

CEREDIGION COAST PATH



The Ceredigion Coast Path follows a 60 mile / 96 km route between the Teifi and Dyfi estuaries. The Coast Path links towns and villages dotted along the spectacular Cardigan Bay coastline. Wild flowers, seabirds and a wealth of wildlife await the walker.



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The Ceredigion Coast Path follows the varied coastline of Cardigan Bay between Cardigan and Ynyslas. Whether you would like to go for an afternoon stroll or you are looking for a more adventurous day out, the Ceredigion Coast path has something for everyone.

You can join the Ceredigion Coast Path in coastal towns, villages and car parks - you will find it signed and waymarked.

The following information will help you plan your walk along the coast path. Grading is relative to the terrain of the Ceredigion coastline and is based on the amount of elevation change and the steepness of the path, but not on the overall length of the section.

Some useful websites when planning your walks in Ceredigion.

Ceredigion Public Rights of Way interactive map



Ceredigion Tide Times & Weather Forecasts



CEREDIGION COAST PATH

CARDIGAN TO ABERPORTH

Total Distance: 11.7 miles (18.7km)

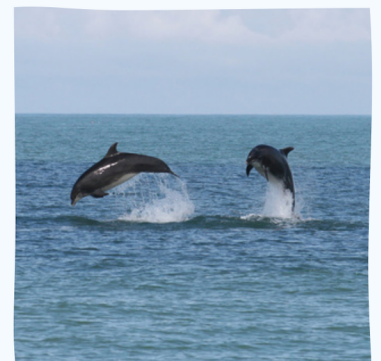
Difficulty: easy/moderate

A statue of an otter, standing alert by the riverside marks the official starting point of the Ceredigion Coast Path.

As the path leaves Cardigan town along the riverside, the path cuts across farmland and the path then continues along the north shore of the River Teifi. As the path continues you will approach Mwnt and the distinctive Foel Y Mwnt, climb to the top for superb views - keep an eye out for dolphins.

The next section is a clifftop route where you will come across quiet coves and caves, an excellent area to spot dolphins, seals and porpoises.

Pencribarch is the last headland you will visit before descending into the village of Aberporth.



CEREDIGION COAST PATH

ABERPORTH TO LLANGRANNOG

Total Distance: 4.8 miles (7.7km)

Difficulty: moderate/hard

Characterised by high cliffs and secluded beaches, much of this section of the Ceredigion Coast Path is designated Heritage Coast, thanks to it's fine beaches and ancient forts.

Enjoy some dolphin spotting at the foot of the large wooden dolphin sculpture in Aberporth before starting the next section of the coast path. The coast path gently oversees many rocky coves, hidden caves and sea platforms.

The next village you arrive at is Tresaith, here you can enjoy visiting the hidden Tresiath Waterfall that falls over the soft cliff edge to the sea below.

After you head out of Tresaith, you will be greeted with fine views of the mile-long sandy beach, Penbryn. A wooded section takes you into Llanborth, where you can take a pit stop at The Plwmp Tart, where you will find a great selection of homemade cakes.

Finishing off on one of the more challenging stretches of the Ceredigion Coast path, between Penbryn and Llangrannog. This takes you up two sharp climbs before descending into the village of Llangrannog.



CEREDIGION COAST PATH

LLANGRANNOG TO NEW QUAY

Total Distance: 9.4 miles (15km)

Difficulty: moderate

Arguably the most spectacular section of the Ceredigion Coast Path, the section between Llangrannog and New Quay includes the iconic Ynys Lochtyn, Cwmttydu and Cwm Soden.

At the start of this section, you will pass the Pendinas Lochtyn hillfort and the splendid Traeth-yr-Ynys headland; a perfect place to enjoy some spectacular views across Cardigan Bay.

The next section is definitely the most dramatic, long stretches of steep-sided slopes and a wooded narrow valley brings you to Cwmttydu - a quiet cove full of hidden caves.

As you head to Cwm Soden you'll see the remnants of another iron-age hill fort. Before you descend to New Quay you'll pass a former coastguard's lookout, now an excellent spot for dolphin spotting and bird watching.



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NEW QUAY TO ABERAERON

Total Distance: 6.5 miles (10.5km)

Difficulty: easy/moderate

Being one of Dylan Thomas' favourite walks, this section of the coast path is a popular one. Above today's harbour beach is a statue of a young girl blowing a kiss towards the horizon. It marks the halfway point of the Wales Coast Path and reminds us of the longing of New Quay families for the mariners who spent months, sometimes years, away at sea.

When the tide is out it is possible to walk along the beach between New Quay and Llanina point - a favourite walk of Dylan Thomas. When you can't walk along the beach the alternative route along a lane will take you past Majoda, Dylan's temporary wartime home.

On the hill above the Coast Path, just south of Aberaeron is Henfynyw. The church is on the site of an early monastery, and it is said that St David spent his childhood here.



CEREDIGION COAST PATH

ABERAERON TO LLANRHYSTUD

Total Distance: 7.4 miles (11.9km)

Difficulty: easy/moderate

The gentlest stretch of the Ceredigion Coast Path lies along the top of soft cliffs on the coastal flats between Aberaeron and Aberarth. From Aberarth, the path climbs to reveal great views north towards Aberystwyth and Snowdonia.

Aberarth is now a quiet hamlet but was once the centre of a busy coastal shipbuilding industry, which took place on the beach. From Aberarth, the Ceredigion coast path climbs over Graig Ddu ("black rock") for great views towards Aberystwyth and Snowdonia. The coastal flats at Llanon still retain the distinctive strip pattern of medieval fields.

Along the foreshore between Llanon and Llanrhystud are the remains of Craig-las limekilns and related buildings. This once industrious site is unusual in having six distinct kilns where the limestone and culm would have been burnt in preparation for being transported inland for farmers to use on their land to balance the soil's natural acidity. The site has interesting lime-loving plants.



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LLANRHYSTUD TO ABERYSTWYTH

Total Distance: 10.6 miles (15.7km)

Difficulty: moderate/hard

The route between Llanrhystud and Aberystwyth is a challenging but dramatic and rewarding section of the Ceredigion Heritage Coast. The 'hanging woodlands' of Penderi Cliffs nature reserve have been stunted by the strong sea winds.

From Llanrhystud, the path follows the cliff passed evocatively named spots such as Tŵr Gwylanod (seagulls' tower) Twll Twrw (the 'noise hole' or the 'clashing cavern') and Mynachdy'r Graig' (the monk's house on the cliff).

As you descend the slopes of Alltwen ridge you'll enjoy the inviting view of Aberystwyth town and beyond to the mountains of Snowdonia. The final approach towards Aberystwyth harbour is along the shingle beach of Tanybwllch nature reserve.

To reach the seafront and the town centre you will cross two rivers. First, the Ystwyth, which gave the town its name. You will follow it as it runs behind the storm beach of Tanybwllch before it joins the sea at the harbour. To cross the Rheidol, you will skirt around the harbour and marina and then cross Trefechan Bridge.



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ABERYSTWYTH TO YNYSLAS

Total Distance: 11.7 miles (18.7km)

Difficulty: hard

The route of the path between Aberystwyth and Ynyslas follows the undulating contours of cliffs and slopes to Borth. Here the Wales and Ceredigion Coast Paths diverge one inland around the expanse of Cors Fochno to find a crossing point over the river Dyfi, the other continues to the estuary and sand dunes of Ynyslas.

The Coast Path route between Aberystwyth and Clarach passes over Craig Glais, or 'Constitution Hill'. The Cliff Railway can take the effort out of the steep climb to the summit, and the Camera Obscura is an alternative way to enjoy the panoramic views of Cardigan Bay

You will pass the distinctive Sarn Cynfelyn, a pebble 'causeway' that extends almost seven miles out to sea from Wallog. The next 3 miles (5km) section between Clarach and Borth is the hardest, with several big climbs to tackle. As you approach Borth you will be rewarded with expansive views over the Dyfi Estuary and the mountains beyond.

To finish the Ceredigion Coast Path continue along the beach to Ynyslas dunes and the wide mouth of the Dyfi, where you can look across to Aberdyfi and Cadair Idris mountain.

