdonia, it is always advisable to check the conditions before going. Making sure you are prepared for the day is key to staying safe. **The weather and climbing conditions can change rapidly.**

Up-to-date information for the Brecon Beacons and Snowdonia can be found at:

www.mwis.org.uk/home

MOUNTAIN SAFETY

It is paramount for your safety that you are fully prepared and properly equipped when out and about exploring all that Wales has to offer. Excellent advice can be from Visit Wales can be found at:

www.visitwales.com/info/advice/national-park-safety-information

And from the Adventure Smart UK website:

www.adventuresmart.uk/wales

TIDE TABLES

Please see the printed booklet for New Quay tide times and use it as a general guide for other local beaches; Aberaeron, Cwmttydu, Llangrannog, Penbryn, Tresaith, Aberporth, Mwnt and Poppit Sands in Cardigan.

DOG FRIENDLY

YOUR FOUR-LEGGED COMPANIONS

At Evangelisa we are happy to provide dog-friendly accommodation and welcome your well-behaved four-legged travel companions to stay with us. As dog lovers ourselves, we know how important it is for your furry family members to join you on your break away. We believe there is a big difference between just being dog-tolerant and being truly dog-friendly. We pride ourselves on providing welcoming accommodation for your four-legged friends and being the perfect base for the many miles of dog walks West Wales has to offer. To cover additional costs, we do make a small charge per dog per night.

We provide bowls, towels, treats and poop bags, [we can dispose of these too, please just ask]. Well-behaved dogs are permitted throughout our home. We do kindly request that they are not allowed onto the beds or furniture. Please do not leave your dog unattended in the room unless they are crated and for safety reasons please let us know they have been left and for how long you will be gone. We find that most of our hound guests prefer their own beds, but we have a spare should you find you don't have one with you.

If after a great doggy day of exploration, you find your dog in need of a wash down, then please just ask as we have a hosepipe available in our private area.

A mini fridge is provided in your room should you need to keep dog food chilled. If you require additional storage or somewhere to prepare your dog's food, then again, please just ask.

DAMAGES

We understand that sometimes accidents happen! Should your dog(s) cause any damage or breakages, please let us know immediately. If it's minor we usually won't charge. If it's a larger issue, we would like to agree on the cost with you before you leave. Thank you.

DOG-FRIENDLY EATING OUT IN LAMPETER

- The Black Lion and The Royal Oak pub/restaurants are on the High Street.
- Granny's Kitchen is over the road on the High Street. They serve doggy ice cream!

VETS

- **Steffan Vets**, 5 High Street, Lampeter, SA48 7BA [01570] 422322
 - Mon-Fri 8:30am-5:00pm Sat 9am-12pm
 - 24-hour emergency cover, outside of normal working hours, call (01570) 422322. If the Vet is out on a call, an answering service will take your details and a Vet will ring you back as soon as possible.

LOCAL PET SHOP

A well-stocked pet shop is up the road from Evangelisa at 44 High Street, selling frozen, wet, and dry pet food to leads, beds, treats and toys. Open Mon-Sat 9:30am-5:00pm.

Further afield Pets At Home stores – Central Telephone Number: 0845 266 6544

- **Aberystwyth** – Central Retail Park, Park Avenue, Aberystwyth, SY23 1PB
- **Carmarthen** – Pensarn Retail Park, Stephens Way, Carmarthen, SA31 2BG

DOG WALKS

For the first pee in the morning and the last one at night, there is the green to the right of Evangelisa and just the other side of Church Street.

For a longer local walk, again turn right out of Evangelisa and head out of the town. You will pass the Murco petrol station on your right, then once you have crossed over the stone road bridge, you will come to a waymarker and wooden steps on your left. This footpath leads over 3 fields down to the River Teifi. From here you can turn left over a wooden bridge and follow the river back into Lampeter at the opposite end of the town.

Further afield we can recommend:

- Llanerchaeron National Trust – near Aberaeron, SA48 8DG
- National Resources Wales – at the very top of Trefilan SA48 8QZ
- Penbryn Beach – SA44 6QL

THE DOG WALKING CODE

For safe and happy walks with your dog, and to avoid causing problems for others:

- Ensure your dog is under effective control, which means:
 - you have a short lead with you and use it when needed (around livestock, near cliff edges or where signage requests it)
 - you do not let your dog off the lead unless you keep it in sight and close enough to come back to you on command
- Prevent your dog from approaching horse riders, cyclists, or other people and their dogs uninvited.
- Keep your dog with you on paths or access land and don't let it stray into crops including fields of grass, fruit, and vegetables.
- Never let your dog worry or chase wildlife or livestock. Follow the advice on local signs to reduce disturbance to plants and animals.
- Stay **SAFE** around farm animals and horses:
 - ✓ Stop, look, and listen before entering a field; be aware of any animals present
 - ✓ Always keep your dog on a short lead
 - ✓ Find the safest route around animals, giving them plenty of space and using paths or access land where possible
 - ✓ Exit the area calmly and quickly if threatened, releasing your dog to make it easier for you both to reach safety
- Always bag and bin your dog's poo wherever you are. You can use any public waste bin or your bin at home.
- Never leave bags of dog poo lying around, even if you intend to pick them up later. Containers and deodorised bags can make them easier to carry.
- Ensure your details are on your dog's collar and it is microchipped, so you can be reunited quickly if it is lost.

DOG-FRIENDLY BEACHES

Only a relatively small proportion of the beaches around the Welsh coast allow dogs all year round. In general, the beaches have restricted and designated areas between May 1 and September 30. The good news is that many beaches welcome responsible dog owners outside of the summer between October 1 and April 30.

Visit **The Beach Guide** or **Discover Ceredigion** which both provide information on which beaches are dog friendly and where dogs are restricted to save you a wasted journey.

- www.thebeachguide.co.uk/south-wales/ceredigion/dogs-allowed
- www.discoverceredigion.wales/areas-of-ceredigion/ceredigion-beaches-and-coastal-communities

BEACHES WHERE DOGS ARE ALLOWED

Some beaches listed as dog friendly may still have certain restricted areas.

Aberaeron Harbour	Cilborth	New Quay - North Beach
Aberaeron North	Clarach - North	Tanybwlch Beach
Aberaeron South	Cledan Beach	Traeth Gwrddon
Aberarth	Cwmtydu	Traeth Gwyn New Quay
Aberporth	Gilfach yr Halen	Traeth Soden
Aberystwyth (South)	Llanina	Traeth y Coubal
Castell Bach	Llanrhystud	Wallog
Cei Bach	Llansantffraid	Ynyslas Twyni Bach

BEACHES WHERE DOGS MAY BE RESTRICTED

Aberystwyth (North)	Llangrannog	Penbryn
Borth	Mwnt	Tresaith
Clarach	New Quay Harbour Beach	Ynyslas Northern Groyne

Check the beach descriptions online for further information

or please ask us for advice.

WALKERS WELCOME

Evangelisa B&B is the must-stay destination – close to coastal paths, the Cambrian Mountains, the Brecon Beacons, and local amenities for walkers wanting to experience the splendours of West and Mid Wales.

Evangelisa offers a friendly welcome, comfortable rooms, and great breakfasts to set you up for a day's walking. Breakfast is usually served between 7:30am and 9:30am but if you want an early start we have some flexibility with time and can also offer a self-serve of cereal, bread, jams, and a piece of fruit. We are always happy to fill a flask with tea, coffee, or top-up water bottles and with Sainsbury's supermarket just a stone's throw from our door, you can easily get stocked up with a packed lunch and snacks for the day. If you wanted to prepare your food the night before we have provided fridges in the rooms to keep food chilled too.

Whether you're out for a relaxing stroll – or a more challenging hike, we are well-equipped to welcome walkers and will be delighted to provide you with good local knowledge and a warm welcome after a tiring day. We can also provide you with ideas for good eating houses and help you plan the following days' route with an extensive collection of local maps and routes to hand.

Enjoy breathtaking scenery that can only be seen on foot including dramatic views from the tops of mountains to stunning coastlines. The sheer variety and contrast of walks in the vicinity are both exciting and exhilarating.

Many of the walking routes in West Wales are also dog friendly and so are we at Evangelisa, so your four-legged walking companion can enjoy the Welsh walkies too!

Inspiration and routes can be found at:

- **Visit Wales** ~ www.visitwales.com/inspire-me/wales-way
- **Discover Ceredigion** ~ www.discoverceredigion.wales
- **Long Distance Walkers Association**
www.ldwa.org.uk/ldp/members/search_by_path.php

WET OUTDOOR CLOTHING & FOOTWEAR

We are happy to hang very wet outdoor clothing and footwear in our utility area so they can dry out. Washing and tumble drying is available at a cost per load per machine.

A boot scraper and wet boot storage are positioned just inside the front door. Should your walking boots need washing off you are welcome to use our outside tap. Please just ask.

NEAREST OUTDOOR EQUIPMENT RETAIL PROVIDERS

- **Outdoor Kit 4 U**
 - 1 Wilkes Head Square, Pontwelly, **Llandysul**, SA44 4AA
 - 07920 523362
 - Mon-Sat 9am-5pm
 - www.outdoorkit4u.co.uk

- **Trespass**
 - 37-39 Terrace Road, **Aberystwyth**, SY23 2AE
 - 01970 627338

 - 15 Red Street, **Carmarthen**, SA31 1QL
 - 01267 235022
 - Both stores are open Mon-Sat 9am-5:30pm & Sun 10am-4pm
 - www.trespass.com

- **Mountain Warehouse**
 - Unit 5, Rheidol Retail Park, **Aberystwyth**, SY23 1LL
 - 01970 639278
 - Mon-Sat 9am-7pm & Sun & Bank Holidays 10am-4pm

 - 58 Pendre, **Cardigan**, SA43 1JR
 - 01239 621250
 - Mon-Sat 9am-5:30pm & Sun 10:30am-4pm
 - www.mountainwarehouse.com

- **Sports Direct**

- 12 Pier Street, **Aberystwyth**, SY23 2LJ
- 0344 332 5352
- Mon-Sat 9am-6pm & Sun 10am-4pm

- Unit 2, Pensarn Retail Park, Stephens Way, **Carmarthen**, SA31 2BG
- 0344 332 5406
- Mon-Fri 9am-8pm, Sat 9am-7pm & Sun 10am-4pm
- www.sportsdirect.com

- **Saltrock**

- 21 Pier Street, **Aberystwyth**, SY23 2LN
- 01970 626844
- Mon-Sat 9am- 5:30pm & Sun 10:30am-4:30pm
- www.saltrock.com

- **Cotswold Outdoor**

- Unit 5 & 5A, St Catherine's Walk, **Carmarthen**, SA31 1GA
- 01267 222039
- Mon-Fri 9am-5:30pm, Sat 9am-6pm & Sun 10:30am-4:30pm
- www.cotswoldoutdoor.com

Lampeter town is proud to be a member of Walker's are Welcome



Walkers are Welcome is a nationwide initiative launched in 2007, to enable the development of over 100 accredited Towns and Villages members to assist with their communities' economic, physical, health and mental well-being through walking.

- www.walkersarewelcome.org.uk

If you are a member of the Ramblers Association you can find detailed routes on the Lampeter Ramblers page. Non-members can look up summaries of local routes.

- www.ramblers.org.uk/lampeter

CYCLISTS WELCOME

Located on National Cycle Route 82, Evangelisa is an ideal location for cyclists to take a rest from a day of enjoying the splendour of the roads and the exhilarating cycle trails of West Wales.

Evangelisa offers a friendly welcome, comfortable rooms, secure storage for your bike, and a great breakfast to set you up for a day's cycling. Breakfast is usually served between 7:30am and 9:30am but if you want an early start we have some flexibility with time and can also offer a self-serve of cereal, bread, jams, and pieces of fruit. We are always happy to fill a flask with tea, coffee, or top-up water bottles and with Sainsbury's supermarket just a stone's throw from our door, you can easily get stocked up with a packed lunch and snacks for the day. If you wanted to prepare your food the night before we have provided fridges in the rooms to keep food chilled too.

After a tiring day, we will be delighted to offer you a warm welcome and can provide you with ideas for good eating houses and help you plan the following days' route with a collection of local maps and cycle routes to hand.

STORAGE AND ASSISTANCE



Secure undercover bike storage is available and we can also accommodate the recharging of electric bicycles too.

Should your bicycles need washing off, you are welcome to use our outside tap and hosepipe. We can also provide cloths for this purpose. Please just ask.

We have a puncture repair kit and pump available for your use should you need an emergency repair!

There is also a Bike Repair Station just 120 yds away at The Rookery car park situated at the top of Mount Walk opposite Evangelisa.

WET OUTDOOR CLOTHING & FOOTWEAR

We are happy to hang very wet outdoor clothing and footwear in our utility area so they can dry out. Washing and tumble drying is available at a cost per load per machine.

NEAREST CYCLE REPAIR / SPARES OUTLETS

- **Spartan Motor Factors** (stocking some basic bike spares)
 - Teify Garage, Cwmann, **Lampeter**, SA48 8JN
 - 01570 423296
 - Mon-Fri 9am-6pm, Sat 9am-5:30pm & Sun 10am-4pm

- **Cycle Works**
 - London House, 1 Bridge Street, **Aberaeron**, SA46 0AP
 - 01545 571454
 - info@aberaeroncycleworks.co.uk
 - Mon-Sat 8:30am-5:30pm & Closed Sunday
 - www.aberaeroncycleworks.co.uk

- **Cyclemart E-bikes Specialists** (and non-E bikes spares and repairs)
 - **Cilcennin**, Lampeter, SA48 8RS
 - 01570 470079
 - sam@cyclemart.co.uk
 - 01570 470079
 - Tue-Sat 10am-6pm & Closed Sunday & Monday
 - www.cyclemart.co.uk

If you are looking for cycle hire near Lampeter then, unfortunately, you will have to look much further afield to the Brecon Beacons.

- **Bikes and Hikes**
 - Talybont Stores, **Talybont-On-Usk**, Powys, LD3 7YJ
 - 07909 968135
 - info@bikesandhikes.co.uk
 - www.bikesandhikes.co.uk

ROUTES

Cycling and mountain biking in Ceredigion is a fantastic way to experience our great outdoors, whether you'll want to be on or off-road, mountain biking trails or gentle rides along country lanes – there's plenty to choose from.

Designated routes are linked with the **Sustrans National Cycle Network** and can form part of a more extensive cycling trip.

- **Ystwyth Trail** a 20-mile (32km) route between Aberystwyth and Tregaron
- **Rheidol Trail** a 17-mile (28km) trail from Aberystwyth, along the Rheidol river valley to Devil's Bridge
- **Aeron Trail** a 2-mile (4km) way-marked trail along a designated cycle path and quiet country lanes, following the Afon Aeron taking you from the harbour town of Aberaeron up the Vale of Aeron to the historic National Trust Property at Llanerchaeron.
- **Cardi Bach Trail** a 5-mile (9km) route following the former railway line and quiet lanes along the southern banks of the Teifi to the Teifi Marshes Wildlife Centre

Information for cycle routes, bridleway routes for mountain bikers and gravel biking routes can be found at Discover Ceredigion:

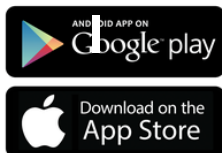
- www.discoverceredigion.wales/outdoor-activities-and-adventures/cycling-and-mountainbiking



Sustrans National Cycle Network Route 82 runs in sections between Bangor and Fishguard, passing through Lampeter on the Aberystwyth to Fishguard section. Information can be found on the Sustrans website.

- www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-82
 - This route, open in sections between Aberystwyth and Fishguard, coincides with the Lôn Cambria and Lôn Teifi cycle routes.

- Starting in the university town of Aberystwyth, Lôn Teifi takes the same course as Lôn Cambria along the Ystwyth valley to Pont-rhyd-y-groes. You'll then turn southwest to cross the watershed and drop down into the valley of the River Teifi which is followed to the coast at Cardigan.
 - The route passes through the handsome towns of Tregaron, Lampeter, Llandysul and Newcastle Emlyn (with its castle ruins). The route ends at the Ocean Lab in Fishguard.
- **Aberaeron Cycle Path** a pleasant route just under 3 miles, follows a traffic-free path from Aberaeron to Llanerchaeron. It runs along the National Cycle Network route on a disused railway line with views of the River Aeron, finishing at National Trust property Llanerchaeron. You can return the same way or follow the country lane to Henfynyw to turn it into a circular route.
 - **Other routes near Lampeter and further afield can be searched and found online at:**
 - www.gpsroutes.co.uk
 - www.bikemap.net
 - www.alltrails.com
 - **Or by downloading one of their apps for your smartphone**



CYCLING ORGANISATIONS AND LOCAL GROUPS

- **Guided local group rides can be found at:**
 - www.letsride.co.uk
- **Mountain Bike Wales**
 - www.mbwales.com
- **Sustrans Cymru**
 - www.sustrans.org.uk/about-us/our-work-in-wales
- **British Cycling**
 - www.britishcycling.org.uk/events/home

GETTING ABOUT WITH YOUR BIKE ON PUBLIC TRANSPORT

Local Buses are operated by Traws Cymru and the current information on their website with regards to taking bicycles on their buses reads:

Q. Am I able to take a bike on a Traws Cymru bus?

A. Generally, foldable bikes that can be safely stored within the luggage pen of the bus can be brought on at the discretion of the driver. Due to space and safety considerations, standard non-folding bikes are not typically permitted on buses.

Local Taxis that will take bikes

- **Nick H Taxis** have a VW Caddy Maxi Life which can accommodate 3/4 bikes plus 4 passengers. Please let them know your requirements when booking.
 - 07940 588809 / 07507 760132
- **Fastline Cabs** also have a large vehicle to transport bikes and passengers.
 - 07748 586848

NEAREST TRAIN STATIONS

- **Aberystwyth** [to the north], Alexandra Road, Aberystwyth, SY23 1LH
- **Carmarthen** [to the south], Station Road, Carmarthen, SA31 2BE

We hope our Welcome folder provides you with everything you need for your stay at Evangelisa.

Please do take a look at our collection of books of the area and selection of maps for walking and cycling routes that we have for your perusal in the dining room.

If you have any other questions please just ask or send us a message.

We truly hope you enjoy your visit and will return home with so much more than just a lovely memory!

Thank you for choosing to stay with us at our home at Evangelisa

We hope to welcome you back again in the future

Angela & Nigel

