



## Lôn Teifi

### 4-day Self-Guided Cycling Holiday

Quiet country lanes, hidden hamlets and superb scenery combine to make this a fantastic short break. The Lôn Teifi route begins in Fishguard on the rocky Pembrokeshire coast, and follows the River Teifi inland to Cardigan, Newcastle Emlyn and Lampeter before heading back to the coast to finish in Aberystwyth. As well as tranquil cycling, the route offers historical and archaeological sites in abundance and several nature reserves lie on the route.

#### Day 1

##### *Fishguard to Cardigan (24 miles)*

The Pembrokeshire Coast National Park is home to grey seals, porpoises and a plethora of seabirds so it's worth taking a walk along Fishguard's clifftop paths before saddling up and heading inland! Today the route follows the River Gwaun inland to Cardigan, a friendly, compact town 20 miles up the coast. Along the way lies the Pentre Ifan burial chamber and the Iron Age fort at Castell Henllys. Don't miss the reconstructed roundhouses, sculpture trails depicting myths and legends, or the pigs (a prehistoric breed!) which root about in the woods here.



St Dogmaels Abbey, a former Benedictine monastery, lies on the route just outside Cardigan. The ruins, on the site of a pre-Norman monastery, date from the 12-15<sup>th</sup> centuries.

#### Day 2

##### *Cardigan to Llandysul (23 miles)*

Lovely views as you leave Cardigan today, heading inland up the Teifi Valley itself. Just outside Cardigan lies Cilgerran Castle, an impressive stone fortress built in the early 14<sup>th</sup> century to control a crossing point at the mouth of the Teifi.



Meandering eastwards, you encounter the conservation village of Cenarth. Right on the river, Cenarth has several waterfalls, and is home to the National Coracle Centre. A ride in a coracle - an ancient form of water transport with a basket frame - is available. A hillier end to the day as the route deviates from valley floor.

#### Day 3

##### *Llandysul to Tregaron (23 miles)*

Lovely riding along quiet lanes to the small, bustling town of Lampeter is home to the oldest University in Wales. An easy afternoon ride brings you to Tregaron, a meeting place

for drovers in previous centuries. Here you'll find the Welsh Gold and the Red Kite Visitor centres. The latter charts the rise of this once-endangered bird of prey - and serves welshcakes hot from the griddle!



#### Day 4

##### *Tregaron to Aberystwyth (30 miles)*

Begin the day with a National Nature Reserve. Ecologically significant, Cors Caron is one of the last remaining raised peat bogs in the UK. There is flora and fauna in abundance, including otters, water voles, polecats and the Red Kite.

Pontrydyfendigaid hides the remains of an ancient abbey. A Cistercian abbey was established at Strata Florida, meaning "Vale of Flowers", in the 12<sup>th</sup> century. Sometimes known as "the Westminster Abbey of Wales", this was the burial ground for several princes of the royal house of Dyfed, as well as the 14<sup>th</sup> century poet, Dafydd ap Gwilym.



#### Tour summary

<b>Duration</b>	4 days
<b>Distance</b>	100 miles (160 km)
<b>Grading</b>	Moderate
<b>Price</b>	£495 per person based on 2 people sharing a twin/double room. Contact us for sole traveller/single occupancy rates.
<b>Meals</b>	Cooked breakfast included. Packed lunches & evening meals can be arranged on your behalf if required.
<b>Options</b>	Add an extra night at any stage of the tour, prices from £40pp per night.
<b>Bike Hire</b>	Bike hire is included in the tour price. For tandem bikes, please add £10pp 10% discount if you bring your own bike.

**Remember, this itinerary is just the starting point.**

**Please contact us if you have any special requirements and we will be happy to tailor the tour to suit you.**