

London
Evening
Standard

Brought to you by*



This is Wales

Four-page special section

A legendary break awaits

THERE'S no better place to embrace autumn than Wales, where this time of year means everything from dining out on seasonal produce to immersing yourself in the changing colours of the great outdoors.

The food scene has never been stronger, with a new generation of creative, young suppliers dishing up everything from charcuterie and cheeses made using Welsh produce, to locally roasted coffee and craft

beer. And it's being served in a stylish, simple way, everywhere from the big cities to the Valleys. So whether you take a culinary road trip, stopping off at farm shops and delis en route, or you dine out at Wales's best new restaurants and award-winning gastropubs, you won't go hungry.

For those who love landscapes, this is a place of jaw-dropping scenery and epic adventures. With three

national parks taking up a fifth of the country, Wales isn't short on green space, which can be explored on foot, by bike and even from the treetops.

Marked trails will take you wherever you want to go, whether it's along the entire Welsh coastline, up to the summit of Snowdon, or along a mountain bike route accessible only to the hardest of thrillseekers. Then, when the day is done, there

are plenty of places to turn in for the night, from glampsites and treehouses to boutique hotels and converted landmarks.

Throughout 2017, Wales is marking its Year of Legends, celebrating the storytelling, history, dramatic scenery and creativity of the country. This season that includes Powys's Rhayader Dragon Festival (27-29 October; carad.org.uk) – look out for the parade and the crowning of

the Dragon Queen. Wales is easily accessible from the South East, and you'll find plenty to keep you busy no matter what kind of trip you're after – be it a romantic escape, an active holiday or a city break.

Over the page, you'll even find some great weekend trip itineraries to ensure you make the most of your short break. So there's no time like the present to experience a legendary autumn weekend in Wales.

*All content was commissioned and approved by Visit Wales

This is Wales | Brought to you by Cymru Wales*

Nightlife that's not to be missed

Think Wales is all just hiking and stunning scenery? From cocktail bars to buzzing clubs, here's where to find the cool crowd

Cardiff

As the Welsh capital, it's no surprise Cardiff is home to the country's most vibrant nightlife, with everything on offer from quiet pubs to thumping nightclubs. Lab 22 (lab22cardiff.com) is one of the city's best cocktail bars, taking mixology to the extreme in a low-lit, atmospheric setting.

The menu has a scientific slant, with drinks listed like chemical elements. Or, head to The Dead Canary (thedeadcanary.co.uk), which has taken the Year of Legends theme to heart by developing cocktails based on Welsh folklore.

If your vibe is more craft beer than cocktails, try the Cambrian Tap ([facebook.com/TheCambrianTap](https://www.facebook.com/TheCambrianTap)), an historic city centre boozier that's been given a modern makeover and specialises in beer, with 18 draught taps serving Brains Craft Brewery products plus other microbrews from across the UK.



Fancy a taste of further afield? Try the range of bottled and canned beers from around the world.

Clwb Ifor Bach (clwb.net), in the Castle Quarter, is an award-winning, three-floor live music venue and club, where you can hear practically any genre, including rock'n'roll,

R&B, indie and pop classics. Open until 4am at weekends, this is the place to come if you're in it for the long haul.

Swansea

Serving coffee by day and cocktails by night, chic No. 6 Bar (no6bar.com) draws in Swansea's cool crowd

with its bare brick walls, stripped wood tables and Instagramable drinks. It also serves street food-style snacks, so you can sate your appetite and your thirst.

Another classy cocktail joint is The Perch (theperchswansea.co.uk), which dishes up live music, stand-up comedy and mixology masterclasses alongside drinks and sharing plates.



It's elementary: for craft beers head to The Cambrian Tap (left), or enjoy a cocktail with a scientific slant at Lab 22 (inset), both in Cardiff

As well as a comprehensive cocktail list, there's a range of wines. And, billing itself as "the first micro-pub in Wales", Mumbles Ale House (mumblesalehouse.co.uk) feels more like a cosy living room than a pub, and is indeed the city's smallest. But despite its size, it was Swansea Camra's Pub of the Year 2016.

Best of the rest

Tiny Rebel (tinyrebel.co.uk) is arguably Wales's best-known craft brewery, and since starting out as a pop-up at Newport market in 2015 it's opened a flagship bar in the town. Just minutes away from the company's brewery, it serves an international selection of beer and cider, as well as Tiny Rebel's own (very) locally made brews. Hungry? There's hearty grub on offer here too.

For a touch of Prohibition era-chic, head to Nolton Corner in Bridgend (noltoncorner.com), where the bar is tiled, glasses hand from the ceiling and a great range of drinks lines the bar. Look out for the regular live music sessions, comedy nights and wine tastings.

The Libertine (bit.ly/LibertineAber) is perhaps the most chic bar in Aberystwyth and has been shaking up cocktails just off the seafront since 2015. Here the Heston Blumenthal-esque molecular creations are served in vintage-style surroundings.



*All content was commissioned and approved by Visit Wales