



The coastline of Wales is world-class, and the dramatic landscape of wild cliffs and sandy beaches between Cardigan and the village of Llangrannog has to be one of its most beautiful stretches.

As a base for an exploration of Ceredigion's southern coast, the old town of Cardigan is perfect. In the days when Welsh princes slugged it out with Norman warlords Cardigan's bridge over the Teifi was a prize worth the fight. And there was plenty of fighting, with control of the castle changing hands a time or two. The Russian cannon at the Guildhall is a reminder of a more recent conflict – it saw action in the Charge of the Light Brigade during the Crimea War (the brigade was commanded by the 7th Earl of Cardigan).

To the north and east of Cardigan cliffs

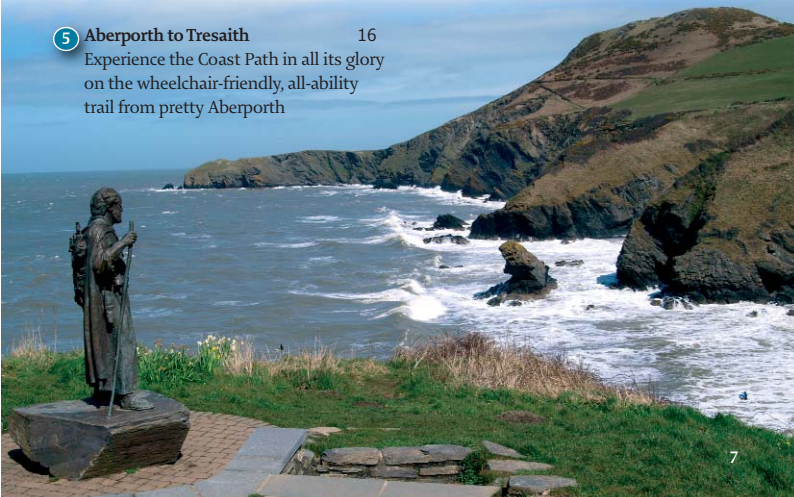
face the sea, but there are a few small beaches that are well worth a visit. The best-known coastal landmark is the tiny whitewashed church at Mwnt, which stands in splendid isolation close to the clifftops above a picture-perfect cove.

The church must have been a welcome sight for the medieval pilgrims trudging their way between the holy island of Bardsey in the north and St David's in the far west, and here they found simple hospitality.

There are attractive beaches at Aberporth, Penbryn and Tresaith too, but the most popular village is Llangrannog. Sea-going schooners were once built on its beach and shipbuilders lived in the cottages that occupy every inch of level ground (as well as some that isn't) in the steep-sided valley.

Cardigan to Llangrannog

- 1 Cardigan to Mwnt** 8
Follow in the footsteps of pilgrims on this cross-country journey to the atmospheric cove of Mwnt
- 2 Teifi Marshes** 10
Keep an eagle eye out for the azure flash of a passing kingfisher as you make tracks to the Welsh Wildlife Centre
- 3 Gwbert by the sea** 12
Given its first-class sunsets, this short stroll is perfect for an evening outing
- 4 Mwnt to Pen Peles** 14
A bloody past haunts this walk, which explores the coast and country around Foel y Mwnt
- 5 Aberporth to Tresaith** 16
Experience the Coast Path in all its glory on the wheelchair-friendly, all-ability trail from pretty Aberporth
- 6 Thieves' Valley to Penbryn Beach** 18
Short but sweet, this mini-adventure through Cwm Lladron features smugglers, Vikings – and a Bond girl
- 7 Penbryn to Llangrannog** 20
Look out for seals as you take time to discover the wild beauty of Cardigan Bay
- 8 Llangrannog and Pigeonsford** 22
Combine beach time with an exploration of the countryside around the seaside village of Llangrannog
- 9 Llangrannog to Cwmttydu** 24
For a real adrenalin rush, try this exhilarating coastal route which will test your head for heights



Penbryn to Llangrannog

Distance 5.5km **Time** 3 hours **Terrain** coast path with steps in places, woodland paths and minor roads **Map** OS Explorer 198 **Access** Cardi Bach coast bus from Cardigan to Llanborth, Penbryn

Llangrannog is one of Ceredigion's best-loved seaside villages and the coast to the south is spectacular. This route makes a great day out, combining breathtaking scenery with a chance of an ice cream on the beach.

This walk starts at the car park and café at Llanborth, which is also a stop on the coast bus route. Go past the farmhouse and along the lane towards the sea, but leave the road when you come to a bridleway on the right.

Head towards a wooded hill and at a T-junction of paths go right. The route soon reaches a large house, passing through woodland to the rear.

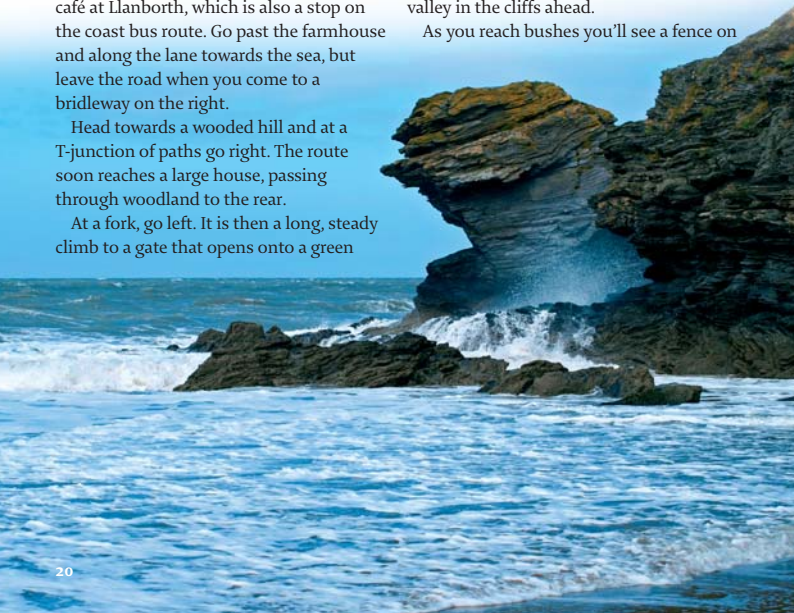
At a fork, go left. It is then a long, steady climb to a gate that opens onto a green

lane. Follow the lane until it comes to a minor road and go left. When you come to a junction take the lane on the left. At a farm called Morfa Isaf go past the farmhouse and then look for a path on your right.

Pass through a metal gate to make for the stile ahead of you. After climbing over the stile, drop downhill with the hedge on your left.

On the far side of the field look for a gap in the hedge that opens into a second field. Walk on, aiming for the v-shape of the valley in the cliffs ahead.

As you reach bushes you'll see a fence on





your right. Keep following the path, which bears left to reach another stile. Climb over the stile and keep going downhill until the path joins the Coast Path at Traeth Bach. Go right to cross a stream on a footbridge and it's then a muscle-testing climb up to a plateau. Look at the landforms around you here – you may be able to make out Castell Bach, an Iron Age hillfort.

From Castell Bach it's easy walking on the Coast Path to the statue of Saint Caranog at Pen-rhip. Caranog was a well-travelled 6th-century missionary who lived in seclusion on the cliffs near Llangrannog and also gave his name to villages in Somerset, Cornwall and Brittany.

Leaving Pen-rhip, join the road that

zigzags down into the village. Llangrannog is a good place for a lunch stop, with two pubs, a couple of good cafés and a useful village shop. If you can't face the walk back there's the option of catching the coast bus; otherwise retrace your steps to Traeth Bach. Follow the Coast Path towards the telecommunications mast and then go through a gate to follow the trail along the cliffs. At a second gate take a moment to enjoy the marvellous views of Penbryn Beach below, then walk on to a third gate that opens onto a farm track.

This leads downhill where, in time, you rejoin your outward route. Go right downhill and then left on the road at Llanborth.