

discover

# Ceredigion



Cardigan Bay & the Cambrian Mountains



Cyngor Sir  
**CEREDIGION**  
County Council



Caru Love  
**Ceredigion**

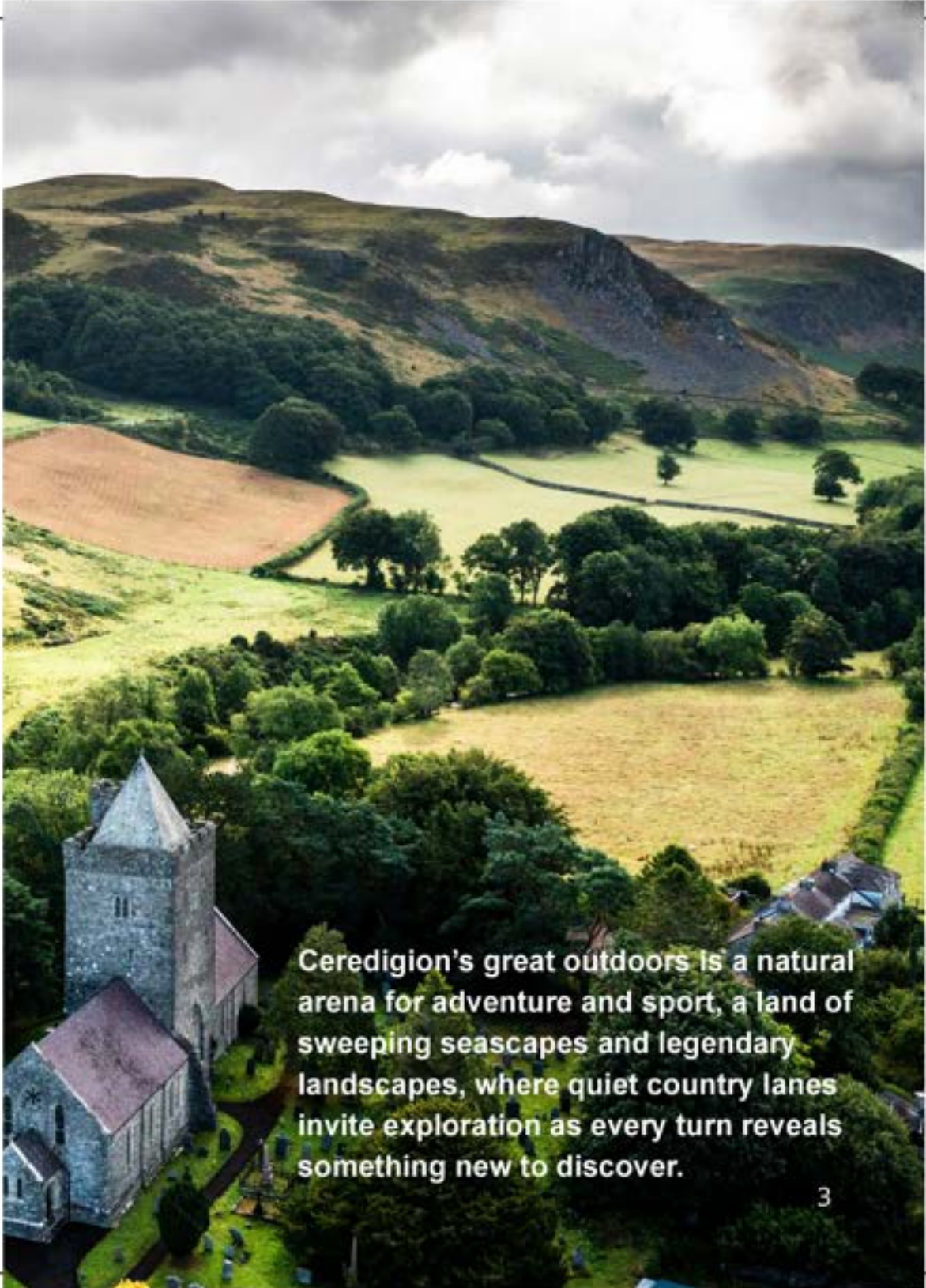


## Croeso / Welcome

Ceredigion is a place where the spirit of Wales feels strong and timeless. Age-old traditions blend with a vibrant contemporary arts scene to create a culture that is both deeply rooted and wonderfully creative.

Here, coast and countryside meet in perfect balance from sweeping bays and hidden coves to rolling hills, river valleys and wild mountain landscapes.

Each town has its own character. Aberystwyth is a lively cultural and sporting hub, Cardigan a centre for crafts, creativity and artisan food, Aberaeron and New Quay are colourful market towns, while Tregaron is a gateway to the rugged beauty of the Cambrian Mountains.



**Ceredigion's great outdoors is a natural arena for adventure and sport, a land of sweeping seascapes and legendary landscapes, where quiet country lanes invite exploration as every turn reveals something new to discover.**

## Place and Space

To put things in perspective: Ceredigion's largest town, Aberystwyth, has a population of around 15,000 and that number swells each autumn as students bring a lively, cosmopolitan energy to the seaside town.

Elsewhere, communities are much smaller, offering a refreshingly human scale. High streets are lined with family-run shops, traditional butchers and bakers, and charming local cafés, giving the county a friendly, welcoming atmosphere.

Ceredigion is the fourth largest county in Wales by area, yet one of the smallest by population but every village and town, no matter the size, has its own story to tell.



*New Quay*

Take time to wonder and explore. Visit a local show, concert or sporting event and linger to chat to the locals. You can join a guided walk around town to learn about its people as well as its built heritage.

The county is full of architectural gems, from quaint thatched cottages, elegant Georgian villas and striking 20th-century buildings.



## Towns and villages

### **Aberystwyth**

Ceredigion's largest town. Affectionally known as 'Aber', combines a relaxed seaside setting with an energy and outlook that reach far beyond its sweeping bay. A recently designated UNESCO City of Literature, the cosmopolitan university town has a strong café culture and a lively arts scene with theatre, concerts, festivals and art. With a national gallery and archive at the National Library of Wales, a 13th century castle, heritage railways and museums, it's a history buff's heaven. It's also a sporting hub hosting exciting rally and cycling competitions.

### **Aberaeron**

Pretty Regency harbour town with elegant houses painted in an array of pastel and vibrant colours; popular summer events including carnival and a quirky 'funeral' for a mackerel; a collection of stylish places to stay and eat. National Trust's Llanerchaeron estate nearby – simply follow the Aeron river inland from the harbour.

### **Aberteifi - Cardigan**

Cardigan's castle, strategically positioned on the estuary of the River Teifi is at the gateway to a colourful market town filled with independent shops, galleries and inviting places to eat. Known in Welsh as Aberteifi ( meaning 'mouth of the river Teifi' ) An important port in the 18<sup>th</sup> century it gave its name to Cardigan Bay. Today it is a creative cultural hotspot with a lively calendar of festivals celebrating craft, food and music as well agricultural and eisteddfod traditions and a much loved winter lantern parade.



*Aberystwyth*



*Aberaeron*



*Cardigan*

## **New Quay**

Seafaring has shaped the character and economy of New Quay since the 19<sup>th</sup> century. Spot buildings that were once sail lofts, colourful terraces of mariners' cottages and the harbour's stone quay. Home to one of the oldest yacht clubs in Wales, the town remains closely connected to the sea through sailing, fishing and wildlife boat trips.

## **Llandysul**

Llandysul, at the heart of the Teifi river valley, has been shaped by the water that flows through it. Once powering woollen mills, the river now draws canoeist, anglers and walkers to its scenic stretches. Discover Wales' textile heritage at the nearby National Wool Museum.

## **Lampeter**

Lampeter is a hub of culture and community hosting festivals of food, drink music as well as a traditional agricultural show and eisteddfod. The college grounds of this dignified country town were the birthplace of rugby in Wales!

## **Tregaron**

A gateway to the remote Cambrian Mountains, the square of this small market town is at the heart of the community today, just as it was once a gathering place for cattle drovers before they set off across the hills. Discover the tranquillity of Soar y Mynydd Chapel, Strata Florida Abbey and the vast Cors Caron nature reserve nearby.

## **Devil's Bridge**

The famous falls of the Mynach river are spanned by three bridges built one on top of the other. Intrepid 18<sup>th</sup> century travellers visited on foot, but by the early 20<sup>th</sup> century visitors could arrive in style by steam train from Aberystwyth. Explore woodland walks and dark skies at the Arch, or go a little further to discover the Hafod estate and the dramatic mining remains of the upper Ystwyth valley.



*New Quay*



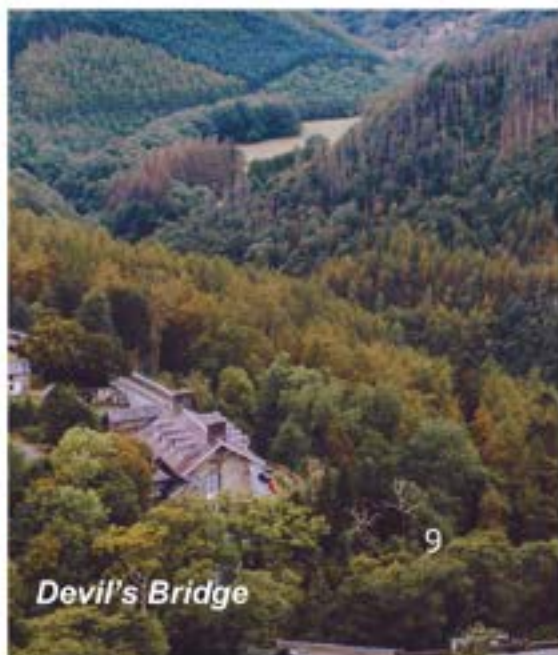
*River Teifi, Llandysul*



*Lampeter University / College*



*Tregaron*



*Devil's Bridge*



*Aberteifi / Cardigan*



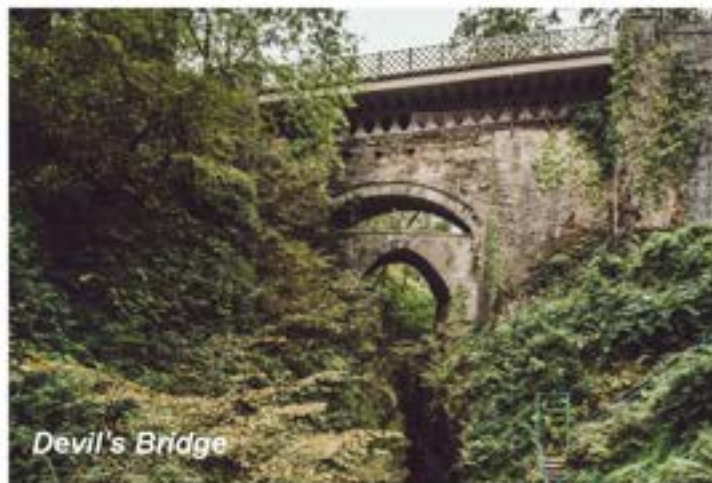
*Llanerchaeron*



*Aberystwyth*



*Strata Florida*



*Devil's Bridge*



*National Library of Wales*

'Hiraeth' a spiritual or emotional connection to heritage draws people back to Ceredigion. Many return to rediscover their roots and reconnect with family history at the National Library of Wales.

## Epic exploration

Follow in the footsteps of princes, pilgrims and saints including Dewi, the patron saint of Wales and Welsh hero Owain Glyndŵr.

The sturdy stone ramparts of Cardigan Castle were the first to be built for a Welsh warrior prince, Lord Rhys. In 1176, he hosted what is widely considered the first Eisteddfod.

Aberystwyth was founded in 1277 by Edward I. The much fought over fortress became a Royal Mint under Charles I.

The elegant proportions of the villa at Llanerchaeron were designed by John Nash. The estate also has a walled garden, a traditional farmyard complete with farm animals and flower filled meadows and woods to explore.

The Nanteos Cup, that some believe to be the Holy Grail can now be seen at the National Library of Wales. Once each year, it returns to its spiritual home at the atmospheric ruins of Strata Florida Abbey. There you can join guided walks, creative classes and an archaeological dig.

Discover stories of peacemakers, industrial entrepreneurs, passionate preachers and women leaders in unexpected and inspiring locations.

You'll hear of legends and folktales: A bridge built by the devil; mischievous Twm Sion Cati, often compared to Robin Hood. Cantre'r Gwaelod, is a legendary kingdom in the area now known as Cardigan Bay and described as a 'Welsh Atlantis'.

## Pumlumon and Elenydd

### The Mountains of Ceredigion

This high country of wide, powerful vistas is truly compelling, 760 square miles of mountain moorland, forests, lakes and sheep farms. Towns and villages are few and far between, with only small communities scattered along its fringes.

This is 'Wild Wales', just as the 19th-century traveller George Borrow described in his famous book. If he were to write it today, he would find little has changed. He crossed the slopes of Pumlumon, the "five summits", to find the source of the Severn, Wye and Rheidol. He explored Hafod then descended to the Teifi valley to see Strata Florida Abbey, dined in Tregaron and visited Llanddewi Brefi and Lampeter on his grand tour of Wales.

Mountain roads often trace ancient paths once travelled by monks, miners, pilgrims and drovers. This dramatic landscape is where history, myth, and wild natural beauty come together.





*Cwm Berwyn, Tregaron*

## **Pedal, wander, discover - routes for every rider**

Ceredigion is a paradise for cyclists, with miles of quiet lanes stretching from the coast across to the Teifi Valley. Along the way, stop at village cafés, pubs or taverns for a well-earned rest.

For a gentle ride on undulating backroads, follow the Teifi River between Tregaron and Lampeter, pausing at the historic village of Llanddewi Brefi.

For an exhilarating experience, enjoy the downhill on the A4120 from Devil's Bridge, or follow the river Ystwyth from the top of Cwm Ystwyth along Sustrans Route 81 to Aberystwyth.

Single-track routes across the Cambrian Mountains, once used to drive cattle and sheep to England's markets now offer spectacular trails for gravel and mountain biking. Take a trip to Soar y Mynydd, the remotest of mountain shepherd chapels; peaceful and undisturbed except for the occasional passing car.

Mountain biking enthusiasts will love Bwlch Nant yr Arian, with its exciting trails and spectacular views. Miles of mountain biking and gravel routes can be explored along lakesides through forests and over the hills.

Families can enjoy more leisurely rides along traffic-free former railway lines. Ride the Ystwyth Trail from Llanilar to Trawsgoed's, Black Covert for a picnic. Cors Caron is perfect for a gentle pedal, as is the scenic route along the Teifi from Cardigan to the Teifi Marshes Nature Reserve.

Another family-friendly route stretches from the harbour town of Aberaeron to the beautiful National Trust estate at Llanerchaeron.



## **Cardigan Bay - The coast of Ceredigion**

**Cardigan Bay's big, blue yonder beckons.**

**Whether you are a family sand fortress builder or a kite surfing adrenaline junkie Ceredigion's coast offers big skies, big seas and big adventures.**

**Family seaside holidays in Ceredigion are all about fresh air, freedom and fun.**

**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.**



## Dolphins, dunes and daydreams

Explore rockpools and sand dunes, discover prehistoric forts, a sunken forest along the shore or a smugglers cave hidden in contorted rock formations.

Spot dolphins, porpoise, seals and seabirds on a wildlife spotting boat trip; fish for crab, mackerel or sea bass; join in regatta fun on the beach and on the water; dress up for carnival and join the parades at Borth and Aberaeron.

And how about a sauna to relax the mind and muscles, and a delicious Cardigan Bay fish dinner?





*Aberporth*



*Mwnt*



*Penbryn*



*Aberystwyth*



*New Quay*



*Llangrannog*

## Ceredigion's top seaside spots

### **Aberporth - Dyffryn and Dolau beaches**

Aberporth has two sheltered sandy beaches with rockpools at low tide; dogs are welcome on Dyffryn beach all year. The cliff top path is great for dolphin spotting. RNLI Lifeguards in summer.

### **Tresaith**

Follow the Coast Path from Aberporth to nearby Tresaith and discover a waterfall cascading onto the sand. RNLI Lifeguards in summer. Popular sailing club. Sauna.

### **Llangrannog**

A firm family favourite, with sand, pebbles, a stream and rockpools. Carreg Bica outcrop divides the village beach from dog friendly Cilborth beach. RNLI Lifeguards in summer. Sauna. Great for body-boarding and surfing.

### **New Quay**

Popular seaside resort with several beaches. The sandy Harbour beach has a designated swimming area and RNLI Lifeguards in summer. Dolau and Traethgwyn beaches are dog friendly all year.

RNLI Lifeboat station; beach café; water sports centre; wildlife centre; wildlife spotting and fishing boat trips and annual regatta.

### **Aberystwyth**

The headland of Castle Point stands between Aberystwyth's two popular shingle beaches. A mile long promenade with bandstand, pier and jetty; perfect for sunsets and wildlife spotting. Seafront sauna, RNLI Lifeguards in summer and Lifeboat station. Fishing harbour, leisure marina and water based activities.

### **Borth**

Three mile long, wide expanse of sand and shallow waters for family swimming; RNLI Lifeguards in summer and Lifeboat station; popular surfing beach with water sports tuition and activities.

## Naturally beautiful, proudly unspoilt

Don't forget that Ceredigion specialises in quieter beaches and hidden coves, many with year-round dog access so every member of the family can enjoy time by the sea.

### **Ynyslas**

A wide sandy beach backed by impressive dunes. Part of the Dyfi National Nature Reserve, with the fascinating remains of a prehistoric submerged forest revealed at low tide.

### **Penbryn**

A National Trust beach reached along a peaceful wooded lane from the café and facilities. A mile-long stretch of golden sand with caves to explore; a designated Dark Sky Discovery Site.

### **Cwmytydu, Castell Bach & Cwm Silo**

A trio of characterful coves managed by the National Trust. Pebble shores, sea caves and rugged clifftops create a haven for wildlife and coastal explorers.

### **Mwnt**

A National Trust gem, a sandy beach watched over by a picturesque whitewashed church. Often described as one of the most photographed beaches in Wales.





*Cilborth beach, Llangrannog*



*Penbryn*



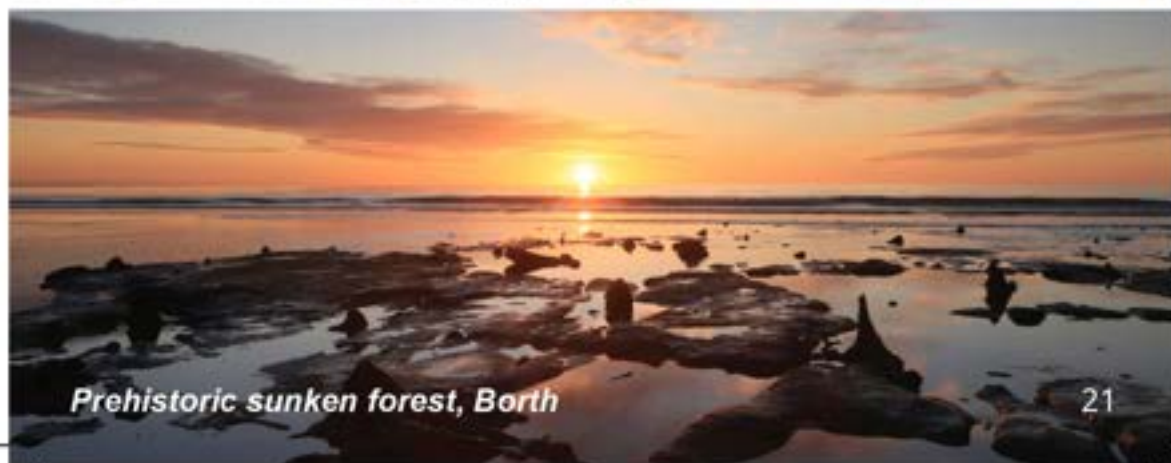
*Borth*



*Penbryn*



*Bottlenose Dolphin*



*Prehistoric sunken forest, Borth*



*Coast Path between Aberaeron and New Quay*



*Pendinas Lochlyn, Llangrannog*



*Castell Bach, Cwmttydu*

## Ceredigion Coast Path

Sixty miles following the arc of Wales' largest bay and a loop between two rivers, Teifi and Dyfi. The Ceredigion Coast Path is part of the 870 mile Wales Coast Path.

The view changes every step of the journey: you have opportunities to pause to watch dolphins, seals and seabirds from vantage points in their habitat, Mwnt, Cwmttydu, New Quay or Mynachdy'r Graig on a remote section between Llanrhystud and Aberystwyth.

You will discover the rich maritime history of the harbour towns of Aberteifi (Cardigan), New Quay, Aberaeron and Aberystwyth and coastal villages such as Aberporth, Tresaith, Llangrannog and Borth.

**New Quay is the official half way point of the Wales Coast Path, marked by a beautiful sculpture of a maiden blowing a kiss to wish you luck on your onward journey.**





## **Complete the Celtic Circle**

### **Craving fresh air and open horizons?**

Step out and discover Ceredigion on foot.

Start in Cardigan (Aberteifi) and head north along the Ceredigion Coast Path to Borth and Ynyslas, with sweeping sea views all the way.

From Borth, follow the Mal Evans Way to Devil's Bridge, exploring the upland landscapes of silver-lead mining. From Devil's Bridge the route continues through Pontrhydygroes and joins the Teifi Valley Trail at Pontrhydfendiad. An alternative upland route follows the Cambrian Way via Teifi Pools and Strata Florida abbey.

### **The Teifi Valley Trail**

The Teifi Pools, high on the wild Elenydd moors of the Cambrian Mountains are the source of the River Teifi. The Teifi Valley Trail follows the river all the way from source to sea. On the way the Trail passes through farmland, nature reserves and communities of varying sizes. The middle stretch of the Teifi Valley introduces a mature meandering river which passes through market and mill towns. The final stage of the trail offers waterfalls and wells, castles and ruined abbeys before reaching the sea at Poppit Sands just beyond Cardigan.

The Celtic Circle will join together the Teifi Valley Trail, the Coast Path and other established footpaths to complete a circular route of 170 miles of excellent walking.



## The greatest mountain

Choose from five routes to the top of Pumlumon, the highest of the Cambrian Mountains range for far reaching views and to find the source of the Severn, Wye and Rheidol rivers.

## Hillfort hikes

Pendinas on the outskirts of Aberystwyth and Pendinas Loctyn near Llangrannog, two distinctive landmarks along the Ceredigion coast. Pen y Bannau hillfort stands on a circular route between Strata Florida, Teifi Pools and Pontrhydfendigaid; find Allt Goch hillfort in Longwood forest, Caer Cadwgan or Caer Olwen all near Lampeter.



*Caer Olwen, Lampeter*

## Spirit of the Miners walks

Discover Ceredigion's hidden silver-lead mining past. Explore around Talybont, Bwlch Nant yr Arian and Llywernog, Cwmystwyth, Pontrhydygroes and Strata Florida.



*Miners Bridge to Coed Maenarthur Pontrhydygroes*

## Aeron Valley Adventure

From Aberaeron, stroll or cycle along the old railway line to the National Trust's Llanerchaeron. Explore the beautifully preserved 18th-century estate with a John Nash designed mansion surrounded by a working farmyard and walled gardens.



## Go with the flow

Be immersed in the sound of waterfalls at Devil's Bridge and at the National Trust's Hafod woodland estate nearby, where paths were designed in the 18th century to surprise and delight with picturesque' vistas with meadows where the river meanders gently.



*Hafod, Cwmystwyth*



*Aberystwyth*



*Cors Caron*



*Aberaeron*



*Cenarth*



*Kite feeding at Bwlch  
Nant yr Arian*



*Teifi Marshes*



*Aberporth*

## Routes made for everyone

Watch dolphins from the clifftop paths at Aberporth and sweeping views across the estuary at Gwbert.

Breathe in the sea air with an easy stroll around Aberaeron harbour, along Aberystwyth's promenade and Castle Point.

For nature at its finest, wander into the heart of Cors Caron on its circular boardwalk, or see red kites soaring and feeding above the lake at Bwlch Nant yr Arian.

Get close to the rushing waterfalls at Cenarth via the riverside boardwalk, and marvel at the famous three bridges towering dramatically above the Devil's Punchbowl from a safe viewing area at Devil's Bridge Falls.



## Nature throughout the seasons Binoculars and a camera at the ready!

Our wildflower, rich headlands and butterfly-filled coastal slopes are natural lookout points for spotting Cardigan Bay's famous bottlenose dolphins out at sea.



Along the craggy cliffs, guillemots and shearwaters cling to narrow ledges, while chough wheel overhead and peregrine falcons patrol the skies. Inland, the moorland and marshes provide peaceful habitats for curlew, golden plover and lapwing a true haven for birdwatchers too.

Much of Ceredigion's coastline, river valleys and wetlands are specially protected, with designations including Special Areas of Conservation, Heritage Coast and UNESCO Biosphere status recognising the area's outstanding natural and environmental importance.

There's always something special to see, whatever the season:

- Ancient woodland slopes carpeted with sweet-scented bluebells in spring and colourful fungi in autumn.

- On fine summer evenings, few sights can rival the sun setting in a blaze of colour over the horizon of Ceredigion Bay.
- As the nights draw in from autumn to spring, designated Dark Sky Discovery Sites reveal brilliantly clear constellations and distant planets in some of the darkest skies in the UK.



- In winter, witness one of nature's great spectacles, the starling murmuration; as thousands gather and swirl at dusk before roosting on Aberystwyth Pier.

*Cors Caron*



*Ynys-hir*



*Orchid, Ynyslas dunes*



*Kingfisher, Teifi Marshes*



*Red Kite, Bwlch Nant yr Arian*



## Get close to nature

Ceredigion is rich in wild places where nature thrives.

### Cors Caron

In the upper Teifi Valley lie not one but three remarkable raised bogs. A former railway track skirts the edge whilst boardwalks lead to a hide, a shelter at the heart of the wetland landscape.

### Cwm Clettwr and Cwm Einion

Typical of the moss, lichen and fern laden 'Celtic Rainforest', these tranquil valleys of the UNESCO Dyfi Biosphere.

### RSPB Ynys-hir

One of Wales' finest nature reserves, Ynys-hir stretches from the Dyfi estuary into the wooded hills and is renowned for its birdlife and sweeping views.


### Dyfi National Nature Reserve

Explore two strikingly different landscapes in one reserve. Boardwalks lead through vast dunes and wetlands alive with rare plants and animals.

### Welsh Wildlife Centre – Teifi Marshes

A wonderful wetland reserve where otters, kingfishers and dragonflies thrive; a winter haven for migrating and overwintering birds.





## Foodie Ceredigion

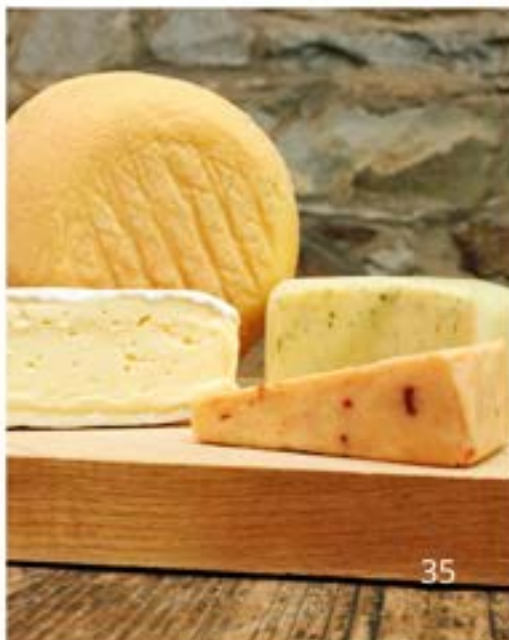
Ceredigion's best restaurants make the most of local produce: Cardigan Bay fish and shellfish, freshly caught trout, salmon or sewin from Ceredigion's lakes and rivers, lamb and beef raised on herb-rich meadows in the Cambrian Mountains. Ceredigion's farmers' markets, food festivals and agricultural shows also showcase the very best of local produce from flowers and wine to honey, cheese, bread and cake.

Seafront cafés, town bistros and village inns serve up traditional and contemporary dishes, all made with ingredients that have travelled just a handful of food miles from farm to fork.



This is a land of milk and honey, celebrated in rich local ice creams, creamy yoghurts, and indulgent dairy puddings and desserts.

A hearty bowl of St David's Day cawl is best enjoyed with fresh bread and Ceredigion farmhouse cheese, washed down with a locally brewed beer, cider, mead or perhaps a glass of artisan gin or whisky crafted right here in the county.



## Festivals and Events

Our festivals celebrate everything that makes Ceredigion special. From food and drink festivals to celebrations of heritage, music and Eisteddfod. Relish the open air theatre and the unmistakable Welsh hwyl of the wonderfully quirky mackerel funeral parade as well as the colourful parades to celebrate Santes Dwynwen and Dewi Sant. You'll find an event to inspire and uplift you at any time of the year.

Ride the same circuit as international professional cyclists and experience the thrill for yourself. Set in the stunning landscape of Ceredigion, the route winds through countryside, coastal views and challenging climbs. Or cheer from the roadside and enjoy the excitement of world-class racing.

Tackle the "Twin Peaks" or "Red Kite Challenge" running races; celebrate 150 years of sailing regattas in New Quay.

And when the sun sets, the celebrations continue: winter lantern parades, Christmas pantomimes and Santa trains. Music and theatre are woven into everyday life and performances might unfold in a castle, a concert hall, beneath open skies or spontaneously in a local pub.





# Darganfod Discover Ceredigion

Cardigan Bay & the Cambrian Mountains



Aberystwyth



Devil's Bridge



Aberaeron



Cardigan







Cynhorffwrdd  
**CEREDIGION**  
County Council



Caru Love  
**Ceredigion**

The Ceredigion Information Centre is open year-round, with friendly staff ready to help you plan your stay with ideas on places to visit, things to do, local events and where to stay.



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