

TRANQUIL MID WALES THE PERFECT ANTIDOTE TO URBAN LIVING

Submitted by: Visit Wales

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The green and welcoming hills and valleys of Mid Wales and the fantastic sandy beaches of Cambrian Coast offer the perfect antidote to the stresses and strains of modern urban life this as people pledge to make the most of their "quality time" together. What a great idea for a UK short break (<http://www.visitwales.co.uk>).

Swap the hustle bustle of city living for the much slower and altogether soothing pace of rural life in Mid Wales. And the good news is that there's plenty of cracking deals for B &B or self-catering accommodation still available in the region.

Mid Wales Tourism, the organisation that represents around 550 tourism and hospitality businesses across Powys, Ceredigion and Meirionnydd, has set up a special page on its busy website for people hunting a late deal on a UK short break (<http://www.visitwales.co.uk>) - www.visitmidwales.co.uk/latedeals. It's a quick and easy way to see what's available and you can book your stay online.

Mid Wales (<http://www.visitwales.co.uk/server.php?show=nav.10307>) has something for everyone. It's a place to relax and soak up the breathtaking scenery or to enjoy exhilarating outdoor activities. The region has 75 miles of stunning coastline, spectacular mountains, wonderful rolling countryside with more sheep than people, the longest river in Britain and the highest waterfall in Wales.

There are also two beautiful National Parks - Snowdonia and Brecon Beacons - ancient castles, outdoor adventures and unique attractions, which are all waiting to be explored.

With a mix of traditional market towns, bustling harbours and seaside resorts, each town and village has a story to tell. Welshpool has the biggest sheep market in Europe. Hay on Wye is just full of books and attracts A list film stars and politicians to an annual literary festival and Dylan Thomas even wrote about New Quay, but called it Llareggub.