

# SOURCE

**9<sup>TH</sup> AUGUST**

Walking from Llyn Teifi to Lampeter

**10<sup>TH</sup> AUGUST**

Cycling from Lampeter to  
Newcastle Emlyn/Cenarth

**11<sup>TH</sup> AUGUST**

Paddling/walking from Llechryd  
bridge to Poppit sands



# TO SEA

**JOIN US**

[www.teifi.one](http://www.teifi.one)



## Day 1 - Friday 9th August

Long walk from Teifi Pools to Lampeter - 42km/26miles - 11 hours  
Short walk from Teifi Pools to Tregaron - 21km/13miles - 5 hours

7am - meet at Llyn Teifi

7.30am - depart (photos & water gathering)

9.30 - 10am - breakfast in Pontrhydfendigaid

1pm-2pm - lunch in Tregaron - Coffi a Bara

7pm - arrive in Lampeter

6pm-9pm - food & live music at UWTSO, Lampeter

## Day 2- Saturday 10th August

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

8am - 9am - breakfast at UWTSO, Lampeter

9.30am - meet & briefing

10am - depart

12pm-2pm - lunch in Parc Coffa Memorial Park, Llandysul  
(Becws Felindre Bakehouse & Tarten coffee)

5pm - arrive in Newcastle Emlyn

6pm-9pm - food & live music at Riverside Cafe, Newcastle Emlyn

## Day 3- Sunday 11th August

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

10am - a welcome for all at Llais yr Afon, Cenarth

- exhibition by Space To Create/Small World Theatre

11am - walkers meet/park at Llechryd cricket club. Briefing & depart  
(Tinky Trailer refreshments)

11.30am - kayakers meet/park at Llechryd cricket club. Briefing

12pm - paddle starts from Llechryd bridge

12.45pm - Dolbadau, Cilgerran

2pm-3pm - stop at Fisherman's Rest, Cardigan

4pm - arrive at Poppit

5pm onwards - food & live music at Poppit Sands

## Evening 1

Friday 9th August

University Trinity St Davids  
Lampeter

6-9pm

Cafeteria, Bar & LIVE  
MUSIC

- Eklektika - Smudger & Ali
- Readings from Words on  
Troubled Waters

*All welcome to celebrate our river, talk about the issues facing it, memories, thoughts for the future - you don't have to have taken part during the day to come along in the evening, but please register on [www.teifi.one](http://www.teifi.one) so we have an idea of numbers! Bring cash and card!*

## Evening 2

Saturday 10th August

Riverside Cafe  
Newcastle Emlyn

please either register on  
[teifi.one](http://teifi.one) or

call 01239 710404

6-9pm

Buffet & LIVE MUSIC  
-The Swingin Nettles  
(duo)

## Evening 3

Sunday 11th August

Poppit Sands

5pm onwards Feast from  
Rebel Kitchen & LIVE MUSIC

- River blessing - Belinda  
Ray
- Readings from Words on  
Troubled Waters
- Singing Village choir
- Cardigan Ukeleles
- Oshi Owen
- Michael Shakib
- Jenny Bliss-Bennett  
& friends