

Ceredigion Coast Path

Tour Style: Trails

Destinations: Wales & United Kingdom

Trip code: ZXLDW

Trip Walking Grade: 4



HOLIDAY OVERVIEW

Follow this spectacular stretch of the Welsh coast taking in pretty fishing villages and isolated sandy and pebble beaches with the opportunity to see dolphins, whales and seals along the way. The Ceredigion Coast Path has all these features in abundance. Join us and discover the Welsh coast from Cardigan to Ynys Las. Stay at the Cliff Top Hotel overlooking Cardigan Bay and the lovely Conrah Hotel near Aberystwyth.

WHAT'S INCLUDED

- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks
- Luggage transfer between accommodation
- Group transfers to and from Carmarthen Station

HOLIDAYS HIGHLIGHTS

- Spectacular stretch of Welsh coastline
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- See dolphins, whales, seals and a host of sea birds
- Pretty fishing villages with sandy and pebble beaches
- Visit the university town of Aberystwyth

TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 4 which involves walks/hikes on well defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough and steep in sections and will require a good level of fitness. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. Coastal paths such as this often feature a considerable amount of ascent and descent due to the nature of the coast, so you should be prepared for this. A sustained effort is required to complete this trail and provision cannot be made for anyone who opts out. Please be sure you can manage the daily mileage and ascent detailed in the daily itineraries. The walking day is normally 6 to 7 hours. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.

ITINERARY

Day 1: Arrival Day

Check-in at the Cliff Hotel & Spa is from 3pm. Your leader will either be on the transfer from Carmarthen station or will join you for a welcome meeting prior to dinner on your arrival evening.

Day 2: Cardigan To Aberporth

Our walk starts in Cardigan with its Norman Castle, on the banks of the River Teifi. Cardigan was an important shipping port in times gone by. We initially follow the river on our way to Gwbert with views on route of St. Dogmaels and Poppit Sands across the estuary, before turning north with Cardigan Island ahead. Hugging the undulating coastline we reach the National Trust owned Mwnt beach and headland complete with its whitewashed church. Continuing along the cliff tops initially we have to detour inland to avoid the M.O.D. establishment before descending to the pretty village of Aberporth. 12 miles (19km) with 1,850 feet (560m) of ascent.

Day 3: Aberporth To Cwmttydu

After an initial flat first mile we make our way through the holiday village of Tresaith with its spectacular waterfall and the National Trust owned Penbryn, with a visitor centre. We continue on our rollercoaster journey towards Ynys Lochtyn which is represented in the Cardigan coast path symbol. We are now high above the water with super views of the coastline ahead, before arriving in the charming village of Llangrannog with its sandy beach and facilities. We pass between Pendinas iron age hill fort and Ynys Lochtyn where dolphins are often seen, and continue high on the cliffs to our destination, the tiny hamlet of Cwmttydu and the end of a rewarding but tough day. 9½ miles (15 km) with 2,700 feet (800m) of ascent.

Day 4: Cwmttydu To Aberaeron

We ascend onto the cliff top path, high above the shoreline with wonderful coastal views. Shortly we arrive at the popular resort town of New Quay with its ample facilities. Dylan Thomas lived here in the 1940's. From here providing the tide is right we have over a mile of firm, sandy beach walk before continuing along the cliff top to the purpose built and quirky holiday village of Gilfach yr Halen. The isolated and sometimes inaccessible coves around here are favourite seal nurseries between August and November. We end our day at the prettiest town on the whole Ceredigion coastline, Aberaeron, with its sheltered harbour and regency planned colourful houses. Originally a ship building town it has now transformed into the place for pleasure boating centered around the sailing club. 9½ miles (15 km) with 1,750 feet (530m) of ascent.

Day 5: Aberaeron To Llanrhystud

Today we have an easier day's walking, which will give us more time to look around Aberaeron before departure on an easy flat section to the compact village of Aberarth. Just before the village at low tide the old fishing quay and fish traps may be seen. It is likely that the building stones of Strata Florida Monastery, 10 miles to the east inland, were landed here. We continue hugging the coast passing more fish traps to Llanon, named after the mother of St. David, We continue passing Llansanffraid church. Curiously there is no harbour here but 24 seagoing vessels were built on the beach, the largest being 248 tons. We end our day at Llanrhystud, a little way inland. 7½ miles (12km) with 600 feet (180m) of ascent.

Day 6: Llanrhystud To Aberystwyth

Making our way back onto the path from the agricultural village with its impressive church, we reach the coast again soon passing Mynachdu'r Graig. [Monk's house on the rock] which formerly was one of Strata Florida's farms providing fresh food sustenance for the Monks. Shortly after we pass the substantial derelict farmhouse of Ffos Las. Easier going from here on a good track to another of the Monks farms, Morfa Bychan, now a caravan park. From here is one of the best sections of the whole walk with super views of Snowdonia and Llyn Peninsula and the Plynlimon hills to the east. We descend steeply to the pebbly beach of Tanybwllch with Aberystwyth beckoning ahead. We cross the river Ystwyth, then the Rheidol to arrive at Aberystwyth, now a busy University town and the largest built up area along the west coast of Cardigan Bay. 10½ miles (17km) with 2,150 feet (640m) of ascent.

Day 7: Aberystwyth To Ynys Las

Our last walking day starts along the wide promenade to reach the far end and taking the path alongside the cliff railway onto the cliff top. After admiring the view over Aberystwyth we continue on a good path to Clarach Bay, with a lovely beach. Continuing our rollercoaster ride on the cliff top with even better views of Snowdonia and the Llyn Peninsula we pass Wallog Mansion, the closest positioned country house to the coast, in the whole county. Eventually reaching Borth, another holiday village, where legend has it that Cantref Gwaelod, a submerged kingdom, was here, whose drowned church's bells can still be heard on still evenings in Aberdyfi. The remains of a submerged forest offshore can be seen at very low tides. From Borth the last section is flat and we make our way along the channelled River Leri to our destination, the visitor center at Ynys Las on the Dyfi estuary. 10 miles (16km) with 1,500 feet (450m) of ascent.

Day 8: Departure Day

If you are joining our transfer, we will return you to Carmarthen station for 10.30am.

ACCOMMODATION

Cliff Hotel & Spa, Gwbert - Ceredigion Coast Path

The Cliff Hotel & Spa at Gwbert, stands prominently on the edge of the coastline with breathtaking panoramic views over Cardigan Bay, the rugged coastline, the Teifi Estuary and the broad sweep of Poppit Sands. Rooms include TV, hairdryer, WiFi, TV, tea and coffee making facilities. Spa facilities are also available.

Gwestyr Conrah Hotel, Near Aberystwyth - Ceredigion Coast Path

The Conrah was originally the mansion house of the Ffosrhydgaled Estate and is set in extensive grounds in rolling Welsh countryside, some 4 miles from the university coastal town of Aberystwyth. A warm Welsh welcome awaits you – we hope you will enjoy your stay! Rooms include TV, tea and coffee making facilities and hairdryer. Drying facilities are available. WiFi is available but limited. Mobile phone reception variable.

USEFUL HOLIDAY INFORMATION

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Food & Transport

Dietary Requirements

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

Luggage Transfers

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

Joining Instructions

The transfer from Carmarthen to your first hotel is included in the price of your holiday. You will be met at Carmarthen Railway station (outside the main entrance) at 16:50pm for the one-hour transfer to the Cliff Hotel & Spa. At the holiday end we will return you to Carmarthen railway station at 10:30am.

Travel by rail: There is a regular rail service to Carmarthen, which usually involves a change at either Swansea or Newport. For train times and route planning by train visit the national rail website (www.nationalrail.co.uk) or call 03457 484950.

Travel by Car: There is a car park at Carmarthen railway station; operated by NCP (a one week pass costs approximately £16). It is also possible to leave your car in the hotel car park at The Conrah for the duration of the holiday. Please contact the hotel directly for advice. The journey is possible by public bus transport from The Conrah to The Cliff Hotel with a change at Cardigan. Alternatively, taxis are available from Cardigan. To check the bus timetable, visit www.traveline-cymru.org.uk

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)

- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litres)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent and a midge hood is highly recommended for Scotland
- Sun hat
- Sunglasses
- Sun cream
- Camera

Useful Information

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at some of the following:

Ceredigion Coast Path – From the Teifi to the Dyfi. (Ceredigion County Council official guide to the Coast Path)

Maps: Explorer 198, Explorer 213 and Explorer OL23

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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