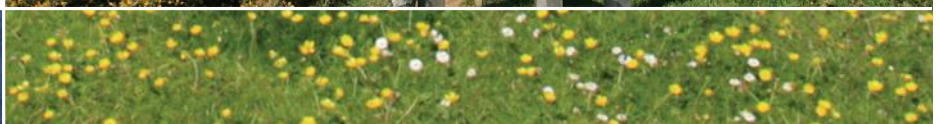




Walking the Teifi Estuary

OS198
explorer
cardigan & new quay



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grades

Walks are graded according to the following criteria:



Strenuous:

Ability to walk on rough terrain for up to 6 hours with a light rucksack.



Moderate:

Ability to walk on rough terrain for up to 4 hours with a light rucksack



Easy:

Ability to walk on rough terrain for up to 2 hours with a light rucksack.

The Teifi Estuary

The estuary of the river Teifi is at the centre of spectacular landscapes and seascapes. The river valley is a Special Area of Conservation whilst the Cardigan Bay Special Area of Conservation lies seaward. From the estuary's northern shore, Ceredigion's Heritage Coast extends towards enchanting coastal settlements such as Tresaith, Aberporth and Llangrannog before proceeding towards New Quay, Aberaeron and Aberystwyth. The spectacular Pembrokeshire Coast National Park extends southwards from the other bank of the Teifi Estuary.

The area is blessed with a wealth of historic attractions such as Cilgerran Castle - spectacularly painted by Turner - perched above the Teifi Gorge at Cilgerran. Nearby, the Welsh Wildlife Centre, surrounded by the Teifi Marshes National Nature Reserve, offers access to a treasury of information on the rare flora and fauna of the area. The Welsh Wildlife Centre can even be accessed via a multi-purpose path leading direct from Cardigan town.

Cardigan Festival of Walking

The popular Cardigan Festival of Walking is held annually during the first weekend in October. Further details may be obtained from: Menter Aberteifi on **01239 615554** or e-mail **matthew@menter-aberteifi.co.uk**

Other Walks

For details of more walks and walking holidays in the Ceredigion area of Wales, email **brochure@ceredigion.gov.uk**



Cardigan Tourist Information Centre
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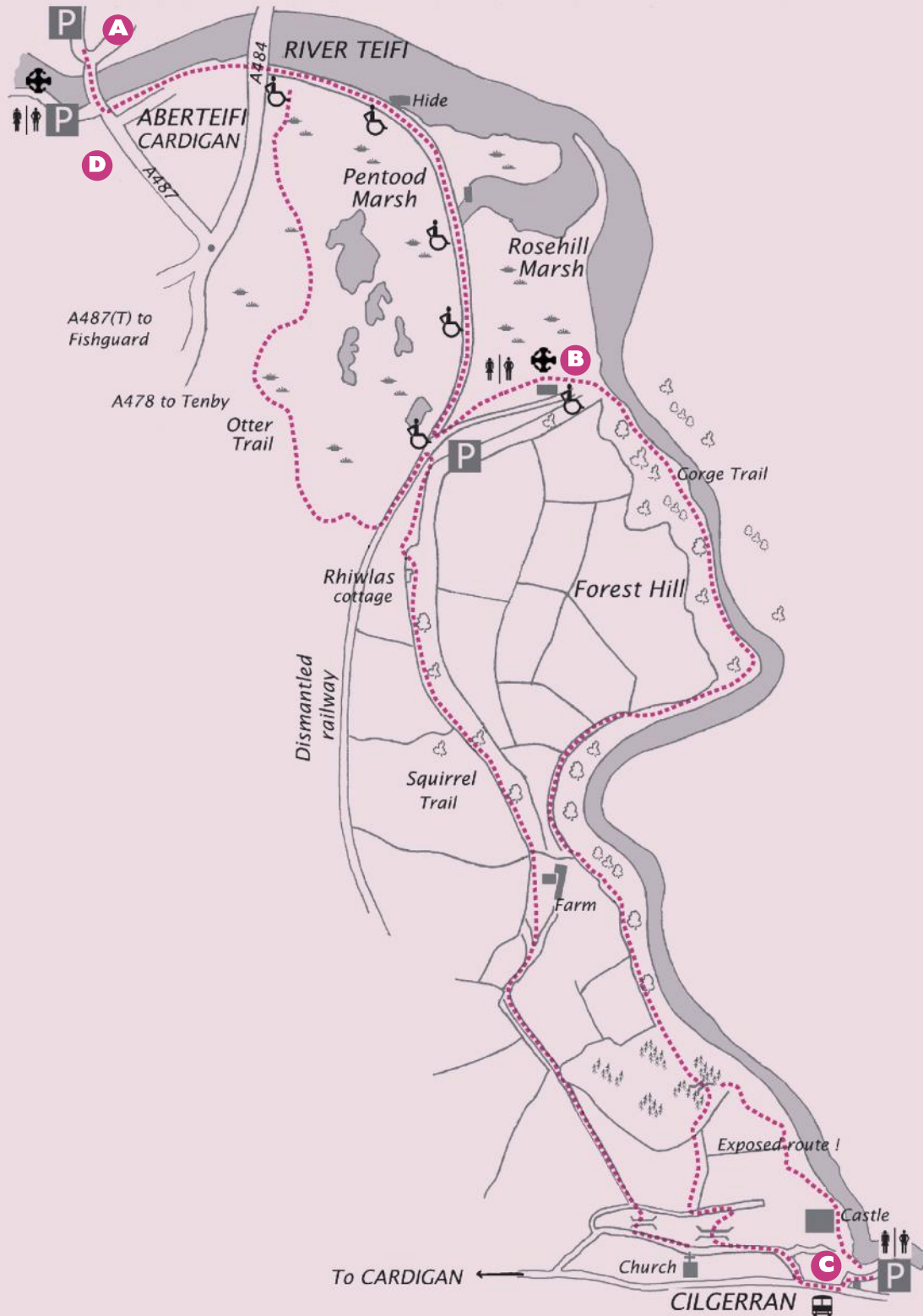
For details on holiday accommodation within the Teifi Estuary area visit
www.Tourism.Ceredigion.gov.uk or
www.TeifiEstuary.com





Walk 1

Cardigan to Cilgerran
Circular Walk



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Public transport: Contact Cardigan Tourist Information Centre or Traveline Cymru on 0870 608 2608.

Cardigan to Cilgerran Circular Walk

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Distance:	Cardigan to Cilgerran 7½km (4½ miles)
Time:	1½ to 2 hours Total time returning to Cardigan 3½ to 4 hours
Terrain:	This walk takes you through the stunningly beautiful Teifi Marshes, delightful woodland gorges and along the banks of the Teifi Estuary. No rough terrain, but some tracks can be muddy and there are some steep ascents and descents. Dogs should be on a lead.
Suitable for:	Moderately fit walkers. The initial section from the start to the Welsh Wildlife Centre is suitable for wheelchairs.
Start:	Park at any of Cardigan's public car parks. It is possible to shorten the route even further by parking at the Welsh Wildlife Centre.
Refreshments:	Cardigan and Cilgerran
Public toilets:	Cardigan and Cilgerran



A B Starting the walk in Cardigan: From a car park in Cardigan town centre follow the A487 south out of Cardigan. Cross the bridge over the Teifi and on the south side turn left (waymarked River Walk and Cycle Route) into a narrow lane and pass alongside industrial buildings until a gate is reached (the start of an old railway line). You are now entering the Teifi Marshes Nature Reserve.

Follow the tarmac path (laid on old railway line) for 1km until it joins a main road. Turn left and after 75m turn left onto a path (kissing gate, signposted to the Welsh Wildlife Centre). **30 minutes.**

B C Welsh Wildlife Centre to Cilgerran: Continue past the Welsh Wildlife Centre for 30m and turn right onto a grassy trail (waymarked Badger Trail). When this trail meets a tarmac path turn immediately right onto a narrow tarmac trail. At the road cross and follow the trail opposite, waymarked Gorge Trail (beware the trail can be slippery in places). After about 15 minutes, the trail splits, take the right hand fork inland and up lots of steps to the top of the Teifi gorge. Cross a stile and turn left onto a farm track and through a gate. At the farm, turn right to return to the Welsh Wildlife Centre and Cardigan via the Squirrel and Otter Trails.

To continue the walk to Cilgerran turn left over a stile.

Follow the woodland trail and when the trail meets a wall/field just after a small footbridge turn right. Note that it is possible to continue following the river but the trail is hazardous in places with steep drops and is not advisable for the faint hearted.

Go over a stile and turn right into open fields. Cross the fields towards Cilgerran (church to the right). Turn left at the road and after 20m turn right into a delightful river valley (Cwm Plysgog). Cross a bridge and at the main road turn left (Church Street). At the next road junction turn right and you are in the centre of Cilgerran. For the castle, take a turning on the left signposted castle. It is possible to catch a bus in Cilgerran to return to Cardigan. **1½ hours** (2 hours from Cardigan).





Return to Cardigan: Follow Church Street past the church and turn right onto a waymarked path, over a bridge and between houses. At the road turn left and then immediately right onto a farm track. At the obvious fork in the track, go through a small gate in the middle of the fork (waymark post ahead). The path onwards can be muddy and passes a quarry into beautiful woodland - the 'Squirrel Trail'. Just after a white house (Rhiwlas Cottage) turn left (waymarked 'Otter Trail') onto a lower trail (or straight on for the Welsh Wildlife Centre buildings).

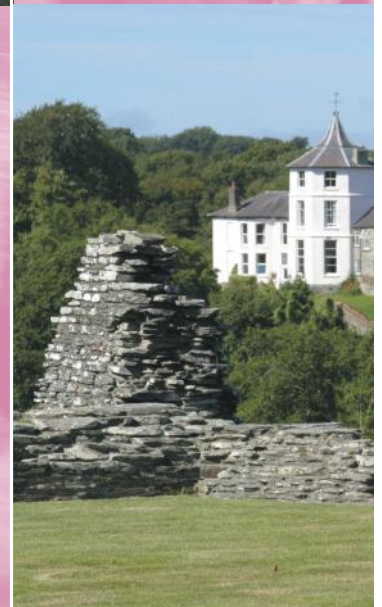
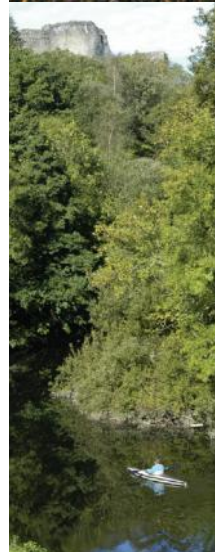
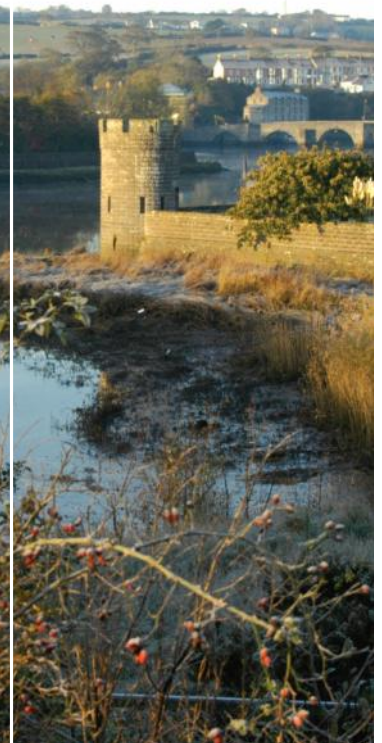
At the car park turn left onto the road. After 250m, opposite the turning for Rhiwlas Cottage, turn right onto the 'Otter Trail' (or cross the road and rejoin the old railway along the Teifi marsh trail (waymarked Otter Trail). Where the Otter Trail meets the railway line turn left and back to your start point. **1 1/2 hours.**

About this walk: You enter the 270 acre Teifi Marshes National Nature Reserve following the old 'Cardi Bach' railway line. The railway embankment prevents tides flooding the marsh, dividing it into a fresh water and a salt-water marsh creating two diverse habitats for flora and fauna. Surrounding meadows benefit from nutrients deposited by flooding from the equinox tides in spring and autumn. In winter, the flooding attracts ducks, mute swans and sometimes geese.

The Reserve is part of one of the largest areas of common reed in Wales. During winter, thousands of starlings gather to spend the night clinging to their stems. The reeds also offer food and cover for kingfishers and reed bunting. Shallow pools are a home for eels, frogs, toads and newts. Cettis warblers - more easily heard than spotted - nest in the scrub at the edge of the reeds.

An economic asset exploited since medieval times, Teifi Valley slate stone characterises many local buildings including Cilgerran Castle and slate for roofing tiles was extracted until 1938. Shipped to Cardigan by barge, slate was then transported overseas. Dumping of slate waste into the river and along its banks reduced the depth and width of the river and created a slightly alkaline soil on which plants such as carline thistle, orpine, clematis and rusty-back fern thrive.

Woodland edges of the gorge are often home to a wider range of plants and animals than the woods themselves, especially where they face the sun. Oak woodland on the slope gives way to blackthorn scrub - its flowering is a signal for the hatching of lackey moth eggs and colonies of the blue and yellow striped caterpillar. Protected by the powerful poison in their leaves, foxgloves thrive and the bramble's nectar-rich flowers attract butterflies and other insects while its fruit is a source of food for birds, mice and even badger and foxes.





Walk 1

Cardigan to Cilgerran Circular Walk



At Cilgerran Castle, the gorge is noted for its coracles and salmon fishing. Obtain more information at the Coracle Centre in Cilgerran. Coracle races are held here on the third Saturday in August.

Despite the industrial activity, the valley retains a rural aspect: its wooded slopes creating a romantic setting for the 12th century Norman castle standing high on a crag above the gorge at Cilgerran. Long renowned as a beauty spot, it became a favourite with Georgian tourists and artists and was the subject of a famous painting by J.M. Turner. The castle ruins now house a colony of pipistrelle bats.

Evidence from the Ogham script on the stone found in Cilgerran Baptist Church identifies early Irish settlers from the 5th or early 6th centuries. There is also an interesting memorial to Thomas Phaer (1560) who wrote the first work in English on child-care.

On the return journey you pass close to the Welsh Wildlife Centre again, where the Teifi sweeps around from the gorge, heading for the sea about four miles downstream. The broad valley to the left and ahead once carried the Teifi before its course was changed in the final stages of the last Ice Age. The valley now holds a small stream, nant Pilau: one of the strongholds of the otter in Wales.

As you rejoin the 'Otter Trail', the area of wet woodland or carr is home to willows, oak and ash. This carr is unusual in that it has developed within a tidal area and on some trees there are some large foliose lichen.



Walk 2

St Dogmaels to Cemaes Head Walk



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Public transport: Contact Cardigan Tourist Information Centre or Traveline Cymru on 0870 608 2608.

St Dogmaels to Cemaes Head Walk

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Distance:	19km (12m) maximum / 10.5km (6½m) minimum
Time:	6½ hours maximum / 3½ hours minimum
Terrain:	Open fields, tree-lined tracks and a coastal path section with spectacular views. No rough terrain, but some short track sections can become muddy after rain. There are a couple of steep ascents and descents on the coastal path.
Suitable for:	Fit to moderately fit walkers depending on the start and finish. There are restrictions on dogs, other than guide dogs for the blind, on the beach at Poppit Sands between 1 May - 30 September. Keep dogs on short leads through all open fields.
Start:	High Street Car Park, St Dogmaels - opposite Post Office OS 164460
Refreshments:	Cardigan; St Dogmaels; Poppit
Public toilets:	Cardigan; St Dogmaels; Poppit



A B From the car park in St Dogmaels turn left at the main road and right after the post office. Walk past the Abbey ruins and a mill/duck pond to the left. Follow the road to a junction and turn right into Cwm Degwel. Turn right at the next junction (Abbey Forge) and over a bridge. Turn right and head uphill - at the top, turn left along a lane that doubles back (no through road) to a footpath (waymarked). Follow the track through deciduous trees into woodland with steep drops to the left (Cwm Degwel).

After 750m turn right (waymark sign and kissing gate) and follow the hedge through a kissing gate onto a narrow tree-lined trail. Continue to a kissing gate and follow the fences behind Pencnwc Farm. Go through a gate and left onto the farm lane. After 300m, turn left at a country road. After 12m turn right (waymarked) onto a track leading to a stile. Follow the hedge, cross a stile and following the field boundary, head for a gate in its far left hand corner. Follow the track through a field gate (pond) onto the road to Bryncws farm. **1 hour.**

B C **Bryncws Farm to the Chapel:** Turn right and follow the farm track. Turn left at the road and after 200m, turn right down a farm track. After another 200m bear right onto the main track (marked bridleway - don't turn right onto a footpath before the junction). Follow the track and bear left before Clawddcam farm entrance. Follow the track down hill (do not take the left hand turn off the track).

Walk past another farm to a gate on its left to join a muddy track. At the bottom of the hill, go through a gate on the left and cross a stream. Head uphill past a gate and follow the left hand hedge to another gate. Take the left hand of two gates (waymarked) onto a farm track. After 50m turn left and follow a trail, first through trees, and then through open fields, to reach a lane and Esgr-fawr Farm. Turn right and follow the road to the chapel. **1 hour.**

C D **The Chapel to Cemaes Head:** In dry weather, it is possible to turn left down a muddy track just after the chapel which exits through a gate at Cippyn Fawr farm. When the track is too muddy, continue down the road and after 300m take the first left turn (dead end road). After 30m turn left into a lane (waymarked bridleway), passing Cippyn Fawr farm and after 150m meet a derelict chapel.

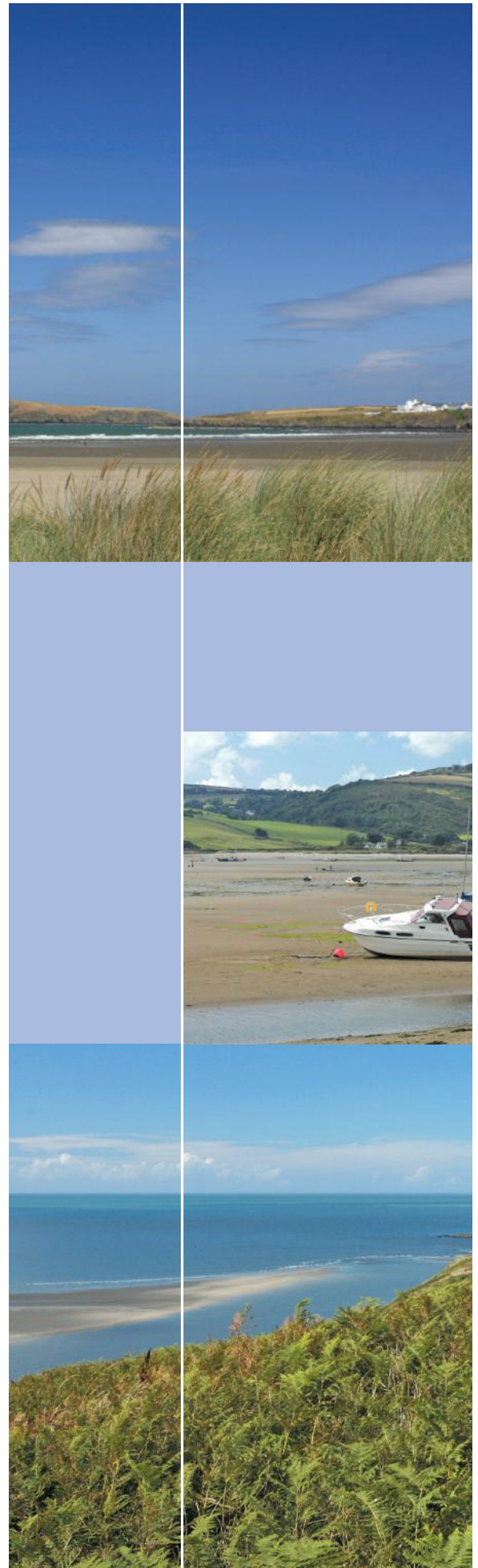


J Shorter route to Cemaes Head: At the derelict chapel turn right and after a short distance go through a gate to join a bridleway (waymarked). At a clean farm track, turn left and follow it over a cattle grid. Follow a footpath straight ahead (waymarked) to the right-hand side of a field (stile). Walk through trees, cross a stile, over another stile and turn left onto a country lane. Go through a gate and immediately turn right onto another country lane (waymarked). Follow this lane crossing a number of stiles to the coast path. Turn right and pass a disused coastguard station to Cemaes Head. **1 hour.**

K Longer route to Cemaes Head: Continue past the disused chapel and turn left at a gate (marked Private Track), over a stile and down a shady trail through conifers. Cross a stile and turn right onto a country road. After 50m turn left, over a stile (waymarked) and through a gate. Continue up the track which takes you above Gernos Farm and past a bridleway junction, across a stile and into a field. Follow the left hand hedge to a gate and continue in the same direction over a stile. Cross the farm track leftwards to a stile and cross another stile immediately after and descend with the hedge on your right until you see a stile under a large tree. Cross this and follow a narrow tree lined trail with a stream. Wooden steps lead down and then up again into a valley and over a bridge. At the National Trust signpost 'Gernos', turn right and follow the Pembrokeshire Coast Path past the old Coastguard station to Cemaes Head. **2 hours.**

D A Cemaes Head to St Dogmaels (or Poppit Sands to catch a bus): Where the coast path meets a lane (stile) turn left down a track and go through a gate on the left. Follow the track underneath the boundary wall of Pwynt-y-bar Farm. Continue straight on through farm buildings onto a farm track/road. Follow this for 200m crossing a cattle grid to join a road and a white house (Cnwcau). *To catch the Poppit Rocket, from Poppit, back to St Dogmaels or Cardigan, continue straight down the lane for 1.5km (1 mile).* To continue the walk, turn right at Cnwcau (waymarked) onto an old lane. At its end, turn left over a stile and keeping the hedge on your right, cross the field over steps and two stiles. Turn left at the road and follow it past Greenfield and Brynhyfryd House and Cippyn Cottage. When the road meets the main road, turn right and very soon turn left onto a footpath (waymarked) down a tree lined track. At Trecwn farm, turn right over a stile and skirt left round the back of the farm. Go through a gate, turn right and head leftwards downhill to cross a bridge over a stream. Head left through woods and a field onto a wide track. Follow the track and at the waymark, turn right and go through a metal gate alongside a larger gate. Turn left onto a farm road. Pass farm buildings and a pond on your left and go straight on through Tŷ Newydd farm (not right) to a road.

Turn right and follow the road to St Dogmaels. 150m after the 'Ferry Inn' in St Dogmaels turn left onto a footpath between the houses which opens out above and alongside the estuary. Walk past the Teifi Netpool Inn, across the football pitch and into the car park. **2 hours.**





Walk 2

St Dogmaels to Cemaes Head Walk

About this walk: Dogmael (450-500AD) was the grandson of the chieftain Ceredig who gave his name to 'Ceredigion'. In Celtic and Norman times St Dogmaels was an important monastic settlement. Built on the site of an earlier Celtic monastery, St Dogmaels Abbey had great influence on the surrounding land and economy.

Evidence from the Ogham script on the Sagraus Stone in St Thomas' Church, adjacent to the Abbey ruins, provided the key to deciphering the Ogham alphabet, an ancient Irish Goidelic language.

'Y Felin' flour mill dates from the 1600s and originally belonged to the Abbey. It is now fully restored as a working water mill, producing its own flour.

Listen out for the squawk of pheasant, introduced by the Normans as a game bird in the 11th century, as you walk through Cwm Degwel. Also keep a look out for buzzards surveying the ground for prey. Waders such as the common sandpiper, identified by its bobbing known comically as 'teetering', and redshank are also seen on the estuary in winter. If you scan the banks, especially at low tide, you may see little egrets and congregations of oystercatchers, curlew, godwits and knot. Keep an eye out for ravens, kestrels, peregrine, stonechats and jackdaws.

Bottlenose dolphins and harbour porpoise may be sighted in Cardigan Bay - the latter is half the size of a dolphin and rarely seen out of the water, all you are likely to see is the short stubby dorsal fin. Atlantic grey seals and their pups can also be seen from August to October.

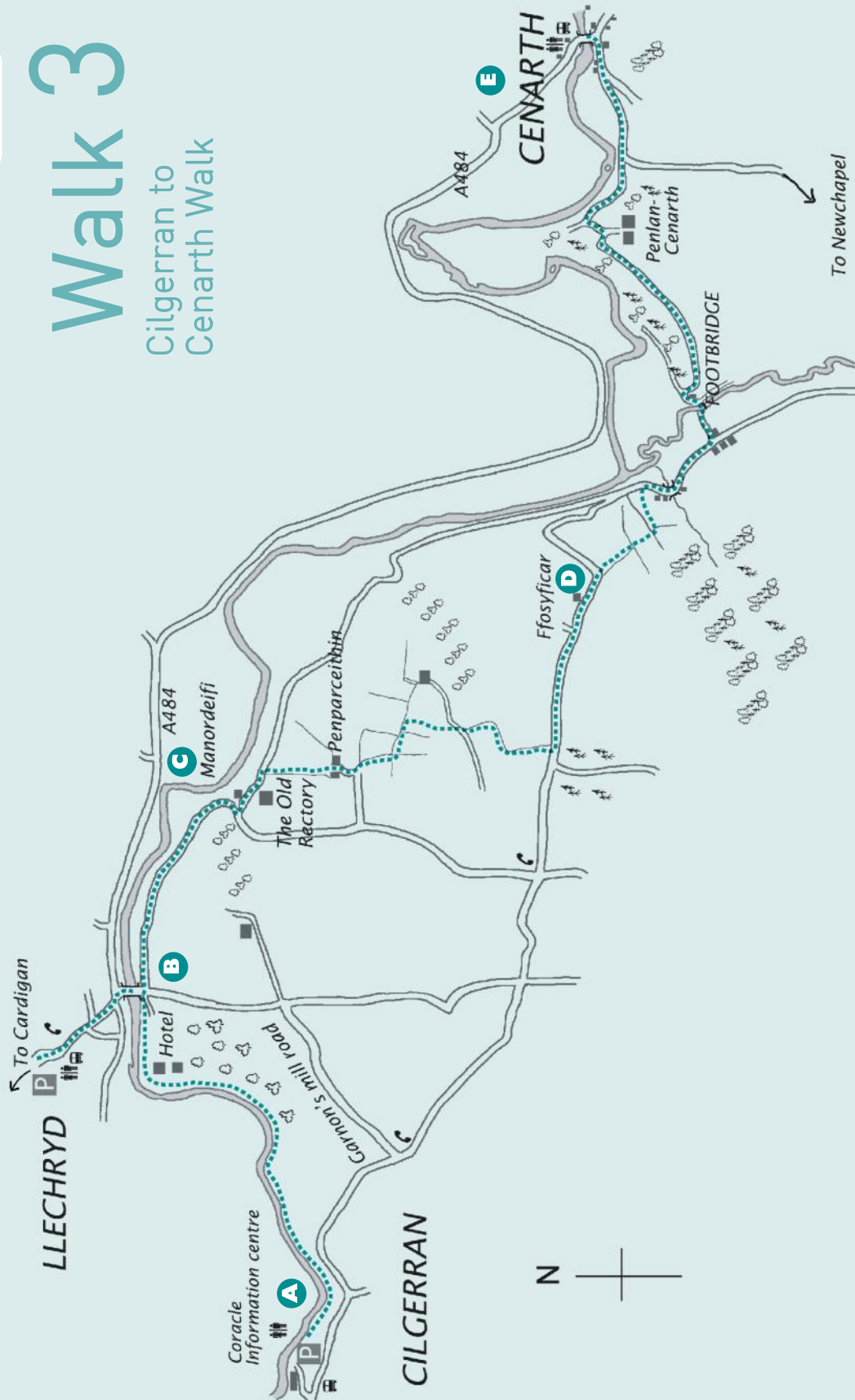
Sea birds such as the greater black-backed gull, fulmars, cormorants and guillemots, nest on the cliffs from March to August. Keep your eyes out for gannets with their huge wingspan and black tips, plunging seaward 100 feet at 60mph! Coastal grazing by ponies has improved cliff-top habitats for rare chough distinguished by their red beak and red legs.

Returning along the estuary to St Dogmaels and Cardigan you may spot fishermen fishing for salmon with seine nets introduced by monks in Norman times. A 200m straight net is set in an arc from a small boat; the ropes are hauled in and fish herded into the net producing a high quality catch because the fish are not bumped along the bottom. On returning to St Dogmaels, at the 'Netpools', you will find the Blessing Stone (Carreg Ateb) where abbots blessed fishermen every season. The tradition continues with the blessing of both fishing boats and lifeboats.



Walk 3

Cilgerran to
Cenarth Walk



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Public transport: Contact Cardigan Tourist Information Centre or Traveline Cymru on 0870 608 2608.

Cilgerran to Cenarth Walk

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Distance:	10km (6.2 miles) with a shorter option described
Time:	3 ½ hours maximum
Terrain:	The first section of this walk takes you alongside the river Teifi and the second part takes you across farmland, country lanes and a forest. No rough terrain, but some of the tracks can be muddy after rain.
Suitable for:	Moderately fit walkers. Dogs should be on a lead.
Start:	Cilgerran Coracle Centre, Dolbedau or Llechryd Community Centre - free parking at both
Refreshments:	Cilgerran and Cenarth
Public Toilets:	Cilgerran - Coracle Centre Llechryd - Community Centre Cenarth - Cenarth Falls



A B Cilgerran to Llechryd Bridge: From the car park at Dolbedau (the Coracle Centre) in Cilgerran, follow a path (waymarked Llechryd) alongside the Teifi's right bank (true left bank). Ignore any paths leading off rightwards. As the path approaches Llechryd you will pass Castell Malgwyn Hotel before reaching the bridge which crosses the Teifi to Llechryd.

Shorter option starting at Llechryd: Park at the Community Centre in Llechryd and walk down to the river and across Llechryd Bridge to join the walk.

B C Llechryd Bridge to Manordeifi: At the road, turn right and then left. After 1 km the road bends to the right (south) and the small chapel at Manordeifi is seen ahead.

C D Manordeifi to Ffosyfcar: Follow the road which bends back behind the chapel and pass the 'Old Rectory'. Just past the 'Old Rectory', turn right (waymarked) over a stile and into a field. Vaguely follow the hedge on the right, uphill to Penparceithin Farm and go through a gate leading into the farm. Follow the road ahead out of the farm as far as a sharp bend and enter a field to the left (waymarked). Follow the left hand boundary hedge through a gate to a waymark, turn right and walk across the middle of the field to a double stile.

Walk straight ahead to a stile leading onto a lane. Turn right and immediately left over a stile (waymarked). Walk rightwards downhill and then uphill to a stile leading onto the road. Turn left and follow it past Ffosyfcar farm to a sharp left bend in the road.

D E Ffosyfcar to Cenarth: Go through the gate directly ahead and follow the boundary hedge to another gate (drinking trough to the right). Follow the trail downhill to a small gate on the left (ignore an old stile). Walk downhill across the field diagonally leftwards to exit at a gate onto the road left of the houses in Abercych. Turn right and follow the road over a bridge to Abercych. Just past a community garden take the first turning on the left at Glynwell house (waymarked).



Follow the road down to the river Cych and turn right along a narrow track to a bridge crossing the river. On the other side, turn left in front of the cottages and along the farm/woodland track. After 100m, turn right onto a track leading uphill into the woods and around the rear of the cottages. Follow the woodland road, ignoring the roads to Penlan-Cenarth Farm and a left turn shortly afterwards (both marked private road). At a tarmac section of the road, continue past the houses to a road junction and turn left to follow the road to Cenarth. The falls are just over the bridge on the right.

About this walk: Starting at the Coracle Centre at Cilgerran and finishing at the Coracle Centre at Cenarth, this delightful walk, through sections of Ceredigion, Pembrokeshire and Carmarthenshire, follows in the footsteps of the coracle fishermen. Many locations on the Teifi are linked to the Mabinogion - early Welsh legends dating back a thousand years to Celtic mythology - and this walk is steeped in that magical quality.

Leaving the 12th century Norman castle at Cilgerran behind you, walk along the often narrow, rocky and wooded banks of the Teifi surrounded by birdsong. The noise will probably be coming from groups of pink and white long-tailed tits, finches and gold crests. You may also see herons, dippers, grey wagtails, kingfishers, ducks and woodpecker and, with luck, you may even spot an otter.

As the track opens out, impressive remains of where slate was quarried within the gorge come into view. It was once said that the monster of the gorge would roar, signifying the onset of flooding. Although we can now translate that roar to the rumble of thunder, the area is still subject to significant flooding - Llechryd bridge was completely covered with water in 2005!

Close to the bridge are the mid-19th century stable buildings of the Castell Malgwyn estate, easily recognised by their clock and bell tower. Sir Benjamin Hammet, who built Castell Malgwyn mansion, gave up the Lord Mayorship of London to remain here and was fined £1,000 for the privilege! From here he managed his extensive iron and tinplate works at nearby Penygored. During both World Wars, the house was used for rest and recuperation of service personnel and was eventually purchased by the Gower family: Lily Gower was croquet champion of England around 1900 and David Gower captained the English cricket team. Sold in 1948, the house became a hotel in 1960.





Walk 3

Cilgerran to Cenarth Walk



The river opposite had a series of stone salmon traps that were part of the Castell Malgwyn estate. The traps caused much dispute amongst the starving locals - here was a source of food and the gentry was taking it all! They were destroyed during the Rebecca Riots. There is a small cave beneath the path where the catch was stored.

On the other side of Llechryd bridge the walk follows an old canal that was dug to by-pass the flat stones in the river at the bridge. The canal was used to supply water and fuel to the nearby iron and tinplate works and to carry away its products.

The route from Llechryd to Cenarth takes you along country lanes and tracks, through open countryside and wooded sections to pretty villages. The old church at Manordeifi is worth more than a passing glance and the pretty village of Abercych tempts you to linger. After Abercych we rejoin the Teifi. Net fishing from the famous Teifi coracle once provided food for the communities living along the river, with sea trout (sewin) and salmon being the main catch.

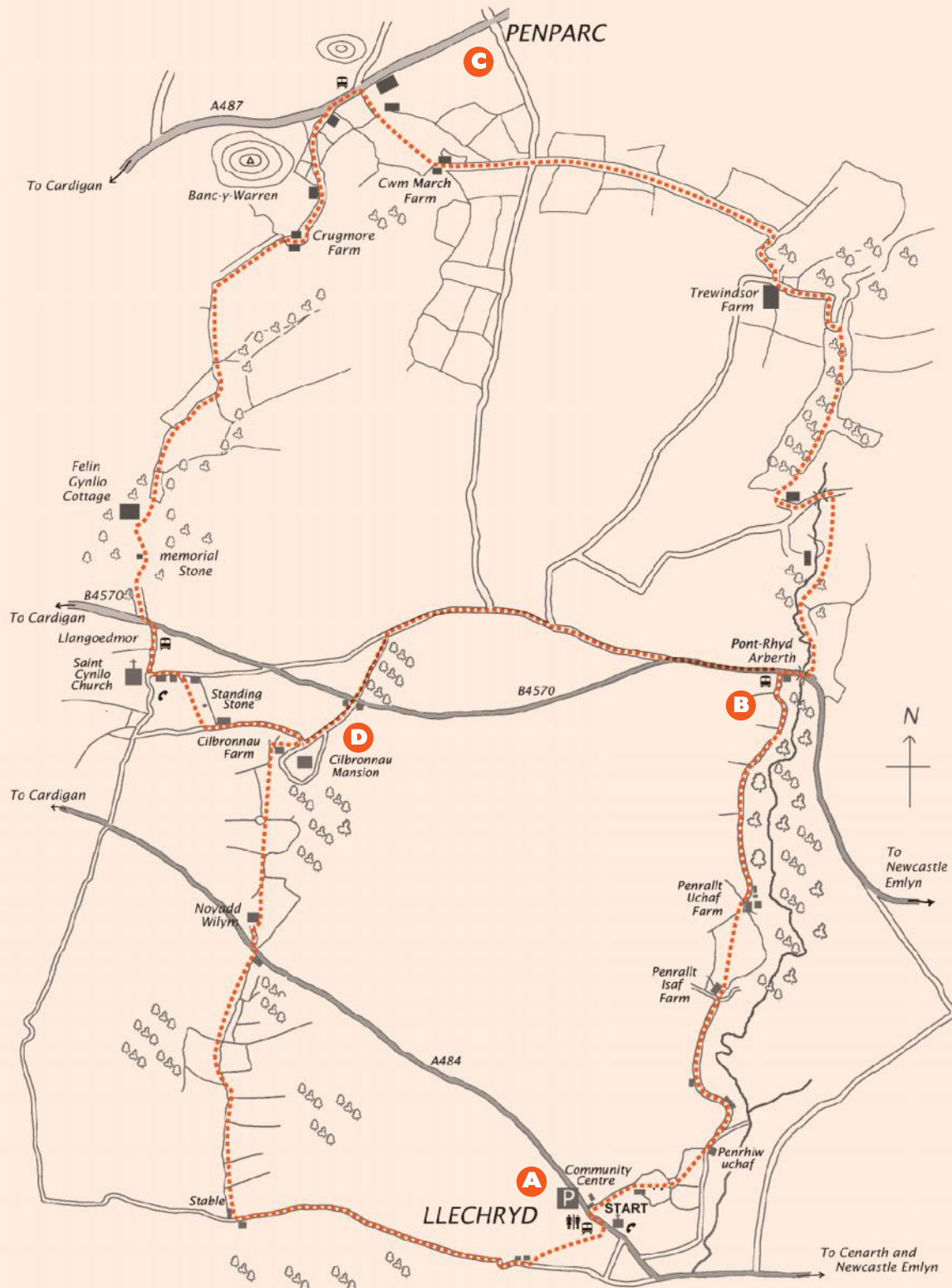
Coracles have been in use in the British Isles from pre-Roman times. Julius Caesar, while fighting in Spain in 49BC, ordered his troops to make wickerwork boats covered with hides of a type he had seen in Britain. Wellington reportedly used them during his campaigns in India and the Mabinogion refer to a "leather bag" boat.

In the 19th century, Teifi coracles were constructed by plaiting a frame from hazel and willow and covered with flannel from mills around Newcastle Emlyn, waterproofed using tar or pitch. Teifi coracles are now covered with calico or canvas and can be seen at the National Coracle Centre at Cenarth Falls. Coracle fishing is now practiced on only three rivers in Wales, the Tywi, Taf and Teifi although only twelve people now have licences to use coracles to fish on the Teifi.

In the 1970s, Bernard Thomas from Llechryd achieved the remarkable feat of paddling his coracle across the English Channel to France. The craft he used was kept in the village church where it was used to store the hymnbooks - so that they would keep dry when the church flooded!

The last part of the walk leads you to the beautiful Cenarth Falls where salmon and sewin can often be seen negotiating the upstream leaps.

Walk 4 Llechryd to Penparc Circular Walk



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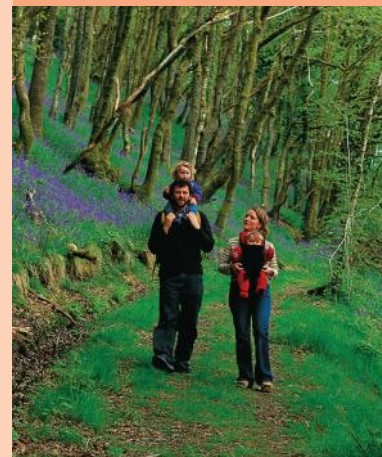


Public transport: Contact Cardigan Tourist Information Centre or Traveline Cymru on 0870 608 2608.

Llechryd to Penparc Circular Walk

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Distance:	Approximately 13km (8 miles) for the full walk, with a possibility of shortening to 6½km (4 miles)
Time:	Approximately 3 hours
Terrain:	A very varied walk along farm lanes, a river valley, forest tracks, open views and with the option to split it into two halves.
Suitable for:	Fit to moderately fit walkers depending on the route chosen. Dogs should be kept on short leads through all open fields.
Start:	Llechryd Community Centre (opposite the petrol station) Llechryd OS 215449
Refreshments:	Llechryd - Pubs and shops; Penparc - Local shop, sub post office, cafe, petrol station.
Public toilets:	Llechryd - Community Centre



A B **Llechryd to Pont Rhyd Arberth:** Park at Llechryd Community Centre. Cross a stile (waymarked) next to the public toilets. Keep the fence on the left, pass an old quarry and old farm buildings to enter a field with two telegraph poles. Follow the poles through a gate and bear right to enter a field (do not enter the field immediately right or left). Head for a white house (Penrhiw Uchaf) at the far corner of the field and cross a stile onto a lane.

Turn left and after 125m onto a tree lined track signposted 'No Through Road'. This leads past cottages and onto tarmac road. Walk uphill, past Penwalk Cottage and onto a track. At the intersection, bear right, staying on the track.

At Penrallt Isaf farm go through a farm gate (the main track goes off left) alongside a barn, cross two more gates forming an enclosure. Cross a field towards Penrallt Uchaf farm and through a gate to the left. After 100m turn right through an iron-kissing gate onto a farm road leading past farm buildings. Stay on the farm road through woodland and alongside a deep gorge to join the B4570 at Pont Rhyd Arberth.

Shorter Walk: Turn left and follow the road for about 100m. Take the right fork and follow the road uphill until it starts to head steeply down. A marked bridleway to the left (tarmac entrance) runs alongside buildings onto a rough track and the B4570. Cross the road and follow the road (lodge houses either side) to Cilbronnau Mansion. Pass the entrance and follow signs for Cilbronnau Farm. Enter the farm gate on the right and rejoin the rest of the walk (see below).

B C **Pont Rhyd Arberth to Penparc:** Turn right, cross a bridge then left through a farm gate. Keep the river to the left and head towards a kissing gate in the trees. Follow the river but bear right round a slate quarry to avoid the steep gorge. At the top, descend to a stile to the right of a stone bridge. Turn left over the bridge onto a road/track and shortly afterwards turn right. Walk between a house and a barn to a waymarked track on the right leading into a wood. At a fork in the trail, go right downhill. Follow the trail keeping the river to the right. When the woods end at a 'U' bend in a road, turn left (uphill) past the front of Trewindsor Farm. Where the road leads left out of the farm, fork right onto a farm track waymarked a bridleway. Follow it to the road - do not take an older track at a sharp left bend - and go straight across a cattle grid to Cwm-march Farm. Cemaes Head can be seen ahead.

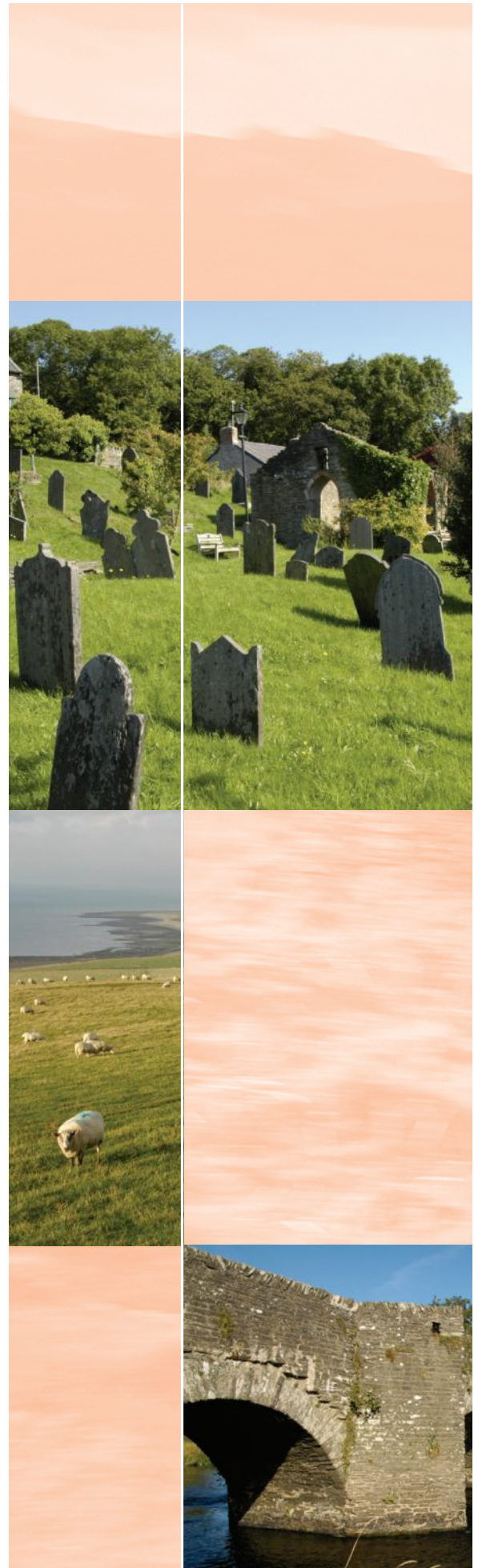
Enter the farmyard and go through two gates to the left of an outbuilding. Head across the field to a gate left of a house and onto a grassy track leading to the A487 and Penparc.

C D Penparc to Cilbronnau Mansion: Turn left onto the A487 then first left at Glenmor and Nyth y Wennol. Follow the lane bearing right through a farmyard. Cross the gate and turn left onto a track through trees separating two fields and bear right into a field following the hedge on the right. In the bottom left corner, cross the field on its left and keeping the hedge to the right, go through a farm gate and cross a bridge. Turn right and then left over an awkward bridge. Continue ahead to the right hand corner of a field. Cross the next field to a gate in the left corner (tubing over barbed wire) and keeping the stream to the right, follow a trail to a farm gate and a track past Felin Gynllo cottage. At its end, turn right along a gorse lined track and woodland.

Descend on steps to a bridge and follow the track as it bears right past a memorial stone. Exit via a small gate adjacent to Sunnysdale house and take the wide track to the B4570. Turn left and then first right. At the church in Blaenbarthen turn left and after 200m turn right onto a waymarked track down the side of a garden. Cross a stile and walk across the field - standing stone to the left and a pond to the right - to a stile in the top left of the field.

Turn left onto a track and pass a cottage with a standing stone. Go through a gate onto a tree-lined track and turn right where it meets a rough track and then right again through a gate/fence before Cilbronnau farm. **(The shorter alternative rejoins here).**

D A Cilbronnau Farm to Llechryd: Keep the farm buildings to the left and go through a gate and over a slate stile. Bear left across a field to a stile in line with a telegraph pole. Head across the field to a gate near the left corner. Keep the hedge to the right and go through an opening into the next field (yellow waymark). Go around farm buildings to a gate at the top of a field and cross a concealed signed stile to the left of the gate. Turn left onto a road and left at the next junction (A484). After 20m cross the road and enter a farm gate to the right of the first bungalow. Follow the left hand fence to the bottom of the field and cross a stile. Follow the left hand hedge to a stile in the top left corner of the field. Follow the right hand hedge to a stile and continue in the same direction to another stile. Keep in the same direction past a stable, through a gate and onto a country lane. Turn left and follow the road to Llechryd.





Walk 4

Llechryd to Penparc
Circular Walk



About this walk: A pretty walk through deciduous woodland, past farms and cottages, alongside rivers and streams offering varied scenery, unspoilt countryside, village hamlets and an abundance of flowers and wildlife.

The river Teifi was navigable for large boats up to Llechryd until the 1860s, but the dumping of waste from the slate quarries reduced the river's depth by an estimated 12-15 feet. There would have been 400 coracle men on the Teifi around this time and the river was one of the most productive fisheries for salmon and sea trout in Wales. During the 19th century seine, fixed and coracle nets were used as far upstream as Cenarth. Stricter controls have now reduced fishing to a handful of seine and coracle net licences.

A number of other industries sprang up along the banks of the Teifi in the 18th and 19th centuries - including one of the earliest iron works in Wales at Llechryd in 1764. Iron ore was imported to Cardigan and shipped up river in barges for processing. Now, canoeists use the river and the coracle fishermen have been replaced by sporting fishermen who still seek out Teifi salmon and sewin. Another fish hunter, the otter, also finds its home on the river's banks.

At Pont Rhyd Arberth look out for herons feeding mainly at dawn and dusk. In severe winters, when water freezes making fish difficult to catch, the heron population can be hit hard. The timid badger, now a protected animal having suffered persecution for many centuries, may also be seen.

The woodland trail following Nant Arberth river is alive with bird life, while pheasant and fox can often be spotted amongst the hollies, ferns and primroses. Lichens and mosses thrive in the woodland and in early May it becomes a haze of bluebells.

The bridleway leaving Trewindsor Farm has wonderful views to the Preseli Hills with their links to Merlin and King Arthur. Legend has it that Merlin transported stones from here for the construction of Camelot and King Arthur's Round Table. The 'Mabinogion' also originated here, as does 'Annwn', the Welsh underworld. The 5th circle and inner horseshoe of Stonehenge are constructed from Preseli 'Bluestone'

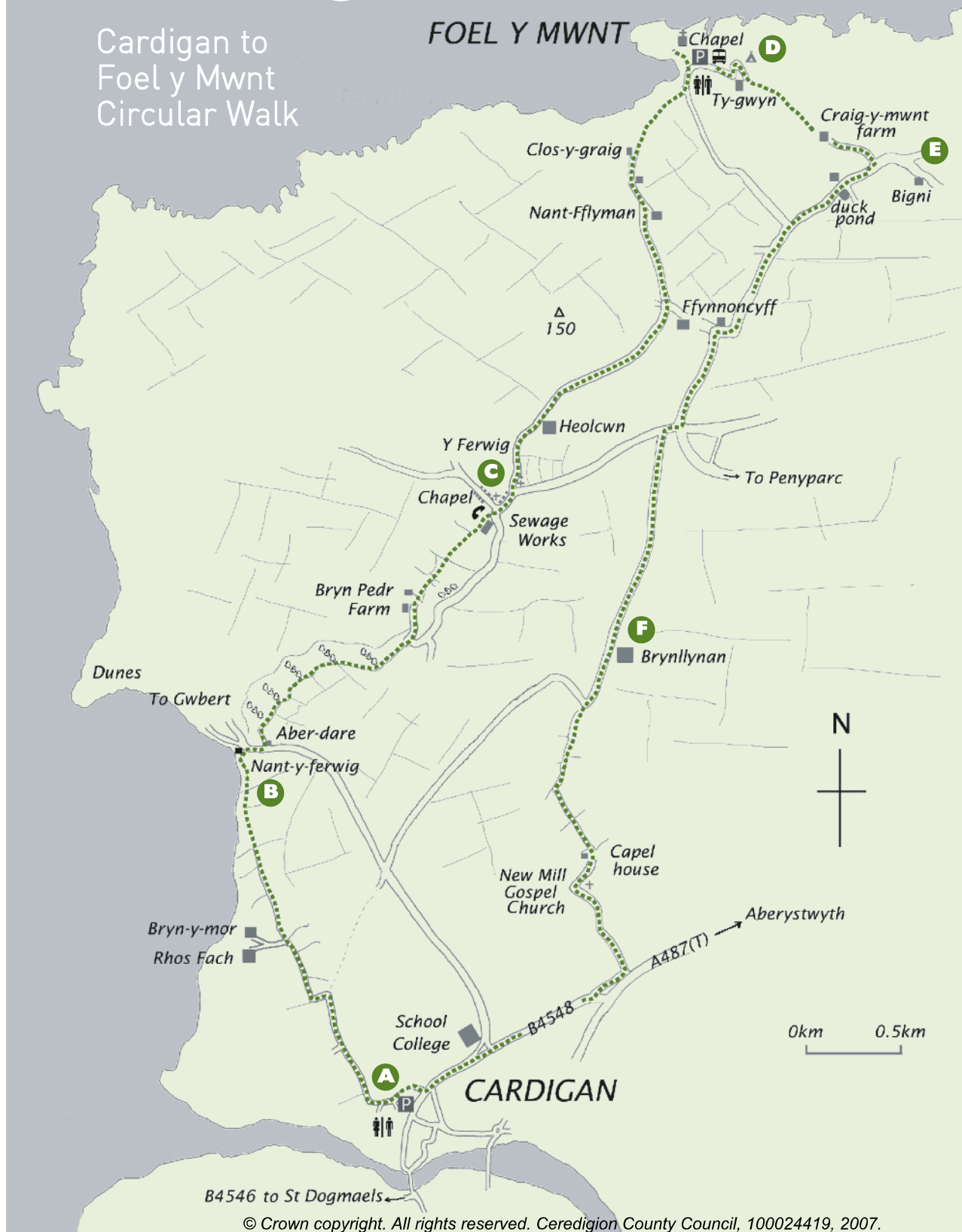
Penparc was the site of the Battle of Crug Mawr in 1136 when a Welsh army, led by Gruffydd ap Rhys ap Tewdwr, defeated the Normans. Many were killed and the bridge at Cardigan collapsed under the weight of the fleeing Normans. Hundreds drowned and their bodies formed a 'bridge' for the others to cross. The castle, however, did not fall and remained in the hands of the Normans for another 29 years.

The church of St Cynllo stands on the junction of the track leading into the village of Blaenbarthen and is worth a visit. The knee imprints of Saint Cynllo, a 5th century Welsh saint, are said to exist in a rock near Felin Gynllo farm and, not far from the trail, near Trevorgan is a spring called St Cynllo's Well, to which extraordinary healing properties were once ascribed.



Walk 5

Cardigan to
Foel y Mwnt
Circular Walk



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Public transport: Contact Cardigan Tourist Information Centre or Traveline Cymru on 0870 608 2608.

Cardigan to Foel y Mwnt Circular Walk

OS198
explorer
cardigan & new quay

Distance:	15km (10 miles) in total. 7.5km (4.7 miles) outbound and 8.5km (5.3 miles) return
Time:	Total time 3½ to 4 hours
Terrain:	Open fields and roads with spectacular views across the Teifi Estuary and, at Foel y Mwnt, the north coast of Ceredigion and the Llŷn Peninsula. No rough terrain, but some tracks can be muddy.
Suitable for:	Moderately fit walkers. Dogs, other than guide dogs for the blind, are prohibited on the beach at Mwnt between 1 May - 30 September. Keep dogs on short leads through all open fields.
Start:	Cardigan - Greenfield Square Car Park situated behind the Market Hall OS177462
Refreshments:	Cardigan (seasonally at Mwnt)
Public Toilets:	Cardigan (seasonally at Mwnt)



A B Cardigan to Nant y Ferwig: Follow Greenfield Row from Greenfield Square car park. Leading gently uphill, the road veers right after 200m. At the top (800m) there are stunning views over the mouth of the estuary to Cemaes Head. Follow the road left (ignoring footpath sign through a field) to where it meets turnings for Bryn-y-Môr House and Rhosfach (1.2km).

Enter the field directly ahead (kissing gate), and keeping the hedge and estuary to your left, walk through three more kissing gates. The final kissing gate is concealed in the hedge, but has an old waymark sign. Keep the estuary on your left until you meet the road and a house (Nant-y-Ferwig). Go through a field gate to join the road. **45 minutes.**

B C Nant y Ferwig to Y Ferwig: Turn right following a pavement and after approximately 100m look for a bridlepath sign in the hedge. Cross the road and go through a gate leading in front of a large house (Aber-dare). Cross the stream, through a gate and bear right uphill passing some houses to join a grassy trail running through trees. Follow the trail for 800m through a couple of gates to a farm lane. Turn left and follow the road uphill into Bryn-Pedr farm. Turn right (waymarked) before the farmhouse and barn, cross a stile into a field. Walk ahead towards a gate (stream on your right) and continue through fields crossing stiles to meet the rear of houses at the village of Y Ferwig (telephone box). The last stile is concealed in the lower right hand corner of the field. **45 minutes.**

C D Y Ferwig to Foel y Mwnt: Turn left onto the road and then bear right passing in front of a chapel. After 125m turn left (Siloam chapel on the corner) onto a country lane (cottages on your right). At the top of the rise there are superb views behind of the Preseli Hills, St Dogmaels and Cemaes Head. After approximately 1.4km, wonderful views of the north-facing coast appear. Carry on past Ffynnoncyff farm for approximately 500m to Nant Fflyman Farm. Take the road slightly to the left towards the sea (signposted dead end). Pass a house on the right and at the end of the lane enter the field to the right of Clos-y-Graig house (fine views of the church and the headland of Foel y Mwnt). Follow the track downhill towards the church and the headland. Climb Foel y Mwnt for superb views back to Cardigan Island and enjoy a break before returning to Cardigan. **1½ hours.**



RETURN TO CARDIGAN

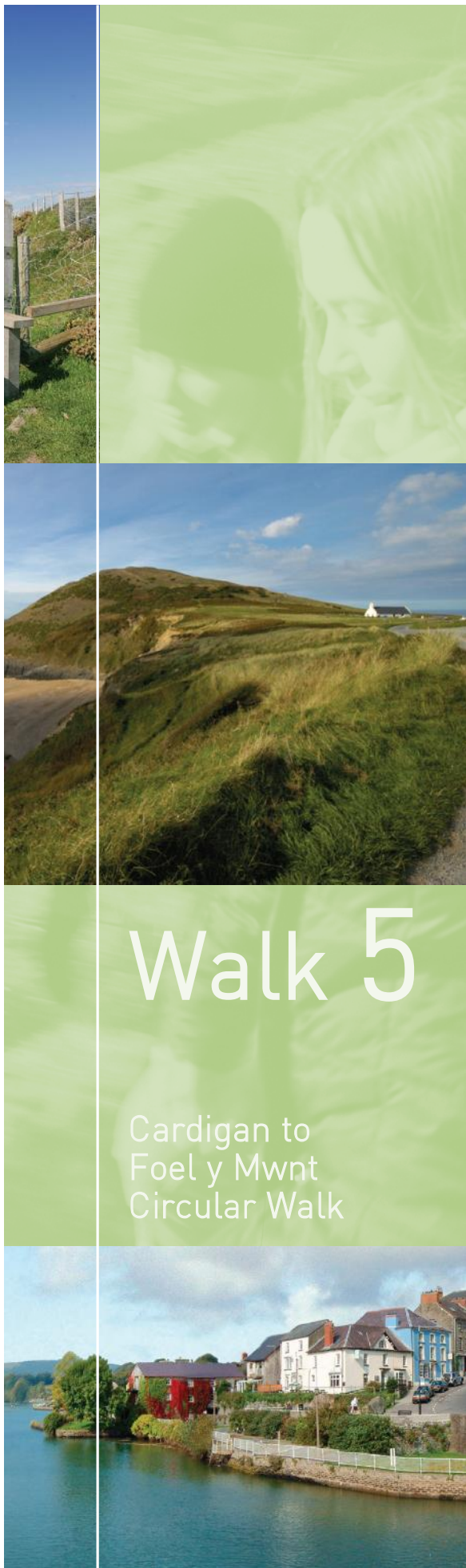
D E Foel y Mwnt to Craig y Mwnt Farm: Follow the road past the church, towards a farm (Tŷ Gwyn) and a small caravan park. Just before entering the caravan park bear right passing in front of the farmhouse to a garden gate. At the end of the garden, walk ahead alongside a broken gorse hedge to another field gate and a muddy trail to Craig y Mwnt farm. The footpath is well waymarked through the farm.

E F Craig y Mwnt Farm to Brynllynan* Farm: At the road turn right and follow it past a duck pond. After 1.25km follow the road sharply right and then left at Penwaun Farm (do not take the road to Ffynnoncyff farm). Carry on along the road for a further 600m until it meets a crossroads. Turn right and after 100m turn left. Follow the road for 1.6km until it bends very sharply right (chevrons) just after the entrance to Brynllynan Farm

F A Brynllynan Farm to Cardigan: Leave the road at the sharp bend via a field gate directly ahead (waymarked bridleway). Keep the hedge to your right and enjoy the views from Penparc to Cemaes Head. Walk in the same direction, through a couple of fields to enter a wide farm track where the town of Cardigan comes into view. Follow this track to Capel House and take a narrow track along the side of the house, through a short section of garden and onto a road. Follow this road past New Mill Gospel Church and some pretty cottages. Where this road meets the B4548 into Cardigan (Tesco ahead) turn right and head straight on to Cardigan town centre.

** note that there is a misspelling on the current edition of the OS Map (2006) which refers to "Brynllnan".*





Walk 5

Cardigan to Foel y Mwnt Circular Walk

About this walk: The initial effort of a climb is rewarded by spectacular views over the mouth of the Teifi Estuary to Cemaes Head. In spring, shortly after heading inland, the deciduous woodland of Allt-y-Bryn is abundant with celandines, primroses and bluebells.

Mwnt is packed with coastal flora such as pink thrift and gorse with its heady aroma of coconut. Flowering almost all year round, gorse once had many uses - men would earn five shillings an acre cutting it for cattle and horse feed and it was often used as kindling for bread ovens and limekilns. An old limekiln at Mwnt is said to have burned with a transparent blue waving flame, giving off thick acrid yellow smoke. At night, the glow is likely to have been a useful landmark for ships. The lime industry in Ceredigion started in the 18th century but died out towards the end of the 19th century with the coming of the railways and the discovery of other fertilizers such as guano.


From the National Trust property at Mwnt you can walk down the steps to the award winning beach with its rock pools. This bay is a great location for a picnic and to watch for Atlantic grey seals and bottlenosed dolphins. Cardigan Bay is home to one of only two resident groups of bottlenose dolphins in the UK. They live for up to 48 years and calves are born every 2-3 years in spring and summer.

Bird watchers can be sure of seeing peregrine falcons and stonechat at Mwnt with jay and buzzards along the way. The rare chough can often be seen performing aerobatics or searching for grubs in the cliff-top turf.

On a clear day, the climb to the top of Foel y Mwnt will reward you with views of Cardigan Island, the mountains of north Wales, the Llŷn Peninsula and Bardsey Island (Ynys Enlli). The 76m summit of Foel y Mwnt once bore a great stone cross and still shelters the Church of the Holy Cross, once a resting place for pilgrims on their way between St David's and the holy island of Bardsey. A church has stood on this site since the 6th century, but the current building is believed to date from the 13th or 14th century.

The Mwnt area has a somewhat bloody history - the defeat of the Flemings, who landed here in 1155, was commemorated (at least in the 18th century) by a meeting for secular games on the first Sunday in January known as 'Sul Coch y Mwnt' (Bloody or Red Sunday). Within living memory, human bones and skeletons have been exposed on farmland at nearby Ffynnon Grog!

The return journey is more open with panoramic views of the magical Preseli Hills with their links to Merlin and King Arthur.



Whilst Ceredigion County Council 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 connected with or arising out of the publication of this brochure.

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