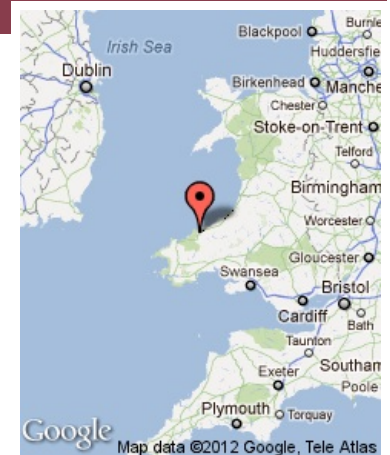


# Walk the Ceredigion Coast Path



## Highlights

Breathe in fresh sea air as you explore the west coast of Wales, walking the Ceredigion Coast Path on this five-day self-guided walking holiday. With a detailed route-map provided, and comfy accommodation sorted for you along the way, all you need to do is lace up your walking boots and hit the trails.

The Ceredigion Coast Path traces a 60 mile (96 km) path between the Dyfi and Teifi estuaries in Cardigan Bay. The route offers a beguiling combination of stunning coastal scenery and welcoming coastal towns and villages. The coastline features white sand beaches, marsh estuaries, dunes and high cliffs and plays host to rich bird-life and flora.

From high atop the Ceredigion coast path you'll be rewarded with views that coast for miles out to sea. Look out for bottlenose dolphins at Cardigan Bay and while you're heading north into Llanon village. Elsewhere, your days will be graced with idyllic beaches like the ones at Mwnt and New Quay – once home to writer, Dylan Thomas. Then there's the bustling university town of Aberystwyth where you'll find a traditional seaside promenade complete with Royal Pier and plenty of places to tuck into tasty local cuisine. Lastly, there's the Dyfi National Nature Reserve where sand dunes at Ynyslas unfold in waves out onto a sandy beach.

## Is it for me?

You'll cover 96 kilometres – about 60 miles - over five days, so this tour's not too hard going on the legs, there are a few hilly stretches though – so be warned! The team who organise it has graded it as moderate – so it'll suit active families and those used to walking fair distances. As this is self-guided there may also be some points where good navigational skills are required – though the path is well marked most of the time.

## 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, you'll get breakfast at your accommodation, and will then need to sort out your own lunches and evening meals – so budget extra for this. Don't forget to bring snack supplies too – especially if you've got teenagers in tow.

## Itinerary

### Day 1-Cardigan to Aberporth (18.7km)

The route begins in the compact town of Cardigan, founded in the late 12th century, and heads north to the hamlet of Gwbert 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 (22.7km)

Some of the most spectacular scenery in Ceredigion lies en-route today. Much of the walk is easy today as you continue in a north-easterly direction. 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 the route continues along an uninhabited stretch of coast to the secluded little cove of

Prices from

**325** GBP (5 days ) per person

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Cwmttydu. A final six-kilometre stretch brings you to 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 (22.5km)

A long but straightforward day along the coast path, with some fantastic geology on show as the route crosses 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 (17km)

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 (15.8km)

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 you can often see bottlenose dolphins in the shallow water here. 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.

## Details

### Getting there

The nearest train station to Cardigan is Fishguard station – just under 15 miles away. The team will organise a pick-up from here and transfer you to Cardigan for the start of the walk.

### Price includes

Pick-up and drop-off at the nearest railway station at the start and end of the tour, B&B and guesthouse accommodation (5 nights), luggage transfer, vehicle back-up, custom maps, route guide with directions and background information, first-aid kit.

### 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