

## **PEMBROKESHIRE FISH WEEK FESTIVAL 2019 EVENTS**

### **SUNDAY 23 JUNE**

#### **FAMILY FUN**

**Seaweed Potion Kitchen** with Car-y-Mor will be putting up their outdoor seaweed potion kitchen on Coppet Hall Beach, from 11.00am - 5.00pm. This unique child-led activity is free for all children to come and create magical seaweed potions in Car-y-Mor's Kitchen! On the beach we will also become rock pool explorers sustainably harvesting many of the ingredients we need for our potions and always collecting any waste plastic.

Once magic has been created you can have your photo taken in our Ocean Farm face-in-hole photo booth. Children must be accompanied by an adult. This is a drop in session, so stay as long as you are able. Refreshments are available in the kiosk, Coppet Hall. Car parking charges apply at Coppet Hall. As part of Saundersfoot's Summer Festival by the Sea.

[www.visitsaundersfootbay.com](http://www.visitsaundersfootbay.com)

**He Took the Bait!** At The Alumchine Restaurant, Neyland Yacht Club. Crabbing competition on the pontoon (must be supervised by adults). All children taking part get a free pizza, plus outside BBQ for adults. 01646 600267 Facebook: @thealumchine

#### **FOOD & DRINK**

**Fish Week BBQ** at Melin Tregwynt Mill Shop and Café, from 2pm Live music with Honey Fungus, range of meat and fish dishes with salads, fully licensed bar all day. Plus the opening of Tony Kitchell art exhibition. 01348 891288 [louise@melintregwynt.co.uk](mailto:louise@melintregwynt.co.uk)

**Special Prosecco Seafood Brunch** at Ffwrn, Fishguard. 01348 875412 [ffwrn@yahoo.com](mailto:ffwrn@yahoo.com)

**Seashore Forage & Wild Picnic** with Wild About Pembrokeshire. Enjoy a good rootle around on the shoreline to find seaweeds like dulse, sea spaghetti and the famous Welsh favourite, laver. Sample and compare the flavours of dried seaweed from our larder and raw, fresh seaweed straight off the rocks. Search for other seashore favourites that enjoy living close to the sea and discover how you can incorporate salt-loving wild herbs in your everyday meals. Find out ways you can make use of these amazing protein-rich, adaptable sea vegetables for health, well-being and beauty.

We provide a substantial Really Wild Picnic so you can taste first-hand how easy it is to include wild ingredients in practically any meal. You'll find this course offers a lot of information and fun!

Meet at 4.00pm. Venue to be confirmed...we like to ring the changes and often there are reasons for choosing different beaches. We shall let you know all details approximately one week before the course date. All are in Pembrokeshire, most very close to St Davids. Adults £35.00, Children 8-16: £5.00 (to include picnic). Please let us know any food allergies and intolerances. 7 years and under: free. (parent's please bring snacks/picnic for children 7 and under). 01437 721035 [www.wildaboutpembrokeshire.co.uk](http://www.wildaboutpembrokeshire.co.uk)

**A Taste of the Sea** At The Grove, Narberth. Join us for a delectable 6 course Fish Tasting Menu prepared by our Executive Chef Douglas Balish, including locally sourced fish such as lobster, mackerel and sea bass. All guests will be welcomed with a glass of Carpenne Malvoti Prosecco to enjoy on the terrace. Preferential rates are available on our luxurious rooms and suites for all guests. £55 per person, 7pm. 01834 860915 [reservations@grovenarberth.co.uk](mailto:reservations@grovenarberth.co.uk)

**Gourmet Seafood and Wine Tasting Experience** at The Griffin, Dale. The evening showcases the bounty of the sea with chef-owner Simon's unique approach based around sourcing the freshest fish from the day boats and treating the ingredients with the upmost respect. The dishes will be paired with an array of wines that compliment and expand on the flavours of each dish. 7.00pm start. Bookings only 01646 636227, [info@griffinindale.co.uk](mailto:info@griffinindale.co.uk)

**Spike & Dan's Fish n Chip Fundraiser** with Café Mor, Freshwater West. Join us to celebrate the lives of Spike & Dan Willington, the real heroes of real food. All profits from portions of Fish & Chips will be donated to The Fishermen's Mission charity, who do great work to support others who have suffered losses to the sea. 12.00pm - 4.00pm. 07422535345 Facebook: @PemBeachFood

## **FISHING, OUTDOOR & ADVENTURE**

**Fishing rod and reel clinic**, held at the Mermaid Gift Shop during the day, as part of Saundersfoot's Summer Festival by the Sea. [www.visitsaundersfootbay.com](http://www.visitsaundersfootbay.com)

**Castlemartin Range Guided Walk**, with Pembrokeshire Coast National Park Authority. 9.30am - 4.00pm. Booking details on [www.pembrokeshirecoast.org.uk/events](http://www.pembrokeshirecoast.org.uk/events) 01646 624800

**Experience the Iron Age** with Pembrokeshire Coast National Park Authority. Booking details on [www.pembrokeshirecoast.org.uk/events](http://www.pembrokeshirecoast.org.uk/events) 01646 624800

**Wildflower Walk: Tenby Castle Hill**, with Pembrokeshire Coast National Park Authority. 2.00pm - 5.00pm. Booking details on [www.pembrokeshirecoast.org.uk/events](http://www.pembrokeshirecoast.org.uk/events) 01646 624800

## **LIVE MUSIC & ENTERTAINMENT**

**Ukulele Band** playing 1.00pm - 3.00pm, located at the top of the beach slipway near the flagpole, as part of Saundersfoot's Summer Festival by the Sea. [www.visitsaundersfootbay.com](http://www.visitsaundersfootbay.com)

**Live Music** with Glas at The Old Chemist Inn, Saundersfoot at 4.00pm, as part of Saundersfoot's Summer Festival by the Sea. [www.visitsaundersfootbay.com](http://www.visitsaundersfootbay.com)