



## Ceredigion Coast Path

### 5-day Self-guided Walking Holiday



Discover the unexplored beauty of the West Wales coast on this 5-day walk from the Teifi to the Dyfi estuary. A mixture of dramatic cliff-top paths, quiet lanes and farmland, the route stays close to the sea for much of its 96 kilometres affording great views of Ceredigion's fabulous marine fauna, wildflowers and birdlife.

The route, from Cardigan to the sand dunes of Ynyslas, includes steep sections and in places follows the cliff edge, so a reasonable level of fitness and a head for heights are recommended.



#### Day 1

##### *Cardigan to Aberporth – 11 ½ miles (19 km)*

The route begins in the compact town of Cardigan, founded in the late 12th century and heads north to the hamlet of Gwbart and then on to the beautiful beach and church at Mwnt. Nestling below a glacier-sculpted ridge, the little chapel stands on the site of a Celtic church which was once a starting point for pilgrims making the voyage to Bardsey Island. The route then hugs the coast with fabulous views of the cliffs and coves below, before heading inland to the village of Aberporth.



#### Day 2

##### *Aberporth to New Quay – 14 miles (22 km)*

Some of the most spectacular scenery in Ceredigion lies en-route today. This stretch of coastline has been occupied for centuries, and there is evidence of an Iron Age hillfort between Tresaith and Penbryn. The village of Llangrannog makes a welcome lunch spot, before you continue to the secluded little cove of Cwmttydu with its old limekilns.

A few miles on from the Cwmttydu limekilns lies the bustling seaside town of New Quay. Once the home of Dylan Thomas, it's now a favourite with families and surfers with its picturesque harbour and sandy beach.



#### Day 3

##### *New Quay to Llanrhystud – 14 miles (22 km)*

A long but straightforward day along the coast path, with some fantastic geology on show as the route traverses the beach at Llanina Point. Look out for dolphins and seabirds on the second half of the day as you head north through the village of Llanon and along Llanrhystud's pebble beach to finish the day.



#### Day 4

##### *Llanrhystud to Aberystwyth – 10 ½ miles (17 km)*

A wilder and remoter feel on today's walk as the route sticks to the cliff top for much of the day, and encounters very few sites of human habitation. There are excellent views south to Cardigan Island and north to Cambrian Mountains and the heights of Pumlumon. The day ends at the seaside resort of Aberystwyth with its popular promenade. Home also to the National Library of Wales and a ruined castle overlooking the Irish Sea, this university town is the largest in the county and offers good facilities and options for eating out.



#### Day 5

##### *Aberystwyth to Ynyslas – 10 miles (16 km)*

A shorter final day but with some steep sections on the first stretch from Aberystwyth to Upper Borth to test your legs! At Wallog there is an unusual marine geological feature – a subtidal reef extending many kilometres out into Cardigan

Bay. Created by glaciers 10,000 years ago, the moraine forming the reef is composed of boulders and pebbles and the shallow water may be favoured by bottlenose dolphin offering good foraging and feeding opportunities. An exhilarating finish to the walk lies in store as you enter the Dyfi National Nature Reserve with its impressive sand dunes and rich flora and fauna.



### Tour summary

<b>Duration</b>	5 days
<b>Distance</b>	60 miles (96 km)
<b>Grading</b>	Moderate
<b>Price</b>	£325 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.

**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.**

