

CEREDIGION

CANOLBARTH CYMRU • MID WALES



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Aberaeron  (01545) 570602

Borth  (01970) 871174

Cardigan/Aberteifi  (01239) 613230

New Quay/Cei Newydd  (01545) 560865

INTERNET ACCESS YMHOLIADAU INTERNET

All Ceredigion Tourist Information Centres can receive and react to your enquiries by Internet electronic mail. The addresses to use are as shown below. *Bellach mae modd cysylltu â phob un o Ganolfannau Croeso Ceredigion trwy gyfrwng yr Internet. Rhestrir isod y cyfeiriadau post electronig dylid eu defnyddio.*

GENERAL ENQUIRIES / YMHOLIADAU CYFFREDINOL econ@ceredigion.gov.uk

Aberystwyth: aberystwythTIC@ceredigion.gov.uk

Aberaeron: aberaeronTIC@ceredigion.gov.uk

Borth: borthTIC@ceredigion.gov.uk

New Quay/Cei Newydd: newquayTIC@ceredigion.gov.uk

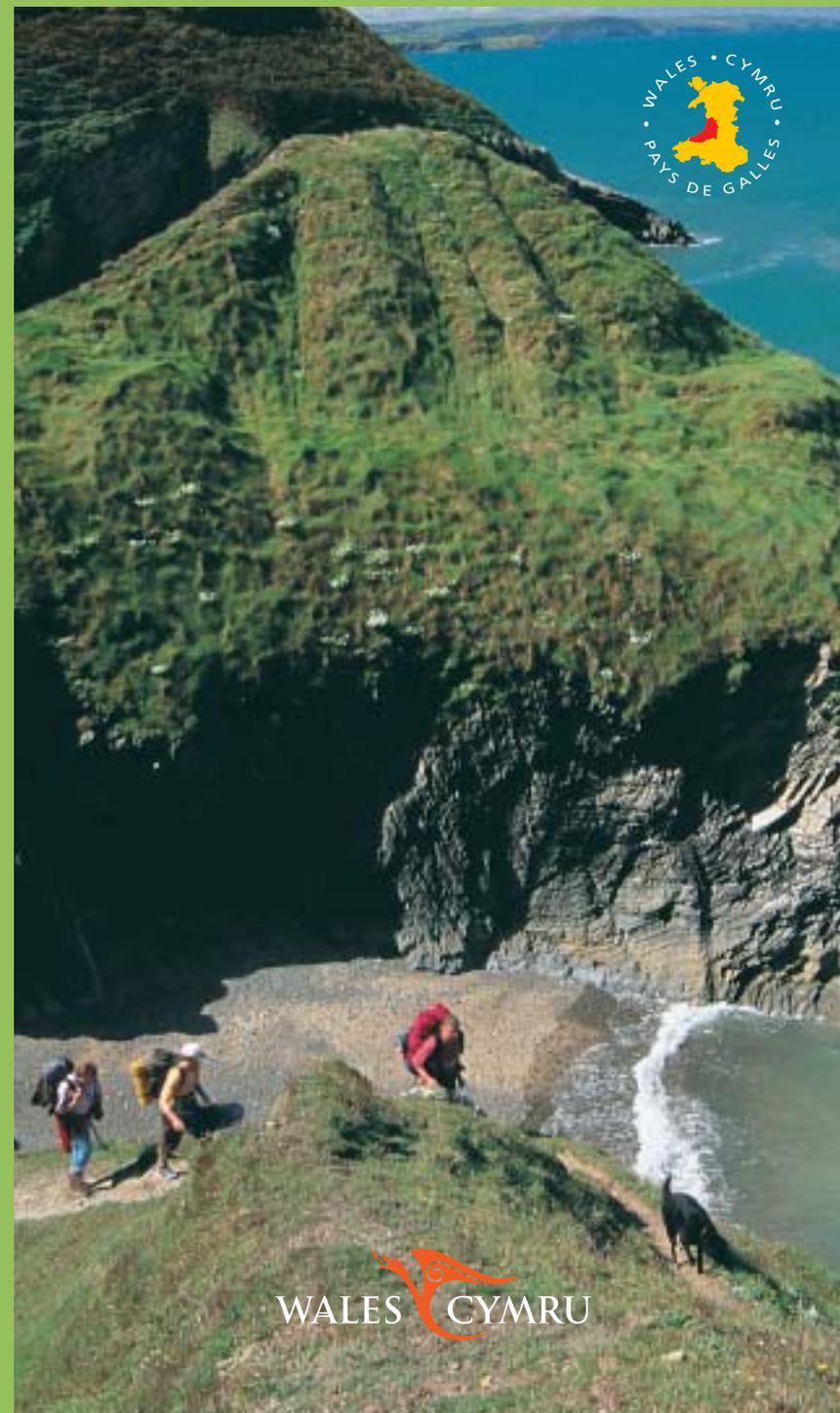
Cardigan & The Teifi Valley: cardiganTIC@ceredigion.gov.uk
Aberteifi a Dyffryn Teifi:



CYNGOR SIR
CEREDIGION
COUNTY COUNCIL

WALKING THE CEREDIGION COAST

CEREDIGION
CANOLBARTH CYMRU • MID WALES



WALES  CYMRU

Ceredigion



Llangrannog

Croeso - a warm Welsh welcome - awaits you in Ceredigion. Originally an independent principality established as long ago as 415 AD, the area is named after Prince Ceredig (pronounced 'care-eh-dig'). Located on the western coastline of Wales, on the shores of the bay that carries its name, Ceredigion is sheltered from the east by the Plynlimon mountain range. Spectacular landscapes and welcoming people await your visit to Ceredigion, one of the last bastions of the Welsh language and culture.

In Ceredigion you will experience a refreshing atmosphere and leisurely, but purposeful, lifestyle that is a far cry from the often-hectic stresses of everyday urban living. Winding down is easy - if that is what you want - but there are opportunities galore to join in the 'hwyl' (fun) of walking spectacular paths, sailing or surfing, challenging angling or sea fishing, marvellous bird - watching, pony trekking or golf and world class mountain biking and scenic cycle routes.



New Quay

Significant stretches of coastal paths along the Ceredigion Heritage Coast, offering spectacular views of the Cardigan Bay Special Area of Conservation, have been open for a number of years. A programme is currently under way to extend the Ceredigion Coast Path all along the coastline from Cardigan in the south - near the northern terminus of the Pembrokeshire Coast Path - to the northern extreme of Ceredigion at Ynyslas, on the Dyfi Estuary.

This booklet offers an overview of the areas through which you may follow existing stretches of the Ceredigion Coastal Path, with details of publications containing path descriptions as well as indicating other interesting walks which may be followed in particular localities.

Please check the guide to walkable sections on www.WalkCardiganBay.com



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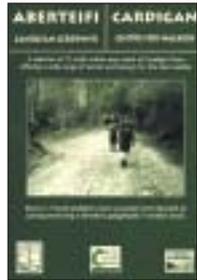
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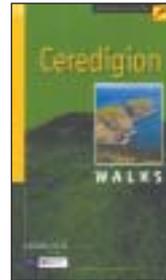
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KEY:
 ● Indicates circular walks around the named location.
 ↑ Indicates walks spanning more than one location.

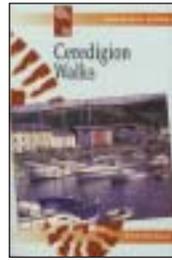
FREE downloadable PDF file available from www.WalkCardiganBay.com



Cardigan - Centre for Walkers
 rrp **£7.99**
 A bilingual (English / Welsh) guide to a selection of 11 walks within easy reach of Cardigan town offering a wide range of terrain and scenery for the keen walker.
Out of Print
 Menter Aberteifi



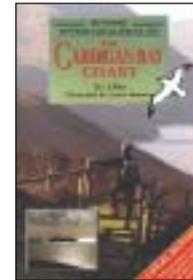
Ceredigion Walks
 Terry Marsh rrp **£10.95**
 Jarrold Pathfinder Guide number 38 containing OS mapping details and full walk descriptions for 28 walks along Ceredigion's spectacular coastline and in the Cambrian Mountains.
 ISBN 0-7117-2418-0
 Jarrold



Ceredigion Walks
 Richard Sale rrp **£4.50**
 15 walks - highlighting Ceredigion's outstanding history and beauty - vary from 1-10 miles. Full directions, sketch maps and information on grading, parking, refreshments and toilets are given for each walk.
 ISBN 0-86381-602-9
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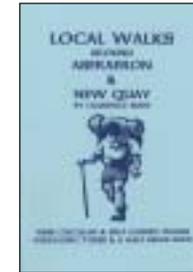
The Dylan Thomas Trail
 David Thomas rrp **£6.95**
 The Dylan Thomas Trail takes you through beautiful countryside passing villages, farms and mansions where Dylan lived and wrote – and also introduces you to many of the pubs and inns where Dylan derived inspiration!
 ISBN 0-86243-609-5
 Y Lolfa



15 Local Walks on the Cardigan Bay Coast
 Liz Allan rrp **£3.95**
 Fifteen circular walks, ranging from 1-6 miles in length, all starting and finishing on the Ceredigion coast and including inland routes such as the Cilgerran Gorge.
 ISBN 1 902302:
 Kittiwake



Walking the Cardigan Bay Coast
 Liz Allan rrp **£3.95**
 Details of routes on the 60 mile coastal path between Cardigan and Ynyslas, divided into shorter day walks. Beautifully illustrated by Lynne Denman.
 ISBN 1 902302 09 5
 Kittiwake



Local walks around Aberaeron & New Quay
 Laurence Main rrp **£2.70**
 Nine circular and self-guided walks averaging 3½ miles.
Out of Print
 ISBN 0953352307
 GMT Publications

Ynyslas									
Borth	●		●					↑↓	
Clarach			↑↓						
Aberystwyth	●		↑↓	●			●		
Llanrhystud								↑↓	
Llanon					●				
Aberarth			↑↓						
Aberaeron			↑↓	●	●			↑↓	●
Henfynyw			●				●		
New Quay	↑↓		●	●	●			↑↓	●
Cwmtydu			●				●		
Ynys Lochtyn		↑↓	↑↓						↑↓
Llangrannog			↑↓						
Penbryn			●				●		
Tresaith	↑↓		↑↓					↑↓	
Aberporth		●	↑↓						
Mwnt		↑↓						↑↓	
Cardigan		↑↓	●						

Ynyslas - Borth



Ynyslas



Ynyslas means 'green isle' and, at one time, Ynyslas probably was an island. Deposition of sand and shingle has, however, linked it to the mainland by way of a long sandy spit of land. Ynyslas forms part of the Dyfi National Nature

Reserve managed by the Countryside Council for Wales. The reserve covers the whole of the Dyfi Estuary, Borth Bog (*Cors Fochno*) and the Ynyslas Dunes and carries a number of designations: Site of Special Scientific Interest (SSSI); National Nature Reserve (NNR); Biosphere Reserve and RAMSAR site. The reserve is important for conservation reasons for the flora and fauna found here include internationally important winter flocks of wildfowl such as the Greenland White Fronted Goose. The Ynyslas Visitor Centre opens seasonally from Easter. You may walk to Ynyslas and back along the promenade and beach from Borth.

At nearby Ynys-hir (*Long isle*), there is an RSPB reserve, offering walks and hides overlooking the estuary and salt marsh.

An inland path - the 'Mal Evans Way' - climbs inland from Borth towards Devil's Bridge.



Borth - Aberystwyth



Borth



After the retreat of the great ice sheets the wide Dyfi estuary became colonised by reed swamp that, over the following 4000 years, gradually changed to a forest with pine, birch, alder and even oaks. By this time a

shingle spit, composed of debris left behind by the glaciers, had begun to develop from Borth cliffs. This spit was pushed inland as sea levels rose and encroached upon the woodland, the remains of which may be seen on the beach during particularly low tides as a submerged forest.

Welsh legend tells of a low-lying part of Wales called Cantre'r Gwaelod lost to flooding when the guard left on the sea-defence watchtower became drunk one night and fell into a drunken stupor. Remains of the sunken forest annually re-appearing on Borth's beach at low tides does wonders to sustain the legend!

To access the Ceredigion Coast Path southbound from Borth towards Clarach and onward to Aberystwyth, head for the War Memorial visible on the cliff top south of Borth beach.



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OS Map: Explorer 213

Public Transport:
Nearest Railway Station: Borth
Local Bus Service: 512

Transport enquiries:
Traveline Wales 0870 608 2608

Tourist Information:
Borth (Easter-Sept) 01970 871174
BorthTIC@Ceredigion.gov.uk
Aberystwyth (all year) 01970 612125
AberystwythTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.ccw.gov.uk
www.rspb.org
www.CardiganBaySAC.org.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

OS Map: Explorer 213

Public Transport:
Nearest Railway Station: Borth
Local Bus Service: 512

Transport enquiries:
Traveline Wales 0870 608 2608

Tourist Information:
Borth (Easter-Sept) 01970 871174
BorthTIC@Ceredigion.gov.uk
Aberystwyth (all year) 01970 612125
AberystwythTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.ccw.gov.uk
www.rspb.org
www.CardiganBaySAC.org.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

Aberystwyth



Aberystwyth



The route of the Ceredigion Coast Path from Borth towards Aberystwyth is generally extremely well defined. Look out for old limekilns at Wallog, on your way. Southbound from Wallog you will encounter some

spectacular rock formations before arriving at the seaside holiday centre of Clarach - the name derives from an Irish Gaelic word meaning planed, made smooth or even, and is testament to the mixed history of Celtic settlement on this coast.

From Clarach the path climbs through woodland before arriving at the top of Constitution Hill (*Craig Glais*), offering spectacular views of Aberystwyth below. There is a seasonal Camera Obscura and a small café at the summit with a cliff railway to Aberystwyth.

Aberystwyth is the largest town on the west coast of Wales and is the location of the National Library of Wales housing some of the greatest literary treasures of Wales and other Celtic nations, together with galleries and exhibitions open to the public.

Aberystwyth also houses the first-established college of the federal University of Wales. The old college buildings are on the seafrost near to the ruins of Aberystwyth's castle.



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Aberystwyth



Aberystwyth



A new campus adjacent to the National Library boasts the largest Arts Centre in Wales with several auditoria, galleries and a world-class ceramics collection.



A seasonal narrow gauge steam railway links Aberystwyth to Devil's Bridge offering access to spectacular walks in the Rheidol Valley and the Cambrian mountains. A Rheidol Cycleway route runs from Aberystwyth.

In and around Aberystwyth there are several interesting circular walks that can be followed including one that visits the Penglais Nature Park - Ceredigion's first local nature reserve covering a 27-acre site of mixed broad-leaved woodland. A panorama viewpoint offers spectacular views of Cardigan Bay and the surrounding countryside. Self-guided nature trail walk leaflets are available from the Aberystwyth Tourist Information Centre. The Information Centre also offers access to the Ceredigion Museum - housed in a restored music-hall. The coastal path southbound from Aberystwyth leads across Tanybwllch beach.



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OS Map: Explorer 213

Public Transport:
Nearest Railway Station: Aberystwyth
Local Bus Service: various

Transport enquiries:
Traveline Wales 0870 608 2608

Tourist Information:
Aberystwyth (all year) 01970 612125
AberystwythTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nlw.org.uk
www.aber.ac.uk/artscentre
www.commodorecinema.co.uk
www.WalesCycleBreaks.com
www.rheidolrailway.co.uk
www.CardiganBayYachtCharter.co.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

Other useful contacts:
Aberystwyth Arts Centre: 01970 623232
01970 622882
National Library of Wales: 01970 632800
Vale of Rheidol Railway: 01970 625819

Aberystwyth - Llanrhystud



Tanybwlic



Nestling at the base of the coastal plateau, Llanrhystud extends along the banks of the Afon Wyre about a mile from where the river reaches the sea. Situated on the edge of the fertile coastal plain, the village has long been a focal point of

agricultural activity in the area. The extensive beach is composed of boulders and pebbles but during low water wide strips of flat sand become exposed. The now tranquil beach once resounded to the clatter of shipbuilding and, throughout the 19th century, four kilns at Craiglas were once the scene of a thriving lime industry.

The historical importance of Llanrhystud is emphasised by the number of ancient settlements in the vicinity. To the south of the village, two distinctly rounded hills; Castell Bach and the now wooded Castell Mawr were formerly both hill forts. They are separated by a gully traditionally known as the 'dell of slaughter', referring to an ancient battle, with the field below serving as a burial ground.

By the 10th century Llanrhystud had become a religious settlement important enough to warrant the attention of marauding Danes who destroyed the village in 988 AD.

The present parish church, dedicated to St Rhystud, a 6th century Celtic missionary, dates from 1854 but is of more ancient foundation.



Llanrhystud - Aberaeron



Llansantffraid-Llanon



Following the beach southbound from Llanrhystud takes you to the vicinity of the twin-village of Llansantffraid-Llanon. The Llansantffraid section lies on the low coastal apron whereas Llanon's terraced, stone-built

houses extend along the old turnpike road.

The mixed Welsh / Irish influence is again witnessed in this area. It is most unusual to have two churches in the same parish, both dedicated to female saints. Here we have one dedicated to a female Welsh saint, the second dedicated to an Irish saint. Tradition has it that St Non gave birth to the patron saint of Wales, St David, at Llanon around 500 AD: this is commemorated by the Non Stone, now in the Ceredigion Museum at Aberystwyth. St Ffraid (St Bridget), the patron saint of dairymaids was the daughter of an Irish chief; she founded the famous monastery at Kildare, where she died in 523 AD.

South of Llanon you will encounter ancient strips of land called 'slangs'. The patchwork quilt effect produced by the division of the 'slangs' by furrows, stones and hedges is most striking.

The southbound path climbs along the cliff top before descending towards historic Llanddewi Aberarth from where you can walk along the foreshore to Aberaeron or use the dedicated roadside path.



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OS Map: Explorer 213 & 199

Public Transport:

Nearest Railway Station: Aberystwyth
Local Bus Service: 540 & 550

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

Aberystwyth (all year) 01970 612125
AberystwythTIC@Ceredigion.gov.uk

Useful websites:

www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

OS Map: Explorer 199 & 198

Public Transport:

Nearest Railway Station: Aberystwyth
Local Bus Service: 540 & 550

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

Aberaeron (all year) 01545 570602
AberaeronTIC@Ceredigion.gov.uk

Aberaeron



Aberaeron



One of the most scenic seaside settlements within Wales, Aberaeron is a rare example of urban planning in the early 19th century. The town was built in a geometric grid pattern with roads of standard width and pebble

pavements, some examples of which can still be seen. The houses themselves conform to a uniform style dating from Georgian to early Victorian with characteristically emphatic quoins or cornerstones, simple well-proportioned windows and mildly decorative lintels. The repeated keystone patterns seen above many doors and windows are the trademarks of individual builders. The placing of larger corner and centre houses in most streets and the use of open spaces such as Alban Square, named after the town's patron, break the regularity of the terraces.

A traffic-free cycleway - also accessible to walkers and wheelchair users - links Aberaeron to the National Trust's historic property at Llanerchaeron.

Jointly with its southerly neighbour, New Quay, Aberaeron is a Wales Cycle Break Centre offering a number of interesting cycle routes that may be followed.



Aberaeron



Llanerchaeron



Aberaeron and New Quay also offer the best facilities for accessing boat trips out into the Cardigan Bay Marine Conservation area with its resident population of dolphins, porpoise and seals.

The Aberaeron Tourist Information Centre, located on the northern Quay of Aberaeron's picturesque stonewalled harbour is open all year and can offer help and advice on other walks within the area.

To follow the Ceredigion Coast Path southwards towards New Quay, take the footpath leading from Aberaeron's south beach, across the harbour from the Tourist Information Centre. As you approach the south beach, watch out for the little building that housed an old weigh-house - its roof boasts an unusual diamond shaped slate pattern. The building is a reminder of a once prosperous lime trade. Farmers spread lime on the land to help counteract the acidic soils of the area and aid drainage. Lime was also used by builders for mortar and whitewash. People also mixed the lime with clay and coal dust to form round balls known as 'paid', a slow burning fuel for the cottage fire. The raw materials for this industry were brought to the kilns from South Wales by coastal trading vessels.



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OS Map: Explorer 199 & 198

Public Transport:

Nearest Railway Station: Aberystwyth
Local Bus Service: 540 & 550

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

Aberaeron (all year) 01545 570602
AberaeronTIC@Ceredigion.gov.uk

Useful websites:

- www.CardiganBaySAC.org.uk
- www.nationaltrust.org.uk
- www.WalesCycleBreaks.com
- www.AberaeronSeaAquarium.co.uk
- www.CoastalVoyages.co.uk
- www.traveline.org.uk
- www.traveline-cymru.org.uk

Other useful contacts:

Aberaeron Sea Aquarium
and Coastal Voyages: 01545 570142

Aberaeron - New Quay



Traethgwyn



Descending towards New Quay, you first encounter the old shipbuilding beach at Cei Bach (*the small quay*). The earliest recorded sailing vessel built here was the 36-ton sloop 'Betsy' in 1805. Launching was ceremoniously conducted with all

the craftsmen involved and the local population turning up to celebrate. The 291-ton three-mast barque 'Syren' which foundered en route from South America in 1887 was the largest ship built here.

On the southerly extreme of Cei Bach, the headland of Llanina Point once extended further out to sea culminating in Carreg Ina, a large rock where, according to local folklore, a mermaid could be seen basking in the sun. She once became entangled in a fishing boat's nets and, on being released by fishermen, warned of an incoming storm enabling them to return safely to the shore. Ash and sycamore obscure a small stone church dedicated to Ina. The original church was lost to the waves but the existing structure, built in 1850, incorporates masonry from its predecessor.

Dylan Thomas lived nearby during World War II. That period was Dylan's most prolific in terms of literary output. You will see from your OS map that you can walk to New Quay along the minor road from Cei Bach - rather than along Traethgwyn.



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New Quay



New Quay



The road route is a section of the New Quay Dylan Thomas Trail passing Majoda - the house where he lived. Dylan Thomas' extensive associations with Ceredigion are explained in 'The Dylan Thomas Trail' by David Thomas.

Lewis Morris mentioned New Quay as 'a hamlet with small fishing sloops' in his 1748 coastal survey of Wales. Early inhabitants engaged in a mixture of farming and herring fishing, the season lasting throughout the autumn months. Fresh herring had to be eaten quickly or preserved by salting, smoking or a combination of both.

The New Quay Harbour Act of 1835 enabled construction of the main harbour. Stone quarried locally was transported by a tram along what is now Rock Street. Some of the four-foot gauge tramline can still be seen on the small green near the Tourist Information Centre.

A popular holiday resort, visitors to New Quay are enthralled by the resident bottlenose dolphin population. Between Easter and October, New Quay offers boating trips out into the Cardigan Bay Special Area of Conservation and along the Ceredigion Marine Heritage Coast affording magnificent opportunities to spot the dolphins and other marine and coastal animals.



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OS Map: Explorer 198

Public Transport:

Nearest Railway Station: Aberystwyth

Local Bus Service: 540 & 550

+ Summer Service

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

New Quay (Easter-Sept) 01545 560865

NewQuayTIC@Ceredigion.gov.uk

Aberaeron (all year) 01545 570602

AberaeronTIC@Ceredigion.gov.uk

Useful websites:

www.CardiganBaySAC.org.uk

www.nationaltrust.org.uk

www.WalesCycleBreaks.com

www.llain.co.uk

www.traveline.org.uk

www.traveline-cymru.org.uk

Other useful contacts:

Winston Evans Boat Trips:

Daytime: 01545 560800

Evenings: 01545 560375

Dolphin Survey Boat Trips: 01545 560032

Mobile: 07796 135490

Llain Activity Centre: 01545 580127

New Quay - Cymtydu



Cardigan Bay Lookout



Access the route towards Cwmttydu via Lewis Terrace, the uppermost of the terraces on the western side of New Quay beyond the Tourist Information Centre. An onward route, from Cwmttydu to Llangrannog is being developed

but the circular route linking Cwmttydu and New Quay - described in most guidebooks - should presently be followed.

The path leads past the National Trust's property at Craig Yr Adar (Birds' Rock) - a Site of Special Scientific Interest. Look out for chough and stonechat and, during spring and early summer, razorbills and guillemots searching for fish in the waters below. There is a lookout shelter on the route - a former Coastguard station - affording a marvellous opportunity to watch the birds or spot the dolphins in the bay below. Further south you will encounter the remains of an early fortified Iron Age settlement called Castell Bach (small castle).

Arriving at Cwmttydu, you will find a secluded cove overlooked by grassy slopes with a group of houses nestling in the valley of Afon Ffynnon Ddewi (river of David's well), at the mouth of which lies a small shingle beach.



OS Map: Explorer 198

Public Transport:
Nearest Railway Station: Aberystwyth
Local Bus Service: Summer Service

Transport enquiries:
Traveline Wales 0870 608 2608

Tourist Information:
New Quay (Easter-Sept) 01545 560865
NewQuayTIC@Ceredigion.gov.uk
Aberaeron (all year) 01545 570602
AberaeronTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nationaltrust.org.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

Llangrannog - Penbryn



Llangrannog



Llangrannog was founded by St Carantoc, one of the several names by which this Celtic saint is known. A legend surrounds the foundation of the church he built after his arrival by sea in 500 AD. Carantoc was whittling a new staff

when a pigeon flew down and carried off pieces of bark: taking this as a message from God, he followed the pigeon to where it had laid the bark and built a church of wattle and daub on the site - close to that of the present church. The existing church dates from 1884 but retains some of the oldest items in the village, including a Norman font carved of local sandstone and a bell dated 1658.

Present day Llangrannog is one of the most picturesque seaside settlements in Wales. It has two beaches, Traeth y Pentref (the village beach) and Cilborth. To the north of Llangrannog, the path climbs immediately north of the main beach, winding above Cilborth towards the spectacularly scenic National Trust headland at Ynys Lochtyn. A southerly circular route links Llangrannog to another extensive National Trust property at Penbryn - this route can also be treated as a linear route linking to Tresaith and Aberporth beyond.



OS Map: Explorer 198

Public Transport:
Nearest Railway Station: Aberystwyth
Local Bus Service: Summer Service

Transport enquiries:
Traveline Wales 0870 608 2608

Tourist Information:
New Quay (Easter-Sept) 01545 560865
NewQuayTIC@Ceredigion.gov.uk
Cardigan (all year) 01239 613230
CardiganTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nationaltrust.org.uk
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Penbryn



Penbryn



Penbryn is a scattered settlement of great antiquity set in the mixed woodland valley of the Hoffnant. The attractive valley reaches the coast at a break in the cliffs where two small areas of sand dunes have accumulated.

The spacious beach is totally unspoilt and extends westwards towards Tresaith. Although too shallow for the trading vessels of the 19th century, the beach was used by contraband traders who hid their booty among the rocks just inland - the area becoming known as 'Smugglers' Valley'.

With considerable care, having consulted the Ceredigion Tide Tables, you can walk along the foreshore to Tresaith, but be aware that it is a testing route with many of the seaweed-strewn foreshore rocks being extremely slippery. The recommended route from Penbryn to Tresaith described in most guidebooks takes the single-track road leading past St Michael's church - one of the oldest in Wales.



OS Map: Explorer 198

Public Transport:

Nearest Railway Stations: Aberystwyth
Carmarthen

Local Bus Service: Summer Service

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

New Quay (Easter-Sept) 01545 560865
NewQuayTIC@Ceredigion.gov.uk
Cardigan (all year) 01239 613230
CardiganTIC@Ceredigion.gov.uk

Useful websites:

www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nationaltrust.org.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

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Tresaith



Tresaith



Tresaith lies in a sheltered basin overlooking an attractive sandy beach. The river Saith's seaward path was diverted during the last Ice Age so that it tumbles over the cliffs in a cascading waterfall. A small bay beyond - accessible with care at

low tide - exhibits a variety of dramatic rock structures, including caves and stacks encrusted with a colourful selection of lichens.

Tresaith, in common with most other beaches along the coast, provided a landing site for small sailing vessels throughout the 19th century. There were two limestone kilns adjacent to the beach serving the immediate hinterland with local farmers bringing their carts to the beach to collect lime.

Tresaith was the home of Allen Raine, known as the 'Welsh Catherine Cookson'. Born Ann Adaliza Evans, in 1836, her married name was Puddicombe. She wrote her first book at the age of 60 and, by the time she died, aged 71, had written nine novels, some of which were turned into silent films. Mrs Puddicombe is buried in the churchyard of St Michaels at Penbryn.

The coastal path linking Tresaith to Aberporth climbs in a southerly direction from the access to Tresaith beach.



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OS Map: Explorer 198

Public Transport:

Nearest Railway Stations: Aberystwyth
Carmarthen

Local Bus Service: 550 & Summer Service

Transport enquiries:

Traveline Wales 0870 608 2608

Tourist Information:

Cardigan (all year) 01239 613230
CardiganTIC@Ceredigion.gov.uk

Useful websites:

www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nationaltrust.org.uk
www.internationalfire.com
www.mwldan.co.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

Aberporth - Mwnt



Aberporth



Two small streams, the Gilwen and Howni, have cut deep valleys converging on Aberporth Bay beyond which lies a ruggedly attractive coastline. Sheltered from prevailing southwesterly winds by Pen Cribach, the bay is

a popular boating and bathing area. Aberporth originally consisted of single storeyed cottages - with mud walls and thatched roofs - centred around the beaches and a shale spur called Pen Trwyn Cynwyl - named after St Cynwyl, a 6th century saint to whom the parish church is dedicated.

By the early 19th century sailing craft were taking advantage of the sheltered bay, supplying the village with essential goods landed on Dyffryn beach which became known as Traeth y Llongau (*Ships Beach*). Rusty iron mooring rings can still be seen embedded in the rocks around the bay. During the stormy winters the ships were laid up and refitted in the Teifi estuary.

An off-road coastal route linking Aberporth to Mwnt is still being developed, but several guidebooks offer guidance on the route along the single-track coastal roads.



Mwnt - Cardigan



Mwnt



The outstanding beauty and undeveloped character of the National Trust headland at Mwnt offers a secluded beach, spectacular views over the Teifi estuary towards Pembrokeshire and an historic pilgrims' church -

once a strategic location on an ancient pilgrimage route connecting St David's with Bardsey Island. The whitewashed Church of the Holy Cross, standing in splendid isolation, dates from around 1400 but is built in a hollow on the site of an earlier Celtic church. The site is obscured from sea view, thereby providing some protection from passing raiders.

The name of the settlement of Ferwig, on the route towards Cardigan, shows the Viking influence on this coast for it is derived from the same root as 'Berwick'. Further on, the name of the settlement at Gwbert reverts to Celtic influence, being attributable to yet another wandering saint of the early centuries. The route now follows the Teifi estuary, providing excellent views of ancient oak woodlands, the tidal marshes and the Pembrokeshire Coast National Park on the opposite bank.



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OS Map: Explorer 198

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Cardigan

Local Bus Service: 550 & Summer Service

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CardiganTIC@Ceredigion.gov.uk

Useful websites:
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www.nationaltrust.org.uk
www.internalfire.com
www.mwldan.co.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

OS Map: Explorer 198

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Cardigan

Local Bus Service: Summer Service

Transport enquiries:
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CardiganTIC@Ceredigion.gov.uk

Useful websites:
www.WalkCardiganBay.com
www.CardiganBaySAC.org.uk
www.nationaltrust.org.uk
www.CardiganBayBoatCharters.co.uk
www.mwldan.co.uk
www.traveline.org.uk
www.traveline-cymru.org.uk

Cardigan



The Teifi Estuary



Cardigan is the historic gateway into Ceredigion from the south. The fortifications on the northern bank of the Teifi guarding the route into Ceredigion from Pembrokeshire over Cardigan's old stone bridge testify to ancient

battles fought to repel Norman and Anglo-Saxon invaders. The first castle built in the vicinity was actually by the Normans in 1093. Over the following 150 years, many bloody battles were fought and the control of Cardigan changed hands no less than sixteen times. In 1171, one of the last of the native Ceredigion princes, Lord Rhys ap Gruffydd, strengthened the walls of the castle whose remains are presently visible.

It was at his castle in Cardigan, in 1176, that Rhys ap Gruffydd held the first recorded Eisteddfod - the uniquely Welsh competitive arts festival. Bearing in mind that this first Eisteddfod was held nearly 400 years before the English parliament imposed the Act of Union upon Wales and 600 years before the union of England and Scotland, this first Eisteddfod held by Rhys was actually an International Eisteddfod, having been proclaimed throughout the British Isles.



Cardigan



Cardigan



The remains of Cardigan castle have only recently reverted back into public ownership and considerable work is currently being undertaken to plan the enhancement and protection of this significant site in the history of Wales and Welsh culture.

Cardigan remains to be a significant cultural centre via Theatr Mwldan, which has recently been considerably refurbished and extended. This thriving community arts centre offers a year-round programme of quality stage and film productions together with arts and craft exhibitions, and also houses the Cardigan Tourist Information Centre, which is open all year.

Contemporary Cardigan offers a highly convenient base for walking holidays, offering easy access to coastal walks along the Pembrokeshire Coast National Park, in the Preseli hills, within the Teifi Valley and along the Ceredigion coastline. Cardigan also hosts its own Walking Festival every October.

Cardigan is a Wales Cycle Breaks Centre offering a number of interesting cycle routes including an off-road cycleway linking the town with the Welsh Wildlife Centre at nearby Cilgerran.



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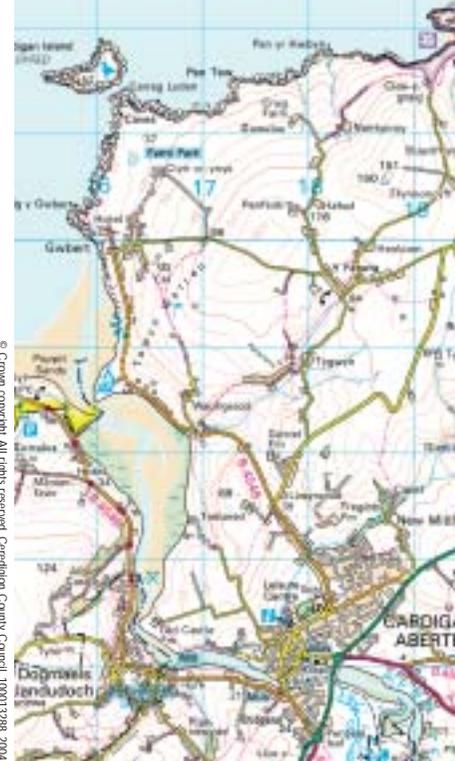
OS Map: Explorer 198

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Local Bus Service: Summer Service

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CardiganTIC@Ceredigion.gov.uk



- Useful websites:**
- www.CardiganBaySAC.org.uk
 - www.nationaltrust.org.uk
 - www.CardiganBayBoatCharters.co.uk
 - www.mwldan.co.uk
 - www.ccw.gov.uk
 - www.pembrokeshirecoast.org.uk
 - www.internalfire.com
 - www.visitcardigan.com
 - www.traveline.org.uk
 - www.traveline-cymru.org.uk

- Other useful contacts:**
- Cardigan Festival of Walking 01239 615554
 - Cardigan Boat Charters: 01239 614050
 - Theatr Mwldan: 01239 621200
 - Internal Fire Museum 01239 811212