

Ceredigion Coast Path

The Challenge

Walk the
entire 60 mile
Ceredigion Coast
Path at your own
pace and claim
your certificate



darganfod discover
Ceredigion

Cardigan Bay & the Cambrian Mountains

Ceredigion Coast Path Highlights

The route along the crescent of Cardigan Bay through Ceredigion forms a very special part of the Wales Coast Path experience. Here are some of the highlights you can expect to discover along the way.



Sections of the Ceredigion Coast Path at Aberystwyth, Aberaeron and Aberporth are accessible to all.

Enjoy Ceredigion's award winning beaches along the coastline of Cardigan Bay, including family beaches and quiet secluded coves.



The Ceredigion coast is a haven for a wide variety of marine wildlife, birds, plants and animals including Europe's largest population of bottlenose dolphins.

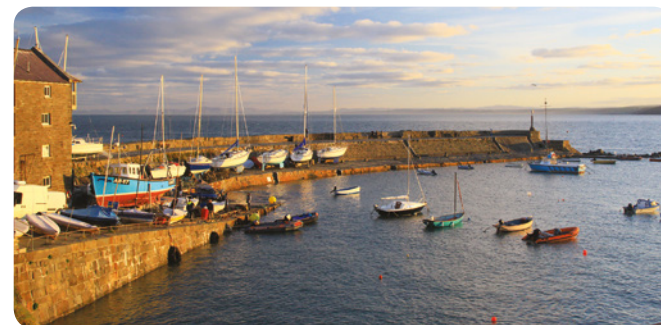
Discover Ceredigion's heritage while walking the coastline. Take time to visit the towns and villages along the route.



Mwnt is an ancient holy site complete with a picturesque and simple 14th century Church (Eglwys y Grog) - make this a must on your trail.

Ceredigion Coast Path Facts

- Most of the Ceredigion coastline is designated as a marine Special Area of Conservation, and the southern section is also Heritage Coast.
- There are over 30 beaches and coves along the path, many having won Seaside, Blue Flag and Green Coast awards
- Waterfalls drop directly onto the beach at Tresaith and at Cwm Buwch between New Quay and Aberaeron.
- Europe's largest pod of bottlenose dolphins is resident for most of the year in Cardigan Bay and can be seen from several vantage points along the path, as can harbour porpoises and Atlantic grey seals.
- Look out for choughs, peregrine falcons and guillemots in summer along the coastal cliffs as well as the spectacular starling murmuration above Aberystwyth promenade from autumn through to spring.



"I walked on to the cliff path again, the town [New Quay] behind and below waking up now so very slowly; I stopped and turned and looked..."

Dylan Thomas - 'Quite early one morning'

Wales Coast Path App

The Wales Coast App details the entire Wales Coast Path, tracks your progress, explores over 150 beaches and guides users to nearby facilities.

So why not download the free Wales Coast App now!



Ceredigion Coast Path The Challenge (60 miles/96km)

The Ceredigion Coast Path follows a 60 mile route between the Teifi and Dyfi estuaries – starting just south of Cardigan and heading northwards finishing at Ynyslas. Using the towns and villages along the coast as a base, the path through Ceredigion can be walked in easy sections. Local shops, cafés, pubs and restaurants provide a welcome reward on completing a section.

Walk the Ceredigion Coast Path in its entirety – no matter how long it takes!
Answer the seven questions opposite to claim your personalised challenge certificate.
Share your experience with us at #FindYourEpic

Section	From	To	Distance	Grade
	Cardigan	Aberporth	12 miles	Moderate/easy
	Aberporth	Llangrannog	5.4 miles	Moderate/hard
	Llangrannog	New Quay	9.4 miles	Moderate
	New Quay	Aberaeron	6.6 miles	Moderate/easy
	Aberaeron	Llanrhystud	7.4 miles	Moderate/easy
	Llanrhystud	Aberystwyth	10.6 miles	Moderate/hard
	Aberystwyth	Ynyslas	9.8 miles	Easy/hard

Accessibility

Some sections of the Ceredigion Coast Path are free of gates and stiles and some sections are wheelchair and pushchair friendly. For further information visit: www.ceredigioncoastpath.org.uk

Travel

Returning to base is easy.

For all up-to-date travel information visit: traveline-cymru.info

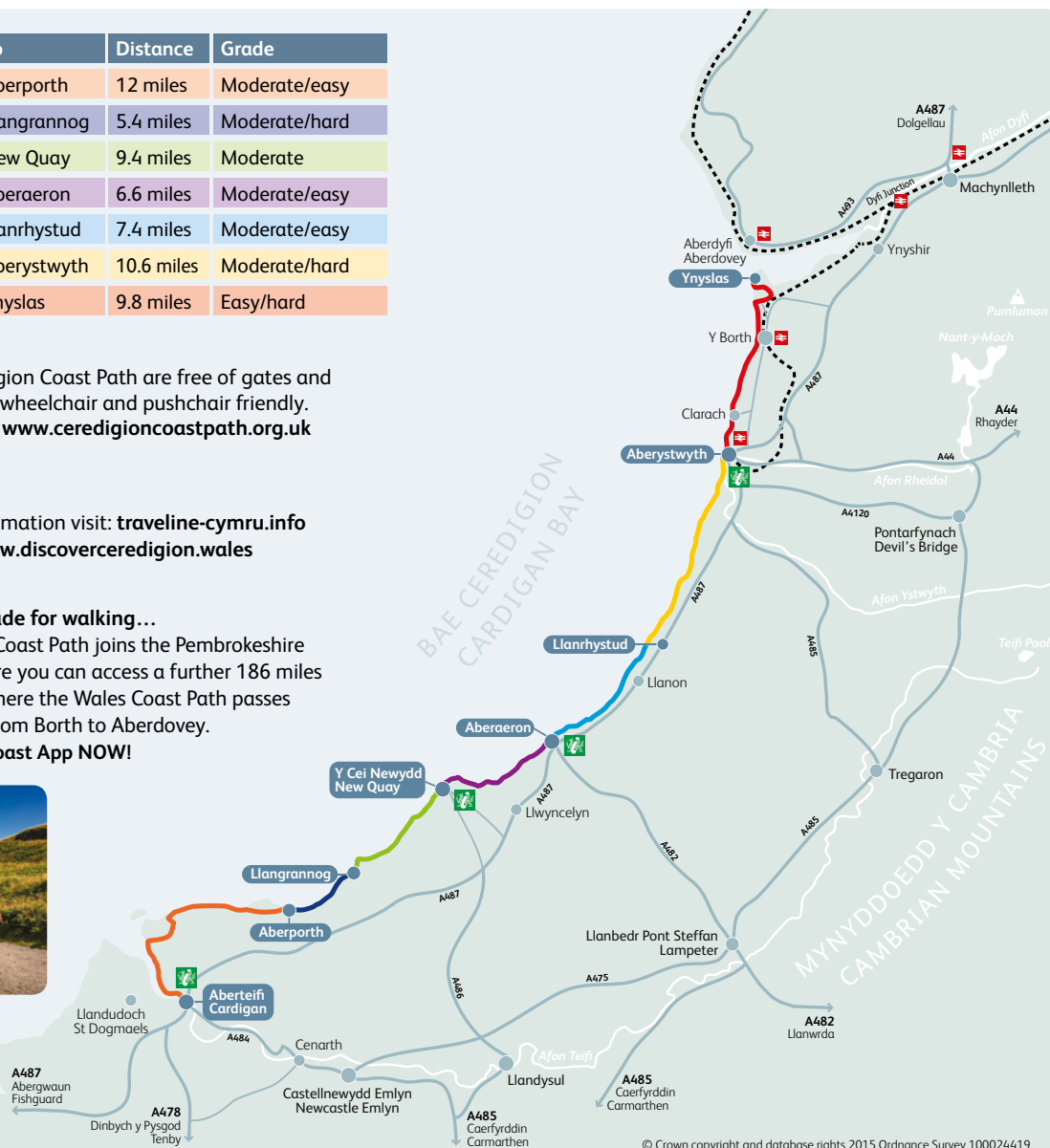
For car-free options visit: www.discoverceredigion.wales

Wales Coast Path

And if those boots were made for walking...

Don't forget the Ceredigion Coast Path joins the Pembrokeshire Coast Path at Cardigan, where you can access a further 186 miles of path. Or continue north where the Wales Coast Path passes through the Dyfi Biosphere from Borth to Aberdovey.

Download the FREE Wales Coast App NOW!



Ceredigion Coast Path The Challenge

Questions and Answers

- 1 A bronze statue of which mammal can be found at the riverside in Cardigan?
- 2 A wooden sculpture of what can be seen at the car park near the beach in Aberporth?
- 3 What name is given to the rock stack located on Llangrannog beach?
- 4 New Quay has a claim to literary fame through which famous person?
- 5 What was the small pink building near the yacht club in Aberaeron formerly used as?
- 6 The ruins of what type of building can be found along the path between Llanon and Llanrhystud?
- 7 What can be found hidden in the sand between Borth and Ynyslas?

Complete this form and send it along with the answers to the seven questions to the address below. Please write clearly as the information will be used for your certificate.

Name

Address

Postcode

Tel Email

Start date Completion date

☐ Please add me to your mailing list. Return to: Ceredigion Coast Path Certificate, Ceredigion Tourism, Terrace Road, Aberystwyth SY23 2AG

Contact the Ceredigion Tourist Information Centres for more information or visit www.discoverceredigion.wales

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