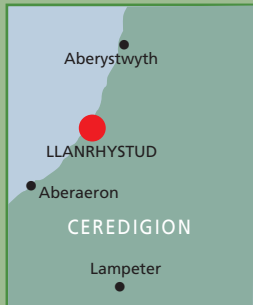


# 05 | Wales Llanrhystud, Ceredigion

• Distance 22½km/14 miles • Time 6-7hrs • Type Coast



## Plan your walk



**WHERE:** Linear walk from Llanrhystud to New Quay, along the Ceredigion Coast Path.

**START:** Llanrhystud parking area/lay-by (SN535694).

**END:** New Quay (SN390599).

**TERRAIN:** Well signed coastal path along beaches, fields and low cliffs. A short stretch of beach near the end is impassable at high tide, with an alternative by road.

**MAPS:** OS Explorer 213 and 198; Landranger 135, 146 and 145.

**GETTING THERE:** The 550 hourly bus service (Mon-Sat) between Aberystwyth and New Quay stops at Llanrhystud. Nearest trains are at Aberystwyth (☎ 0871 200 2233, [www.traveline.info](http://www.traveline.info)).

**EATING & DRINKING:** Lots of choice in Aberaeron (on route of walk) and New Quay, such as: The Hive, Aberaeron, famous for its honey ice creams

PHOTOGRAPHY: FIONA BARTROP



Stretching from the Dyfi Estuary in the north to the Teifi in the south, the 96km/60-mile Ceredigion Coast Path was officially opened in 2008. It was a significant step towards creating the continuous coast path round Wales, which finally opens next spring. Much of the work that was needed to complete the Path – such as clearing and excavating new paths and installing bridges, gates and stiles – was undertaken by volunteers, most notably from the Ceredigion Ramblers. The whole route can be very comfortably covered in a week's holiday, but there are useful bus services to facilitate day walks – such as this one. It's a very varied route, each section having its own character quite distinct from the others. This stretch is one of the gentler ones, but every bit as attractive.

**1. START** From the parking area (SN535694), follow the lane that

leads southwesterly to the coast, where you'll see the Coast Path signs. There are fine views in each direction. At first you walk along the top of a pebble beach, then along the edge of a field, passing a few derelict lime kilns. The path continues along the L-hand edge of a field, away from the coast, and leads you to the church at Llansantffraed.

**2.** Nearby you'll see an information board and a map of the local area, providing alternative coast path routes should the stream running out to the sea be impassable after heavy rain. (I've never had any problem crossing here, when it was necessary to remove my footwear and wade across.) Having crossed the bridge by the information board, head down the lane indicated back to the coast and along to the steps down to the

## Continued...

(☎ 01545 570445, [www.thehiveaberaeron.com](http://www.thehiveaberaeron.com)); Pantri Bach Coffee Shop, Aberaeron (☎ 01545 570432); Penwig Hotel, New Quay (☎ 01545 560910); and Penrhiwllan Inn, New Quay (☎ 01545 560471).

**SLEEPING:** There is a good selection of hotels, B&Bs and self-catering accommodation in New Quay, Aberaeron and elsewhere along the coast. Try Ty'r Ffynnon Farm, near New Quay (☎ 01545 560531, [www.tyrrffynnonfarm.co.uk](http://www.tyrrffynnonfarm.co.uk)); Pengraig Draw and Cwmwythig Farmhouse B&B and Cottages (☎ 01970 880640, [www.cwmwythig.holidayswales.co.uk](http://www.cwmwythig.holidayswales.co.uk)); or Llainfran House B&B (and self-catering), near New Quay (☎ 01545 561243, [www.llainfran.co.uk](http://www.llainfran.co.uk)).

**VISITOR INFORMATION:** Aberaeron TIC (☎ 01545 570602) and New Quay TIC (☎ 01545 560865). Visit [www.tourism.ceredigion.gov.uk](http://www.tourism.ceredigion.gov.uk).

**GUIDEBOOKS:** *Ceredigion Coast Path* by Gerald Morgan (£10, Ceredigion County Council, ISBN 9780953438334); *Walking the Ceredigion Coast Path* by Liz Allan (£4.95, Kittiwake, ISBN 9781902302676).

**LOCAL RAMBLERS AREA:** Cardigan & District Ramblers (☎ 01239 710858, [www.ceredigionramblers.org.uk/cardigangroup](http://www.ceredigionramblers.org.uk/cardigangroup)).

beach. Descend these and follow the beach, passing another set of steps to the stream outlet. Cross to a car park, go through a gate and continue along grassy field edge paths. There's a gentle climb – affording more fine views – before you drop back



down again to Aberarth. Follow the signs through the village, crossing a footbridge over the river and along lanes back to the coast. It's an easy walk from here to Aberaeron. As you approach it, the Coast Path directs you along a path on the landward side of the beach.

**3.** Aberaeron is one of the most attractive coastal towns in Wales, and a rare example of urban planning in the early 19th century. The town was built in a geometric grid pattern with roads of standard width, while the pastel-painted houses conform to a uniform style dating from the Georgian to early Victorian periods. It's well worth spending time having a wander round. The TIC (which you'll pass) is most helpful, and outside it you can read about Dylan Thomas's connection with the town and the area in general. The honey ice cream from the Hive kiosk on the quay shouldn't be missed! Cross the wooden footbridge around to the other side of the harbour. The next section of the Coast Path (via Gilfach holiday village) to Cei Bach

follows grassy paths along low cliffs, with yet more good views.

**4.** When you reach a yard and house on your L, go L to the road and follow it (as signed) to a turning on the R, which leads to both Llanina Church (worth a look) and the beach. The latter is the route of the Coast Path (except at high tide, when there's an alternative by road – see information board), which leads you to the popular holiday resort of New Quay via a long flight of metal steps at the end of the beach.  
*Route devised by Fiona Bartrop*