



Aberystwyth

## Ceredigion Coast

*"This spectacular and varied section along the Ceredigion coastline is as good as it gets. Dramatic cliffs, stunning scenery, cultural and heritage interest and a wealth of wildlife. Look out for seals and dolphins, ancient forests and medieval fish traps. This is coast path walking at its best."*

**NIGEL NICHOLAS, Wales Coast Path Officer.**

### From Borth to Aberaeron

Take in the fresh Welsh air along the jagged coastline of Ceredigion. Enjoy this 3-day adventure by basing yourself at Aberystwyth, alternatively stay en route near the settlement at the end of each day.

### Getting there

Services from most parts of the country connect with the Aberystwyth trains at Birmingham New Street or Shrewsbury. There are direct buses from North and South Wales. To find the route visit [trawscymru.info/routes/](http://trawscymru.info/routes/)

### Suggested base

Aberystwyth is an ancient market town hemmed in by the sloping splendour of the Cambrian Mountains. The town is a charming collection of elegant and brightly coloured Victorian properties. There's a wide variety of things to do here, all of which make up a town full of cultural surprises.

### Accommodation

Aberystwyth has a wide variety of accommodation - something for everyone!

[aberystwyth.org.uk/hotels/](http://aberystwyth.org.uk/hotels/)

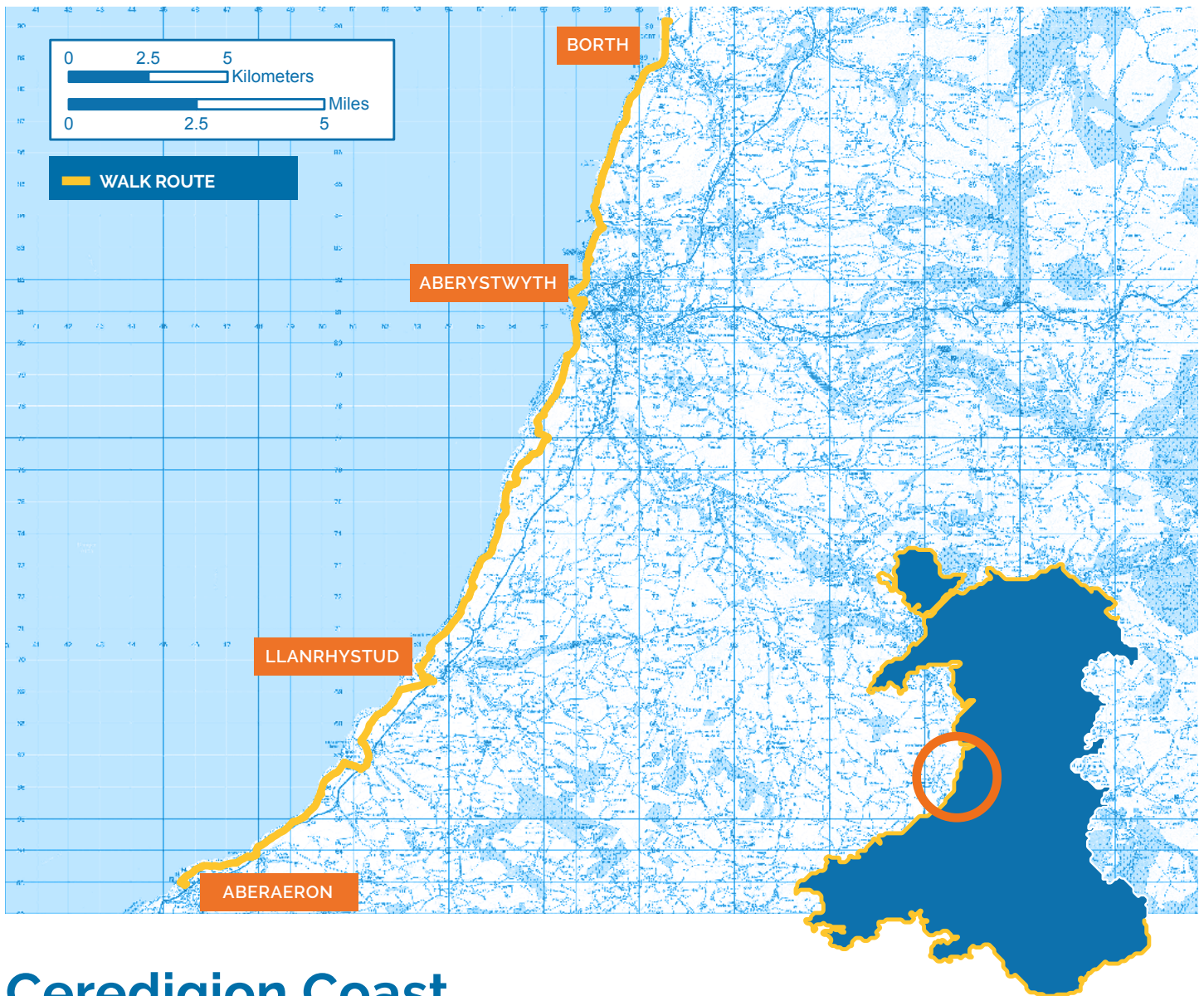
Discover Ceredigion have developed a useful accommodation guide for walkers:

[discoverceredigion.co.uk/English/stay/accomodation/Pages/default.aspx](http://discoverceredigion.co.uk/English/stay/accomodation/Pages/default.aspx)

### Eating Out

You'll never struggle to find somewhere to eat. Aberystwyth has a wide selection of cafes, pubs, restaurants and take aways, as do many other towns and villages along the way.

[aberystwyth.org.uk/foodanddrink/](http://aberystwyth.org.uk/foodanddrink/)



## Ceredigion Coast

### Terrain

As the Wales Coast Path closely follows the coastline inevitably you will encounter erosion, steep cliffs and rocky paths. Please take care and we advise that you choose footwear and clothing appropriate to these conditions and to suit the predicted weather.

### Difficulty

The walks follow undulating clifftops and can sometimes be fairly remote from any town and so a good level of fitness and walking confidence is required.

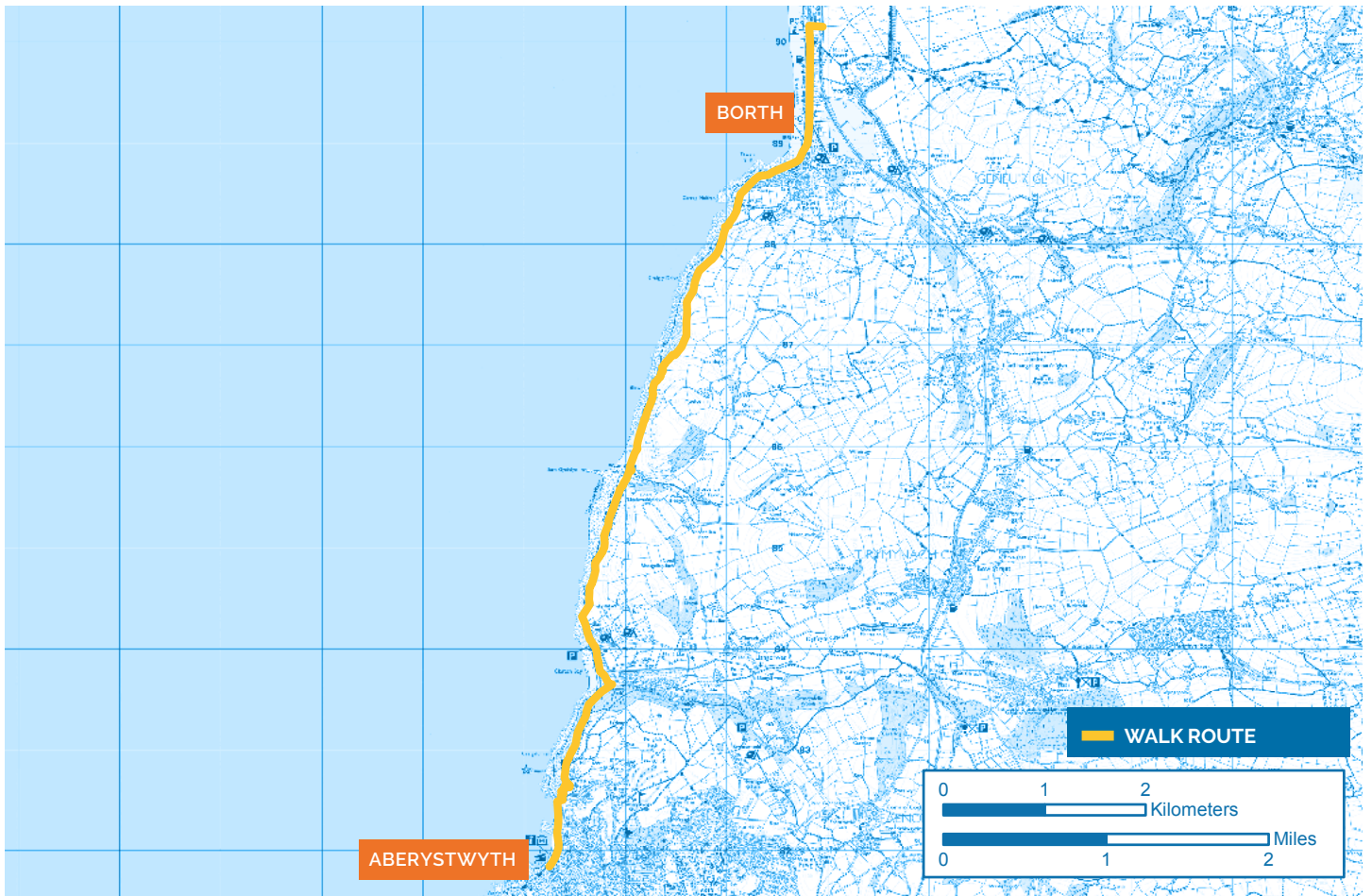
### Public Transport

Details of transport are with each walk, but please check for times on Travel Line Cymru [traveline.cymru](http://traveline.cymru) or National Rail [nationalrail.co.uk](http://nationalrail.co.uk) or Transport for Wales [tfwrail.wales](http://tfwrail.wales)

### Baggage Handlers

For those wanting to stay en route, take the strain out of the journey by using luggage handlers to transfer your luggage to your next stop.

[walescoastpath.gov.uk/plan-your-visit/planning-carrying-help/?lang=en](http://walescoastpath.gov.uk/plan-your-visit/planning-carrying-help/?lang=en)



## Borth to Aberystwyth 6 miles

*6 miles of stunning views and dramatic scenery, ending back in the historic university town of Aberystwyth.*

### Start

From Aberystwyth catch the train or bus to the small station at Borth. Leave the station and walk straight ahead to the sea and turn left to join the Wales Coast Path.

Continue along Borth High Street past the small shops and cafes until you reach a mini roundabout by the life boat station, visitors are always welcome, so take a moment to call in visit the shop and take a look around. Upon returning to the walk take the road to the right along the sea front.

After a short distance take the next right fork along Cliff Road. At the end of Cliff Road, you leave the pavements of Borth, pass the Great War memorial and begin a dramatic walk along rolling cliffs.

You'll pass the ancient causeway of Sarn Gynfelyn, a shingle spit reaching out into Cardigan Bay. This causeway is only revealed at very low tide and was formed by a glacial moraine left by ice sheets at the end of the last ice age. It runs for eleven kilometres out to sea, with just one small gap, ending at an underwater reef.

Continue along the path past Clarach Bay until you reach Constitution Hill, with glorious views over Aberystwyth and Cardigan Bay. There is a cosy café, and a fascinating camera obscura at the top. There is also a funicular railway that, if your feet are weary, will take you down to the promenade. continue on the Wales Coast Path down to the historic castle and university town of Aberystwyth and back to your base.

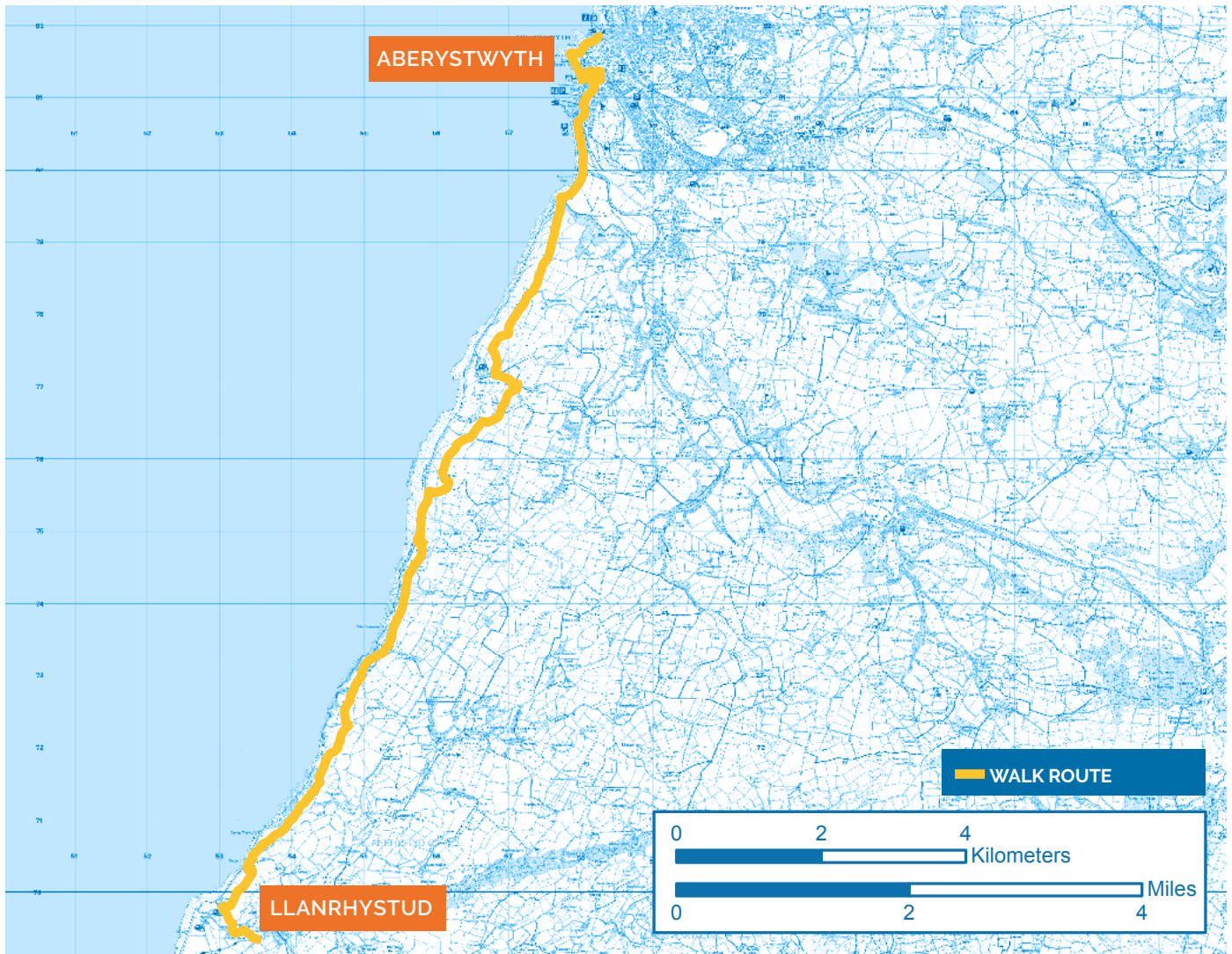
### Transport to the start

#### Bus

There is a direct train from Aberystwyth to Borth that takes 12 minutes and leaves approximately every hour. Please check train times before setting off.

#### Train

To travel by bus, take the 512 - Ynyslas - Aberystwyth via Bow Street from Great Darkgate Street, Terrace Road to the High Street in Borth (pick up the walk at this point).



## Aberystwyth to Llanrhytud 10 miles

*Walk through rolling countryside rich with wildlife, look out for dolphins and seals as well as many different sea birds. There's chance for a pub meal at the end.*

### Start

Before you start the walk, you may want to pick up some lunch from one of Aberystwyth's many food outlets. There are no shops or cafes along this route so please set off prepared.

Start on the Wales Coast Path at Aberystwyth Royal Pier, only a short pier it was the first to open in Wales in 1865. With the Pier behind you continue along the New Promenade passing the old college and Aberystwyth's castle. Pass the refreshments 'HUT' and take the next left along Quay Road.

Continue around the Quay with the harbour / marina on your right. Immediately after the orange-brick Water Pumping Station turn left up a narrow set of steps beside a white building.

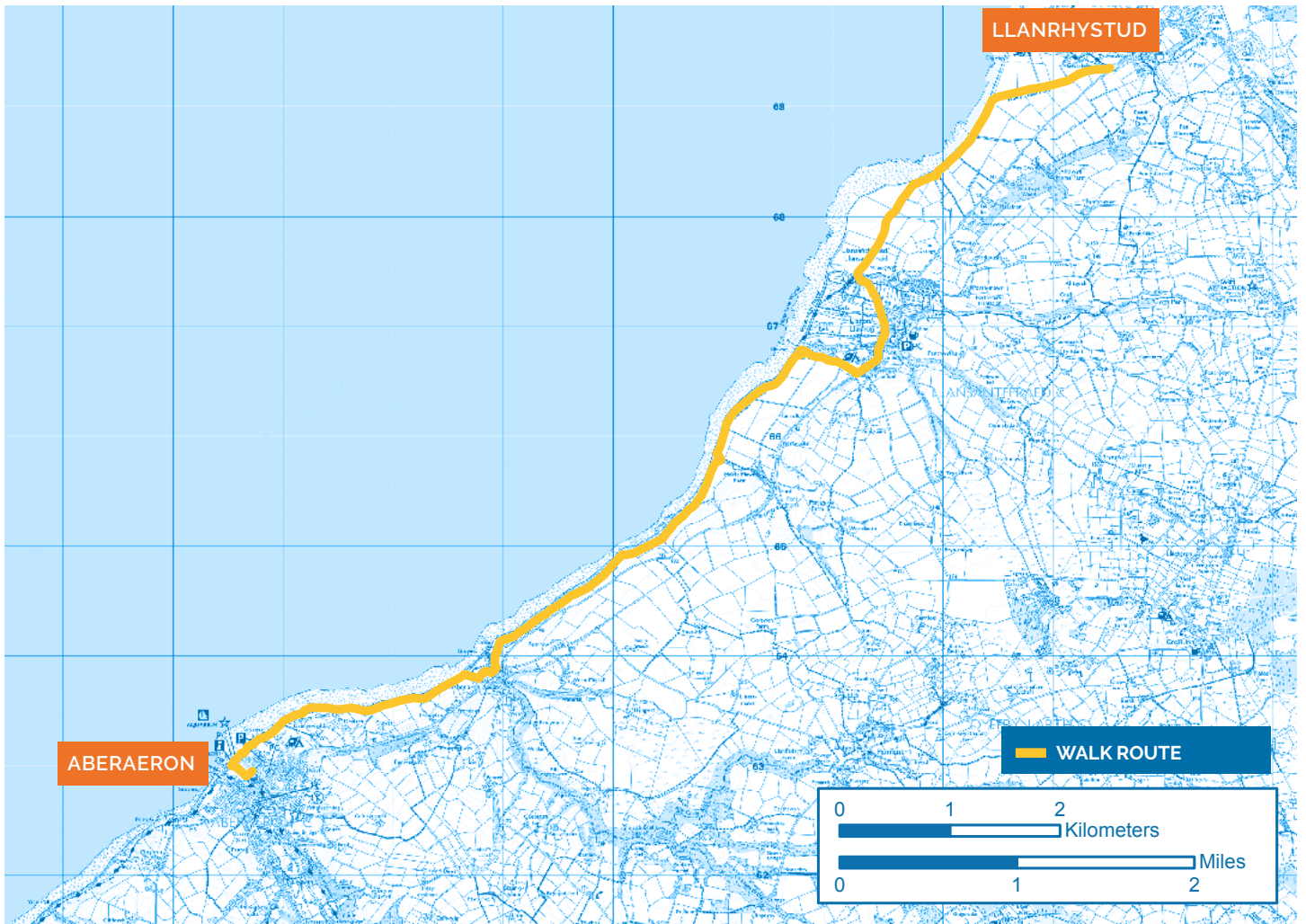
The path emerges on the main road; turn right again over the Afon (river) Rheidol. Immediately after the bridge head off to the right and along the waterside path to Tan y Bwlch Beach.

Now with Aberystwyth behind you, lush hills to your left, you'll begin an undulating, spectacular and often remote walk south, with the sea and sea birds as constant companions. With luck, you will spot dolphins and seals. Carry on along the coast until you get to the A487 road then left at the main road to walk into the village where you'll find a pub, a small shop and your bus back to Aberystwyth.

### Return to base

#### Bus

Take the T5 - Aberystwyth - or the T1 - Carmarthen - Aberystwyth, bus back to Aberystwyth There is a bus approximately every 30 minutes. Please check times before you set off.



## Llanrhystud to Aberaeron 7 miles

*Stunning countryside, jam packed with heritage, wildlife and surfers. This cliff top walk ends in Aberaeron, the jewel in the crown of Cardigan Bay.*

### Start

Follow the A487 out of the village towards the coast until you reach a signed single-track road on your right. Follow the track to the sea and turn left along a shingle bank, pass some impressive lime kilns and cross farmland until you reach the Parish Church at Llansantffraed. The little galleried church is worth popping in, to see the beautiful stained-glass windows. In past times Llansantffraed was home to thriving ship building yards with 55 ships being built here between 1786 and 1864.

From the church there is now a choice of routes. To avoid a potentially difficult stream crossing on the beach (not too difficult in the summer) follow the signed inland route and back to the coastline at Felin-y-Mor (sea mill). The path follows the sea and climbs gently in glorious open landscape until you reach the small village of Aberarth .

Follow the Coast Path signs over a foot-bridge and back to the coastline. Keep your eyes open for some of the local bird visitors: the red kite, peregrine falcon, chough and stonechat can all be seen in the area. The beaches here are also popular with surfers so you may find yourself mesmerised by a different kind of sea life!

Continue along the Path, looking out for ancient fish traps (Goredi) and on to the charming Georgian port of Aberaeron, a picture postcard seaside town where you'll find a host of cafes and shops that will reward you with a well-earned cuppa. If you're visiting in July look out for the Cardigan Bay Sea Food Festival or you may choose to round your day off with a spot of dolphin watching. From Aberaeron catch the bus back to your base at Aberystwyth.

### Return to base

#### Bus

Catch the T5 - Aberystwyth from Alban Square (Stop 3), North Road to Aberystwyth. Buses leave every half hour and the journey takes 40 minutes. Please check times before you set off.



Aberaeron to New Quay



Dolphin watching from Aberaeron



Aberystwyth

## Ceredigion Coast Additional Attractions for your stay

### Dolphin-watching rides from Aberaeron

Dolphin-watching RIB rides leave from Aberaeron daily throughout the summer. A 1-hour coastal voyage on an 8.5 metre RIB, looking for the magnificent bottlenosed dolphins of Cardigan Bay. Enjoy the scenery and other wildlife such as porpoise, seals and thousands of seabirds as the RIB sweeps down the coast.

[dolphin-tours.co.uk](http://dolphin-tours.co.uk)

### Vale of Rheidol Railway Aberystwyth

"A blast of the whistle and the hiss of steam and you're away! Sit back, relax and let us take you on a nostalgic journey through some of Wales' most spectacular scenery".

Travelling on the Vale of Rheidol Railway is the ideal way to see the stunning Rheidol Valley.

Pass through wide open fields, woodland and rugged mountain scenery as the line twists and turns clinging to the hillside gradually climbing nearly 700ft (200m) from Aberystwyth to reach the destination at Devil's Bridge. Birds of prey such as Red Kite and Buzzards are regularly seen soaring high above the valley floor.

[rheidolrailway.co.uk](http://rheidolrailway.co.uk)

### Camera Obscura

At the end of The Promenade in Aberystwyth, at the top of Constitution Hill, is the biggest Camera Obscura in the world. The huge 14-inch lens takes a bird's eye view of more than 1000 square miles of land and seascape in a 360 degree sweep around Aberystwyth, a view reflected onto the circular screen in the darkened viewing gallery below.

[cardigan-bay.com/cliff-railway-camera-obscura-aberystwyth.php](http://cardigan-bay.com/cliff-railway-camera-obscura-aberystwyth.php)

### Aberystwyth Cliff Railway

This is the longest funicular electric cliff railway in Britain and the only one in Wales. Its 778 feet track, and tilted carriages are a masterpiece of Victorian engineering. It opened in 1896 and operated on a water balance system but since 1921 a powerful electric motor and 2 high tensile steel cables have hauled the carriages at 4 miles an hour,

giving you time to enjoy the panoramic views as you climb to the summit station and marvel at the Victorians ingenuity.

[aberystwythcliffrailway.co.uk](http://aberystwythcliffrailway.co.uk)

### Ceredigion Museum

Ceredigion Museum has a collection of over 60,000 objects illustrating the varied heritage of the county of Ceredigion. The range of items is vast from the small intricately carved nut shells, made by sailors, to the three-storey stunning Edwardian Coliseum theatre. The earliest pieces explore the Neolithic period, whilst the modern reveal the changing county in the 1970s. As well as a museum there is the opportunity to catch film nights, performances and workshops. There's also a busy café serving local produce.

[ceredigionmuseum.wales](http://ceredigionmuseum.wales)

### Borth Lifeboat Station

You can visit Borth lifeboat station most days when the shop is open and ask to be shown around. The crew trains every Sunday between 10am and 12pm, and welcomes visitors.

[borthlifeboat.org.uk](http://borthlifeboat.org.uk)