



Grove Adventure Itineraries



Adventure in Pembrokeshire, with Grove as your place to return to

A stay at Grove of Narberth is as much about how you feel at the end of the day as it is about where you go. Step out into Pembrokeshire's wide skies, salt-edged air and shifting light, then return to somewhere warm, grounding and quietly indulgent.

These itineraries are designed around that rhythm. Mornings that awaken the senses, days spent moving through coast and countryside, and evenings that draw you back in. A place to unwind properly, enjoy exceptional food, and settle into the comfort of the house after a day well spent.



From sea dips and sauna sessions to guided coastal walks and time on the water, these itineraries bring together some of the most memorable ways to experience Pembrokeshire. Whether you're here for two days or three, each one balances adventure with ease, always returning to Grove as the perfect place to relax, reset and enjoy the best of your stay.



2-Day Adventure Itinerary

Day 1 - Into the elements

Your first day sets the tone. Fresh sea air, open horizons and the energy of the coastline, balanced by the comfort of knowing you'll return to Grove later, where everything softens again.



9:00 am | Wildwater Sauna

Begin on the shoreline, where a wood-fired sauna sits just above the tide line. Step from heat into cool sea air, then into the water itself if you wish. The sensation is immediate and exhilarating, with skin warmed, senses sharpened and the day wide open from the start.



1:30 pm | Surf, SUP or kayak

At Freshwater West, the coastline stretches out in long, sweeping curves of sand and surf. With the team at Outer Reef, take to the water in a way that suits you. Whether gliding across calmer waters or riding your first wave, there's a sense of space and freedom that defines this part of Pembrokeshire.

As the afternoon fades, return to Grove. Perhaps a drink on the terrace as the light softens across the gardens, or time to settle into your room before dinner. Evenings here are unhurried, with thoughtful cooking, warm service and a feeling of complete ease.

Day 2 - Coastline and countryside

Today moves more gently, with time to look a little closer and take it all in.



9:30 am | VIP Wales Coastal Walk

Walk the coastline with Laura and Ewan of VIP Wales, whose deep-rooted knowledge of this landscape transforms the experience into something far more personal. They'll guide you along quieter paths and hidden viewpoints, sharing stories of the land, its history and its character.

It's not just a walk, but a way of understanding Pembrokeshire from the inside out.



2:00 pm | E-bike hire from Grove

Back at Grove, set out again at your own pace. Quiet lanes roll through patchwork countryside, opening occasionally to distant sea views. With the ease of an e-bike, you can simply enjoy the movement, stopping where you like and lingering where it feels right.

Return to Grove for a final afternoon and evening that invites you to fully switch off and savour the moment.



3-Day Adventure Itinerary

Day 1 - Arrival and gentle exploration

Arrive, settle, and begin to tune into the slower rhythm of the surroundings. This first day is about easing in, allowing the landscape to reveal itself gradually.



9:30 am | Wildwater Sauna

A calm but invigorating start, with heat, sea air and horizon working together to bring a sense of clarity and arrival.



2:00 pm | E-bike hire from Grove

Spend the afternoon exploring the surrounding countryside. Quiet, scenic and unpressured, it's an easy way to feel connected to the place from the very beginning.

Return to Grove for a final afternoon and evening that invites you to fully switch off and savour the moment.

Day 2 - A deeper connection to the coast

With a full day ahead, you have the space to fully immerse yourself in Pembrokeshire's coastline.



All day | VIP Wales Coastal Walk

With Laura and Ewan as your guides, the coastline becomes something more layered and meaningful. Their knowledge, warmth and genuine connection to the area make this a truly memorable experience. Expect hidden coves, changing light, and a pace that allows you to pause, take in the views and feel part of the landscape.

Returning to Grove afterwards feels all the more rewarding, where everything is set for you to relax and enjoy the evening.

Day 3 - South Pembrokeshire: power and place

Ending on the water



10:00 am | Outer Reef: surf, SUP or kayak

A last moment on the water, shaped by the rhythm of the waves, the openness of the coastline and the feeling of having truly experienced this place before you leave.

Enquiries

reservations@grovenarberth.co.uk
www.grovenarberth.co.uk

Grove of Narberth
Molleston, Narberth, Pembrokeshire, Wales, SA67 8BX