CEREDIGION COAST PATH - SELF GUIDED WALKING HOLIDAY

The Ceredigion Coast Path follows 60 miles of dramatic coastline on the west coast of Wales. Secluded coves, endless sandy beaches, rugged cliffs and charming fishing villages are some of the highlights along the path. Much of the walking follows the designated Heritage Coast which fringes Cardigan Bay, recognised for its unspoilt areas. Scan the sea for bottle nose dolphins and listen to the calls of seabirds that thrive in the coastal habitat. Stroll off the path to one of the many sandy beaches to relax and enjoy the tranquil surroundings.

The walk starts in Cardigan and finishes 60 miles north in Ynys-las, linking the Teifi with the Dyfi Estuary. Leaving Cardigan you quickly appreciate the tranquil beauty of the area and from Aberporth you enter the Heritage Coast where you can marvel at the waterfall at Tresaith. A couple of tough, steep climbs follows and from Llangrannog to New Quay you follow the most spectacular area of the coast path, rugged and remote. Stop at bird rock where you can try and spot both marine and birdlife en-route to New Quay. A mixture of low flat walking and the coastal path follow heading inland slightly before reaching Aberystwth and finally past Borth to the end at Ynys-las.

HIGHLIGHTS

- Secluded coves and endless sandy beaches
- Magnificent rock formations and geology of the area
- Undulating cliff top walking
- The abundance of wildlife including dolphins, porpoises and seals
- Warm and friendly welcome from the locals

WHY CHOOSE A SELF GUIDED WALKING HOLIDAY WITH US?

Macs Adventure are specialists in self guided walking holidays. As passionate and regular walkers we understand what makes for an unforgettable adventure and we deliver outstanding holidays where every last detail is taken care of. Great routes, breathtaking scenery and warm, welcoming accommodation can be expected.

Each holiday can be tailor made to meet your requirements. From your first contact with Macs Adventure you will deal with a specialist who knows the region intimately. They will help you to make the most of your time in Wales with their in-depth knowledge of the route, accommodation and must-see attractions on the way.

We will supply you with a guidebook and map to help you every step of the way. The trail is extensively way marked ensuring you don’t miss a turn. Your baggage will be collected and moved onto your next accommodation, leaving you free to enjoy each days walking. In the unlikely event you should require emergency support our office is always more than happy to help with your queries.

So, from the moment you decide to walk this stunning coast path you can relax and look forward to an unforgettable self-guided walking holiday.

SUMMARY

Tour: Ceredigion Coast Path
Code: WWSCCP1-WWSCCP3
Type: Self-Guided Walking Holiday
Price: See Website
Single Supplement: See Website
Dates: March-October
Walking Days: 4 - 6
Nights: 5 - 7
Start: Cardigan
Finish: Ynys-Las
Distance: 60 miles
Grade: Moderate

Is It For Me?
If you enjoy coastal walking with cliff top views and plenty of wildlife then this could be the walk for you! The perfect length for a weeks walk or follow on from the Pembroke-shire Coast Path for the more adventurous!

What’s Included?
Accommodation: Hand-picked B&B’s, Country Inns and Guesthouses.
Meals: A hearty breakfast is included. Lunch and dinner are not included but always available nearby.
Baggage Transfer: Door-to-door baggage transfer.
Information Pack: Comprehensive Guidebook and map as well as a pre-departure information pack.
Below is a brief description of the trail, broken down into more detailed sections:

Arriving in Cardigan
From Cardiff you can catch the train to Carmarthen (1hr 40 mins) and then catch a bus to Cardigan (1hr 35 mins). Alternatively if you are taking your car you can park in either of the 2 designated long term car parks in Cardigan. Arrive early and visit the Heritage Centre, pick up any last minute essentials before setting off in the morning.

Cardigan to Aberporth—12 miles
Starting from the bronze otter on the north side of the river Teifi the coastal path begins its northern journey. The first half of this day does involve some road walking but from Mwnt onwards you start feeling like you have left the pace of modern life behind. The views across to Cardigan Island (a nature reserve) are spectacular. Towards the end of the day the path heads inland to avoid the MOD base and after a narrow winding road you reach Aberporth.

Aberporth to Cwmtydu—10 miles
The beaches at Aberporth are worth a visit before you head up the coast today. Tresaith follows with its spectacular waterfall where the river plunges to the shore below. The magnificent beach of Penbryn is another highlight with its untouched sand dunes on either side. From here to Llangarrog is one of the toughest sections of the walk, it is not even 2 miles long but involves a couple of steep climbs. The rest of the walk on to Cwmtydu is fairly strenuous but you will be delighted with fantastic scenery as you walk along the path which is cut into the coastal slope.

Cwmtydu to Aberaeron—10 miles
The first section to New Quay is an excellent walk with some examples of fantastic rock formations. Great cliff top walking prevails until you reach Bird Rock—Ceredigion’s most important breeding area for seabirds. You may even catch a glimpse of guillemots, fulmars and razorbills. From New Quay you can follow the beach at low tide to Ceï Beach where you stop for a well deserved break. The last stretch of this leg heads inland but its not too long before the cliff top views return.

Aberaeron to Llanrhystud—8 miles
The first couple of miles on this section are very easy going along the coastal flats. There are two routes that can be taken through Llanon either through the village or the foreshore. Heading on up to Llanrhystud you head slightly inland and one of the highlights on this section is Craig-las where you can see four lime kilns in a row.

Llanrhystud to Aberystwyth—10 miles
This stretch is one of the most remote sections of the Coast path, it is challenging but extremely worthwhile. One of the highlights on this section are the Penderi Cliffs where seabirds come to nest and where all the sessile oak trees have been stunted in growth due to the strong winds.

Aberystwyth to Ynys-las—10 miles
Spend time strolling around Aberystwyth town and visiting the castle before heading up along the final section of the path to Ynys-las. Constitution Hill is the first point of interest where you get fantastic views over Cardigan Bay, with its cafe and camera obscura its worth taking a break here. The section from Clarach to Borth is strenuous and when you reach Borth you have to see what the tide is doing before choosing to walk either along the beach or inland. The walk finishes in Ynys-las where the sand dunes are part of the National Nature reserve at the Dyfi Estuary.

Accommodation will be back in Borth, so you can catch the hourly coastal bus back to your accommodation after the walk, or you can walk back if you prefer!

Detailed Itineraries
We offer the Ceredigion Coast Path in three itineraries varying in distance each day. Please see the different walks below:

WWSCCP1—4 DAYS & 5 NIGHTS
Description: Suiting experienced walkers or those looking for a challenge. The full coastal path from South to North in 4 days.
Walking Days: 4
Nights: 5
Average Daily Distance: 15 miles
Grade: Moderate to Strenuous

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<th>Day</th>
<th>Route</th>
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<tr>
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<td>Walk to Aberystwyth</td>
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<td>Walk to Ynys-las (overnight Borth)</td>
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<td>Total Distance</td>
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**HOLIDAY INFORMATION**

**Walking Direction**

The guidebook we issue is published from South to North (Cardigan to Ynys-las) and this is the way we operate our walking holidays. Walking from South to North has an advantage as the prevailing south westerly wind will be behind you more often on the trail.

**Additional Nights and Extensions**

Many of our clients choose to add extra nights along the walk to sample more of the wonderful walking and attractions available on the Coast Path. Cardigan, Aberystwyth and Borth are great for recovery days or sightseeing opportunities.

Borth’s hidden secret is its submerged forest which stretches for 2 miles and can only be seen under a layer of sand.

**Fewer Nights**

If you wish to reduce the number of nights we can tailor your trip to your requirements.

**Tailor Made Holidays**

We are always more than happy to tailor our standard itineraries to suit. Just let us know what you would like and we will be happy to arrange your tailor made walking holiday.

**Grade**

This holiday is graded Moderate. For those wishing to complete the entire walk it is advisable that you have some previous long distance walking experience.

The route is a mixture of paths, beach walking and clifftop paths. Some of the path sections can be rocky and steep as you traverse the cliffs.

**Navigation**

The route is way marked with wooden posts and acorn symbols—navigation skills may be required if you intend to venture off the trail for any distances, but as long as you head back towards the coast you’ll always find your way back to the path.

There is a great support network of buses that link the southern section of the walk and a train to link the Northern, so if you are feeling tired or weary one day then you can jump on public transport.

**Accommodation**

We specifically choose Inns, Guest Houses and B&B’s to ensure that you enjoy every minute of your stay. They all offer a warm welcome to walkers, traditional hospitality and delicious local food. We always try and book your accommodation as close as possible to the line of the trail. Occasionally a short transfer may be required but you will always be advised of this.

**Meals**

A hearty breakfast is included each morning. Lunch and dinner are not included so you are free to choose from the available options. Most of your accommodations will more than happy to provide a packed lunch on request and this can be booked on arrival. Dinner is available either at your accommodation or nearby pubs/restaurants.

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**WWSCCP2—5 DAYS & 6 NIGHTS**

**Description:** Allowing 6 days to walk the path ensures you have ample time to discover the beauty of the coastline. Fitting perfectly into a weeks walking.

**Walking Days:** 6

**Nights:** 7

**Average Daily Distance:** 9 miles

**Grade:** Moderate

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<td>4</td>
<td>Walk to Llanrhystud</td>
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<td>6</td>
<td>Walk to Ynys-Las (overnight Borth)</td>
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**Total Distance:** 60 miles

**WWSCCP3—6 DAYS & 7 NIGHTS**

**Description:** This itinerary allows you a little more time to enjoy the coastal path at a more relaxed pace.

**Walking Days:** 5

**Nights:** 6

**Average Daily Distance:** 10 miles

**Grade:** Moderate

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<td>8</td>
<td>Onward Travel</td>
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**Total Distance:** 60 miles
Baggage Transfer

Your bags will be transferred from your accommodation as per your itinerary and moved onto your next overnight accommodation. We ask you to limit your luggage to one bag of up to 18kg per person.

Equipment

Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, warm and waterproof clothes and a day pack.

Dogs

Unfortunately we are unable to accommodate walkers with dogs as many of the accommodation providers do not accept pets.

Getting to Cardigan

By Train/Bus—If you are coming from Cardiff then the best option is to get a train to Carmarthen (1hr 40) then take a bus to Cardigan (1hr 35). From Swansea the train takes 50mins to Carmarthen and then the bus (1hr 35) which is the best option.

By Car—If you are taking your car you can park in either of the 2 designated long term car parks in Cardigan.

Getting from Ynys-las/Borth

There is no accommodation in Ynys-las so we will more often than not book you in to Borth for your last overnight

By Train—There is a train station in Borth and from here you can catch the train to Aberystwyth (25 mins) where you can connect for onward travel.

If you need to travel back to Cardigan then the best way to get back from Borth is to catch the train to Aberystwyth (25mins) and then the bus to Cardigan (1hr 30)

A good source of reference for travel details is the travel line website: www.traveline.org.uk

Price

Please refer to our website for up to date prices www.macsadventure.com

Availability

This walking holiday is best enjoyed between the end of March and start of October.

Springtime weather is changeable but usually is the driest time of year, from March to June. This is when headlands and meadows in are filled with colourful wildflowers. Summer is when you'll find most people either on the trail or the many beaches that it passes.

You can start on any date that suits your travel plans and you will find up to date availability on our website. The Coast Path is very popular and accommodation can get booked quickly so it is best to book as far in advance as you are able to.

Included

• Bed and breakfast accommodation in ensuite rooms wherever possible
• Door to door baggage transfer.
• A detailed info pack, guidebook and map
• Emergency telephone support from our office in the event of a problem.

Excluded

• Lunches, dinners, snacks and drinks.
• Travel Insurance.
• Transport should you need to skip a stage.

M.A.C.S—RESPONSIBLE TRAVEL

We operate holidays in some of the most beautiful areas of the British Isles and try to operate in an environmentally aware and sustainable manner. We do this by following our M.A.C.S. Responsible travel policy.

Minimise Impact & Maximise Benefit

Our operating policies, office policies, holidays and tours are all designed to minimise impact and maximise benefit to the environment and local communities.

Action & Advocacy

We believe that by engaging our team and clients in environmental and community projects we can make a real difference.

Carbon & Communities

Travel and our business activity does of course contribute to carbon output and climate change. We have put several policies in place to minimise our carbon footprint.

Sensitive & Sustainable

Macs Adventure has worked hard to ensure that our holidays are sensitive to the community you are visiting and sustainable over the long term.

REVIEWS

We are justifiably proud of our reputation for outstanding holidays. You can read numerous customer reviews on our website to get a good idea of what to expect from Macs Adventure.
HOW TO BOOK

Once you have read all the information in this factsheet, please visit our website or give us a call to confirm availability. You can then book by any of the following methods:

Book Securely Online:
www.macsadventure.com

Telephone: +44 (0) 141 530 8886

Download or request a booking form and post it to: Macs Adventure, 44 Speirs Wharf, Glasgow, G4 9TH, UK or fax it to +44 (0) 845 527 5688

Please don’t hesitate to contact us by phone on +44 (0) 141 530 8886 or email: info@macsadventure.com if you have any queries and one of our expert team will be happy to help.

BOOK WITH CONFIDENCE

Financial Security

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd

AITO Quality Statement

Macs Adventure is a member of the Association of Independent Tour Operators.

The Association represents Britain’s leading independent tour operators and encourages high standards of quality and service.

Macs Adventure abides by the Association’s Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.com. Visit the website to find out more about the Association or call: 020 8744 9280.

ABTA Member Statement

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct.

For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel: 020 3117 0581