

# Cycle the Lon Teifi Trail



## Highlights

Cycle along quiet country lanes and explore the beauty of the Welsh countryside on this four-day cycling holiday following the Lon Teifi Trail from Fishguard to Aberystwyth. You'll have a detailed route map but, as this is a self-guided break, you'll be your own tour guide. Available every day of the year, all you need to do is pick a time to go and pedal away.

Lon Teifi is a stunning cycle route from Fishguard to Aberystwyth that joins the Ystwyth valley and the River Teifi passing many charming towns and ruins along the way. The route offers a nice blend of rewarding climbs and gentle sections in the valleys.

Start the tour with a nip up to Fishguard's cliff-top paths to see if you can spot any of the seals and porpoises that frequent the waters here. After that, it's on your bike for a ride along the River Gwaun where you can visit the 5000 year old Pentre Ifan burial chamber and the Iron Age fort at Castell Henllys as you wend your way towards Cardigan. More ancient sites include the 14th-century Cilgerran castle and the remains of a Cistercian Abbey at Pontrydydyfendigaid. For something a little more lively, swap your two wheels for a coracle - a tiny pre-Roman boat originally covered with animal skins - at the National Coracle Centre.

## Is it for me?

The team who run this tour has graded this trip as moderate. That means, basically, you'll need to have a decent level of fitness and if you're planning on bringing the kids they'll need to be confident cyclists. It's a self-guided tour so this would make a great family-bonding trip, and as long as everyone's happy spending most of the day on two wheels, it should go without a hitch (though we can't vouch that there will be no bickering along the way if you've got teenagers in tow). You'll cover 100 miles over four days, which works out at about 25 miles a day - so while it's not too taxing, you should just about feel the burn.

## Accommodation

You'll be staying in B&B accommodation and good guesthouses that the team has used previously - so they know they're of a high standard. In terms of food, aside from breakfast - which you'll get at your accommodation - you'll need to provide your own so make sure you budget extra for this.

## Itinerary

### 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 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 prehistoric breed of pig which root about in the surrounding woodland.

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 12th -15th centuries.

### Day 2: Cardigan to Llandysul (23 miles)

Prices from

**495** GBP (4 days) per person

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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 14th 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, 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 wildlife in abundance - including otters, water voles, polecats and the Red Kite.

Pontryhdyfendigaid hides the remains of an ancient abbey. A Cistercian abbey was established at Strata Florida, meaning “Vale of Flowers”, in the 12th 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 14th-century poet, Dafydd ap Gwilym.

## Details

### Getting there

Fishguard has its own train station which is served by Arriva Trains Wales, or if you're travelling from Ireland there's the ferry from Rosslare.

### Price includes

Pick-up and drop-off at nearest railway station at the start and end of the tour, accommodation in B&Bs and guesthouses, luggage transfer, vehicle back-up, custom maps with your daily ride highlighted, route guide including directions and background information, 27-speed TREK hybrid bike, handlebar bag, first-aid kit, lock, water bottle and bell.

### Available

Jan—Dec

### Typical Duration

5 days

### Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

### Experience required

A reasonable level of fitness and interest is all that is needed