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ales is steeped in culture and history, with ancient ruins, countless castles and fortresses, but also a thriving foodie scene, epic outdoor adventures and pursuits, and some of the most Instagrammable sights in the country, says travel writer and native Welshman, Ross Clarke. Only two hours from both London and Birmingham by car or train, and only 20 minutes from Bristol, it makes the perfect minibreak.

enormous multi-angled towers. It's also got its fair share of royal credentials, being the place chosen for the investiture of HRH Prince Charles as The Prince of Wales back in 1969. And Wales should know a thing or two about castles, it has over 640 of them - more per square kilometre than any other European country.

Holidaying in South Wales? You'll want to stop by the largest castle in the country, Caerphilly Castle, with its moat and leaning tower - it leans more than Pisa.



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Best for outdoor adventurers

Dedicated as the UK's first Area of Outstanding Natural Beauty, the Gower Peninsula is ideal if you're into active pursuits including surfing, hiking and coasteering or if your interests are of the more relaxing variety, then that's covered too with miles of sandy beaches. For the best photo spot, head to Worm's Head for breath-taking views of Rhossili Bay.

Known as the land of mountains and valleys, there is no shortage of impressive hikes to be had either in the Brecon Beacons National Park, or around the famous peak of Mount Snowdon. Looking for thrills? Head to Zip World, where you can ride the fastest zip wire in the world above a disused slate quarry, weave your way through the forest on a Alpine toboggan coaster, or bounce as high as you can through a cavern the size of a cathedral.



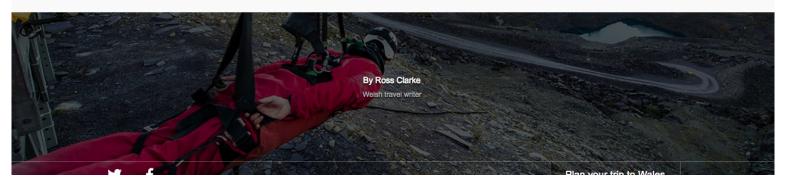


Get away from it all at The Grove, Narbeth @ Phil Boorman. Explore the imposing towers of Caerphilly Castle @ Getty



Feast on locally-sourced seafood at one of Tenby's

Best for culture cravers



Best for foodies

Café by day, restaurant by night, <u>The Mooring</u> in picture-postcard Tenby is a great choice, whether you're after a hearty breakfast, traditional Welsh rarebit for lunch, or line-caught sea bass for dinner.

If you like locally-sourced food and a good choice of gin, you'll love The Potted Pig, a modern Welsh restaurant housed in an old bank vault in the heart of the Welsh capital, Cardiff. Try the Welsh lamb rump, crispy lamb belly, harissa bulgar wheat, ratatouille, pesto and cherry tomatoes.

On the Isle of Anglesey you'll want to check out <u>The Marram Grass</u>. Yes, this is quite literally a shed of a restaurant, but it serves up food inspired by the surrounding land – and many of the ingredients are grown in the garden. For something a little special, opt for the Cegin tasting menu where you'll get to taste a range of the eatery's classic dishes and drinks.



Soak up the literary vibes at the Hay Festival © Elisabeth Broekaert.

Where to stay

The Hilton is located right on the doorstep on Cardiff's vibrant city centre, overlooking the historic castle and ornate civic buildings, making it the ideal spot for exploring the capital and further afield.

The winner of many awards, <u>The Grove Narberth</u> is an elegant country mansion house set in rolling green Pembrokeshire countryside and is the place to get away from it all. Enjoy walks in the manicured gardens, surrounding dramatic landscape or take in the relaxing coastline.

Cosy up on Wales's north coast in one of the nine luxurious suites at boutique hotel, <u>Escape</u> – expect quirky design features, stellar views, hearty breakfasts, and all within walking distance to Llandudno centre and seafront.



Take a stroll (and your camera) along the breathtaking Gower Peninsula coastline © Getty Images.





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