

# Discover Ceredigion

Cardigan Bay & the Cambrian Mountains





# Welcome

You should get to know us better. You really should...

It's only then that you'll find out how it's possible to go walking on a heavenly coast path in the morning and high in the Cambrian Mountains in the afternoon.

Or how a region can be very Welsh and mystical yet very worldly at the same time: traditional country inns and trendy coastal hotels and a lively culture reinvented and invigorated, all combine to create an identity that is about the future as much as the past. A place of legendary seascapes and landscapes where roads and country lanes are worth following for the sheer pleasure of what you'll find along the way.

You really need to put a bit of Ceredigion into your life. Come and meet the Cardis.

*Rheidol Valley (Cwm Rheidol)*



Mae fersiwn Cymraeg o'r llyfryn hwn ar gael.

Whilst Ceredigion County Council's Tourism Service has made every effort to ensure accuracy in this publication, the Council cannot accept responsibility for any errors, inaccuracies or omissions or for any matter in any way connected with or arising out of the publication of the information contained within this brochure.

**Published by** The Ceredigion Tourism Service, Canolfan Rheidol, Aberystwyth SY23 3UE  
© Ceredigion County Council 2020. All rights reserved.

**Photography** © Janet Baxter; Iestyn Hughes, Alan Hale, Ed Moore, Y Talbot,  
Crown Copyright (2020) Visit Wales, Aberystwyth Arts Centre.

**Designed in Ceredigion, Wales** [www.four.cymru](http://www.four.cymru) **Printed in Wales** The Westdale Press.





De la baie de Cardigan aux monts Cambriens, vous découvrirez de magnifiques plages, des couchers de soleil à couper le souffle, des villes commerçantes très animées et des paysages incroyables. Vous aurez le choix entre des auberges champêtres traditionnelles et des hôtels modernes au bord du littoral où vous pourrez déguster la savoureuse cuisine locale. Au programme: des sensations fortes en plein air, des plages réputées, l'observation des grands dauphins dans la baie, un époustoufflant chemin côtier et d'innombrables sentiers montagneux et forestiers. N'oubliez donc pas votre sens de l'aventure pour profiter de tous les atouts du comté de Ceredigion et vivre une expérience inoubliable.



Desde la Bahía de Cardigan hasta las Montañas Cambrian, descubrirá preciosas playas, impresionantes puestas de sol, animados mercados locales y espectaculares paisajes. Encontrará tradicionales posadas rurales, modernos hoteles costeros y una excelente gastronomía típica. Viva emocionantes aventuras al aire libre, disfrute de las playas que han recibido numerosos premios, contemple los delfines mulares en la Bahía, admire las increíbles vistas haciendo un recorrido por la costa o adéntrese por el sin fin de rutas que recorren sus montañas y bosques. Ceredigion tiene todo lo que necesita para hacer una escapada inolvidable, lo único que no debe olvidarse en casa es su espíritu aventurero. de tous les atouts du comté de Ceredigion et vivre une expérience inoubliable.



Mwnt



Van Cardigan Bay tot en met de Cambrian Mountains ontdekt u prachtige stranden, adembenemende zonsondergangen, bedrijvige marktstadjes en ongeëvenaarde uitzichten. U vindt hier traditionele herbergen, trendy kusthotelletjes en overheerlijke plaatselijke gerechten. U kunt genieten van spannende avonturen in de openlucht, bevroonde stranden, dolfijnen in de Bay, een verbazingwekkend wandelpad langs de kust en plenty mogelijkheden voor een berg- en boswandeling. In Ceredigion vindt u alles wat u tijdens een heerlijk weekendje weg of een langere vakantie maar nodig kunt hebben, zolang u uw avontuurzucht maar niet thuis laat.



Zwischen Cardigan Bay und den Gebirgszügen der Cambrian Mountains bieten sich Ihnen wunderschöne Strände, überwältigende Sonnenuntergänge, lebhaftes Marktstädtchen und ein bezauberndes Panorama. Hier lassen sich traditionelle Landgasthöfe, schicke Küstenhotels und die Genüsse der einheimischen Küche entdecken. Genießen Sie Nervenkitzel und Outdoor-Abenteuer, preisgekrönte Strände, Delfine in der Bucht, einen atemberaubenden Küstenweg sowie Wald- und Höhenwege in Hülle und Fülle. Ceredigion hat alles, was Sie zum Abschalten brauchen, aber vergessen Sie nicht, Ihren Entdeckergeist mitzubringen.



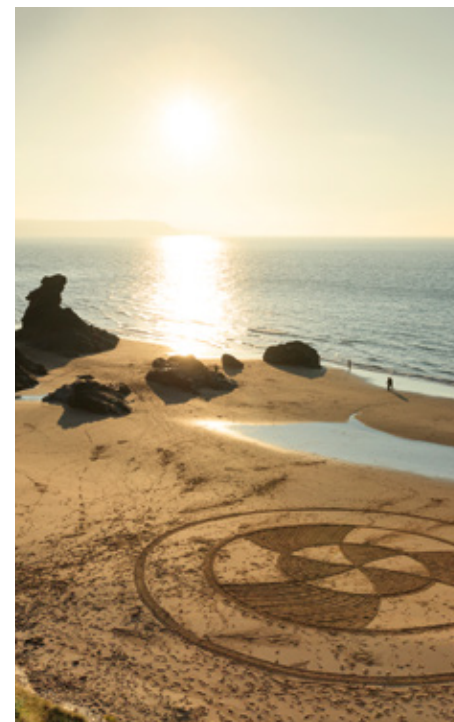
# Sea-licious

Ceredigion has one of Britain's tastiest stretches of coastline. Fresh air, fresh seafood direct from the bay and the time and space to relax and enjoy. Perfect for get away from it all or full-on family holidays.

Our colourful and historic seafaring ports are inspiration for poets and artists, a gourmet's delight and destinations for adventure seekers 'in the know' about top waves and the best chill-out weekends and festivals.

Go elsewhere for noisy, kiss-me-quick funfairs. With much of our coast designated Special Areas of Conservation, Heritage Coast or UNESCO Biosphere, we're all about the timeless pleasures of sand between your toes, rock pools and wildlife, promenading with friends, the cleanest of clean beaches and romantic sunsets.

*Cilborth, Llangrannog*





Two gorgeous estuaries, Teifi and Dyfi, are linked by the Ceredigion Coast Path. There are more photo opportunities than your smartphone can handle along the 60 mile long walking route.

In the greater scheme of things, it's part of the 870-mile Wales Coast Path, but unless you're a mileage-hungry marathon junkie, you'll much prefer the comfy, bite-sized chunks we specialise in, so take the Ceredigion Coast Path Challenge in your stride.

But just because you get to walk along beaches don't think it's all flat. You'll clamber up to Iron Age hillforts for a seabird's-eye view across Cardigan Bay, linger to look out for dolphins, seals and seabirds, dip down to secluded smugglers' coves hidden below wooded slopes and discover waterfalls, wildflower meadows and peaceful pilgrim churches along the way.



## Follow the path



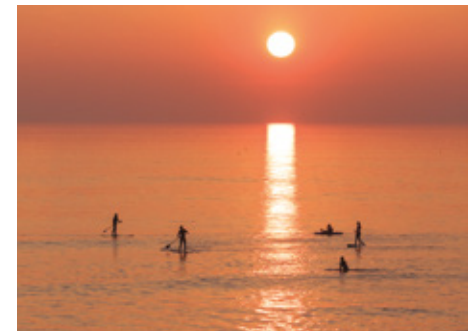
*Ceredigion Coast Path*



# Making waves

Getting wet is half the fun of water and beach sports. The other half is enjoying them in stunning surroundings. That's where we come in. Our Heritage Coast is awash with all kinds of aqua activities: let a local show you the ropes and the rocks on a coasteering adventure; discover hidden sea caves and secret beaches on a kayak trip; learn to sail a dinghy in New Quay, home of one of Wales's oldest yacht clubs; race along the beach or taste the surf and capture the breeze with a kite on Borth beach.

Celtic rowers have challenged the Irish sea for millennia and sailing enthusiasts soak up our salty maritime heritage, calling into the historic harbours of New Quay, Aberaeron and Aberystwyth as Cardigan Bay's big blue yonder beckons.



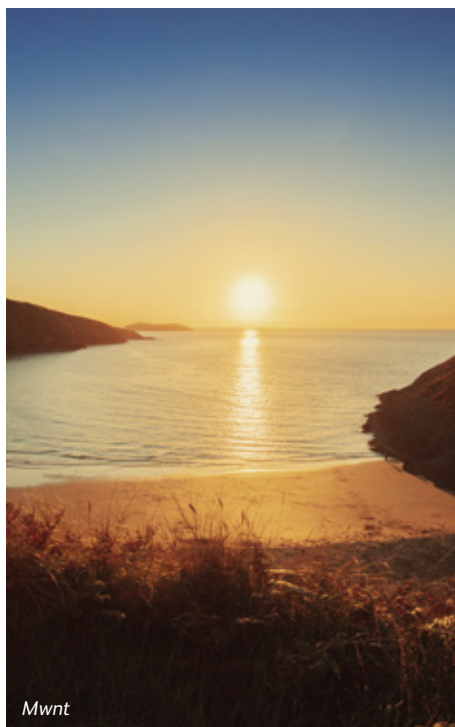




Aberporth



New Quay (Y Cei Newydd)



Mwnt



Penbryn

# On the beach

Family seaside holidays in Ceredigion are all about fresh air, freedom and fun. Explore rockpools and sandunes, discover a prehistoric fort or sunken forest along the shore, or a smuggler's cave hidden in contorted rock formations. Fish for crab and mackerel and gather driftwood and colourful pebbles to create a spectacular sand art sculpture.

There's a choice of award winning beaches - Blue Flag, Seaside and Green Coast Awards; from pebble banks to mile long sandy stretches, our most popular bathing beaches are patrolled by RNLI lifeguards during the summer months. Don't forget that there are also several beautiful quiet beaches and coves, with access all year round for dogs, so the whole family can enjoy a holiday together.



# Wheels, walks and rides

Built only to speed cattle and sheep across to England's markets, the single track routes across the Cambrian Mountains are legendary: detour to Soar y Mynydd - the remotest of mountain shepherd chapels, undisturbed by the occasional passing car or bike - look out for dozing sheep!

Swish along Bwlch Nant yr Arian's mountain biking trails for superb mountain views or take on the Devil or Giant - aptly named Aberystwyth Cycle Festival sportive routes. Our railway tracks are for riding too - on bike or horseback and chuffing along behind a polished Vale of Rheidol steam engine.

If your quest is for a quiet amble, take your pick from a coastal clifftop path or a riverside ramble or confidently stride to the heart of a bog on a boardwalk.



Ystwyth Trail, Aberystwyth



Claerddu, Teifi Pools



# Discover all seasons

City seasons seem almost all the same don't they? In the countryside you can see and feel the seasons changing and each brings its own sights, smells and tastes. Share the joy of spring lambs and catch the heady scent of wooded glades swathed in bluebells and wild ramsons; spot dolphins and seabirds chasing shoals of mackerel in summer, or enjoy the autumn bounty of hedgerow and moorland berries and, of course, winter is the best time to see the sunken forest at Borth when the tides scour away the sand.

Our summer evenings are longer here in the west and our dark skies truly heavenly; there really is nothing more romantic than one of Cardigan Bay's beautiful sunsets.

Hafod







Soar y Mynydd



Claerddu, Teifi Pools

# The Cambrian Mountains

Wild Wales - that's what 19th-century tourist, George Borrow, called his book. If he were rewriting it today he wouldn't need to change much. He traversed the slopes of Plynlimon - the five summits and source of the mighty Severn and Wye and explored the Picturesque vistas of the woodland Hafod estate and heard how the devil built a bridge over a tumbling water filled gorge. This high country of wide, muscular vistas is compelling: 760-square-miles of mountain moor, forest, lakes and sheep farms. Towns and villages are few and far between, save for small settlements around its fringes. Neither are there many roads - and those that do exist trace the footsteps of knights and giants, medieval pilgrims and Victorian drovers - across the 'roof of Wales'.



Plynlimon (Pumlumon) and Nant y Moch



# Country life

It's proper country life in proper countryside - by which we mean a working landscape of cattle and sheep farms, small but robust market towns, tractor runs and speed sheep shearing!

Ceredigion is definitely the real thing, quintessential Welsh countryside with a ruddy face and muddy boots and a heartbeat that still keeps time with the rhythm of the seasons. See a farm and garden worked as of old at the elegant gentleman's estate at Llanerchaeron.

Ceredigion is the spiritual home of the Welsh mountain pony and cob, celebrated at Cardigan's Barley Saturday in April and at festivals and country shows across the county. Our long-standing love affair with all things equine also means countless miles of inviting bridleways and trails.



Llanerchaeron



Tregaron





Red Kite



## Wild and wonderful

**B**inoculars and a camera are compulsory! Our wildflower and butterfly rich headlands and coastal slopes are perfect lookouts for spotting Cardigan Bay's bottlenose dolphins, peregrine falcons and King Arthur's bird, the chough. There are secluded beaches where seals and their pups feel safe, marshy haunts for curlew, golden plover and lapwing and craggy cliffs where guillemots and shearwaters precariously perch.

The gently arcing coast of Cardigan Bay is the backdrop for the winter spectacle of starling murmurations over the castle and promenade at Aberystwyth, whilst the return of the sea eagle, or osprey, is warmly anticipated each spring in the Dyfi Biosphere. Look out too for grazing ponies, sheep and even water buffalo, who help maintain the delicate balance of our varied protected habitats.

Bottlenose Dolphins





# Epic Exploration

Mwnt

Follow in the footsteps of princes, saints and sinners including King Arthur, Saint David (patron saint of Wales), Owain Glyndwr and Henry Tudor. The sturdy stone ramparts of Cardigan Castle were the first to be built for a Welsh warrior prince - the Lord Rhys and it's here he sponsored, way back in 1176, the very first Welsh arts festival, the Eisteddfod. Is this also the site where King Arthur attended a wedding? And the shimmering island seen in the evening glow of the west across the bay, his Avalon?

A cup that many believe to be The Holy Grail can now be seen and shared at the National Library of Wales and, once a year, it returns to its spiritual home, the ruined abbey of Strata Florida.

That undefined, uniquely Welsh 'hiraeth' always draws people home to Ceredigion, over the years and the oceans. The ties are still strong.



Cardigan (Aber-teifi)



Cardigan Castle



Aberystwyth Castle



# Our Celtic Routes

**T**hey say travel broadens the mind but some journeys do much more. They let you see the world through different eyes. To see history and legend come together. To see balance and harmony in our busy world.

Follow Celtic Routes through the west coast of Wales and Ireland's Ancient East and take roads less travelled. Our Celtic Routes take you closer to the coast and countryside, the places that shaped a rich culture still shared by the people of our two countries. You'll hear the rhythms of the natural world in the lilt of our voices. You'll explore untamed landscapes that inspire everyday adventures. You'll find colourful villages where people have time for you and for each other. A culture that has always valued a warm welcome for visitors and a fond farewell for new-found friends. These journeys are our Celtic Routes.

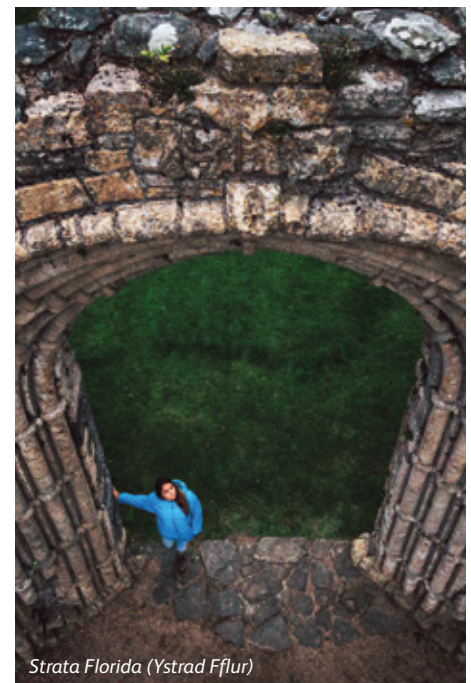
[www.celticroutes.info](http://www.celticroutes.info)



Llangrannog



Borth - Ynyslas



Strata Florida (Ystrad Fflur)



# The Wales Way

Follow *Wales Way*'s coastal route along the entire length of Cardigan Bay from Aberdaron to St Davids through Ceredigion's colourful harbour towns and bustling seaside resorts, along a coastline rich in wildlife. Stop off at fishing villages, secluded coves and sandy Blue Flag beaches; take a stroll along Ceredigion's 60 mile long coast path or simply sit back and gaze at the beauty of Cardigan Bay.

Zig zag your way inland towards the Cambrian Mountains and hunt out Ceredigion's hidden gems from bridges linked to the devil to market towns and abbey ruins. Explore Wales's first biosphere and visit scenes from TV's haunting Hinterland.

Take your pick of pubs and inns, cafes and restaurants and sample the best of Ceredigion's seafood and craft brewed beers along the way. Drive, walk, ride or bike the Coastal Way - it's an epic journey.

Ceredigion coast



Aberaeron



Cardigan (Aberteifi)



Cwmttydu



Aberystwyth





## Foodie Cardi

With all that fish (and shellfish) in Cardigan Bay, trout, salmon and sewin in the lakes and rivers and lamb and beef raised on meadow herbs on the slopes of the Cambrian Mountains, our farmers' market and food festival stalls are full of the best local produce. In seafront cafés and town bistros, fine dining restaurants and village inns, traditional and contemporary tastes are satisfied with just a handful of food miles on the clock.

This is a land of milk and honey, brought together in delicious local ice cream, yoghurt and dairy puddings and desserts. Of course, a hearty bowl of St David's Day 'cawl' should always be accompanied by fresh bread and some Ceredigion farmhouse cheese and washed down with a glass of locally brewed beer or cider.





# Artisan adventure

Our textile traditions are just one expression of a thriving art and craft scene. Examine the giant knitted cardigan of Cardigan, visit Ceredigion Museum or the National Wool Museum. Source sumptuous woollen blankets and unique pieces of home décor in the most unexpected places deep in the country. Traditional skills have been enlivened and re-interpreted by a new breed of artists working in everything from driftwood to Welsh gold, ceramics and paper collage.

There's a healthy collective spirit too and the desire to share a 'behind the scenes' experience with visitors on the Ceredigion Art Trail, which invites you into studios, workshops and pop-up galleries in the most unlikely of venues, including chapels, gardens, pubs and stables.







Aberystwyth Comedy Festival



Aberystwyth Cycle Festival



Cardigan Lantern Parade



Aberystwyth Arts Centre

# That's entertainment

Conventional theme parks aren't our thing. But there's plenty here to keep everyone entertained. Our festivals embrace all kinds of Ceredigion passions from cycling to singing and storytelling, from history and horses to feasts and feats of the sea.

Relish the open air theatre and unbridled Welsh hwyl of the quirky funeral parade for a mackerel, try to run a 'bog trotter' or 'muddy mountain' race, or simply cheer on the teams at a madcap tug-o'-war across a harbour mouth.

And we don't switch off the lights come night-time. Music and theatre are a way of life and venues can be a castle or a concert hall, outdoors or impromptu at a local pub. Ask about local choir or band rehearsals - you may even get a chance to join in!





# Place and space

Just to put things into perspective: our largest town is Aberystwyth, population 15,000. For us that's a big number, swollen by students who bring a cosmopolitan buzz to the seaside town each autumn.

Most places are much smaller and they're on a refreshingly human scale, with high streets and family-run stores, traditional butchers and bakers.

Ceredigion may be the fourth largest county by area in Wales and with the third smallest population, but there are architectural gems to discover and each place, however small, has a story to tell. Our villages usually have a village pub (or two) and a shop, with proper tractors (not the Chelsea kind) parked outside. Stop by and spend some time exploring.

New Quay (Y Cei Newydd)





# Towns and villages

## Aberystwyth

Ceredigion's largest town. It's a seaside resort, cosmopolitan university town and shopping centre but still small enough to be relaxed and friendly. There's a lively arts scene with theatres, concert halls, festivals and art galleries. Harbour, marina, ruined 13th century castle, cliff and narrow gauge railways, county museum and National Library of Wales.



## Aberaeron

Impossibly pretty Regency harbour town with two beaches, pastel-shaded houses and fashionable places to stay and eat. Dylan Thomas lived just along the coast in New Quay and in the Aeron Valley. National Trust's Llanerchaeron estate nearby - follow the riverside path from the harbour.



## Cardigan

Mentioned in tales of King Arthur, Cardigan's strategically placed castle on the estuary of the river Teifi marks the gateway to a colourful and creative market town. Excellent agricultural and craft produce and festivals of food, music, theatre and country life. Close to Ceredigion's spectacular coast path and award winning beaches.





# Towns and villages

## Devil's Bridge

Picturesque woodland setting with deep waterfall chasm spanned by bridges - was one built by the devil? Travel by steam railway from Aberystwyth up the vale of Rheidol. TV's *Hinterland* country.



Devil's Bridge (Pontarfynach)



Cors Caron, Tregaron

## Tregaron

The square of this small market town where drovers gathered before setting off across the hills, is still the place to meet. Visit the ruins of Strata Florida abbey and the remote chapel at Soar y Mynydd.

## Lampeter

Dignified country and university town. Birthplace of rugby in Wales! Food, beer, craft and music festivals, horse and agricultural shows and an international quilt collection.

## Llandysul

Riverside town, famous for salmon, trout and sewin fishing and challenging canoeing on the rapids. National Wool Museum nearby.

## Dyfi Biosphere

Wales's first UNESCO Biosphere. Centre for Alternative Technology, Wales's first parliament house, mining history at Furnace and Talybont and wildlife at Ynyslas and RSPB Ynyshir reserves.

## Teifi Valley

Newcastle Emlyn's castle lies in a loop while Cilgerran's castle, painted by Turner, stands on a cliff above a gorge. Coracles, famous waterfalls and salmon leap at Cenarth.



Dyfi Biosphere



Lampeter (Llanbedr Pont Steffan)



Llandysul



Cenarth, Teifi Valley (Dyffryn Teifi)





Borth



New Quay (Y Cei Newydd)

# Beaches

## Borth, Ynyslas, Clarach

A three mile long stretch of beach extends from Borth to the sand-dunes and nature reserve at Ynyslas. Great for surfing, paddle boarding and kite surfing. Dramatic rock formations flank a sandy cove at Clarach. Lifeguards at Borth and Clarach in summer.

## Aberystwyth

The headland of Castle Point stands between Aberystwyth's two popular shingle beaches. A mile long promenade - with bandstand, pier and jetty - is perfect for sunsets and wildlife spotting. Lifeguards in summer.

## New Quay

You're spoilt for choice - three great sandy beaches in one! Popular Dolau and Harbour beaches are linked to quieter Traethgwyn - but don't get cut off by the tide. Great for spotting dolphins. Lifeguards on Harbour beach in summer.

## Llangrannog

A firm family favourite just off the coast path. The dramatic rocky outcrop of Carreg Bica stands between the sandy village beach and Cilborth cove. Popular with surfers and rowers. Lifeguards in summer.

## Cwmttydu

The river Dewi runs down through a wooded valley to the small pebble beach. The rocky shore, sea caves and clifftops are a wildlife haven. Imagine how smugglers made the most of this hidden beach.

## Aberporth and Tresaith

Aberporth's two sandy beaches and nearby Tresaith are linked by the coast path - a favourite spot for dolphin spotting. Enjoy the freshwater shower of the waterfall on Tresaith beach. Lifeguards in summer.

## Penbryn and Mwnt

Two gorgeous National Trust beaches. You'll find Penbryn at the end of a quiet wooded lane while Mwnt, overlooked by a pretty whitewashed church, is possibly the most photographed beach in Wales. Clear skies are perfect for stargazing.



Llangrannog



Aberporth



Mwnt



Penbryn



Aberystwyth



# Let's go for a walk

## The greatest mountain

Choose from five routes to the top of Plynlimon, the highest of the Cambrian Mountains range to find the source of the Severn and the Wye rivers.

## Go with the flow

See and smell spring and autumn in the wooded river valleys of the Ystwyth, Rheidol, Aeron and Teifi and be immersed in the sound of winter waterfalls at Furnace, Devil's Bridge and Hafod.

## Spirit of the Miners walks

Take in 2,000 years of silver-lead mining history - *'the richest in the king's dominions'* - as well as filming locations for *Hinterland* and the circus elephant of Tregaron.

## Easy and accessible paths

Boardwalks take you by whitewater falls at Cenarth and onto tranquil Tregaron bog; spot dolphins from Aberporth's clifftops, red kites feeding at Bwlch Nant yr Arian or starling murmurations and sunsets from Aberystwyth promenade.

## Town trails

With a map or an app, follow town trails around Cardigan, Llandysul, Lampeter, Tregaron, Aberystwyth and Aberaeron.

## Coastal and mountain hillforts

From promontory forts along the Ceredigion Coast Path to sites overlooking strategic valley routes recalling forgotten heroes and battles, you're guaranteed winning views from the ramparts of Ceredigion's hillforts.

Go to the

**DiscoverCeredigion.wales**

website for details of walks and routes in Ceredigion.



Ceredigion Coast Path



Teifi Pools



Plynlimon (Pumlumon)



Aberystwyth



Cors Caron, Tregaron



Hafod



# Ceredigion

Cardigan Bay and the Cambrian Mountains



Llangrannog



Cwm Berwyn

BAE CEREDIGION  
CARDIGAN BAY



All maps are based upon Ordnance Survey material with the permission of Ordnance Survey on behalf of the Controller of Her Majesty's Stationery Office © Crown copyright. Unauthorised reproduction infringes Crown copyright and may lead to prosecution or civil proceedings. Ceredigion County Council, 100024419, 2020.





CYNGOR SIR  
**CEREDIGION**  
COUNTY COUNCIL



# Discover Ceredigion

Cardigan Bay & the Cambrian Mountains

T 01970 612125  
01545 570602

E [tourism@ceredigion.gov.uk](mailto:tourism@ceredigion.gov.uk)

 [@DiscoverCeredigion](https://www.facebook.com/DiscoverCeredigion)

 [@VisitCeredigion](https://twitter.com/VisitCeredigion)

Vale of Rheidol Steam Railway