

Cathedral Guide to Making a **PILGRIMAGE**



ADDRESS:

Tŷr Pererin
Y Cwcell
Tyddewi
Sir Benfro
SA62 6RB

TELEPHONE

01437 729151

EMAIL:

pilgrimage@stdavidscathedral.org.uk

ADDRESS:

Tŷr Pererin
Quickwell Hill
St Davids
Pembrokeshire
SA62 6RB

A MESSAGE FROM THE CANON PASTOR &
THE EDUCATION & PILGRIMAGE OFFICER

We are pleased to hear that you are preparing to make a pilgrimage to St Davids Cathedral. We look forward to welcoming you to this part of Wales. We hope you find the following information helpful as you prepare for your journey. Just contact us if you require further assistance with anything.

Making a pilgrimage to St Davids is always an amazing experience but since our celebrations in 2023 it means even more. **Dean Sarah writes:** '2023 saw the 900th anniversary of Pope Callixtus II's privilege given in 1123 that two pilgrimages to St Davids should be regarded as of equal value to one to Rome. At St Davids Cathedral we celebrate this privilege with a range of events, activities and resources around pilgrimage. We also put the spotlight on Dewi's final teaching, 'be joyful, keep the faith and do the little things ...' to increase public awareness, as we present our Patron Saint and his words as the moral compass for the nation.

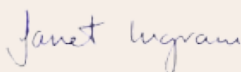
Pilgrimage continues to grow in popularity among people of all faiths and none, and Covid-19 has given an extra boost as people [re]discover the mental health and well-being benefits as well as the physical ones, of walking in nature, especially when done 'intentionally' with some spiritual quest in mind.'

We look forward to welcoming you to this sacred place at this special time. There are many pilgrimage options available to you, from fully guided reflection sessions or walks to a self-guided visit with the aide of route maps and written resources. Do please discuss with us the way in which you would like to engage with all that goes on here during your time with us.

Finally, please be assured of our prayers as you prepare to make your pilgrimage to St Davids & Dewi's Shrine.

EDUCATION &
PILGRIMAGE OFFICER

Bendithion Blessings



GROESO



About your Pilgrimage

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BOOKING

When you book a pilgrimage with us, we will organise specific needs for your arrival. Our Canon Pastor, Cathedral Education & Pilgrimage Officer or Cathedral Chaplains will welcome you to the cathedral.

FREQUENTLY ASKED QUESTIONS

When do we want to go on pilgrimage?

How will we travel – walk or on transport?

Which route should we take?

What time do we have available?

What do we need to take?

How do we prepare for the journey?

What is the significance of the homeward journey?

DESTINATION

PILGRIMAGE OF ARRIVAL

This entails a reflective walk around the cathedral, hearing some of the stories and history of this holy site. This journey takes just over an hour. This movement around the cathedral enables the pilgrim to feel they have truly arrived at the pilgrimage destination. It gives time for guided and personal prayer, to reflect on the journey made and to bring all these thoughts and prayers to the place of the Dewi's Shrine. The physical act of laying down luggage for a short while and resting in this holy place, in readiness to make the return journey, will ensure that the pilgrim has time to ponder and gather all the blessings from the whole pilgrimage experience.

After visiting Dewi's Shrine, the Pilgrimage of Arrival moves to Tŷ'r Pererin (Pilgrims' House) for tea and cake (if you so wish) and the giving of certificates and passports stamped for you with our official cathedral pilgrimage mark.

RS THOMAS IN HIS POEM 'SOMEWHERE' ARTICULATES THE SACRAMENTAL DIMENSION OF A PILGRIMAGE AS:

*'...the point of travelling is not
to arrive, but to return home
laden with pollen you shall work up
into the honey the mind feeds on...'*

JOIN THE WORSHIP AT THE CATHEDRAL

You are all most welcome to attend our daily round of prayer. Our cathedral services are usually as shown right. Please do check our website for details of unforeseen closures and changes.

All are welcome to St Davids Cathedral and to the shrine of our Patron Saint. The cathedral staff are happy to officiate for services of prayer and readings or Eucharist. Please do discuss with us how you would like to celebrate your arrival and the type of worship which would enable you to do this. We have a wealth of liturgies and ideas which you can use at the shrine. We can also offer space to celebrate the Eucharist in our Lady Chapel. For churches with which we are in full communion there is opportunity to celebrate the Eucharist as a community together. We ask that you contact us for resources available to you for authorised rites and vestments, space, timings and guidance for sacramental and non-sacramental services.

Monday		
8.00am	Morning Prayer & Holy Eucharist	
6:00pm Evensong	Evensong - Fortnightly - Cathedral Singers	
4:00pm Evening Prayer	Or Evening Prayer	
Tuesday		
8.00am	Morning Prayer & Holy Eucharist	
6:00pm	Evensong - Choral Scholars	
5:00pm	or Evensong - Boys Choir and Choral Scholars	
Wednesday		
8.00am	Morning Prayer	
10.00am	Holy Eucharist	
6:00pm Evensong	Evensong - Fortnightly - Choristers	
4:00pm Evening Prayer	Or Evening Prayer	
Thursday		
8.00am	Morning Prayer & Holy Eucharist	
6:00pm	Evensong - Full Choir	
Friday		
8.00am	Morning Prayer & Holy Eucharist	
12:00pm	Pilgrim Prayers at St Davids Shrine (available live on Facebook #)	
6:00pm	Choral Evensong - Vicars Choral	
Saturday		
8.00am	Morning Prayer & Holy Eucharist	
4:00pm	Evening Prayer	
Sunday		
8:00am	Holy Eucharist	
9:30am	Parish Communion or Cymun Y Plwf	
11.00am	Choral Eucharist or Mattins	
4:00pm	Choral Evensong	

WORSHIP

a few details

COST & ACCOMMODATION

Guided Pilgrimages, retreat resources and guided tours are available from us and can be tailored to your specific needs. Dependant on the package you choose, fees for this support vary from £15 per person for the Pilgrimage of Arrival (with tea & cake, certificates etc) to £25 a day per person for a fully guided pilgrimage.

Traditionally, when pilgrim groups have visited the Shrine of St David, they make a donation. Donations can be made at the welcome desk. All donations are gratefully received, and they form a crucial role in securing the future ministry of the cathedral.

If you are wanting to be resident for your time with us, you will find a variety of accommodation, from camping and bunk barns to hotels and a Retreat House, in and around St Davids. This will need to be booked in advance by your group as the cathedral does not have its own accommodation available. You may find the following useful:


Booking.com

Late Rooms.com

Visit Pembrokeshire

Or contact our local tourist information centre, Oriel y Parc, for further information on (01437) 720392.

or enquiries to St Non's Retreat (01437) 257045 Email: info@stnon.co.uk



PILGRIMAGE TRUST

The Templar Pilgrimage Trust make grants to help individuals and groups wishing to make a pilgrimage to a Christian shrine but needing funds to travel.

<https://templarpilgrimagetrust.org.uk/>

TYPE OF PILGRIMAGE

There are many options but here are some examples of itineraries for short or longer pilgrimages which have been successful. However, we can build an itinerary which fits your intention so please do discuss with us your ideas. There are many more routes and options too numerous to detail in this document. You can complete these as self-guided journeys or ask us to lead all or part of the pilgrimage. There are numerous starting points to your journey, as many as there are pilgrims. We can help you find a route and even forge a route to this place, including from your own doorstep!

EXAMPLES OF SHORT PILGRIMAGES

THE ST NON PILGRIMAGE (1.8 MILES)



REFLECTIONS AROUND THE CATHEDRAL CLOSE (0.5 MILES)



ROUTES



10.30am	Tea, coffee biscuits and short act of worship/introduction
11.30am	Reflective walk around cathedral
12.30pm	Lunch at Refectory
2-4pm	Guided Pilgrimage to St Non's Chapel & Well or Guided Library & Treasury Tour or Free time
5pm	Free Time
6pm	Evensong/Evening Prayer
7pm	Supper at the Refectory
8.30pm	Sunset prayers at the beach

A Day Out

SCHEDULES

Examples of programmes for just one day for walkers and non-walkers

1.30pm	Arrival Walking group make pilgrimage to St Non's Chapel & Well Non-walking group board minibus to Cathedral
2pm	Cathedral Tour Or Labyrinth prayers Or Reflective prayer walk
3.30pm	Guided Library & Treasury Visit Or Tour of Cathedral
4.30pm	Prayers at the Shrine
5pm	Free time
6pm	Evensong/Evening Prayer
7pm	Supper at Refectory

72 hours on pilgrimage

PROGRAMME

Example of a programme for an extended time in
St Davids for walkers and non-walkers

Thursday

- 3:30pm Arrival, settle into accommodation
- 4.30pm Tea & cake at Tŷ'r Pererin & intro to the work
- 6.00pm Evensong at Cathedral
- 7:00pm Evening meal followed by Intro session with prayers

Friday

- 8:00am Morning Prayer available at Cathedral
- 9:30am Session 1 at Tŷ'r Pererin
- 10:30am Join the Friday Pilgrimage or around cathedral
- 12 noon Prayers at the Shrine of St David
- 1:00pm Packed Lunch
- 2:00pm Free Time: Afternoon visit to local mill/short walk
- 6.00pm Evensong at Cathedral
- 7:00pm Evening meal
- 8:30pm Session 2 & closing prayer

Saturday

- 8:00am Morning Prayer available at Cathedral
- 9:30am Session 3 at Tŷ'r Pererin
- 11am Tour of cathedral or visit St Davids
- 12noon Packed Lunch
- Afternoon Free time Coach trip or Coast walk
- 4pm Tea at Cathedral House
- 5:20pm Session 4 in Lady Chapel at Cathedral
- 6pm Evening Prayer at Cathedral
- 7pm Evening Meal at Tŷ'r Pererin
- 8:30pm Sunset prayers at Whitesands beach. Retire to Pub

Sunday

- 9:30am Parish Communion & commissioning
- 11:30am Packed lunch for journey home



ONE DAY PILGRIMAGES

EXAMPLES OF GUIDED OR SELF-
GUIDED ROUTES

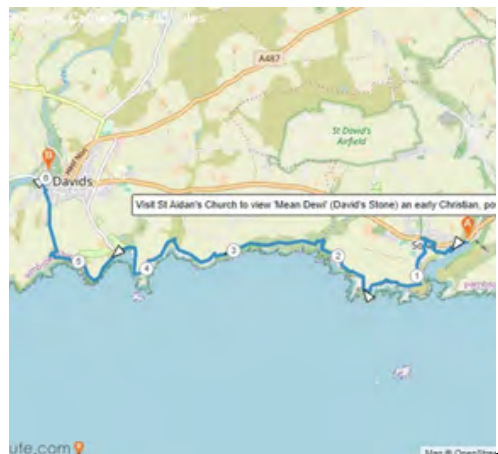
NORTHERN ROUTE

This route begins in Abereddidi and takes the coast path to the cathedral. It is 31 miles in length and can be completed in 3 days. You can walk this route yourselves or ask for a guided pilgrimage. The pilgrimage holiday groups, 'Journeying' www.journeying.co.uk and 'Guided Pilgrimage' chris@guidedpilgrimage.co.uk also lead pilgrims along a similar route at certain times in the year.



SOUTHERN ROUTE

A longer route is taken for this pilgrimage of 60 miles. It begins in Pembroke Dock and takes around 5 days to walk to the cathedral. There are self-led or guided options. At certain times in the year these are led by 'Journeying' as The Way of St David. You receive a certificate to mark your 100km achievement.



Longer Pilgrimages to St Davids

CAMINO STYLE

The British Pilgrimage Trust has formed a partnership with Pilgrim Paths of Ireland, Journeying and Guided Pilgrimage to manage the new pilgrim route between Ferns in County Wexford and St Davids, Pembrokeshire.

The route Wexford-Pembrokeshire-Pilgrim-Way (161.6m) is a pathway for you to walk in the footsteps of St David and St Aidan.

More information here

<https://wexfordpembrokeshirepilgrimway.org/>

Guy Hayward, Director of The British Pilgrimage Trust said:

"... we are so excited about this project, creating an old route as new with all the infrastructure that a modern pilgrim needs. Coming together and working with all these different partners ...who are all passionate about forming a pilgrimage connection between Ireland and Wales... We are... going to create something very beautiful together that bridges both sides of the Celtic Sea, and something which so many will enjoy and find meaning through for generations to come".



Further Long Pilgrimages

LONG DISTANCE

Via Beata (The Way of Blessing)

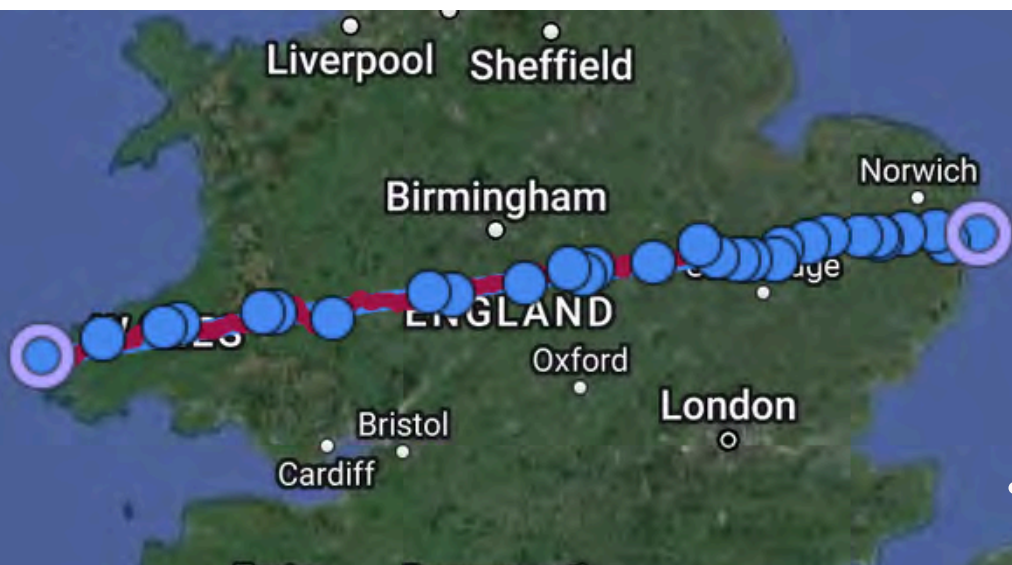
is a pilgrimage route across the U.K. from East to West. It begins in Lowestoft and crosses the UK at its widest point to reach St Davids. The initial aim was to establish a way-station every ten miles or so and link them with existing footpaths and rights-of-way.

Some pilgrims walk the route (over 400 miles) and some cycle. The first forging of the route was completed in relay teams.

Find out more at <https://www.viabeata.co.uk/>

Steve Eggleton, founder of Via Beata writes:

'...We have been constantly surprised by the ways in which this blessing has touched individuals, churches, groups and events... far beyond our early expectations. As we look to the future, we are confident that the blessing will continue and increase. Our prayer is that it will touch more and more people, communities and churches, and ultimately will be a blessing for our nation.'





PILGRIMAGE POSSIBILITIES

EXAMPLES OF NON-WALKING ROUTES

JOURNEYING TO THE EDGES

A guided pilgrimage by public transport to Porthclais, St Justinians and Whitesands Beach and the final destination of St Davids Cathedral. Suitable for those who cannot walk distances. The journey includes the themes of Baptism, Storms of Life and Inspiration from Water with readings, poems and Celtic prayers. You can add options of a tour of parts of the cathedral, afternoon tea and attending Choral Evensong to the end of this pilgrimage.



CIRCULAR CYCLE ROUTE

Try this 18 mile circular cycle route exploring some of the sacred sites around Dewisland, an ancient boundary linked to the Cathedral. Follow the 'A Grand Day Out' route guide to make the most of your ride.

<https://www.stdavids cathedral.org.uk/education/pilgrimage>





PILGRIMAGE REFLECTION

EXAMPLES OF CONTEMPLATIVE OPTIONS

PILGRIMAGE GARDEN

Spend some time in our Cathedral Community Garden 'Erw Dewi/Dewi's Acre.

In the thirteenth century, Bishop Bek gave an acre of land for pilgrims to make final preparations to journey to the cathedral. This land is thought to have been about a days walk away. Now we have this garden right in the Cathedral Close, as a place to prepare hearts and minds to come close to God. Guided reflections are available to download to use as you wander around this space or sit to reflect on one of the benches.

'MAKE A PILGRIMAGE' BAG

These resources will help you journey at home or with your group whilst they are on pilgrimage. There are written resources and artifacts to help you make a pilgrimage wherever you are. These are available from the cathedral shop and online. People who can't make a pilgrimage for some reason may enjoy being with you in spirit as they use these resources at home during your journey.



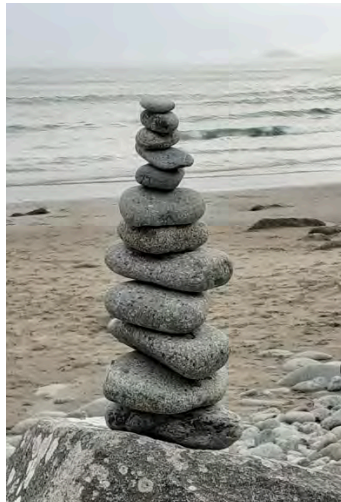
Throughout the year Pilgrim Prayers are said at the Shrine of St David at 12 noon on Fridays. Do consider joining this with other pilgrims. You can also access this live on Facebook. During the holiday season we guide this pilgrimage for you from Oriel Y Parc, Information Centre (10am-12pm). The journey ends at the Shrine of St David with pilgrim prayers. Following this (12.30pm) a pilgrim lunch is available at the Refectory, MamGu's Café, where you can socialise with other pilgrims.

FRIDAY PILGRIMAGE (1.8MILES)



YOUTH PILGRIMAGE

During the Summer, we offer the Diocesan Youth Pilgrimage which is aimed at 11-18 year olds. Please see our website or contact us or the Children, Youth and Families Team in the Diocese of St Davids. <https://stdavids.churchinwales.org.uk/en/children-youth-families-cyf/>



SPECIAL ROUTES

Venue for Hire

Tŷ'R PERERIN

Hire Tŷ'r Pererin during your stay with us



Tŷ'r Pererin
Croesawu ymwelwyr fel pererinion
Welcoming visitors as pilgrims

HIRE THIS VENUE
Meeting & Conference Space
(with tea & coffee making facilities)
Per hour: £15
Day rate: £100 (9am – 5pm)

'After Hours'
Per hour: £15

Cooking Facilities
Day/Evening: £50

THE BUILDING
A beautiful and spacious venue for any event, from small intimate gatherings to large public events, from formal committee meetings to informal dinner parties.

Be creative with how you use each of the distinctive spaces to create your bespoke event! Contact us to make a viewing for your event and to discuss with us the options.

 EGLWYS GADEIRIOL TYDDEWL
ST DAVID'S CATHEDRAL

We can lead sessions for you in this space as part of your pilgrimage package or you can hire the space and facilitate activities yourselves, including using the kitchen.

Tŷ'r Pererin (The Pilgrims' House) can accommodate your group for retreat/ activity sessions and gatherings.



Pilgrims' House
Croeso a lletygarwch
Welcome and hospitality

MAIN HALL
This can be divided to give you two smaller spaces, North or South and can accommodate 120 people for an informal gathering or 80 seated around tables. The room is equipped with 10 folding tables and 80+ chairs. It has audio-visual facilities including a large screen, built-in projector and sockets for sound and laptop connection. Wi-Fi is available.

THE PENTICE
Built to replicate the cathedral cloisters, this is a special place for a drinks reception, intimate supper or an art workspace. It has views to the cathedral tower and surrounding countryside.

KITCHEN
The kitchen has a gas cooker, microwave, fridge, freezer and dish washer. A water heater is used for instant hot water for drinks.

ENTRANCE
This can be used to register people at your event or for a small group meeting. It has access into the grounds at the rear and front of the building.

 stdavidscathedral.org.uk  01437 729151  education@stdavidscathedral.org.uk

THE REFECTORY: MAMGU WELSHCAKES

MamGu Welshcakes don't just sell traditional and alternative welsh cakes but is a warm, welcoming and cosy cafe found in the ruins of St Marys Chapel, a 14th century part of St Davids Cathedral.



Our menu serves a delicious twist on old Welsh dishes, with Welsh Rarebit, Cawl, and Crempogs to name a few. The MamGu kitchen is proud to source almost all ingredients locally as possible.

When visiting us you instantly feel what MamGu Welshcakes is about: family, togetherness, laughing, relaxing and open arms - this paired with the idea to teach visitors about the welsh culture and to push its boundaries blend for a truly memorable experience. Sourcing only the best local ingredients, the menu changes with the seasons. To view current menus please visit www.mamguwelshcakes.com

You can also order a Pilgrims' Lunch or Supper for your group in advance.

If you book any of the Pilgrim options with us we will need specific numbers and dietary requirements well before your arrival.



A small selection of gifts also available from the shop

PROVISIONS

THE CATHEDRAL SHOP (INSIDE CATHEDRAL)
THE DOMUS (OUTSIDE CATHEDRAL)

Both our shops stock a wide variety of books, gifts, cards, pilgrim passports and tokens. It is well worth visiting these during your pilgrimage. It is also an excellent way for pilgrims to financially support the work and ministry of the cathedral. We also have an online shop on our website and orders can be placed and delivered throughout the year.

<https://www.stdavidscathedral.org.uk/shops-and-online-shop>

SHOPS





Your Journey Continues

HOMECOMING

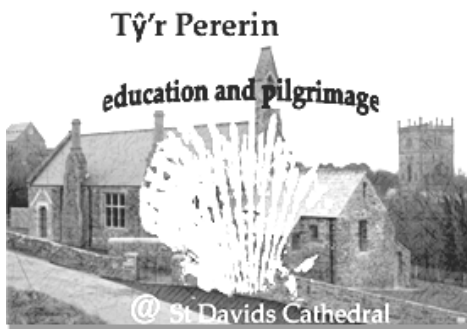
Take advantage of our 'Homecoming' resources to help you continue your pilgrimage through life.



visit us again

Tŷ'r Pererin

education and pilgrimage



EGLWYS GADEIRIOL TYDDEWI
ST DAVIDS CATHEDRAL