

Local Information

Where available we have given links to facebook pages as many local businesses use Facebook for day to day updates, links to websites can all be found from their Facebook pages

Food and Groceries

Bay View Stores, Upper Solva T: 01437 729554 [@BayViewStories](#)

- local shop
- post office
- sells everything

CKs Supermarket, St Davids T: 07741546410

- Supermarket
- Post office

Tesco, Lidl, Aldi and Morrisons- All in Haverfordwest

Gwyn Davies, St Davids T: 01437 720250

- Butchers
- Sometimes wet fish

St David's Food & Wine, St Davids T: 01437 721948 [@saintdavidsfoodandwine](#)

- Deli and specialist

The Veg Patch, St David T: 01437 729220 [@thevegpatch16](#) –

- Fresh veg & Specialist items

Pen Pant, Nine Wells (past Solva) 01437 721369

- Fresh Veg mostly grown on site.

Crab, lobster and seafood

Something Fishy, Solva T: 07854 618466 [@SomethingFishy](#)

- Closest to us and best crab
- Wet fish

Mrs Will the Fish Solva T: 01437 772571 [@MrsWillTheFish](#)

Car Y Mor T: 07773 846560 [@carymorwales](#)

Cafes, Pubs and Restaurants

Solva

35 Main Street T: 01437 729236 [@35mainstreet](#)

- Does takeaway
- Open evenings at weekend

Harbour Inn T: 01437 720013 [@TheHarbourInnSolva](#)

Café on the Quay T: 01437721725 [@CafeOnTheQuay](#)

- Daytime only

Cambrian Inn T: 01437721210 [@thecambrianinn](#)

- Mostly food orientated pub

The Printhouse Café T: 01437 454369 [@Print house café](#)

- Breakfasts and Sandwiches
- AMAZING cakes
- Daytime only

Royal George T: 01437720002 [@theroyalgeorgesolva](#)

- Rotisserie Chicken to take away
- Temporarily closed

Ship Inn T: 01437 721528 [@theshipsolva](#)

- Lovely suntrap garden

Raul Speek Gallery T: 01437721907 [@RaulSpeekGallerySolva](#)

- Art gallery and cafe

St Davids

Cross Hotel T: 01437 720387 [@StDavidsCrossHotel](#)

Grove Hotel T: 01437 720341 [@grovestdavids](#)

Mamgu's T: 01437 454369 [@MamGu Welshcakes](#) St Davids Cathedral Refectory

- Breakfasts and takeaways
- Welsh cakes
- Daytime only

Peter's Plaice T: 01437 772042 [@petersplaiceStDavids](#)

- Fish & Chips

Pilgrims Café Oriel y Parc Gallery T: 01437 723290 [@PilgrimsCafeOrielYParc](#)

- Breakfast and lunch only

Saffron T: 01437 720508 [@SaffronStDavids](#)

- Indian Restaurant
- Currently takeaway only

St David's Gin & Kitchen T: 01437 720404 [@StDavidsKitchen](#)

- Restaurant setting
- Gin bar

The Bishops T: 01437 720422 [@BishopsStDavids](#)

The Farmers Arms T: 01437 721666 [@FarmersStDavids](#)

The Mill T: 01437 729290 [@TheMillTrefin](#)

- Great all day breakfast
- Sunday roast

The Really Wild Emporium T: 01437 721755 [@ReallyWildEmporium](#)

- Organic, including veggie and vegan

The Bench Ice Cream T: 07855 327196 [@benchcafe](#)

- Home made Italian gelato and coffee

Grain Pizza T:01437 454321 [@grainstdavids](#)

- Great woodfired sourdough pizza
- Bluestone ales

Clwb (St Davids Rugby Club)T:07896 794451 [@ClwbStDavids](#)

- Bar, Kitchen and Events
- Hosts catering wagons

Elsewhere

Pointz Castle Ice Cream T: 07968 096336 [@pembrokeshireicecream](#)

- Farm made ice cream
- Cafe
- Kids play area

Pebbles Café Newgale T: 01437 710444 [@PebblesCafeNewgale](#)

- Beach side café Open Easter – October Half Term

Porthclais Kiosk Porthclais [@porthclaiskiosk](#)

- Ice creams, coffees and sandwiches Open Easter – October Half Term-ish

Sands Café(Newsurf) Newgale T: 01437 729222 [@sandsnewgale](#)

- Greasy spoon style cafe

The Druidstone Hotel, Druidstone Haven T: 01437 781221 [@DruidstoneHotel](#)

- Bar meals, evening dining and rooms

The Duke of Edinburgh Newgale T: 01437 720586 [@DukeOfEdinburghNewgale](#)

- Pub Grub

The Shed Porthgain T: 01348 831518 [@TheShedFishAndChipBistro](#)

- Specialist fish and chips

The Sloop Inn, Porthgain T: 01348 831149 [@SloopPorthGain](#)

- Good pub grub

The Victoria Inn Roch T: 01437 710426 [@VictorialInnBrewhouse](#)

- Pub Grub and micro-brewery

Whitesands Beach House Whitesands T: 01437 720068 [@whitesandsbh](#)

- Beach side cafe
- Daytime only

Blue Lagoon Ice Cream Van Aberiddy beach T: 07855 954702

- Easter to October

Love Nutritious Food Cooking School, St Davids T: 07435276444 [@lovenutritiousfood2018](#)

- Cook at home ready meals
- Catering
- Private dining

Booze

Seidr Ci Ddu, Solva T: 07900 411952

- Small batch artisan cider, made here at Ffynnonddewi
- Group tastings available

Bluestone Brewing Company, Cwm Gwuan T:01239 820833 [@bluestonebrewingcompany](#)

- Craft and traditional beers and ales
- Tap Room and bottle shop
- Tours and events

St Davids Old Farmhouse Brewery, St Davids T:07968 929069 [@OldFarmhouseBrewery](#)

- Traditional beers and ales with a twist
- Brewery visits and bottle shop

Outdoors

The Big Blue Experience T: 07476 373120 [@bigbluenewgale](#)

- Surfing, Paddle boarding, Coasteering, Kite sports

TYF T:01473 721611 [@tyfadventure](#)

- Surfing, Paddleboarding, Coasteering, Kayaking, Climbing
- Equipment hire
- Bike Hire

Brendan Kelly T:07971 047896

- Best kayaking guide
- Equipment supplied
- Multiday trips

Celtic Quest, Abereddy T:01348 837337 [@celticquestcoasteering](#)

- Coasteering at Blue Lagoon

Man Up UK, Abereddy T:07855 954702 [@muukadventures](#)

- Coasteering and Kayaking at Blue Lagoon
- Equipment hire at the beach

Beic, St Davids T:01437 887633 [@fleetcyclespembrokeshire](#)

- Bicycle shop and mobile repairs

Newsurf, Newgale T:01437 721398 [@newsurf](#)

- Surf shop, lessons and hire

Climb Pembroke, Narbeth T: 07732 972643 [@climbpembroke1](#)

- Climbing guide

Dale Sailing T:01646 603123 [@pembrokeshireislands](#)

- Only operators landing on Skomer, book online

Falcon Boats, St Justinians T: 07494141764 [@falconboatrips](#)

- Excellent boat trips in a fast rib

Thousand Islands, St David's T: 01437 721721 [@ThousandIslandsExpeditions](#)

- Widest range of boat trips

Voyages of Discovery T: 01437 721911 [@ramseyisland](#)

- Only operators to land on Ramsey island

Blue Shark Charters, St Justinian T: 07779 646635 [@BlueSharkUK](#)

- Fishing Trips and sightseeing

Bike Hire

<https://www.tyf.com/pages/cycle-hire>

<https://pembrokeshirebikehire.co.uk/>

- Based in Manorbier, deliver countywide including Solva
- Recommended by Visit Pembrokeshire

Closest Beaches- most beaches only open up to sand from a couple of hours after high water

Newgale

- Dog restrictions- Centre area only (Carters to 1st Carpark) 1st May-30th September,
- 3 Carparks behind pebble bank
- Steep pebbles
- Cafe at far end
- Toilets

Whitesands

- Dog restrictions- All parts 1st May-30th September
- Carpark almost on beach
- Cafe
- Toilets

Caerfai

- Dog restrictions- None
- Carpark short walk
- No facilities

Nolton Haven

- Flat access from road
- Dog restrictions- None
- Carpark across road behind pub

Druidstone Haven

- Steep access from roadside parking
- Dog restrictions- None
- No facilities

Porthmynawyd

- Small quiet cove
- Park at Pointz Castle Ice Cream or walk from site
- Steep access
- Dog restrictions- None
- No facilities

Abereiddy(Blue Lagoon)

- Parking on beach or at top of hill if full
- Dog restrictions-None
- Ice cream van
- Toilets
- Outdoor activities

Traeth Llyfn (half way between Porthgain and Abereiddd)

- Park Abereiddd or Porthgain
- 90ft staircase down
- Dog restrictions- None
- No Facilities

Transport

Franks Taxis

- Main number 01437 721731 diverts to Franks mobile, he drives so leave a message he is excellent at calling back
- Direct to Solva 8 seater James 07975 775688 (currently unavailable)

Llandeloy Cabs 07817 831265

Rockys, Haverfordwest 01437 890891 [Only taxi likely to answer 24h/7}

Bus timetables [Bus Routes and Timetables - Pembrokeshire County Council](#)

Laundry

- Ocean Haze –St Davids 01437 720826 Service washes only (Temporarily Closed)
- Snowdrop Laundry-Haverfordwest 01437 768765 Service washes only
- Widow Twankey's- Haverfordwest 01437 765695 Serviced and self service

Other useful information

Solva Harbour Master T: 07974 020139 [@SolvaBoatOwnersAssociation](#)

Solva GP Surgery T: 01437 721306

The Oak Veterinary Group

- St Davids 01437 721375 (has limited opening hours but will divert if closed)
- Haverfordwest 01437 760111 (has a 24 hour emergency service)

Accident and Emergency: Withybush Hospital, Fishguard Road, Haverfordwest, SA61 2PZ

Dentist

Dew Street Dental

Haverfordwest, T: 01437 762709