



Llanrhystud to New Quay, Ceredigion

This walk will take you to the official halfway point of the Wales Coast Path at New Quay, marked by a sculpture wishing travellers good luck on their onward journeys.

"A walk of cultural and heritage interest, follow in the footsteps of Henry Tudor and Dylan Thomas and discover medieval strips of land, lime kilns and ancient fish traps built by the monks of Strata Florida. Pass through coastal villages steeped in maritime history and a Georgian planned town with brightly painted houses."

NIGEL NICHOLAS, WALES COAST PATH OFFICER

Start and Finish:

Llanrhystud to New Quay.

Distance:

14 miles/22km.

Along the way...

This walk south along the coast features spectacular sea views plus centuries of history, heritage and culture.

Starting from Morfa Farm caravan park in Llanrhystud, walk along the Wales Coast Path and look inland to the hills south of Llanrhystud to see traces of two Iron Age hillforts - watch out for the remains of wooden jetties on the shore which once served the nearby limekilns at Craig-las.

The next settlement is the little village of Llanon. Despite having no natural harbour, the community has a long maritime history. Ships were built on the beach here until the mid-1800s and the churchyard at nearby Llansantffraed is full of gravestones commemorating mariners lost at sea.

Continuing on past the village of Aberarth, watch out for the remains of medieval fish traps at low tide. Built by the monks of Strata Florida Abbey, some way inland at Pontrhydfendigaid, the low walls topped with wattle fences trapped fish as the sea receded.

Next it's on to Aberaeron, once a bustling shipbuilding centre and trading port. Today the pretty harbour town bustles with visitors, attracted to its setting, architecture, and great range of cafés, pubs and shops.

From Aberaeron, the Wales Coast Path joins with the Dylan Thomas Trail, which runs through locations in Ceredigion associated with the great writer. You'll walk alongside New Quay's two sandy beaches, separated by the Llanina headland, before arriving in the lively resort town where Thomas lived for a time and where he began sketching out his celebrated 'play for voices', Under Milk Wood.

Need to know:

At the Llanrhystud end of the walk you can park at the Morfa Farm caravan park right next to the sea. There's also a pub and shop in Llanrhystud village. There's parking and toilets, plus a good choice of places to eat in New Quay.

The Traws Cymru T5 bus service links both ends of the walk, with stops in Llanon and Aberaeron along the way. Visit www.trawscymru.info/t5 for details.

Before you leave:

Download the Wales Coast Path app at home to experience the area in Augmented Reality.

