

## The St Thomas Way Pilgrimage 2022

# ROUTE CARDS

Apart from their interest and information for each day's walk, these route cards are your life-line in an emergency. **Carry them with you at all times.** (You may want to remove the staple and only carry the sheet you need each day). If you get separated from the main party, the route cards will tell you where we are going and indicate an outline of our route, and may help you locate any public transport, used in conjunction with the alternative transport list. It is a good idea to take a map case with you to keep your route cards in, together with leaflets and postcards etc that you may pick up at churches en route - even if you do not carry a map.

**Timings are correct at time of publication but subject to change**

### Abbreviations Used on the Route Cards

E - Explorer Map

L - Landranger Map

Summary of Route			Length, miles	Ascent, ft
Day 1	Sat Aug 13	Travel to Swansea and Induction		
Day 2	Sun Aug 14	Swansea to Port Talbot	13.5	800
Day 3	Mon Aug 15	Port Talbot to St Brides Major	18.5	1900
Day 4	Tue Aug 16	St Brides Major to St Athan	16.3	1600
Day 5	Wed Aug 17	Rest Day in St Athan	-	-
Day 6	Thu Aug 18	St Athan to Cardiff	16.9	1400
Day 7	Fri Aug 19	Cardiff to Caerphilly	10.8	1100
Day 8	Sat Aug 20	Caerphilly to Newport	13.5	1700
Day 9	Sun Aug 21	Newport to Usk	14.7	1600
Day 10	Mon Aug 22	Usk to Abergavenny	15.0	1400
Day 11	Tue Aug 23	Rest Day in Abergavenny	-	-
Day 12	Wed Aug 24	Abergavenny to Longtown	14.3	3300
Day 13	Thu Aug 25	Longtown to Ewyas Harold	12.5	2100
Day 14	Fri Aug 26	Ewyas Harold to Hereford	16.7	800
Day 15	Sat Aug 27	Celebration Day in Hereford	-	-
Day 16	Sun Aug 28	Journey Home	-	-
<b>Totals</b>			<b>162.7</b>	<b>17700</b>

**Contacting the pilgrims:** An address is given for each hall that we stay in, to help pilgrims joining on that day find the hall. These are not intended to be used as postal addresses for contacting the pilgrims, as we do not know whether anybody will be collecting the mail. So the best way to contact the pilgrims is to use the emergency phone numbers given at the top of each page (but the coverage may be poor in some areas) or the email address at the foot of each page, or via the web site:

[www.thepilgrims.org.uk](http://www.thepilgrims.org.uk)

**DAY 1**

**Saturday August 13**

**Travel to Swansea and Induction**

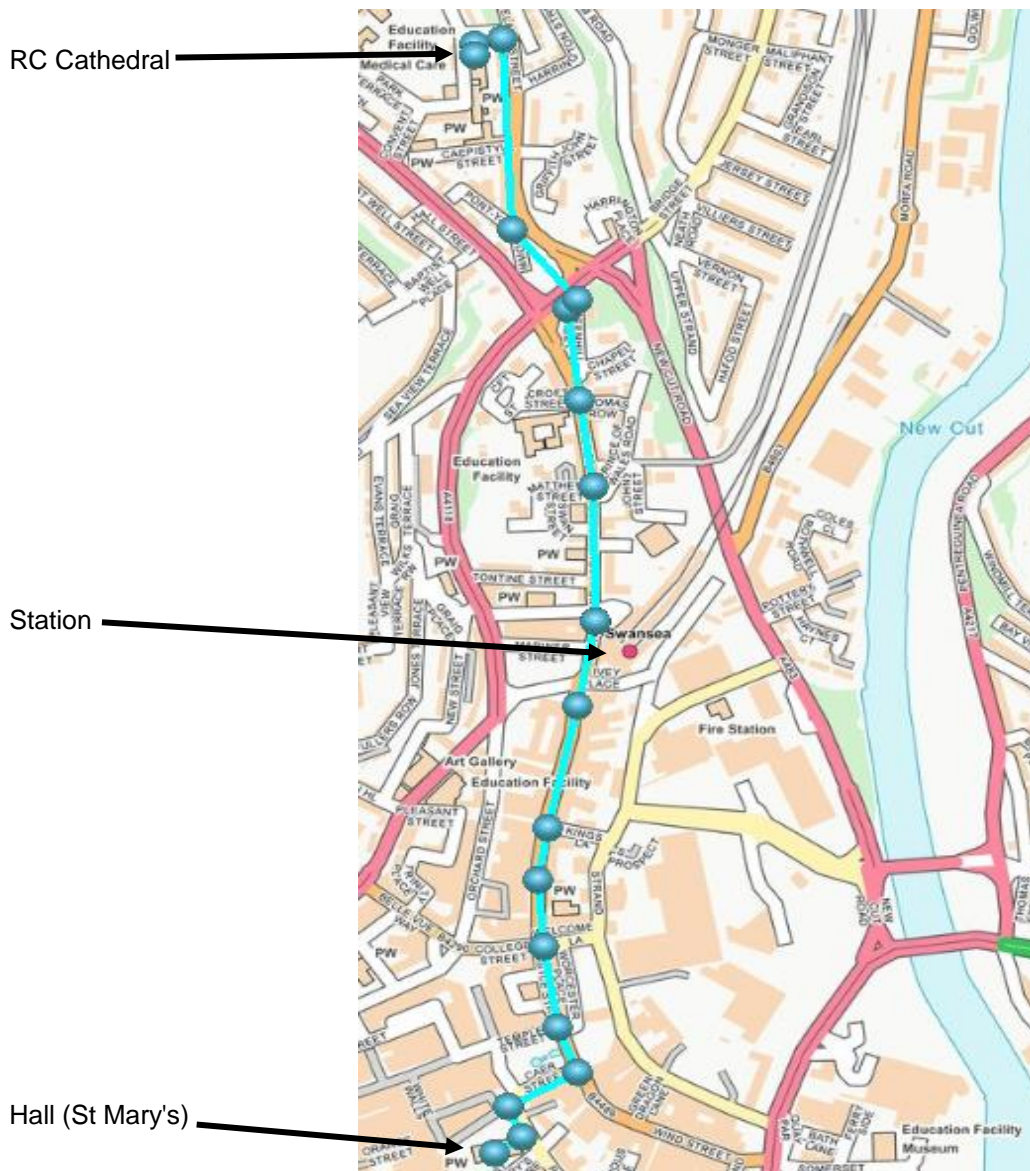
**Directions from Swansea Station to St Mary's Church Hall - a 10 minute walk**

Come out of the main entrance of the station to the main road and turn left, crossing the minor road Ivey Place. Carry straight on down the High Street, passing the Grand Hotel on our left. Keep going straight on until reaching the remains of Swansea Castle on our left. Here turn right along Caer Street to reach a roundabout. St Mary's is on the far side of the roundabout. We are approaching the church from the north-east. Go round to the south side to find the entrance for pilgrims.

Time	Miles	Location	Grid Ref
15:00 - 16:45	0	REGISTRATION: St Mary's Church Hall, SA1 3LP	SS656929
16:45	0	DEPART: St Mary's Church Hall, SA1 3LP	SS656929
17:30 - 18:30	1.1	VIGIL MASS & INDUCTION SERVICE: St Joseph's RC Cathedral, SA1 2BX	SS656944
18:55	2.1	RETURN TO HALL: St Mary's Church Hall, SA1 3LP	SS656929

**Addresses** Hall: St Mary's Church Hall, 11A St Mary's Square, Swansea SA1 3LP

**A&B Pilgrimage History** : *The only places on this year's entire route that we have visited before are Belmont Abbey and Hereford Cathedral on the last day. They featured at the end of our 1994 pilgrimage from Guildford to Hereford. However our 1992 St David's Pilgrimage did start at The Mumbles on the western edge of Swansea, just 5 miles away from St Mary's Church Hall.*





**DAY 3                      Monday August 15                      Port Talbot to St Brides Major                      18.5 miles**

**Today's Theme Information**

*Margam - 'Beauty and ugliness side by side.'*

**LEADERS: Fr Tony Milner and David Fletcher**

**Maps: L170 or E165,E151**

*Today is quite a long day at 18.5 miles, with a fair bit of road walking, but incorporates two key sites: Margam Abbey and Ewenny Priory. For quite a bit of the walking we are on the Wales Coast Path, which we pick up after crossing under the M4. This takes us over some gentle hills to Margam Abbey, a Cistercian foundation from 1147. The nave of the abbey church is now the parish church, and further impressive ruins are found as we pass into Margam Country Park. After passing through the park we re-join the Welsh Coast Path, which for a while follows the A48 on a good footpath. This takes us to Pyle, and we go through the village to Kenfig Hill, where we find our lunch pub. From there we follow a mixture of minor roads and paths, including a disused railway line, via a DIY prayer stop at Laleston (which dates back to at least the 12th century) to our second major site of Ewenny Priory. The Priory is a Benedictine foundation from 1142, part of which is heavily fortified. Quite a lot of the original Norman architecture remains. We then continue along paths and minor roads to St Brides Major, our stop for the night. We will be split between the village hall and the scout lodge for sleeping.*

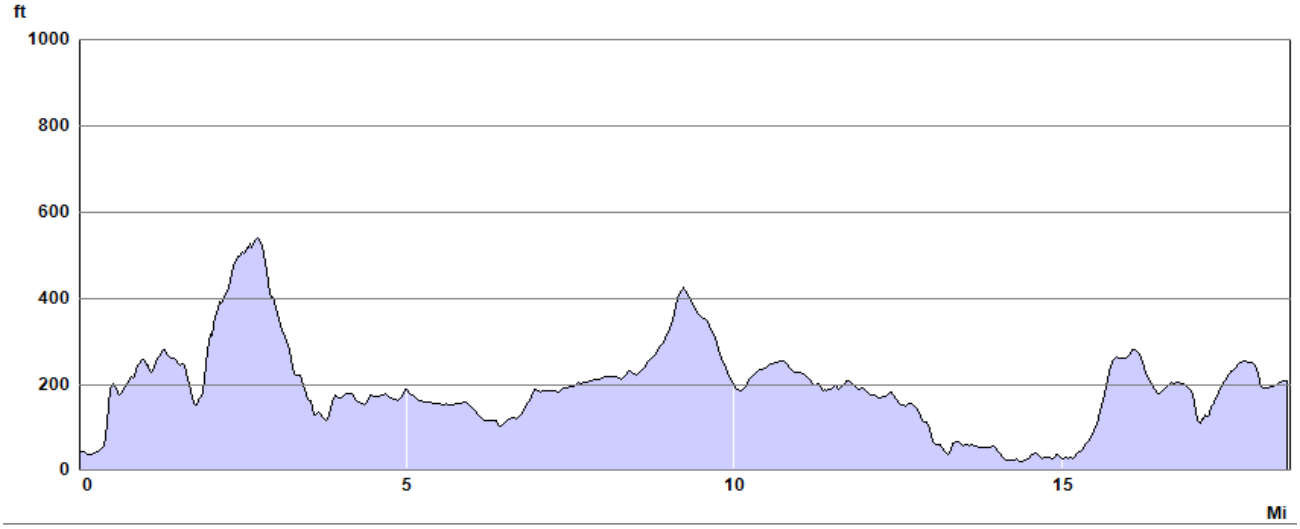
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: St Theodore, Port Talbot, SA13 1LB	SS773891
10:45 - 11:25	3.7	PRAYERS/SHORT TALK/EXPLORE: St Mary, Margam Abbey, SA13 2TA	SS802863
12:55 - 13:55	7.4	LUNCH: The Royal Oak, Kenfig Hill, CF33 6EP	SS838833
15:25 - 15:30	11.3	DIY PRAYERS: St David, Laleston, CF32 0LB	SS875899
16:50 - 17:30	14.9	PRAYERS/EXPLORE: St Michael, Ewenny Priory, CF35 5BW	SS913778
19:00	18.5	ARRIVE: St Brides Major Village Hall, CF32 0SD	SS894746

**About the lunch pub:** The Royal Oak is a basic local. The only food is pizza! No cask ales but the Worthington's is fine. We have permission to eat our own food in the pub.

**Addresses**  
 Lunch: 21 Station Road, Kenfig Hill, United Kingdom, CF33 6EP  
 Hall: St Brides Major Village Hall, Southerndown Road, St Brides Major, Llantwit Major, CF32 0SD  
 Hall 2: St Brides Major Scout Lodge, Bridgend CF32 0SY

*St Thomas Way Notes: Today we visit 2 of the 13 places of the St Thomas Way and both are the sites of medieval monasteries: the Cistercian Abbey at Margam and the Benedictine Priory at Ewenny*

**Profile (Scale 0 to 1000 ft):** Much hillier today. The highest point is just before Margam Abbey.



In emergency contact: David 07957-595254 or Chris 07850-661833 or Clare 07977-078889

**DAY 4**                      **Tuesday August 16**                      **St Brides Major to St Athan**                      **16.3 miles**

**Today's Theme Information**

*Ewenny (visited at the end of yesterday) - 'A place that takes us out of ourselves.'*

**LEADER: David Fletcher and Fr Tony Milner**

**Maps: L170 or E151**

*A long day of mostly coastal walking with deviations inland for lunch and to take in St Illtud's church at Llantwit Major. The coastline is beautiful with dramatic high cliffs and limestone pavements below by the sea. We also have prayer stops at Marcross and St Donats, where Christians have worshipped for 1000 years, and a Catholic Mass at Our Lady & St. Illtyd in Llantwit Major.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: St Brides Major Village Hall, CF32 0SD	SS894746
11:30 - 11:50	5.9	PRAYERS: Holy Trinity, Marcross, CF61 1ZF	SS921691
12:00 - 13:00	6.2	LUNCH: Horseshoe Inn, Marcross, CF61 1ZG	SS925693
13:25 - 13:45	7.1	PRAYERS: St Donat, St Donat's, CF61 1WF	SS934681
14:55 - 15:25	10	PRAYERS/EXPLORE: St Illtud, Llantwit Major, CF61 1SG	SS666687
15:45 - 16:45	10.7	RC MASS: Our Lady & St Illtyd, Llantwit Major, CF61 1TQ	SS973682
18:35 - 18:40	15.5	DIY PRAYERS: St Tathan, St Athan, CF62 4PF	ST017680
19:00	16.3	ARRIVE: The Gathering Place, St Athan, CF62 4JH	ST014692

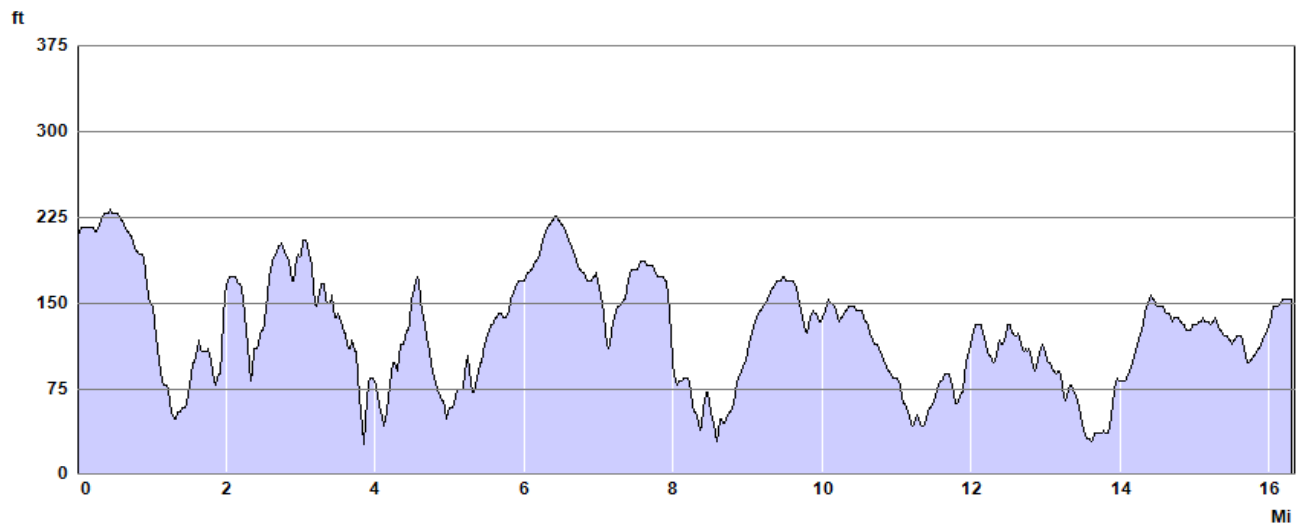
**About the lunch pub:** The Horseshoe Inn has an extensive, home-cooked menu. Pilgrims may not eat their own food on the premises.

**Addresses**

Lunch: Horseshoe Inn, Macross, Llantwit Major, CF61 1ZG  
Hall: The Gathering Place, Flemingston Road, St Athan, CF62 4JH

*St Thomas Way Notes: We don't visit any of the 13 places of the St Thomas Way today. However it is surprising that Llantwit Major was not included on that list. St Illtud's Church is grade 1 listed.*

**Profile (Scale 0 to 375 ft):** The many ups and downs of today are explained by our route being mostly along the coast path. However the magnitude of the ups and downs here on the Vale of Glamorgan coast path is much less than that of the Pembrokeshire and Ceredigion coast paths where past pilgrimages have been.



**DAY 5**

**Wednesday August 17**

**Rest Day in St Athan**

**Today's Theme Information**

*St Fagans (visited tomorrow) 'A place to remind us that life was hard.'*

*Today is a rest day and pilgrims are free to plan their own timetable. We will have a service (format to be decided) in the hall at 09.30 for those who want it. There are various places pilgrims might want to go:*

**Stay in St Athan:** *Down in the village which we walked through on the way in, there is the church, a few shops, a post office, a takeaway. and a pub.*

**Bus to Llantwit Major:** *There is a launderette but it only does service washes and you would need to catch the 8.43 but to get there at 9am for same-day service. There is also a leisure centre and the churches that we visited yesterday afternoon. Details of Llantwit Major will be put out in the hall.*

**Bus to Barry:** *Here there is a normal do-it-yourself launderette, a leisure centre and Barry Island is a seaside resort. We think this will be the most popular destination so more details are given below.*

**Bus to Cardiff:** *Amongst the attractions of the capital city of Wales are the castle and civic buildings in the city centre, and new attractions at Cardiff Bay*

**Buses to St Fagans:** *For those wanting to see the Welsh Museum of Rural Life. Although we walk through St Fagans tomorrow, the museum will be shut when we get there. But its a long bus journey with 2 changes. One route is via Barry.*

Time	Miles	Location	Grid Ref
09:30 - 10:00	0	Rise time and breakfast time will be announced the night before. PILGRIM SERVICE: The Gathering Place, St Athan, CF62 4JH	ST014692

**BARRY DETAILS**

**Bus 304 St Athan – Barry**

**09.19 bus** arrives Barry Waterfront 10.00 (hourly)

Alight at Park Crescent stop for **Harbour Road Launderette**, 49 Harbour Road, Barry, CF62 5SA

01446 421800 harbourrdlaundrette@gmail.com

Open 08.30-18.00

**Bus 304 back to St Athan**

09.02 Barry Waterfront arrives St Athan 09.43 (hourly)

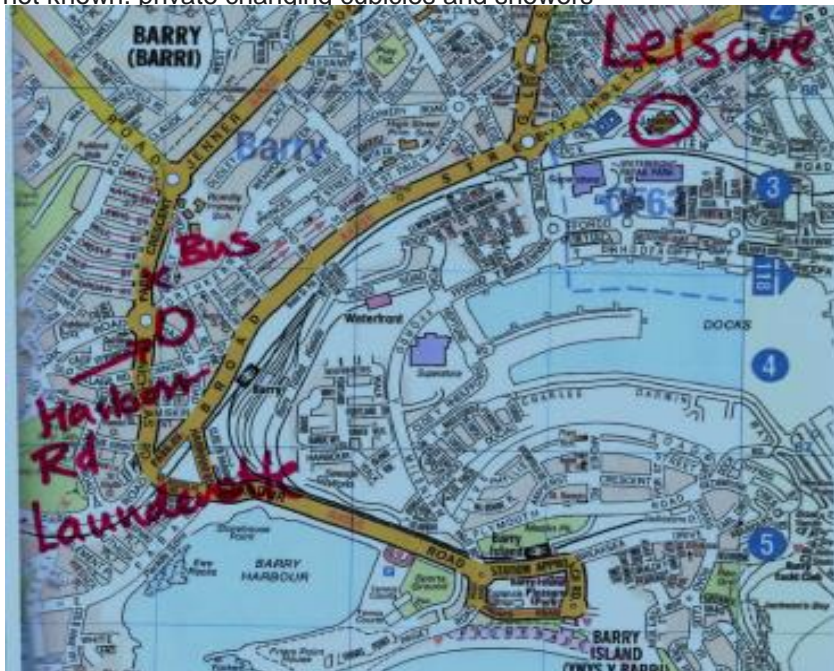
There is also a regular train service between Llantwit Major and Barry (and Barry Island)

**Barry Leisure Centre, Greenwood Street, Barry CF63 4RU 01446 403000**

06.00-21.00 Swimming requires booking (week in advance), lots of options, see website LeisureCentre.com

Adult non-member £3.75 Concession (60+) £2.15.

Showers: cost not known: private changing cubicles and showers



**DAY 6**

**Thursday August 18**

**St Athan to Cardiff**

**16.9 miles**

**Today's Theme Information**

*Llancarfan - 'A place of peace and depth.'*

**LEADERS: Louise and John Chenery**

**Maps: L006 or E006**

*Today's walk, the second-longest of the pilgrimage, is mostly through gently undulating farmland. Lots of fields and stiles, and some pleasant views. We have an extended stop at LLancarfan in the morning to view and listen to a talk on the famous wall-paintings. Before Peterston-super-Ely after lunch, we go across some marshy meadows owned by the Welsh National Trust. As we approach Cardiff, the landscape changes. Just after St Fagans there is a pleasant woodland walk and then it is all roadwork, apart from one park, to reach our hall in the Caton district of Cardiff. We are less than a mile away from Cardiff Castle in the city centre if anybody fancies an evening stroll; we won't be going into the centre tomorrow.*

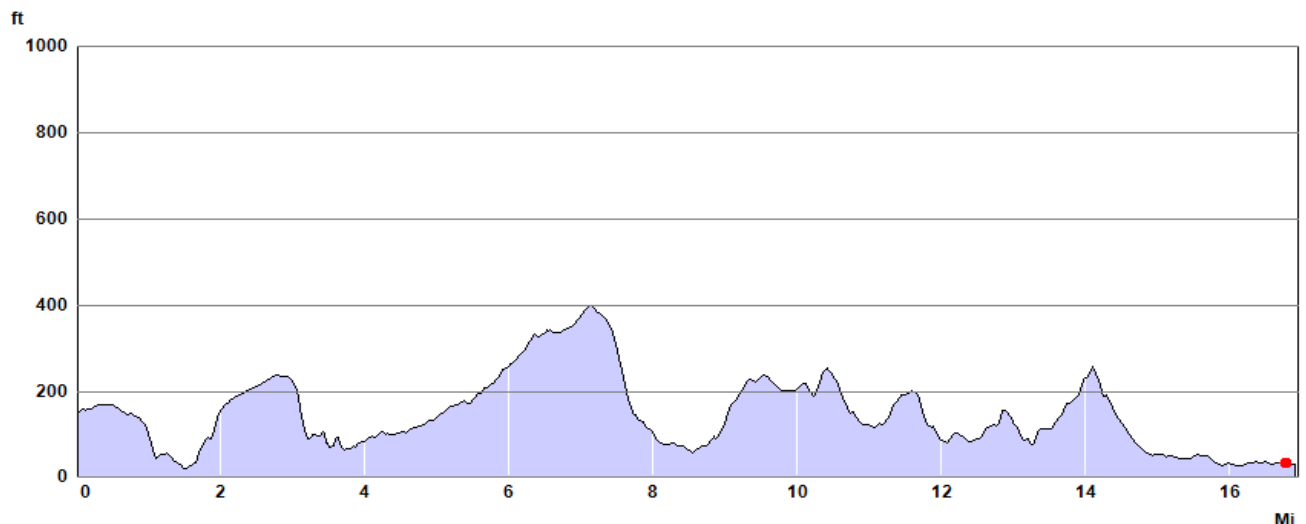
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:45 - 09:45	0	EUCHARIST: The Gathering Place, St Athan, CF62 4JH	ST014692
09:45	0	DEPART: The Gathering Place, St Athan, CF62 4JH	ST014692
11:05 - 12:00	3.5	PRAYERS/WALLPAINTINGS TALK: St Cadoc, Llancarfan, CF62 3AD	ST051702
13:15 - 13:20	6.4	DIY PRAYERS: St Mary, Bonvilston, CF5 6TP	ST065740
13:25 - 14:25	6.5	LUNCH: The Red Lion, Bonvilston, CF5 6TR	ST066741
15:15 - 15:35	8.8	PRAYERS: St Peter, Peterston-super-Ely, CF5 6LE	ST083764
16:30 - 16:35	11	DIY PRAYERS: St Bride, St Bride's-super-Ely, CF5 6HE	ST097776
17:35 - 18:05	13.4	REFRESHMENTS: The Plymouth Arms, St Fagans, CF5 6DU	ST120773
18:10 - 18:15	13.5	DIY PRAYERS: St Mary, St Fagans, CF5 6EB	ST121772
19:30	16.9	ARRIVE: St John the Evangelist, Canton, Cardiff, CF5 1NX	ST166764

**About the lunch pub:** Busy pub which serves food, on a main road. Pilgrims do not have permission to eat their own food on the premises.

**Addresses**  
 Lunch: The Red Lion, Bonvilston, Cardiff, CF5 6TR  
 Hall: St John the Evangelist Church, St John's Cresent, Canton, Cardiff CF5 1NX

*St Thomas Way Notes: Today we visit the 4th and 5th St Thomas Way places. Llancarfan is included because of the 15th-century wall-paintings which were uncovered in 2008 when an outer limewash layer was removed. In the case of St Fagans, it's the National Museum of History, which includes a re-erected medieval church which was moved stone by stone from elsewhere in Wales, but when we arrive there towards the end of a long day, it is already closed, so sadly visiting it doesn't work out for us. We visit the parish church instead.*

**Profile (Scale 0 to 1000 ft):** A long day with some minor climbs. Over a minor ridge to reach Llancarfan then a gradual climb. We reach the highest point of the day without realising it soon after lunch. After that we are following the direction of the Ely River but the footpaths take us up and down.



In emergency contact: David 07957-595254 or Chris 07850-661833 or Clare 07977-078889

**DAY 7**

**Friday August 19**

**Cardiff to Caerphilly**

**10.8 miles**

**Today's Theme Information**

*Caerphilly - 'A place of beauty in brokenness.'*

**LEADER: Maurice Hickman**

**Maps: L171 or E151,E166**

*Today we shall be following the Taff Trail most of the way from Cardiff to Caerphilly. After the service at Llandaff Cathedral we shall walk close to the River Taff until we come to a footbridge just after the M4 motorway. We then turn right and it is only then a short walk to Tongwynlais and the Lewis Arms for lunch where we will be made very welcome. The food and drink is very good too but you will have to eat your own elsewhere.*

*After lunch we climb a road up to Castell Coch for a short break before we tackle an even steeper climb up through the woods. Once at the top the walk remains fairly wooded until we reach Caerphilly, the chief feature of which is its castle. Our accommodation in Caerphilly is split between 2 church halls.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00 - 10:00	0	EUCCHARIST: St John the Evangelist, Canton, Cardiff, CF5 1NX	ST166764
10:00	0	DEPART: St John the Evangelist, Canton, Cardiff, CF5 1NX	ST166764
10:45 - 11:15	1.5	PRAYERS / EXPLORE: Llandaff Cathedral, CF5 2LA	ST156781
12:45 - 13:45	5.3	LUNCH: Lewis Arms, Tongwynlais, CF15 7JP	ST133822
13:50 - 14:10	5.3	PRAYERS: St Michael and All Angels, Tongwynlais, CF15 7LF	ST133822
14:30 - 14:35	5.9	POINT OF INTEREST: Castell Coch, CF15 7LL	ST131826
16:35	10.8	ARRIVE: St Helen's Community Centre, Caerphilly, CF83 3FB	ST153874

**About the lunch pub:** The Lewis Arms is a Brains pub, serving Rev James beer and a variety of relatively cheap food. Pilgrims may not eat their own food on the premises. Maurice will be collecting food orders a couple of days in advance.

**Addresses**

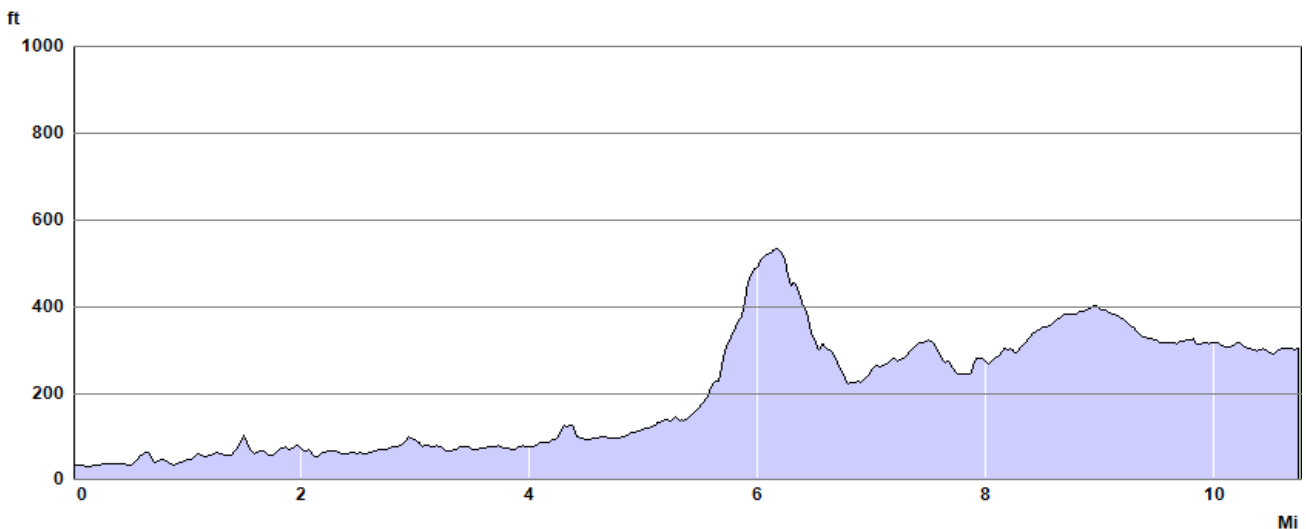
Lunch: The Lewis Arms, Tongwnlais, Cardiff CF15 7LE

Hall: St Helen's Community Centre, Nantgarw Road, Caerphilly, CF83 3FB

Hall 2: St Catherine's Church Hall, Mill Rd, Caerphilly CF83 3FE

*St Thomas Way Notes: The town of Caerphilly is the 6th place of the St Thomas Way, mainly because of its castle which is the largest in Wales.*

**Profile (Scale 0 to 1000 ft):** Very flat at first as we walk along the banks of the Rive Taff, followed, after lunch, by a climb to Castell Coch, then down again and along a cycle track to Caerphilly.





**DAY 8**                      **Saturday August 20**                      **Caerphilly to Newport**                      **13.5 miles**

**Today's Theme Information**

*Newport - A place of reconciliation.'*

**LEADER: Francis O'Sullivan**

**Maps: L171 or E166,E152**

*Today's walk can be divided into 3 parts: fields, hills and city with a river and canal, punctuated by a village church, pub and cathedral followed by mass. For much of the day we are following the Sirhowy Valley Walk. We stop for prayers at St Woolos Cathedral in Newport before reaching our halls: we are split across two halls tonight. Then we need to regather for Vigil Mass at the Catholic church, which is also the location of the main hall where we will be having dinner.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: St Helen's Community Centre, Caerphilly, CF83 3FB	ST153874
09:10 - 09:30	0.3	PRAYERS: St Catherine's, Caerphilly, CF83 3FE	ST155874
11:15 - 11:35	4.8	PRAYERS: St John the Baptist, Machen, CF83 8PJ	ST213893
13:30 - 14:30	8.8	LUNCH: The Rhiwderin Inn, Rhiwderin, NP10 8RX	ST261873
16:20 - 16:50	13.1	PRAYERS: St Woolos Cathedral, Newport, NP20 4ED	ST309876
17:00	13.5	ARRIVE: St Mary's RC Church Hall, Newport, NP20 1PT	ST311880
19:00 - 20:00	13.5	VIGIL MASS: St Mary's RC Church, Newport, NP20 1PT	ST311880

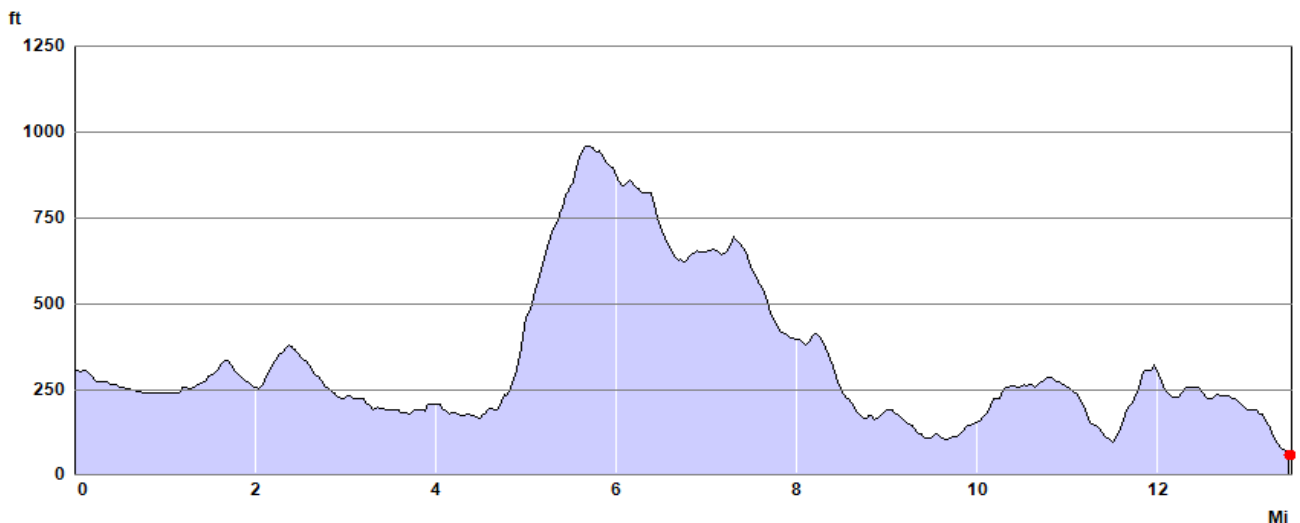
**About the lunch pub:** This pub has an emphasis on dining. Pilgrims may not eat their own food on the premises.

**Addresses**

Lunch: Rhiwderin Inn, Caerphilly Road, Rhiwderin, NEWPORT, NP10 8RX  
 Hall: St Mary's RC Church Hall, 9 Stow Hill, Newport NP20 1TP  
 Hall 2: Shaftesbury Methodist Church Hall, Shaftesbury Street, Newport, NP20 5JH

*St Thomas Way Notes: The city of Newport is the 7th place of the St Thomas Way, mainly because of the cathedral and the River Usk*

**Profile (Scale 0 to 1250 ft):** Today's walk includes our biggest hill so far: after the morning prayer stop, we go up the side of Mynydd Machen, but not all the way to its top!



**DAY 9                      Sunday August 21                      Newport to Usk                      14.7 miles**

**Today's Theme Information**

*Usk - A place for repentance and hope.'*

**LEADERS: Chris Nussbaum and Steven Knowles**

**Maps: L171 or E152**

*Now our journey takes us away from the sea, northwards. For the next 2 days we will be following the valley of the River Usk. We reach Caerleon in time to join the parishioners of St Cadoc's church for their Sunday eucharist service then pause to explore the remains of the Roman amphitheatre. We visit a village pub for lunch and two village churches for prayers on our way to Usk.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30	0	DEPART: St Mary's RC Church, Newport, NP20 1PT	ST311880
08:45 - 09:05	0.7	PRAYERS: Community House and Church, Eaton Road, Newport, NP19 OBL	ST342904
10:30 - 11:30	3.7	PARISH EUCHARIST: St Cadoc, Caerleon, NP18 1AZ	ST339906
11:35 - 11:40	3.9	DIY PRAYERS: SS Julius, Aaron & David RC, Caerleon, NP18 1AG	ST342904
11:50 - 12:00	4.2	EXPLORE: Caerleon Roman Amphitheatre, NP18 1AY	ST338904
13:00 - 14:00	6.3	LUNCH: Wheatsheaf Inn, Llanhennock, NP18 1LT	ST353928
14:05 - 14:25	6.4	PRAYERS: St John the Baptist, Llanhennock	ST353927
16:35 - 16:55	11.6	PRAYERS: SS Peter, Paul & John, Llantrisant, NP15 1LG	ST391969
18:05	14.7	ARRIVE: Usk Memorial Hall, NP15 1AD	SO378005

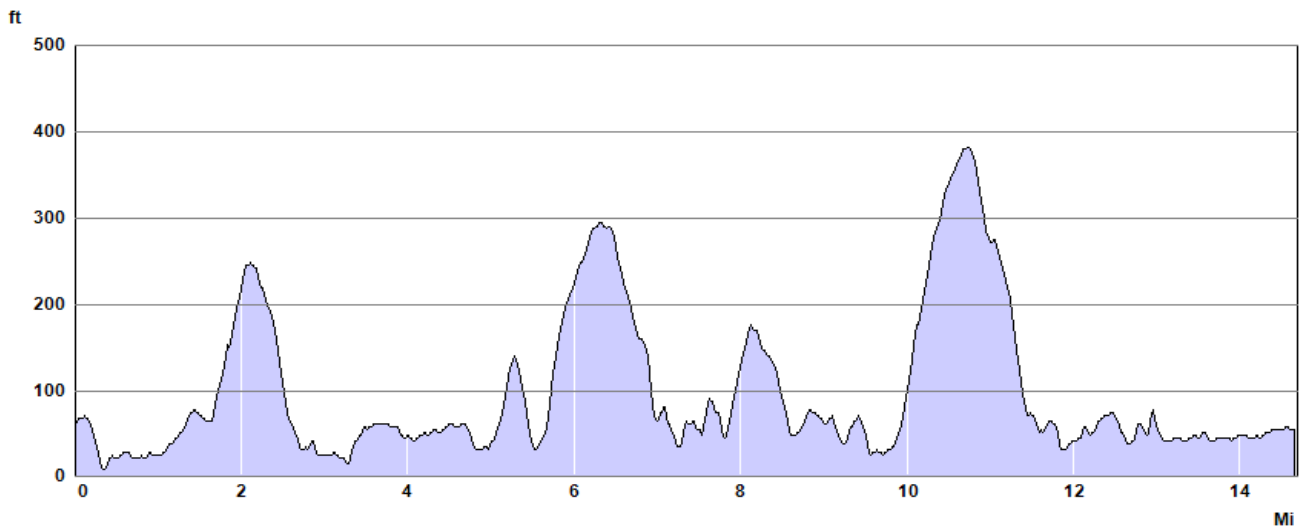
**About the lunch pub:** The Wheatsheaf Inn would normally be closed at this hour but is opening specially for us. It serves no food and we may eat our own food in the pub.

**Addresses**

Lunch: Wheatsheaf Inn, Llanhennock, Newport, NP18 1LT  
Hall: Usk Memorial Hall, South Car Park, Maryport St, Usk, NP15 1AD

*St Thomas Way Notes: The town of Usk is the 8th place of the St Thomas Way, mainly because of the castle remains and the Priory Church*

**Profile (Scale 0 to 500 ft):** Strategically, we are following the River Usk from Newport to Usk today, but there are ascents when the footpath takes us away from the river. The highest we get is on Cefn Hill, just before Llantrisant.



**DAY 10      Monday August 22      Usk to Abergavenny      15 miles**

**Today's Theme Information**

*Abergavenny - 'A place for dreaming.'*

**LEADERS: Geoff Murray, Jack O'Boyle and Stuart Pomfret      Maps: L171, L161 or E152, O113**

*We start with prayers at the Priory Church outside of which is the grave of Fr David Lewis, one of the 40 Martyrs of England and Wales. Then we celebrate mass in the church co-dedicated to him.*

*This is a peaceful, quiet walk. You will only pass through one village between Usk and Abergavenny. The route includes walking along the River Usk, much of it on the Usk Valley Walk. Near the end we walk along the tow path of the delightful Monmouthshire and Brecon Canal. There is a section, too long a section, of very quiet country lanes which we take due to the lack of suitable footpaths. On the whole the walk itself is fairly flat except a very short section up to the canal. Enjoy this walk. Our accommodation in Abergavenny is split between 2 halls*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: Usk Memorial Hall, NP15 1AD	SO378005
09:15 - 10:15	0.4	MASS: St David Lewis & St Francis Xavier RC, Usk, NP15 1RZ	SO376010
10:25 - 10:45	0.7	PRAYERS: Priory Church of St Mary, Usk, NP15 1BN	SO379008
13:05 - 14:05	6.4	LUNCH: Foxhunter Inn, Nantyderry, NP7 9DN	SO331061
15:20 - 15:40	9.6	PRAYERS: St Bartholomew, Llanover, NP7 8BU	SO318094
16:15 - 16:35	11	PRAYERS: St Helen, Llanellen, NP7 9HP	SO303109
18:15	15	ARRIVE: St Mary's Priory Centre, Abergavenny, NP7 5ND	SO301141

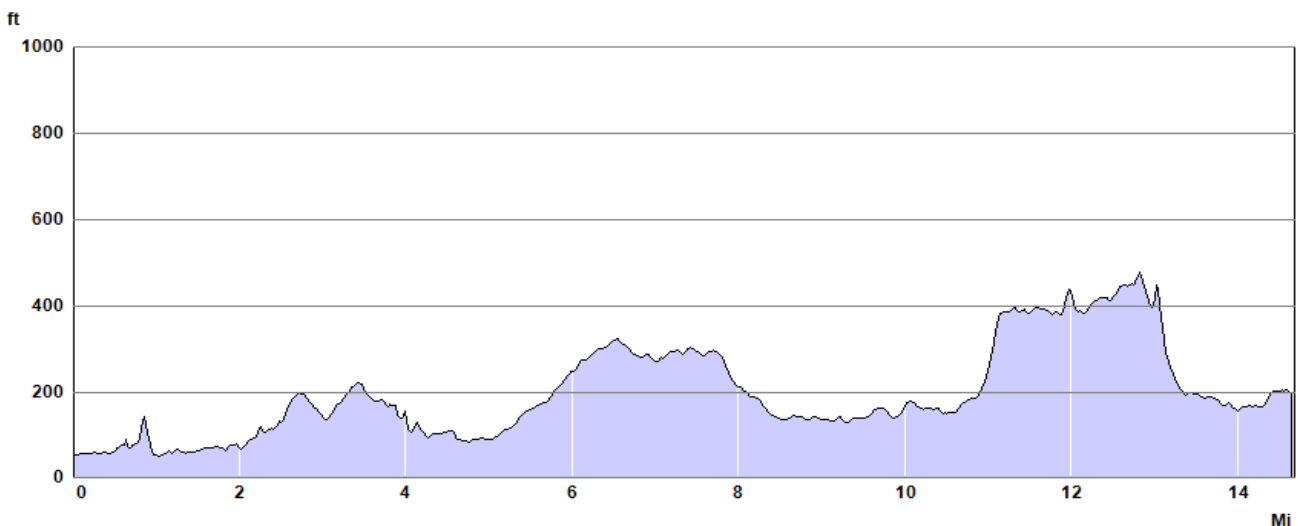
**About the lunch pub:** The Foxhunter Inn does not usually open on Mondays but is opening specially for us, serving drinks only.

**Addresses**

Lunch: Foxhunter, Nant-y-derry, Nr Abergavenny, NP7 9DN  
 Hall: St Mary's Priory Hall, 5 Monk St, Abergavenny, NP7 5ND  
 Hall 2: Abergavenny Methodist Church, Castle Street, Abergavenny, NP7 5EE

*St Thomas Way Notes: The town of Abergavenny is the 9th place of the St Thomas Way, again mainly because of the castle remains and the Priory Church - where we are staying!*

**Profile (Scale 0 to 1000 ft):** Again we are following the River Usk and go uphill when the paths take us away from it. The steep climb is just after the prayer stop at Llanellen.



DAY 11

Tuesday August 23

Rest Day in Abergavenny

Today is a rest day and pilgrims are free to plan their own timetable. We encourage pilgrims to attend the public services in the priory church, where we are staying, and/or the Catholic Church, listed below. There is lots to see in Abergavenny: the Priory Church itself with the Jesse Tree and stained-glass Jesse window and Tithe Barn; the castle and museum; Linda Vista Gardens and Castle Meadows with walk down to the River Usk; it's market day today. See below for details of the leisure centre and laundry facilities.

**Services in the St Mary's Priory:** Lauds 8.15, Holy Eucharist (2004) 8.45, Vespers 17.00

**Services in the RC Church:** Exposition and Benediction 11.00, Mass 12.00

**Laundry Services:** In Abergavenny, only service washes are available at 2 different venues, and these must be booked in advance of the day. Alternatively, catch the train to Cwmbran where there is a real launderette in Morrison's Car Park. See Chris Nussbaum for details of these possibilities.

**Leisure Centre:** 21 minute walk from the Priory. Public Swimming £4.15, whole pool 14.00 - 15.00, looks the best option. There are showers.

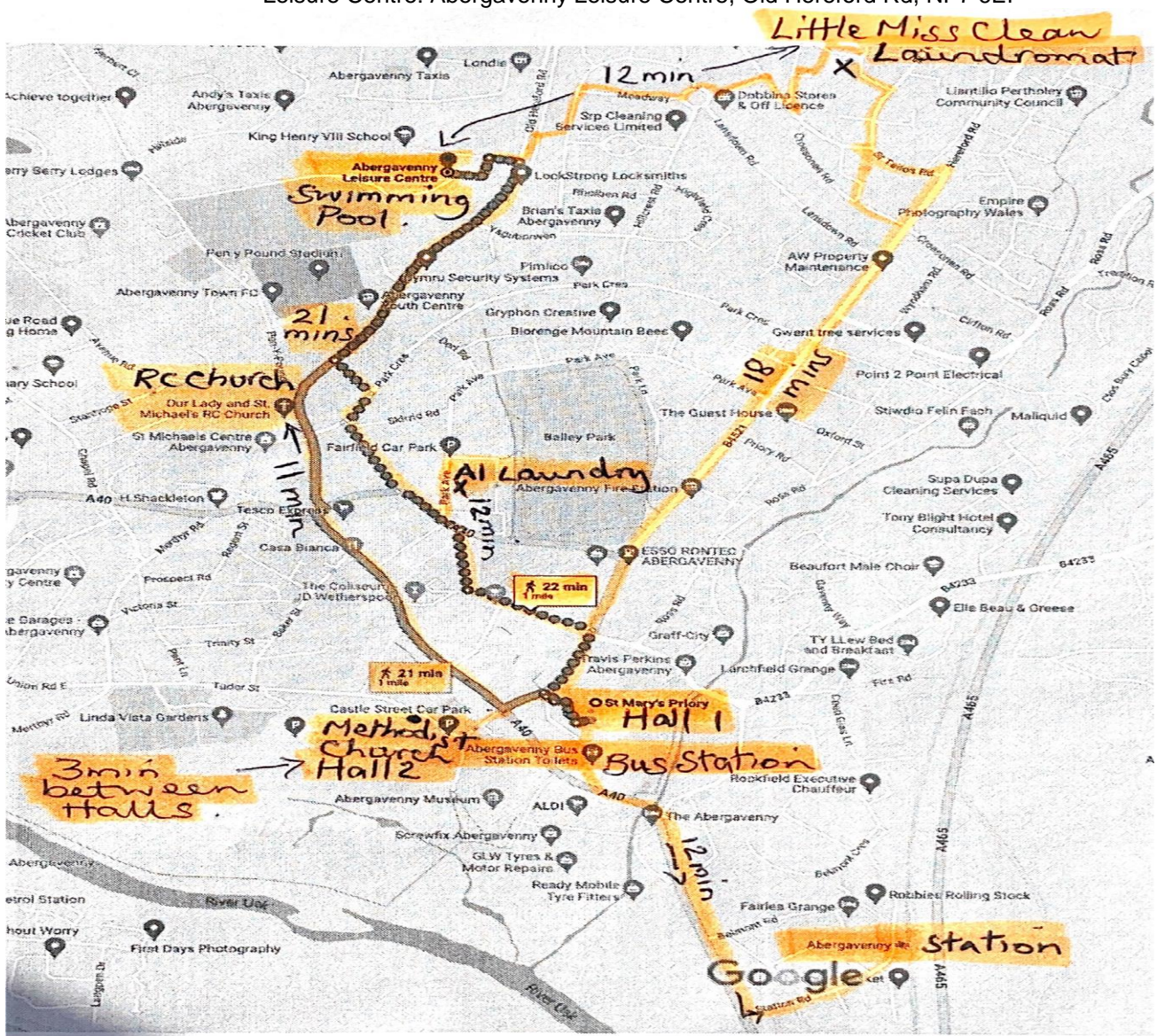
**Addresses**

Hall: St Mary's Priory Hall, 5 Monk St, Abergavenny, NP7 5ND

Hall 2: Abergavenny Methodist Church, Castle Street, Abergavenny, NP7 5EE

RC Church: Our Lady & St Michael, 10, Pen-y-Pound, Abergavenny, NP7 5UD

Leisure Centre: Abergavenny Leisure Centre, Old Hereford Rd, NP7 6EP



**DAY 12                      Wednesday August 24                      Abergavenny to Longtown                      14.3 miles**

**Today's Theme Information**

*Patrishow - 'A place of inner and outer vision.'*

**LEADER: Bruce Matheson**

**Maps: L161 or OL13**

*Today is a long and tough walk over varied terrain. Once up out of Abergavenny we track around the contours of the Sugar Loaf. We start on access lanes then over ragged farmland before reaching country lanes which will come as a bit of a relief. The very ancient and interesting church of St Issui is up on the hillside. We will stop here for refreshments so bring your rolls. There are miles to go and a ridge to traverse before reaching Llanthony. Here there are three places for further refreshments in the afternoon. The Half Moon pub for a pint, a cafe on the way in or a cafe under the hotel by the Priory. The church of St David by the Priory is the place to meet for a prayer stop after snacks. Another ridge looms before us with Offa's Dyke path to cross on the top (after 270m of the last ascent). The view over Herefordshire opens out from the top and the village of Longtown is below us. Some of us will be staying in the village hall and some in the outdoor education centre.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:00	0	DEPART: St Mary's Priory Centre, Abergavenny, NP7 5ND	SO301141
11:15 - 12:00	6.5	PRAYERS/EXPLORE/SNACKS: St Issui, Patrishow, near NP7 7LP	SO279224
14:00 - 15:00	10.7	LUNCH: Half Moon, Llanthony, NP7 7NN	SO286279
15:05 - 15:45	10.8	PRAYERS/EXPLORE: St David's Church / Llanthony Priory, NP7 7NN	SO288278
17:35	14.3	ARRIVE: Longtown Village Hall, HR2 0LD	SO323289

**About the lunch pub:** The Half Moon is a traditional Welsh Inn, originally built as two workmen's cottages in the 1700s. Pilgrims have a choice of the Half Moon, the cellar bar of the Priory Hotel and a campsite café that we pass on the way in to Llanthony. We have not made a booking in any of these places, so we may not eat our own food in them.

**Addresses**

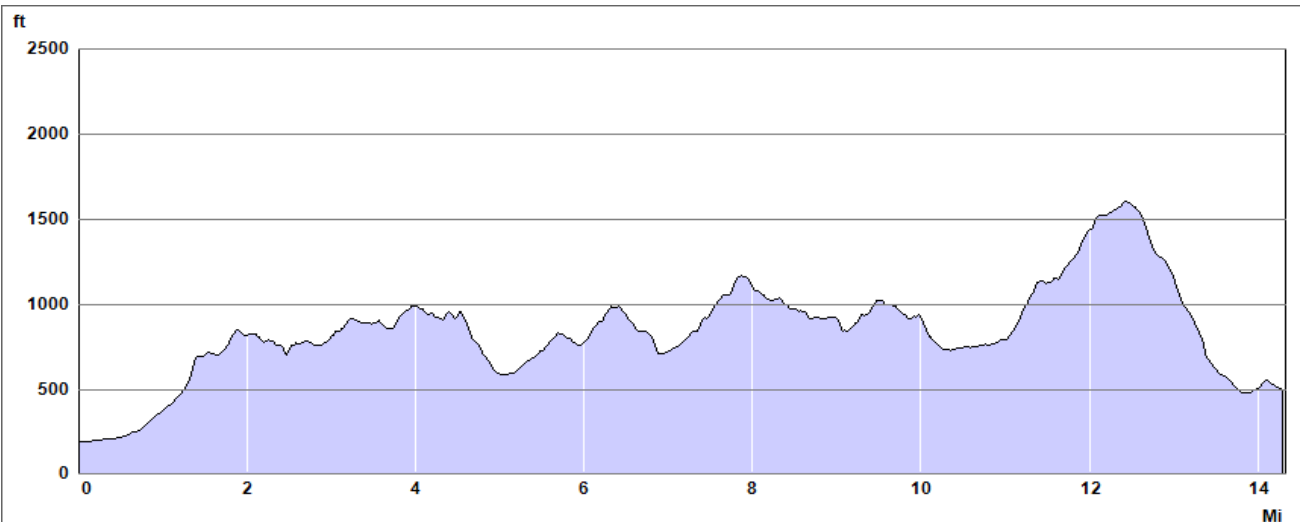
Lunch: Half Moon Inn, Llanthony, Abergavenny NP7 7NN

Hall: Longtown Village Hall, Longtown, Hereford HR2 0LD

Hall 2: Longtown Outdoor Education Centre, The Courthouse, Longtown, HR2 0LD

*St Thomas Way Notes: Patrishow and Longtown are the 10th and 11th places of the St Thomas Way. For Patrishow, the attraction is St Issui's Church and the holy well next to which St Issui is said to have had his hermitage. For Longtown it's the castle and the setting in the landscape.*

**Profile (Scale 0 to 2500 ft):** This is the hilliest day of this pilgrimage with 3300 ft of ascent but Bruce has done well to keep the distance down to 14.3 miles. We climb out of Abergavenny into the Black Mountains and then there are ups and downs as we cross river valleys. Late in the day comes the highest point of this year's pilgrimage, where we meet the Offa's Dyke long distance path, which in this locality also forms the border between Wales and England.



**DAY 13      Thursday August 25      Longtown to Ewyas Harold      12.5 miles**

**Today's Theme Information**

*Longtown - 'A place reclaimed by nature.'*

**LEADER: Danny Thomas and Mark Potter**

**Maps: L161 or OL13**

*A longer walk than the crow flies! A short morning with two prayer stops and one steep climb and great views, then an early lunch in Walterstone. Be prepared to climb some difficult stiles and a gate and encounter noisy dogs in farms and maybe crawl under an electric fence! Bring cash for food and drinks as the Carpenter's Arms lunch stop does not take cards! The long afternoon route is mostly through fields with shortish, quiet road stretches and a couple of steep climbs and descents. There will be two or three short prayer stops, including Rowlestone Church with its special C.11th carvings and Dore Abbey at the very end of the day. When we arrive in Ewyas Harold, our accommodation is split over two halls.*

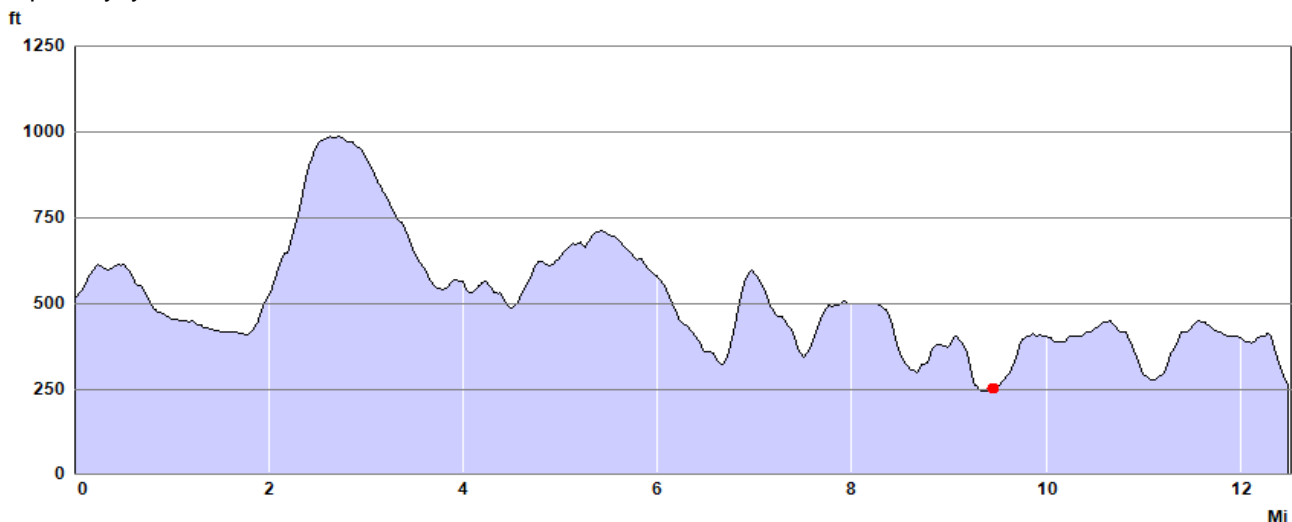
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: Longtown Village Hall, HR2 0LD	SO323289
09:10 - 09:30	0.3	PRAYERS: Salem Baptist Chapel, Longtown	SO322293
09:35 - 09:45	0.5	EXPLORE: Longtown Castle, HR2 0LE	SO321291
10:15 - 10:35	1.7	PRAYERS: St Clydawg, Clodock, HR2 0PD	SO326275
12:00 - 13:00	4.3	LUNCH: Carpenters Arms, Walterstone, HR2 0DX	SO340250
13:05 - 13:10	4.4	DIY PRAYERS: St Mary, Walterstone, HR2 0DX	SO341250
14:05 - 14:10	6.6	DIY PRAYERS: St Peter, Llancillo, HR2 0DS	SO366256
14:55 - 15:15	7.8	PRAYERS: St Peter, Rowlestone, HR2 0DW	SO374271
15:20 - 15:35	7.9	ICE CREAM: Rowlestone Court Farm, HR2 0DW	SO376271
17:15 - 18:15	11.1	COMMEMORATION OF DECEASED PILGRIMS SERVICE / TOUR: Dore Abbey, HR2 0AA	SO387304
18:55	12.5	ARRIVE: Ewyas Harold Primary School, HR2 0EY	SO388287

*About the lunch pub:* The Carpenters Arms has been in the same family for generations. It has a cosy bar and home-cooked food, and was named in the Independent's "The 50 Best Country Pubs". Bring cash as they don't take cards. Listen out for announcements on whether pilgrims will be allowed to eat their own food in the pub garden

**Addresses**                      Lunch: Carpenters Arms, 1 Crossways Cottages, Walterstone, Hereford HR2 0DX  
    Hall: Ewyas Harold Primary School, Ewyas Harold, Hereford HR2 0EY  
    Hall 2: St Michael's Church Hall, Ewyas Harold, Hereford, HR2 0TX

**St Thomas Way Notes** : No St Thomas Way places on our walk today, but Dore Abbey, where part of the otherwise-demolished Cistercian Abbey remains in use as the parish church, is another place that might have been included.

**Profile (Scale 0 to 1250 ft):** This is the second-hilliest day of the pilgrimage. The main climb is to near the top of Mynydd Merddin after Clodock.



**DAY 14                      Friday August 26                      Ewyas Harold to Hereford                      16.7 miles**

**Today's Theme Information**

*Kilpeck - 'A place that celebrates the wonder of life.'*

**LEADER: Ann Lavelle**

**Maps: L161, L149 or OL13, E189**

*Unfortunately, this is largely a walk on roads until late afternoon. Caution advised on all roads as people, let alone numbers of them, are a rarity. There is one short stretch after Kivernoll when extreme caution is advised as there is large commercial traffic on this. We then finally get onto paths down to Belmont Abbey and on to Hereford.*

Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
09:00	0	DEPART: Ewyas Harold Primary School, HR2 0EY	SO388287
10:20 - 10:40	3.6	PRAYERS: St Peter, Wormbridge, HR2 9DH	SO427307
11:25 - 12:05	5.4	PRAYERS / EXPLORE: SS Mary & David, Kilpeck, HR2 9DN	SO445305
12:10 - 13:10	5.5	LUNCH: The Kilpeck Inn, HR2 9DN	SO446304
15:50 - 16:10	12.9	PRAYERS: All Saints, Clehonger, HR2 9SE	SO465380
16:45 - 17:45	14.1	MASS: Belmont Abbey, HR2 9RZ	SO482382
18:00 - 18:30	14.1	VESPERS: Belmont Abbey, HR2 9RZ	SO482382
19:30	16.7	ARRIVE: St Johns Methodist Church Hall, Hereford, HR1 2PR	SO513398

**About the lunch pub:** Over 250 years old but modernised in 2010, the Kilpeck Inn offers sandwiches as well as its dining menu. We may not eat our own food in the pub.

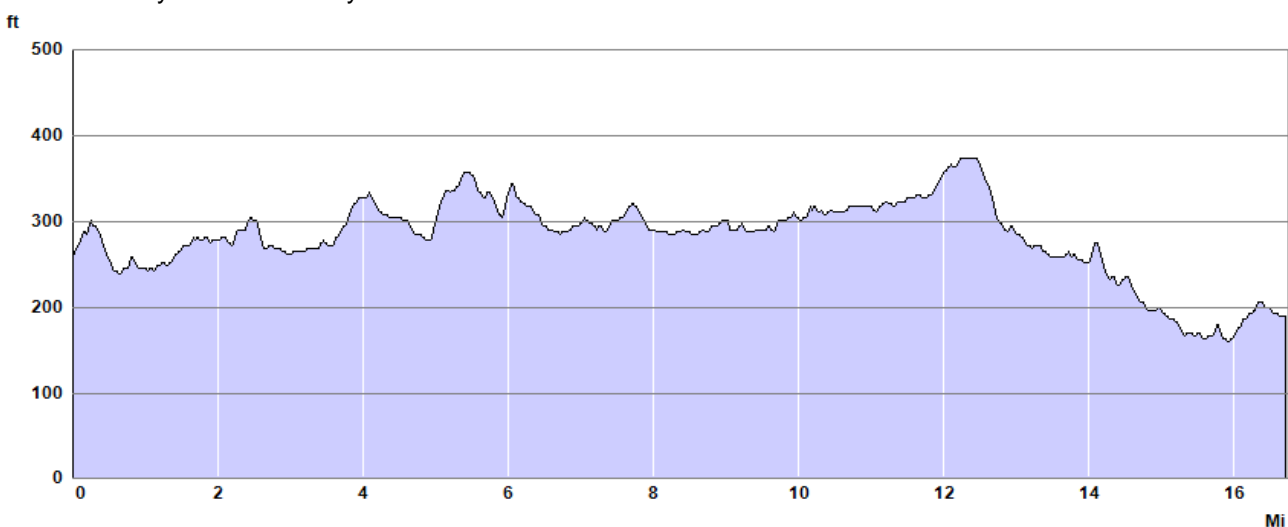
**Addresses**

Lunch: Kilpeck Inn, Castle Park, Kilpeck, Hereford, HR2 9DN

Hall: St John's Methodist Church Hall, Saint Owen Street, Hereford HR1 2PR

**St Thomas Way Notes:** *Today we cover the final 2 places of the St Thomas Way: Kilpeck, included because of the profusion of Romanesque sculpture in the church, and of course Hereford Cathedral itself, the destination of the journey of William Cragh and companions.*

**Profile (Scale 0 to 500 ft):** We finish with a very flat day. Clehonger is the highest point then down at the end into the valley of the River Wye



**DAY 15**

**Saturday August 27**

**Celebration Day in Hereford**

**Today's Theme Information**

*Hereford Celebration Day - 'A place that finally became home to a saint.'*

*Our end-of-pilgrimage arrival celebration service is this morning in the cathedral at 09.30. Before that pilgrims might want to attend the cathedral eucharist at 08.30. After the arrival service we have arranged free tours of the cathedral for our group. The afternoon is free. Catholics have the opportunity to attend the parish vigil mass in the catholic church and after that we have our Celebration Meal back in the hall. No alcohol allowed as it is a Methodist Hall.*

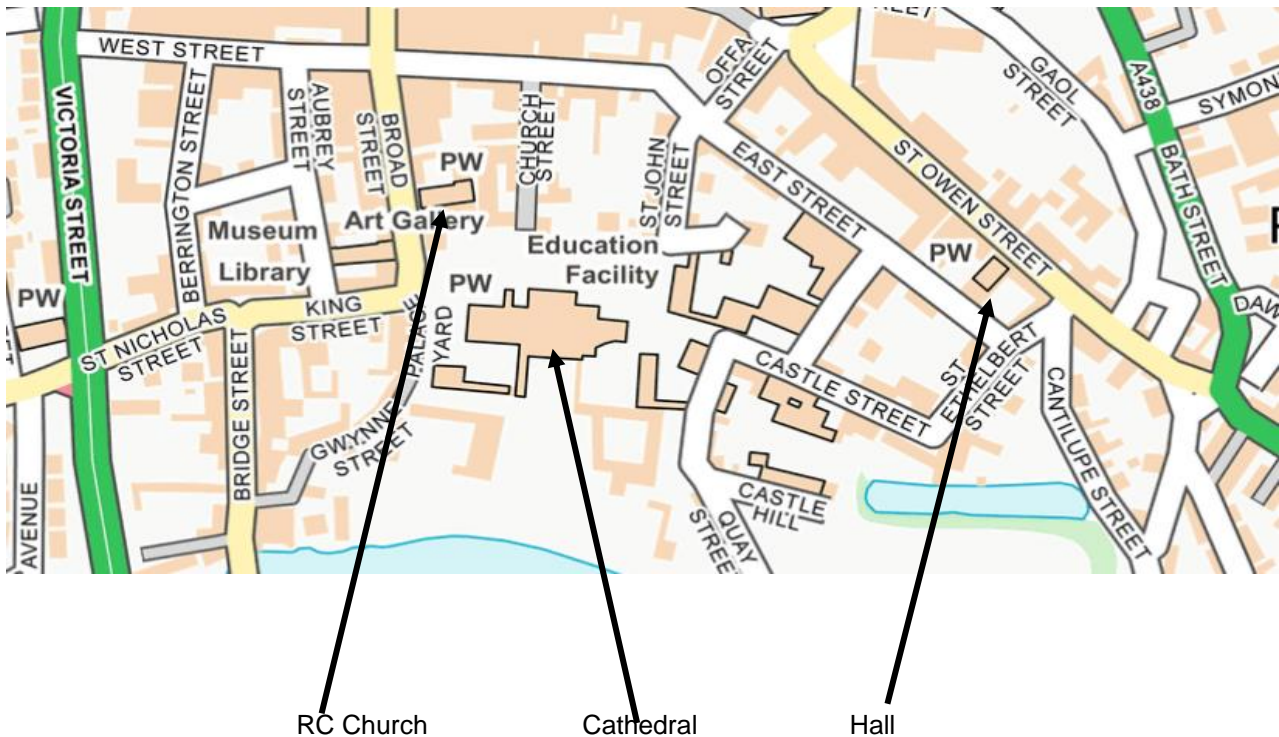
Time	Miles	Location	Grid Ref
		<i>Rise time and breakfast time will be announced the night before.</i>	
08:30 - 09:00	0	CATHEDRAL EUCHARIST: Hereford Cathedral, HR1 2NG	SO510398
09:30 - 10:00	0	PILGRIMAGE ARRIVAL SERVICE: Hereford Cathedral, HR1 2NG	SO510398
10:00 - 11:00	0	TOUR PART ONE: Hereford Cathedral, HR1 2NG	SO510398
12:00 - 13:00	0	TOUR PART TWO: Hereford Cathedral, HR1 2NG	SO510398
18:00 - 19:00	0	VIGIL MASS: St Francis Xavier RC Church, Hereford, HR4 9AP	SO509399
19:30 - 21:30	0	CELEBRATION MEAL: St Johns Methodist Church Hall, Hereford, HR1 :SO513398	

**Addresses**

Hall: St John's Methodist Church Hall, Saint Owen Street, Hereford HR1 2PR

Hereford Cathedral: Cathedral Close, Hereford HR1 2NG

RC Church: St Francis Xavier, 19 Broad St, Hereford HR4 9AP



**DAY 16**

**Sunday August 28**

**Journey Home**

08:00 - 09:00	(HOLY COMMUNION: Hereford Cathedral, HR1 2NG)	SO510398
08:00 - 09:00	(MASS: St Francis Xavier RC Church, Hereford, HR4 9AP)	SO509399
<b>09:30</b>	<b>DEPART: St Johns Methodist Church Hall, Hereford</b>	SO513398
10:00 - 11:00	(CATHEDRAL EUCHARIST: Hereford Cathedral, HR1 2NG)	SO510398
10:00 - 11:00	(MASS: St Francis Xavier RC Church, Hereford, HR4 9AP)	SO509399