



## **PRESS RELEASE**

### **Celtic Haven: Perfect starting point to visit the monks of Caldey Island**

**London, 2<sup>nd</sup> August 2010:** Make a seamless step from luxury holiday cottages to monastic simplicity when enjoying a break at Pembrokeshire's Celtic Haven Resort. Wales' most complete resort is just a short boat trip to the tiny island of Caldey, owned and run by the Reformed Order of Cistercian monks, whose lives were recently documented in the newly released book *Caldey Island* by Christopher Howells.

*Caldey Island* captures the daily life of the island's monks and their religious celebrations, recording the history of the island and its unspoilt wildlife. Interviews with the monks reveal a former lawyer, a Harrods window dresser and even a racing driver, are amongst their number.

Alongside a small village, the monks live a simple life, farming and producing their own unique range of lavender-scented goods, as well as perfumes and hand lotions derived from the wild flowers growing on the island, plus chocolate, shortbread and clotted cream.

This is just one of the enthralling delights of a stay at Celtic Haven, located inside Pembrokeshire National Park, with its outstanding coastal scenery, and boasting 26 cottages and houses sleeping from two to 12.

Celtic Haven also has the only Elemis Premier Spa in West Wales. Dining options include the resort's own Waves Italian-influenced bar and restaurant and guests also enjoy use of all the resort's leisure facilities, including sauna, gym, indoor swimming pool, all-weather tennis courts and the nine-hole headland golf course.

Touring, walking, shopping and enjoying the seafood of the region are other options when staying at Celtic Haven.

Boats to Caldey Island leave Tenby every 15 minutes between 9.30am and 5pm weekdays from mid-May to mid-September. Regular crossings continue until the end of October, although less frequently. The 20-minute trip leaves visitors at the landing spot on the enchanting Priory Beach, the only safe bathing spot on the island, which measures 1.5 miles long by less than three-quarters wide. From the beach it is a short stroll to the village and monastery.

The current monastery dates back to the early 1900s, although the first Celtic monastery was founded on the island in the 6<sup>th</sup> Century. Other attractions on the island include a Norman chapel, 12<sup>th</sup> Century church, 6<sup>th</sup> Century Ogham cross and Caldey Lighthouse, built in 1828. At the charming old Post Office, postcards are franked with a unique Caldey Island stamp.

The monks' produce can now also be bought in a shop in Tenby – as well as online! The island also provides a spiritual retreat throughout the year.

**For a copy of *Caldey Island*, please contact Jenny Groutage at The Saltmarsh Partnership on 020 7928 1600 or email [jenny@saltmarshpr.co.uk](mailto:jenny@saltmarshpr.co.uk)**

**Ends**

**Further Information**

For more information on Celtic Haven, please visit [www.celtichaven.co.uk](http://www.celtichaven.co.uk) or call 01834 870 000.

For media information, images and press trips please contact Jenny Groutage or Geoff Saltmarsh at The Saltmarsh Partnership on 020 7928 1600 or email [jenny@saltmarshpr.co.uk](mailto:jenny@saltmarshpr.co.uk) or [geoff@saltmarshpr.co.uk](mailto:geoff@saltmarshpr.co.uk)