



Llwybr Arfordir Cymru
Wales Coast Path

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LLANGRANNOG

Wales Coast Path and
Urdd walking routes: a
resource pack for a unique
outdoor walking and
learning experience.

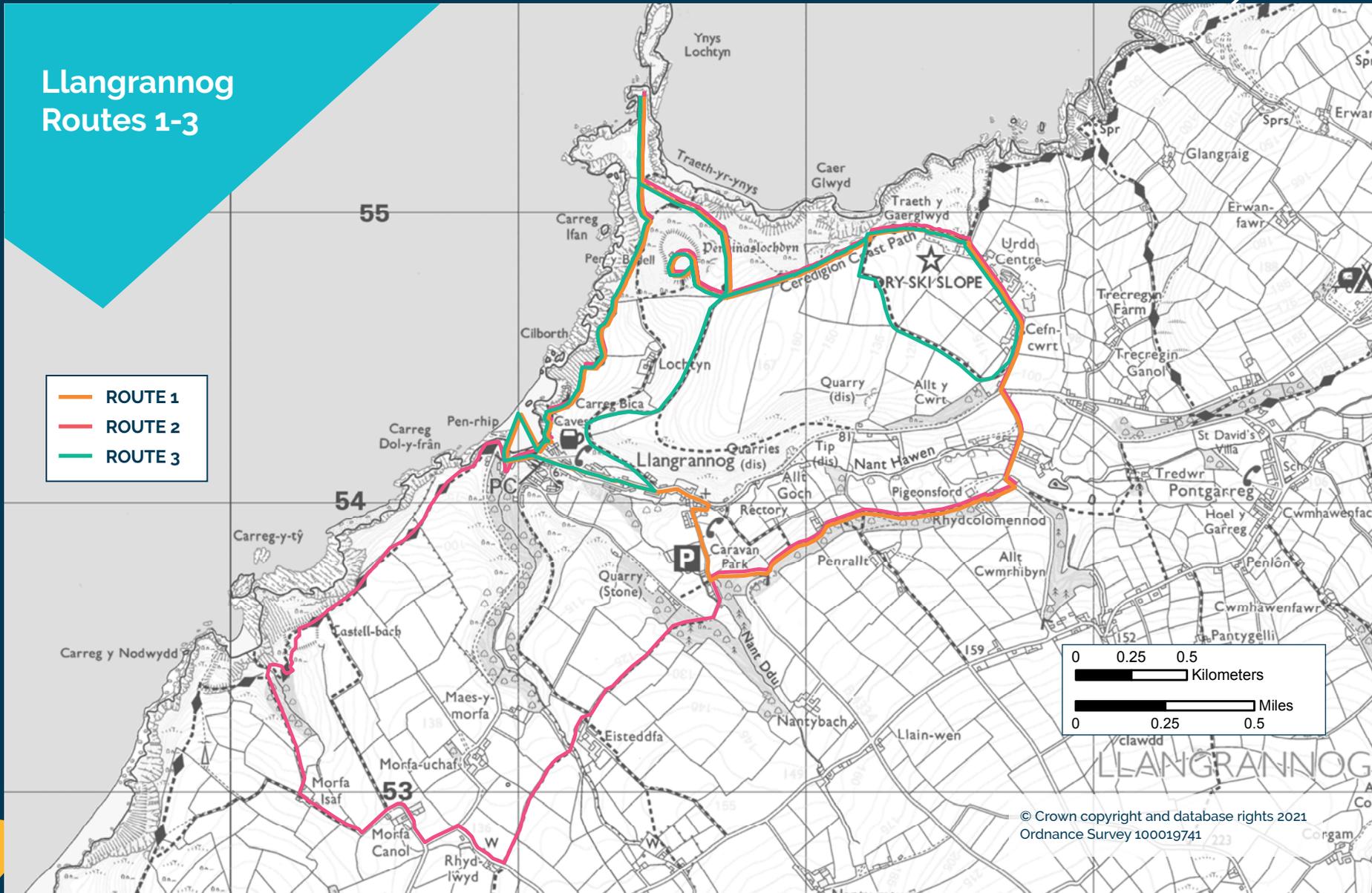
Your walk today will take you along the Wales Coast Path. It is one of a few coastal footpaths in the world! 870 miles / 1400 km of fantastic adventures await, not to mention amazing wildlife, fascinating history and wonder-full legends. Have a look at this map and see which part of the coast path is nearest your home. How about planning an adventure along it?





Llangrannog Routes 1-3

- ROUTE 1
- ROUTE 2
- ROUTE 3



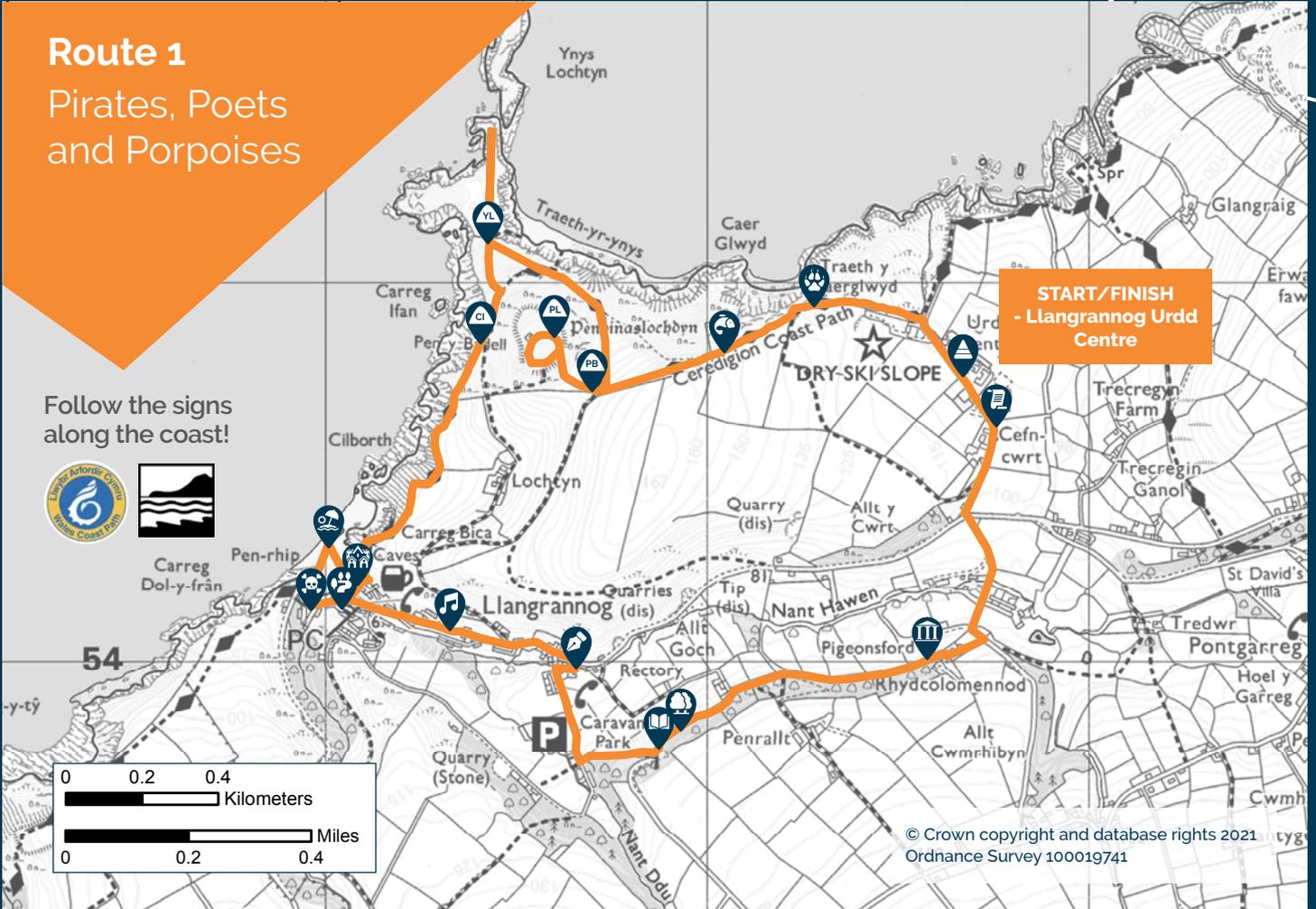
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Route 1

Pirates, Poets and Porpoises

Follow the signs
along the coast!



START/FINISH
- Llangrannog Urdd
Centre

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- | | | | |
|--|---------------------------------|--|---------------------|
| | Llangrannog Urdd Centre | | Pirates & Smugglers |
| | Local Wildlife | | Nant Hawen |
| | Cardigan Bay Wildlife | | Edward Elgar |
| | Pen y Badell & Pendinas Lochtyn | | Cranogwen |
| | Pendinas Lochtyn Hill Fort | | T Llew Jones |
| | Ynys Lochtyn & Hill Fort | | Rhydcolomennod |
| | Carreg Ifan & Pen y Bilis | | Pideonsford Mansion |
| | Llangrannog | | Bois y Cilie |
| | Llangrannog Beach & Bica | | |

Distance: 7km / 4.5 mile (approx)
Walk time: 2 hours 45 mins
Add on an extra 30 mins for each activity

A history and wildlife rich, half day expedition that begins and ends at Llangrannog Urdd Camp. It takes in the sites, wildlife and history of Pen y Badell and Pendinaslochdyn forts before dropping down to Llangrannog beach. A walk through Llangrannog offers a chance to explore village history and meet some colourful and creative characters before turning off into Rhydcolomennod woods and returning to base.



Additional route finding notes for this walk:

- Follow the marked footpath from Llangrannog Urdd Centre car park towards the coast path, whilst keeping the ski slopes to your left.
- Keep following the Wales Coast Path way markers showing this symbol  until Llangrannog beach. You will make one deviation from the path when taking the surfaced path up to the top of Pen y Badell. You will retrace your steps down this path to rejoin the footpath towards Ynys Lochtyn following your visit to Pen y Badell.
- From Llangrannog beach, you will leave the Wales Coast Path and follow the main road, uphill through Llangrannog village, keeping the River Hawen to your right.
- Follow signs to the church and then retrace your steps to a fork in the road. Do not head back towards the beach, instead take the fork towards the caravan park.
- Just before this road takes a tight bend back on itself, you'll see a footpath sign taking you off to the left. Take this path through the mystical Rhydcolomennod woods.
- This footpath will take you through the yard of a self-catering property before bringing you to a road. Bear left onto the road which will shortly bring you down to a bridge over the River Hawen and to a set of old mill buildings, now dwellings.
- Continue on this road until you come to the brow and a crossroads. Go straight ahead at the crossroads, following the signs to Llangrannog Urdd Centre.



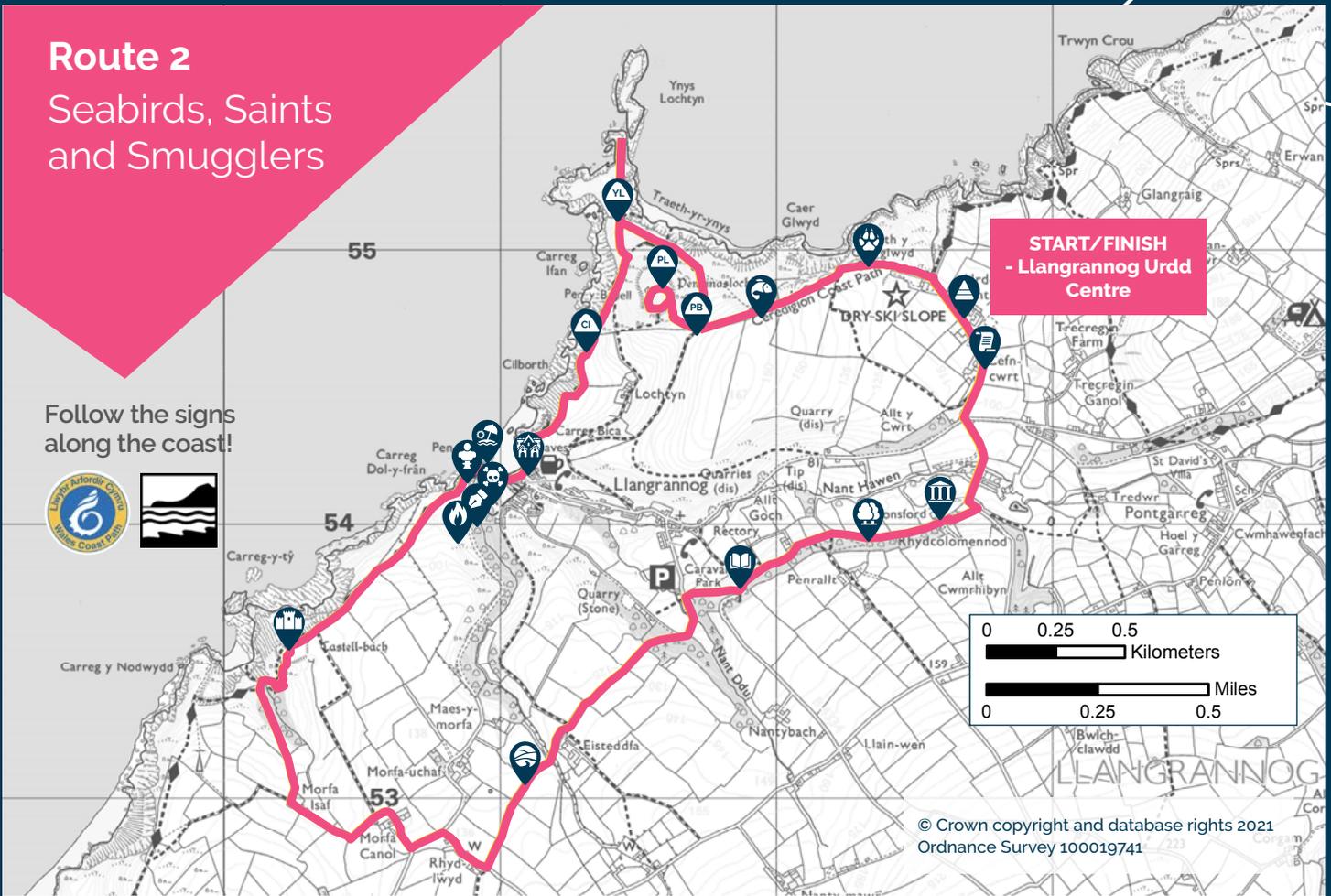
Ynys Lochtyn and beach



Route 2

Seabirds, Saints and Smugglers

Follow the signs along the coast!



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- | | | | |
|--|---------------------------------|--|---------------------|
| | Llangrannog Urdd Centre | | Cranogwen |
| | Local Wildlife | | Lime Kiln |
| | Cardigan Bay Wildlife | | St Cranog |
| | Pen y Badell & Pendinas Lochtyn | | Castell Bach |
| | Pendinas Lochtyn Hill Fort | | Countryside Code |
| | Ynys Lochtyn & Hill Fort | | T Llew Jones |
| | Carreg Ifan & Pen y Bilis | | Rhydcolomennod |
| | Llangrannog | | Pideonsford Mansion |
| | Llangrannog Beach & Bica | | Bois y Cilie |
| | Pirates & Smugglers | | |

Distance: 10km / 6.5 miles
3 hours and 30 mins
Group walk + add activity time
(full day activity)

An epic, all day adventure through over 2000 years of history, a wealth of legends and encounters with wildlife, beginning and ending at Llangrannog Urdd Centre. It will take in the sites, wildlife and history of Pen y Badell and Pendinaslochtyntyn forts before dropping down to Llangrannog beach for some smuggler's tales and a cave explorations.



From there the route re-joins the Wales Coast Path the opposite end of Llangrannog beach, to meet the figure of St Crannog before revealing dramatic views of the coastline towards north Pembrokeshire. A third Iron Age fort offers food for fertile imaginations

before the route turns inland along footpaths through lush agricultural land and small rural hamlets. The final part of the walk skims the upper end of Llangrannog village, leading to an exploration of Rhydcolymennod woods before returning to base.

Additional route finding notes for this walk:

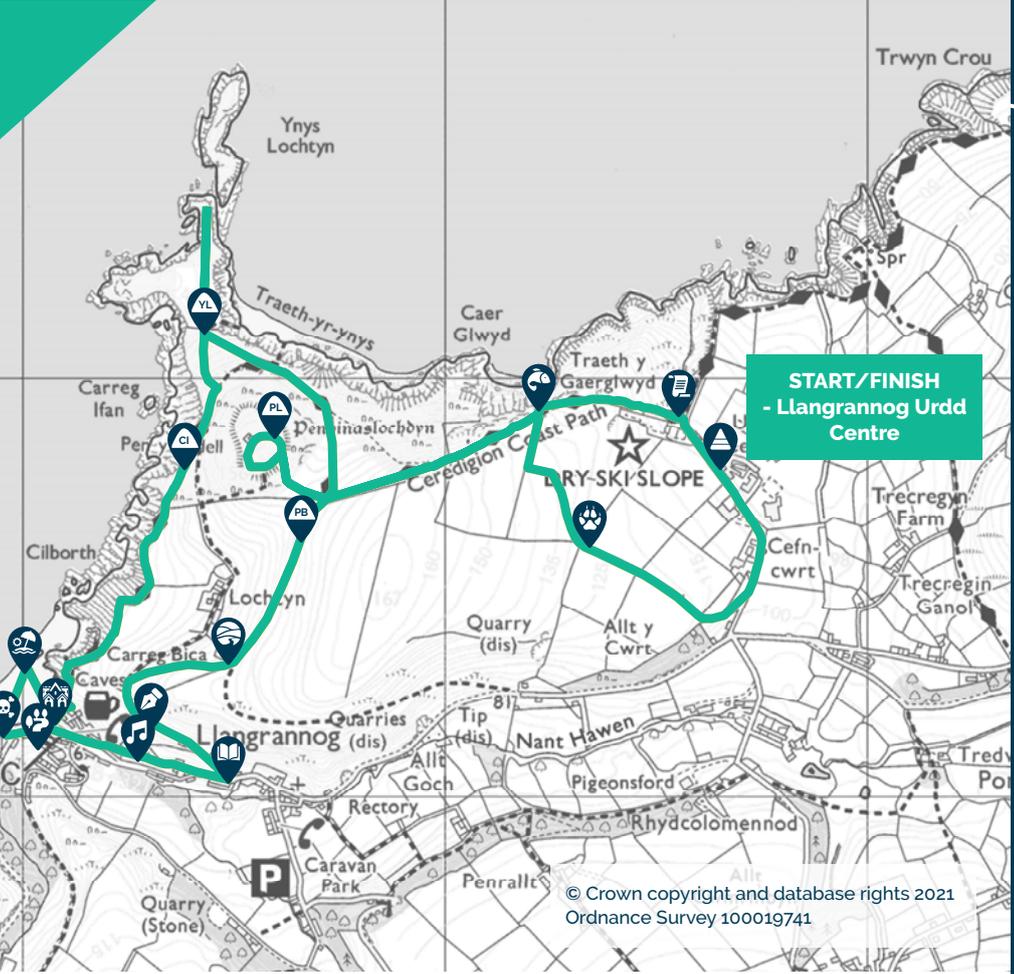
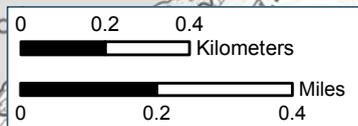
- Follow the marked footpath from Llangrannog Urdd Centre car park towards the coast path, keeping the ski slope to your left.
- Keep following the Wales Coast Path way markers showing this symbol  until Llangrannog beach. You will make one deviation from the path when taking the surfaced path up to the top of Pen y Badell. You will retrace your steps down this path to rejoin the footpath towards Ynys Lochdyn following your visit to Pen y Badell.
- From Llangrannog beach, you will continue along the road that hugs the shoreline, past the Pentre Arms and follow the road steeply uphill to pick up the Wales Coast Path once more near the statue of St Crannog.
- Follow the Wales Coast Path until just after Castell Bach, when the path heads downhill steeply. At this point, cross the stream and then instead of following the coast path, turn inland, keeping the river valley to your left, take the walking gate into the field ahead of you.
- Follow this path diagonally, uphill through farm fields. It weaves through the grounds and buildings of Morfa Isaf and then onto a tarmacked lane.
- Follow this lane, passing Morfa Canol Farm and then taking the first left hand turn on the road, followed soon afterwards by a right hand turn. Take this right hand lane.
- You will pass a dwelling called Rhyd Lwyd on your right hand side. At this point, look to your left to find a footpath sign and stile to take you across fields.
- Keep straight ahead on this marked path through four fields until crossing a little stream towards Eisteddfa farm. The signed path now skirts below the cow sheds and outbuildings before crossing three fields taking you to a path down steeply through some woods.
- At the end of these woods, when the path meets the road, go straight ahead towards the Caravan Park. At the next junction in the road, take the right hand turn.
- Just before this road takes a tight bend back on itself, you'll see a footpath sign taking you off to the left. Take this path through Rhydcolomennod woods.
- This footpath will take you through the yard of a self-catering property before bringing you to a road. Bear left onto the road. It will bring you down to a bridge over the River Hawen and to a set of old mill buildings, now dwellings.
- Continue on this road until you come to a crossroads. Go straight ahead at the crossroads, following the signs to Llangrannog Urdd Centre.



Route 3 Forts and Giants

(avoiding walking through Llangrannog Village on busy days)

Follow the signs along the coast!



START/FINISH
- Llangrannog Urdd Centre

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- Llangrannog Urdd Centre
- Local Wildlife
- Cardigan Bay Wildlife
- Ynys Lochtyn & Hill Fort
- Carreg Ifan & Pen y Bilis
- Llangrannog
- Llangrannog Beach & Bica
- Pirates & Smugglers
- Nant Hawen
- Edward Elgar
- T Llew Jones
- Cranogwen
- Countryside Code
- Pen y Badell Hillfort
- Pendinas Lochtyn Hill Fort
- Bois y Cilie

Distance: 7.5 km / 5 miles
3 hour group walk +
add activity time (half day activity)

A magical, mythical journey around the Pendinas Lochtyn headland. This circular route begins and ends at Llangrannog Urdd Centre. It takes in the sites, wildlife and history of Pendinaslochtyn head before dropping down to Llangrannog beach. To avoid walking along the main road through the village at busy times, this route returns along footpaths through agricultural land to explore Pen y Badell Hillfort before returning to base.



Additional route finding notes for this walk:

- From Llangrannog Urdd Camp car park, retrace your way down the road on which you arrived. Find the footpath sign on your right hand side before reaching the crossroads.
- Follow this footpath through fields until you get to the Wales Coast Path.
- Keep following the Wales Coast Path way markers showing this symbol  until Llangrannog beach. (do not go up Pendinas Hill. You will visit here on your way back).
- From Llangrannog beach, you will leave the Wales Coast Path and follow the main road, uphill through Llangrannog village, keeping the River Hawen to your right.
- Before reaching the church, look for the footpath sign on your left hand side. Take that path up the side of the hill.
- In just under half a km along this path, it forkes. Take the right hand path that hugs the hillside above Lochtyn farm.
- The path will split again a little way on. This time, take the left hand path towards Pen y Badell hill.
- Beneath Pen y Badell, pick up the track up to the top of Pen y Badell hill. You will retrace your way down this track at the end of your hilltop visit.
- On returning down from Pen y Badell hill, pick up the Wales Coast Path, hugging the coastline in a north easterly direction, towards Aberystwyth.
- About a km along this path, you will see Llangrannog Urdd Centre on your right. Go through the walkers gate and onto the footpath through the Urdd Centre and back to the car park.



Carreg Bica (rock formation)



URDD CENTRE, LLANGRANNOG

Urdd Gobaith Cymru is a national youth organisation, with over 50,000 members aged between 8 and 25 years old. It was established by Sir Ifan ab Owen Edwards in 1922. His aim was to protect the Welsh language at a time where the English language dominated every aspect of life outside the home. The organisation's continued aim is to ensure that all young people in Wales are given opportunities, through the medium of Welsh, to play a constructive role in the community and to develop good personal and social skills.

Gwersyll Llangrannog is one of Urdd Gobaith Cymru's five residential centres for children and young people. The others are Glan Llyn in Bala, Gwersyll Caerdydd at Wales Millennium Centre in Cardiff, Pentre Ifan in Pembrokeshire and Tŷ Kisbodak Ház in Hungary which offers an international experience.

Of these, Llangrannog was the first. The original residences took place here over four weeks during the hot summer of 1932. 150 participants were accommodated in canvas tents arranged around the wooden cabin of the refectory. Over the years more facilities have been developed including a barn and bridleway for horse riding, a ski slope, swimming pool and indoor climbing centre, much to the delight of an increasing number of schoolchildren and families who visit for residential courses, leisure weekends and activity days all year round.

ACTIVITY

URDD QUIZ

This can be a verbal quiz, or if using the accompanying activity pack, the answers can be filled in there. If the group is more than 5, consider splitting them into teams. Award the team with the first, correct answer for each question 5 points. Alternatively, a small group could complete the quiz by writing down the answers in their packs. The correct answers are noted below.

1. What are the three colours of The Urdd

A: White, Red and Green

2. What is the name of the Urdd's mascot?

A: Mr Urdd

3. When was the Urdd formed?

A: 1922

4. How many other residential centres does the Urdd have
IN ADDITION to Llangrannog?

A: 4 other residential centres (+ Llangrannog)

5. In which country is the Urdd's International centre?

A: Hungary

Allow 10 minutes for this task.



LOCAL WILDLIFE

Cardiganshire's coastline is rich in wildlife. The area on which you're walking is abundant in creatures such as rabbits, foxes and badgers.

ACTIVITY → SIGNS OF WILDLIFE

Can you find any signs of wildlife. Use your senses: sight, smell and sound in particular. See activity sheets for guidance on what to look out for.

Set up the task then allow the children to explore the area.

Allow 10 - 15 minutes for this task.

CARDIGAN BAY WILDLIFE

Soaring above you and sometimes swooping upwards from the sea below you might spot Great Black-backed Gulls, Herring Gulls and Oystercatchers.

Britain's largest resident population of bottlenose dolphins live here in Cardigan Bay. Between April and October is the best time to spot them splashing and leaping among the inshore waves. If you're lucky, you might also catch sight of basking sharks and porpoise in the waters off this stretch of the coast.

ACTIVITY → CARDIGAN BAY BIRDLIFE (see pack)

ACTIVITY → WILDLIFE IN THE WAVES (see pack)

These activities can be run simultaneously. If there are binoculars to hand – all the better! Encourage them to use their wildlife identification charts to name the birds and marine life they see. Get them to report back what they've seen at the end of the activity.

Allow 10-15 minutes including feedback (a little more for larger groups).

PEN Y BADELL AND PENDINAS LOCHTYN

The hill in front of you is known as Pen y Badell – it could be translated as the head or top of the basin or dish, because of its flat top. It is actually crowned by an Iron Age fort known as Pendinas Lochтын.

Although this must have been a very exposed place for a settlement, its visibility and natural defences means that it was probably attractive to people as a place to rest and to live from very early times.



PENDINAS LOCHTYN FORT (AT TOP OF PEN Y BADELL)

During the Iron age (800 BC until the arrivals of the Romans in AD43), when the people of this land identified as members of tribes who occupied different parts of the landscape, this area lay on the border between the lands of the Celtic tribe of the OrdoVICES to the north and the Demetae to the south. So, it could well have been strategically very important and possibly needed to be well defended.

The hillfort is still an important, strategic look out point to this day. The building that now sits at the summit is a modern Ministry of Defence missile-tracking station!

ACTIVITY

TRIBES OF WALES (see pack)

CORRECT ANSWER:



Allow 10 minutes for this activity, including feedback.

This fort was excavated in 1990-91. Archaeologists uncovered part of a roundhouse and a four post structure of what was probably a raised storage building. They also found a rare cache of twelve rounded beach pebbles designed to be used as sling shot. Presumably they were left behind when the fort went out of use. They are on display at Ceredigion museum.

The roundhouse within the Penlochlyn Fort would have had a fire pit at its centre where family, friends and neighbours would have gathered of an evening to share songs and stories. They would also have used this space to weave fabric for clothes, to cook food, to eat and sleep. It's possible that the walls inside would have been decorated. Celts were fascinated by the patterns of nature and loved beautiful things. They combined these things in a pattern style known as Celtic knotwork.



ACTIVITY

KNOTWORK

Draw in the missing piece of knotwork (see pack)

Allow 5 - 8 minutes for this activity.

Additional question:

What did you learn about how knotwork works?

A: The knotwork strands weave alternatively over and under each other.

So, in true roundhouse style, why not sit down in a circle and listen to a story now.

ACTIVITY

TELL THE STORY OF CANTRE'R GWAELOD

Allow 10 - 15 minutes for this activity.

CANTRE'R GWAELOD

From the top of Pen y Badell, if you look to the north-east, on a clear day you might see Pen Dinas hillfort at Aberystwyth, and beyond to the skyline of the Llyn Peninsula. But once, a long time ago, had you stood looking that way, what would have been below you – where there is now sea – was land!

Beneath the waters of Cardigan Bay are the remains of ancient woodland. At Borth, north of Pen Dinas hillfort at Aberystwyth, when the tide is right out, the base of tree trunks and some roots become exposed. They are the remains of an ancient forest that flourished some 5,000 years ago.

Legend speaks of this area once being rich and fertile land - so fertile that one acre was said to be worth four elsewhere. According to the tales, it was known as Maes Gwyddno, the land of Gwyddno Garanhir. It stretched some 20 miles west, beneath the waters of the bay. It was also known as 'Cantre'r Gwaelod'. According to the tales, it was protected by a great sea wall that was punctuated by sluice gates at the river mouths, that would let tides and fish in and out of estuaries, but kept the encroaching, salty sea, from the good farm land. This is the story.

The day of King Gwyddno's daughter's wedding dawned bright and clear, and the fortress at Cantre'r Gwaelod was a hive of activity and excitement as preparations were made for the ceremony and the feasting that would follow. Merchants brought fine foods and wines from all over Britain, entertainers, harpists, bards and jesters gathered to perform at the celebrations. The whole of Cantre'r Gwaelod seemed to be joyously at work, and full of anticipation for the wedding of their lovely princess to a prince of a nearby kingdom – all except one.

Seithennin was head watchman. It was he who looked after the great sea wall, and ensured that the sluice gates were opened and closed at the appropriate time.



He was close to the King and his family, and had long been deeply in love with the princess. His heart was heavy and he was distracted and dismal on this bright sunny day.

Soon it was noon and the bride and groom were brought to the palace church where they were married. After the wedding came the feast, at which all the very best of Cantre'r Gwaelod's bounty was laid on for the two thousand guests within the great hall. Fourteen courses of meats, fish and vegetables and stews and sweet subtleties and sticky delights were brought out on golden platters, and washed down with fine wines, mead and ale in gold, silver and horn goblets.

Outside, Seithennin watched the sun setting through tear filled eyes. He took himself to the kitchens and helped himself to some bottles of rich, sweet mead. Back at the watchtower he watched the full moon sail above the swelling sea as he drunk deeply of the golden liquor. Within hours he was very drunk and deeply asleep.

He was asleep when the storm clouds gathered and the wind whipped up a storm out at sea. He was asleep when heavy rain began to lash the palace walls. He was still asleep when the waves began to crash against the sea wall and when the rising tide came rushing in through the open sluice gates.

At the heights of the storm, as wind whistled through the towers and turrets and the open window shutters began hammering against the palace walls, Seithennin awoke. Bleary eyed he rose to his feet and looked out towards the sea wall, but there was nothing but sea to be seen. The tide was crashing against the fortress walls and waves were hungrily devouring the land. He rushed to the bell tower and raised the alarm, but the two thousand guests within the great hall were by now dancing to lively music from harps and pipes. Seithennin staggered to the hall and shouted at the guests to get out, to head for the high land, but it was too late.

The land of Cantre'r Gwaelod was claimed by the sea that night. So too were the 16 villages of Maes Gwyddno and all the inhabitants asleep in their beds. Only a handful of those guests who had gathered to celebrate King Gwyddno's daughter's wedding found their way inland to safety. Among them were the King and some of his household who escaped by running along Sarn Cynfelin, a raised ditch built to protect the land from the sea. Some say that Seithennin was drowned whilst trying to guide his beloved princess and her husband to dry land.

If you listen carefully on the shores of Cardigan Bay – particularly it is said when a storm is brewing out at sea - you can hear the bells of Cantre'r Gwaelod ringing beneath the dark waters of Cardigan Bay. Can you hear them today?

- **This activity could be lengthened by asking the group to share their favourite moment from the story.**



YNYS LOCHTYN AND YNYS LOCHTYN FORT

On the headland beneath Pen y Badell, as you walk towards Ynys Lochtyn, you may notice a raised bank about a metre high running across the the headland. This is what's left of the defences of another fort here. The other is the one atop Pen y Badell, behind you.

The area of this fort would originally have included the land of Ynys Lochtyn, now separated from the mainland due to coastal erosion. The bank would have formed its defences on the land side, the steep cliffs and turbulent seas, it's defence in all other directions.

As you turn your back on Ynys Lochtyn and head towards the coast path that will take you down to Llangrannog, during spring and into early summer you may well see Herring Gulls nesting on the dark cliffs of the mainland. You may well also see many young, mottled brown gulls flying around.

- **The activity pack contains a seabird identification guide that can be applied to identify nesting gulls here too.**

CARREG IFAN AND PEN Y BILIS

Around this headland are a number of large rocks and formations that have become separated from the headland through erosion. The largest of these is Carreg Ifan, though if you look back towards Ynys Lochdyn, you may also see Pen y Bilis on the south facing corner of the headland. Its name comes from the Welsh word for Cormorant ~ Bilidowcar. In October these birds flock to a cove near Pen y Bilis where they glut on spawning herring shoals. Occasionally you might see grey seals basking in the sunshine in these little coves as well.

On top of this headland and around the base of Pen y Badell, keep your eye out for stonechats, Male stonechats have a black head, brown back, black throat with a white half-collar, and orange-red breast. Females and young stonechats are paler. More importantly, listen out for their distinctive call that sounds like two stones being hit together – hence their name.

ACTIVITY → LOCHTYN LODGERS

Learning to identify grey seals, cormorants and stonechats (see packs)

Allow 5-8 minutes for this activity.



LLANGRANNOG BEACH AND CARREG BICA

The coast path brings you down next to Llangrannog's wonderful ice cream parlour and the beach. The great rock formation standing proud between Llangrannog and Cilborth beach is known as Carreg Bica.

Legend has it that the giant, Bica lived in the mountains. One day he had terrible toothache and tramped about growling and moaning and making a great big fuss. A dwarf named Lochtyn heard his moans and thought he could help by suggesting to Bica that placing his feet in the sea might ease the toothache.

Off Bica went, pacing across the land until he came to the edge of Cardigan Bay. He put his foot down in the shallows of the sea, and so created Llangrannog beach. The moment he did so, the aching tooth popped out and landed by his foot. There it still is – huge and black and lodged in the sand, and known to this day as Carreg Bica. As for Lochtyn, well, Bica was so grateful to him, that he ran his finger across the nearby headland creating an island, a safe place for the dwarf to live. We still call that island, Ynys Lochtyn.

ACTIVITY

CREATE A BEACH WORK OF ART (See pack)

Allow 30 minutes for this activity.

LLANGRANNOG

An early settlement grew up around the church further up the hill during the 6th Century. Originally a small wooden structure, was constructed about 500AD by St Caranog.

Much later, around the mid-eighteenth century a small seaport developed to support the growth in local fishing and ship building. The lower village near to the sea was established around this time. By 1825 most men living in Llangrannog were seafarers.



CRANOGWEN

Llangrannog has been home to many great sailors, but one stands out: a woman called Sarah Jane Rees. She was born in Llangrannog and is buried in the church yard. A bright child, by the age of 15 she had learned navigation from her sea captain father and went on to obtain her Master Navigator Certificate. She founded a school to teach the seafarers of the area better navigation skills that would help to keep them alive on the sea. She was also a very gifted poet, and in 1865 she won the crown in the National Eisteddfod in Aberystwyth, writing under the name of Cranogwen.

ACTIVITY CREATE AN ACROSTIC POEM (see pack)

Ask the children to keep them safe so they can be shared later on in the walk.
Allow 20 minutes for this activity.

NANT HAWEN

The River Hawen, or Nant Hawen as it is known in Welsh, is the main stream that flows through Llangrannog. It falls as a waterfall near the centre, this is known locally as Y Gerwn. The Hawen was used to power a woollen mill situated a stone-throw away. At one time, this mill supplied most of the villagers with cloth, fabric for clothing, blankets and furnishings.

EDWARD ELGAR

Have you ever heard of the English, classical music composer, Edward Elgar?

Not far from here, near the waterfall along the River Hawen is a plaque recording his visit to Llangrannog in 1901. He stayed here at the invitation of a friend, in a cottage down by the seafront. During his time here, like you, he enjoyed walks along the coast.

On one of these, he heard the faint sound of a choir singing. It inspired him to write the piece of music, 'Introduction and Allegro for String Orchestra, first performed at the Queen's Hall, London on March 8th, 1905. In the concert programme notes for the evening, he recalled his time in Llangrannog and his walks along the headland.



T LLEW JONES

T Llew Jones was a poet and a prolific and popular Welsh language author. During his long career he published some 100 books, most of them for children, earning him the title 'Brenin Llenyddiaeth Plant Cymru' ~ the king of Welsh children's literature.

He taught at various primary schools nearby for 25 years before becoming a full-time writer. During his time in the classroom, he came to understand the importance of having good, engaging books in Welsh to help children read and enjoy literature. So, he decided to write them, and to encourage others to do the same.

What few realise about T Llew Jones, is his connection with the game of chess! He was a keen chess player, and wrote the only Welsh language chess manual with his son, Iolo - an international Chess Master.

He died aged 93 on 9 January 2009, leaving a phenomenal legacy of stories and literature, many inspired by the pirates, smugglers, rogues, rascals and folk heroes of this corner of the world.

Near here, in Brynhoffnant is a new Welsh-medium primary school named after him: Ysgol Gynradd Gymunedol T Llew Jones.

PIRATES & SMUGGLERS

There are a number of caves in the cliffs along the beach. One of these, to the left is known as Ogof Halen where smuggled salt was landed.

During the 18th century, this area was notorious for its smugglers. Among them brutal rogues like Captain William Owen. He killed at least six men to cover his trail before he was hung in 1747.

Another, Siôn Cwilt, would regularly ride from his home near Synod Inn, armed with a sword and a pistol, to rendezvous with vessels carrying illegal cargo into Cwmttydu and Cei Bach further up the coast from Llangrannog. Despite a team of armed men, Siôn Cwilt was never caught. Having customers in high places had its benefits: publicans, gentry and high sheriffs all relied on his services for their fine wines and spirits!

ACTIVITY EXPLORE SOME CAVES

If the tide is far enough out, explore some of the beach caves.

Allow 15 minutes for this activity.



LIME KILNS

As you head up the hill, past the Pentre Arms to re-join the coast path, you'll pass a rounded, squat stone structure. This is the only remaining lime kiln of five that would originally have served Llangrannog. In these kilns, imported limestone was burned to produce lime powder. This was then sold to local farmers who would spread it on the poor acid soil of the area to improve it and help grow more, better and stronger crops as well as improving grass for farm animals to graze upon.

SAINT CARANOG

The village of Llangrannog gets its name from the 'llan' or 'parish of' Saint Caranog also known as St Carantoc and Karanteg. As you join the Wales Coast Path from the road, you'll meet Saint Caranog looking out over Llangrannog and Cardigan Bay.

He was born in Ceredigion, the great-grandson of a King of the region. His story goes that he fled to Llangrannog to avoid being elected king. Once here in the valley, he wanted to build a fire and so shaved some sticks to create kindling to help light it, but these wood shavings were carried away as soon as they were made by a dove. Caranog took this as a sign.

He followed the bird and where it landed, there Caranog built a small, wooden church. The present church is located in the same place, though much bigger now and rebuilt a number of times across the centuries.

He seems to have travelled to Cornwall and Ireland where he also founded churches, and some believe he spent time in Brittany too, founding a town there named Carantec.

His feast day is noted on 16th of May.

ACTIVITY

GATHER IN THE CIRCLE AND SHARE YOUR POEMS

Time allowance: This depends on how many in the group and if everyone will share their poem. Allow approx. 1 minute for each poem reading.



CASTELL BACH

This is another Iron Age coastal hillfort, one of many along this coastline. The outline of some of the bank and ditch defences can still be seen in the field. There might not be much to see here today, but imagine a cluster of thatched roundhouses, lit from inside by firelight and candles, a high earth and stone bank around it with a tall fence of logs, spiked atop it. From the largest roundhouse, the delicious smell of roasting meat, the sound of laughter and perhaps some singing, and some raised voices of warriors preparing to go cattle raiding, north across the tribal boundaries to the lands of the Ordovices.

ACTIVITY **BOASTING**

The Anglo Saxons who came to live in the area of Britain we know as England during the 6th Century, had a tradition of the *bēot* or boast. In their mead-halls, particularly on the night before battle, warriors would try to outdo each other with boasts, that they were then expected to fulfil or prove. We don't know if this tradition existed in these lands before then, nor whether it caught on at the halls of the Welsh kings and princes. But as you're close to where once there would have been a roundhouse and feasting, and Celtic warriors, it might be worth having a go.

Set the task near Castell Bach as you turn to follow the path downhill into the valley. This gives the children time to think, consider and create their boast. On the other side of the valley, you'll find yourself in a field. This would be a good place to run the boasting competition. You could pit one team against another for a bit of extra fun!

RULES:

- One boast per person (or if in teams, they can choose to present the three best boasts from the team members)
- Jeering, and cheering are encouraged
- You have to be able to prove your boast

e.g. I can play Chopsticks on the piano in under 1 minute – **WON'T WORK**

I can sing a higher note than anyone here.....OK, **PROVE IT!**

I can touch my nose with my tongue.....OK, **PROVE IT!**

The winner is....

The most audacious boast that gets the greatest cheer - and can be fulfilled or proven!

In the case of groups of more than 10 consider splitting into teams and limiting boasts to 2-3 per team.

Allow 10-20 minutes depending on group size.



COUNTRYSIDE CODE

This section of the walk will take you through farmland. In addition to being a natural habitat for wildlife, it is also a working landscape that is home to valuable farm animals and a place of working industry that helps shape our landscape, but like all industries can have its dangers.

The Country Code and The Countryside Code are sets of rules for visitors to rural, and especially agricultural, regions of the United Kingdom. The Country Code was created in the 1930s, and was revised in 2004 and 2021 as The Countryside Code (Côd Cefn Gwlad in Welsh). This is the guidance of The Countryside Code:

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

It's important to follow this code whenever we access the countryside.

ACTIVITY

COUNTRYSIDE CODE

WHAT ARE THE CONSEQUENCES OF NOT FOLLOWING IT?

Working through each part of the code, ask the children to come up with thoughts about what could happen if people didn't follow that aspect of the code – what are the potential consequences. This could be run as a discussion rather than a straight question and answer.

Which do they feel is the most important aspect of the code?

Why?

Allow 20 minutes for this activity.

RHYDYCOLOMENNOD WOODS

These woods are a lovely place to walk. They're rich in different tree species including birch and oak.

ACTIVITY

TREE IDENTIFICATION (see pack)

Allow 10 – 15 minutes for this activity.



PIDGEONFORD MANSION / PLÂS LLANGRANNOG

As you walk along the Rhydycolomennod woodland path try to imagine horse drawn carriages driving past you. In times gone by, they might well have been taking ladies and gentlemen to Plâs Llangrannog, also known as Pigeonford Mansion.

The house is first recorded in 1612 when it was called Rhyd-y-Colomennod and owned by George Parry. The English alternative name of Pigeonford is first mentioned in 1762. It is mostly associated with The Price family who were a locally influential family and very involved in the Methodist Revival of the 18th Century. Indeed, many of the great Methodist preachers of the time stayed as guests in this house.

During its history it would have been the place of many colourful parties and balls where the wealthy people of the area would have gathered for entertainments. The house and estate would also have been an important employer of local people.

BOIS Y CILIE

A couple of miles across the fields from here, towards Cwmttydu is a farm called Ciliau. It was home to a famous family of poets, farmers and sailors who lived in that area in the 19th and 20th century. Despite relatively humble beginnings, many of the sons of this family became talented writers. Their work was inspired by the beauty of nature, family, peace and politics among other things. They were so successful, winning numerous accolades as well as medals, crowns and chairs at Eisteddfodau, that they apparently gave recitals to the Royal family!

Over time, they became known as 'Bois y Cilie' ~ the Ciliau boys. In recent times, the descendants of Bois y Cilie have been equally famous, and include the folk singer and politician, Dafydd Iwan and the actor Huw Ceredig.

ACTIVITY

GATHER IN THE CIRCLE AND SHARE ANY POEMS YOU'VE WRITTEN ALONG THE WAY

(unless on route 2 when this is done by the St Cranog statue).

Allow 1 minute per poem for this activity.



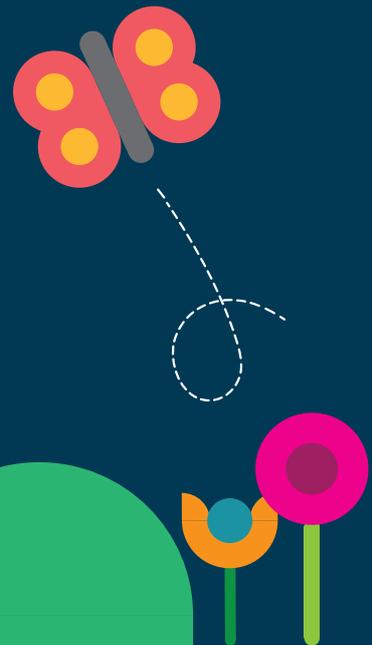
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Wales Coast Path

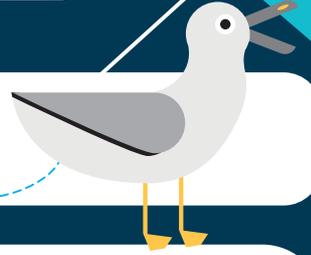
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CHILDREN'S ACTIVITY PACK



There's lots to see, do, create and learn as you explore the Wales Coast Path. This pack is filled with hints and tips to help you enjoy your adventure.





URDD QUIZ

1. What are the three colours of The Urdd

2. What is the name of the Urdd's mascot?

3. When was the Urdd formed?

4. How many other residential centres does the Urdd have IN ADDITION to Llangrannog?

5. In which country is the Urdd's International centre?





LOCAL WILDLIFE



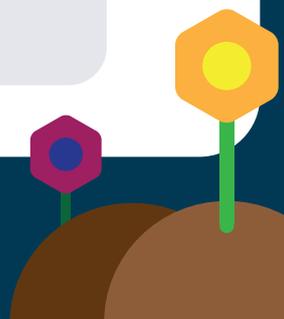
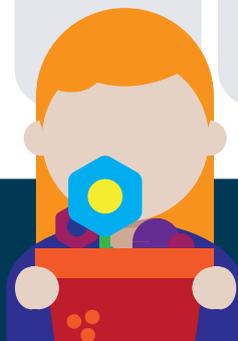
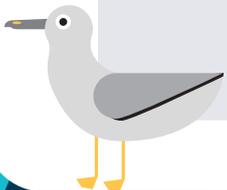
The area on which you're walking is abundant in creatures such as rabbits, foxes and badgers. Use your senses: sight and smell in particular, to find out what's around. The easiest tell-tale signs of wildlife, is that which they leave behind, in the form of poo! So...

LET'S FIND SOME POO!

Have a look along the grassy areas either side of the path, being careful not to go too close to the cliff edge. Look under gorse and heather bunches and at the edge of hedges and fences. Use your nose and your eyes to find some poo!

This chart will help you identify the poo of some of the most common wild mammals that live along this path. Of course, you may also find poo from domestic animals, dogs, sheep and horses in particular. This chart will help you tell the difference.

WHAT IT LOOKS LIKE OR SOMETHING SIMILAR	DESCRIPTION	ANIMAL	HOW MANY FOUND?
	<p>Size: 5-20cm Long and twisted.</p> <p>If it's relatively fresh, it will have a strong, tangy and unpleasant smell. It will often contain hair, small bones, berries and grasses. Dog poo tends to be less twisted and won't generally contain as much hair and bone debris.</p>	Fox	





WHAT IT LOOKS LIKE OR SOMETHING SIMILAR



DESCRIPTION

Size: varies.
Sloppy and wet. Depending on diet, it will often contain traces of berries, worms and small animal bones. Most often found close to badger sets so look around to see if you can find a hole leading into the earth with smooth sides and a bit of an earthy lump at the entrance.

ANIMAL

Badger

HOW MANY FOUND?



Size: 1cm pellets.
Black to light brown pea size pellets. Plant and grass pieces can often be seen within the pellets. Careful not to confuse it with sheep poo. Sheep poo pellets are larger.

Rabbit

What did you find?



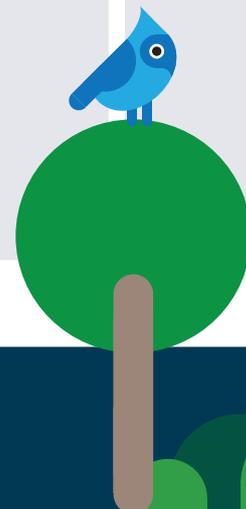


CARDIGAN BAY BIRDLIFE



From looking down at the ground, now look up to the sky. Let's see if you can spot some of the most common sea birds that are found around this coastline.

WHAT IT LOOKS LIKE	INFORMATION	ANIMAL	HOW MANY FOUND?
 	<p>They have black backs and pinkish legs and webbed feet, with white on the tips and the trailing end of their wing feathers. A large sea bird with broad wings and a yellow beak. Young birds have a pale head and boldly spotted back and black-grey beak.</p>	Great Black-backed Gull	
 	<p>These large, noisy gulls have light grey backs and white under parts with black wing tips. They have heavy, slightly hooked beaks marked with a red spot. Young birds are mottled brown.</p>	Herring Gull	





WHAT IT LOOKS LIKE



INFORMATION

This is a stocky, black and white wading bird. It has a long, orange-red beak and reddish-pink legs. Often to be found feeding at the water's edge.

ANIMAL

Oyster-catcher

HOW MANY FOUND?



This bird is an aerial acrobat and you may see it diving and swooping around the cliffs.

Chough



Like its cousin the crow and the raven, it is all black, but unlike them the chough has a distinctive orange-red beak and matching legs and feet.

What did you see?

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WILDLIFE IN THE WAVES



If you're lucky, as you walk the coast path, you might spot some special creatures swimming in the waves. They're less easy to spot than birds, but it's worth having a go.

WHAT IT LOOKS LIKE	INFORMATION	ANIMAL	HOW MANY FOUND?
 	<p>The bottle nose dolphins who live in the waters off our coast are the biggest in the world! Their size helps them cope with our chilly waters. They're very social and often swim in groups of up to 15. They feed on fish, often working as a team to hunt.</p> <p>They're a fairly plain grey dolphin, darker above and paler below. Their nose or 'beak' is short and stubby and their dorsal fin is like a sloping triangle with a curve on one side. Look out for boisterous splashing and leaping out of the water. Where there's one, there's usually more!</p>	<p>Bottlenose dolphin</p>	



WHAT IT LOOKS LIKE



INFORMATION

They may look scary, but basking sharks are the gentle giants of the seas around Britain. They feed only on plankton which they filter out of the water by swimming back and forth with their enormous mouths wide open.

You'll have the best chance of spotting them in summer when they arrive in our British waters. Mostly they appear as slow moving shadows just beneath the water surface. If you're lucky enough to see their dorsal fin, it's a very upright, pointy triangle.

ANIMAL

Basking Shark

HOW MANY FOUND?



WHAT IT LOOKS LIKE



INFORMATION

Even though Harbour Porpoise are quite shy, they can be easily spotted in shallow waters close to shore either alone or in small groups. If you do manage to get close enough you may hear their loud "chuff" noise as they come to the surface for air, this gives them their nickname "puffing pig"!

Harbour porpoise are small and stocky, with a dark grey back and lighter underbelly. Their faces are rounded and have no beak.

Look out for a small, triangular dorsal fin breaking the surface.

ANIMAL

Harbour Porpoise

HOW MANY FOUND?

What did you see?





MEET THE CELTIC TRIBES OF WALES

The Celts are people who lived across Britain during what is known as the Iron Age (800 BC – AD 43). They lived in broad, tribal groups and identified with these as we today might identify as Welsh or Irish or Scottish. While much about these tribes were similar, they did fight for land, wealth, cattle and other domesticated animals.

The Romans who arrived in Britain in AD 43 gave us the name and told us a little about 5 different tribes living in what we today call Wales. Using the clues below, can you label each area with the correct tribe.

DECANGLI / TEGEINGL: The Deceangli originally came from Ireland and settled in the north east corner of what we know today as Wales. They seem to have been scattered across hill forts, but had a tribal centre at Canovium, modern day Caerhun in north Wales.

SILURES: Their territory included the Brecon Beacons and south Welsh valleys.

Like the other tribes of the Welsh Mountains, they were difficult for the Romans to conquer and control. Tacitus, a Roman chronicler describes them as a strong and warlike nation.

DEMETAE: the people of this tribe lived in the fertile lands of Pembrokeshire and much of Carmarthenshire in southwest Wales. They lived in small farms scattered across the countryside.

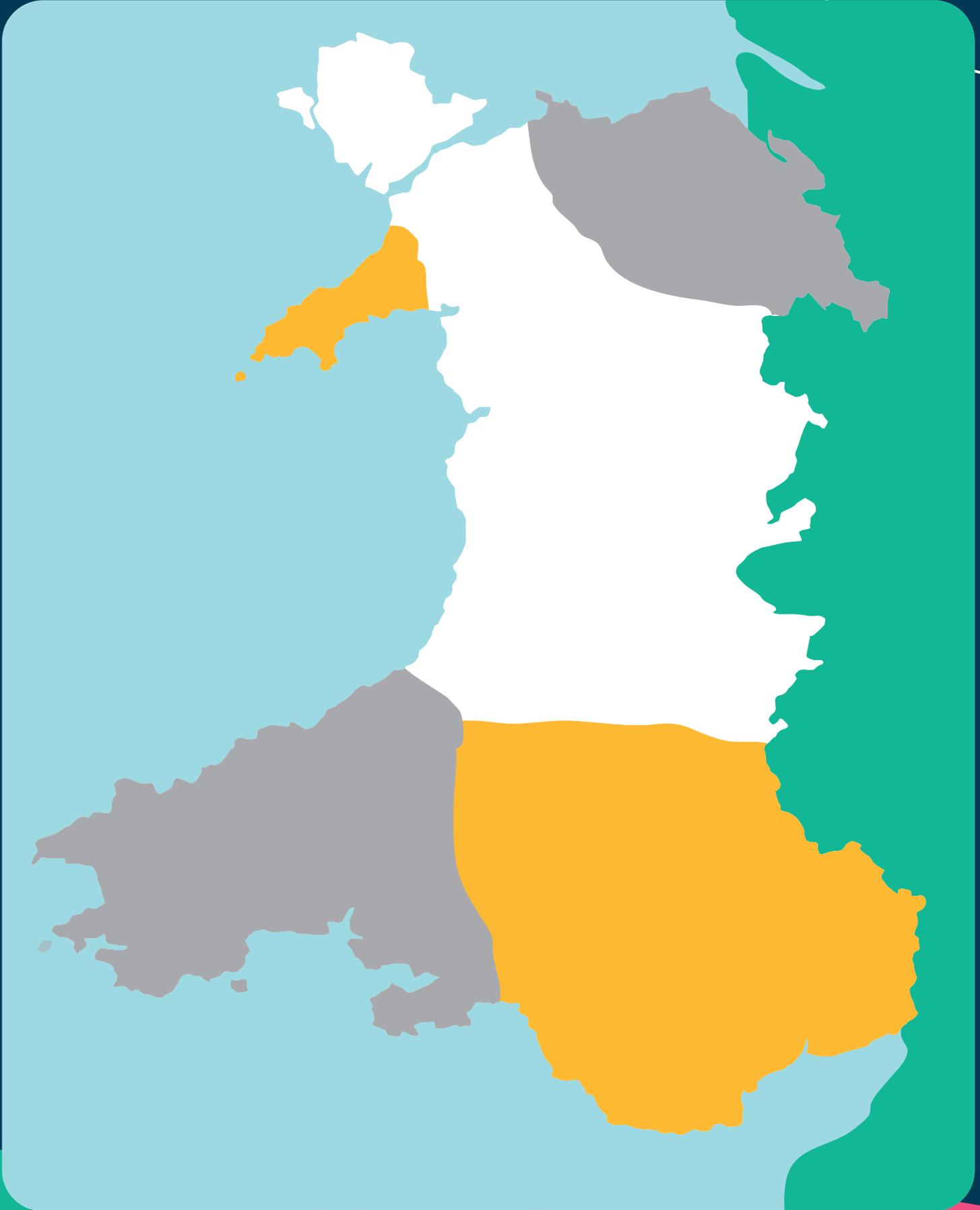
ORDOVICES: This tribe covered much of the mountains and valleys of Snowdonia and what is today mid-Wales. Like the Silures and Deceangli, these peoples lived in small farms, often defended against attack.

GANGANI: These people seem to have been closely related to the Deceangli, and possibly came over to settle on the British mainland from the same area of Ireland.

They lived on the north west peninsula of what we today call Wales.

DRUIDS: The Druids were not a tribe. They were the priesthood of the Celts and according to Roman Chroniclers, one of their most important spiritual centres and an important Druid 'college' was located on an Island off our coast.





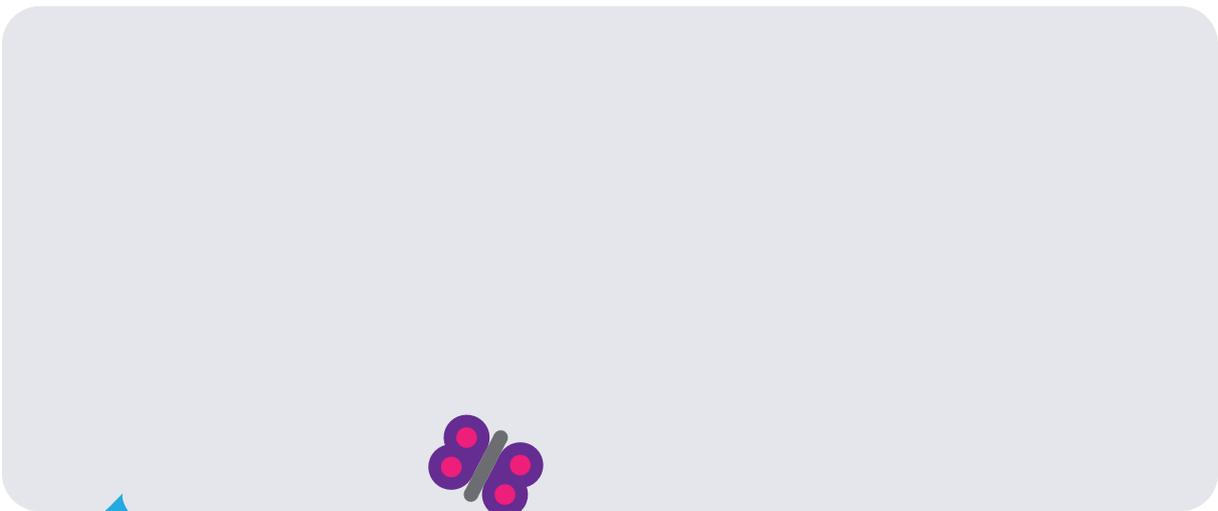


CELTIC KNOTWORK

See if you can fill in the blank space in this knotwork and work out how they created these intricate interweaving patterns.



What did you learn about how knotwork works?





LOCHTYN LODGERS

Here are some of the creatures you might find around Ynys Lochdyn.

WHAT IT LOOKS LIKE	INFORMATION	SPECIES NAME	HOW MANY SIGHTED?
	<p>These large waterbirds are often seen standing on shores and rocks with wings held out to dry. They are supreme fishers that catch their prey by diving.</p> <p>They are excellent divers, and under water they propel themselves with their webbed feet with help from their wings; some cormorant species have been found to dive as deep as 45 metres!</p>	<p>Cormorant</p>	





WHAT IT LOOKS LIKE	INFORMATION	SPECIES NAME	HOW MANY SIGHTED?
	<p>The grey seal is the larger of the two seal species who live in the waters around Britain. Their scientific name <i>Halichoerus grypus</i> means hook-nosed sea pig! If you see them close up, you'll understand why.</p> <p>Grey seals give birth to fluffy white pups in the autumn.</p>	<p>Grey Seal</p>	
	<p>Stonechats are robin sized. The males have black heads with white around the side of their neck, orange-red breasts and a mottled brown back. Females have less striking colouring, without the black head, but do have brown backs and an orange tinge to their chests. As their name suggests, stonechats utter a sharp loud call that can sound like two stones being tapped together.</p>	<p>Stonechat</p>	





BEACH ART

You've got sand to write in or sculpt with, pebbles to build, balance and pattern and seaweed and whatever else the tide washed in to decorate. Get creative! Work on your own, in a pair or a group and have fun create some beach art. Here are some examples to fire your imagination.



IMPORTANT

Please return pebbles to the back of the beach and any large pieces of driftwood or other things the tide might have washed in, to where you found them after you have created and perhaps photographed your work of art. Sand sculptures will be washed away by the tide and don't need to be moved, likewise seaweed and smaller items of driftwood etc.





COMPOSE AN ACROSTIC POEM

Compose an acrostic poem about Llangrannog. Use the letters of the name **LLANGRANNOG** as the first letter of each word in each line. Your poem does not have to rhyme. Here's an example, of an acrostic poem about a cat.

Caterwauling, fur flying, leaping;
Always yowling, purring or sleeping,
Tail swished in anger, or whiskers twitching.

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TREE IDENTIFICATION

TREE, LEAVES & SEEDS



TREE SPECIES

Beech

NUMBER SPOTTED

INFORMATION

Beech trees have oval leaves 4-9cm in length with a pointed tip and wavy edges. These can be green or also purple-brown.

Their bark is smooth and grey-brown, often with slight horizontal etchings. They produce triangular beech nuts, known as beech masts, in prickly seed cases in the autumn.



TREE SPECIES

Oak

NUMBER SPOTTED

Britain has two types of native oak trees: the common oak and the sessile oak. Their leaves are different in shape.

All oak leaves are longer than they are wide and have five or six deep, rounded lobes and short stalks. The bark of mature oak trees is rugged and is covered in finger-shaped rises with deep ridges in between.

The oak's seeds are acorns which are held tightly in little cups. These appear in late summer and turn brown through the autumn.



TREE, LEAVES & SEEDS



TREE SPECIES

Birch

NUMBER SPOTTED

INFORMATION

Birch leaves are light green, small and triangular-shaped with a toothed edge, which fade to yellow in autumn. The pale whiteish bark sheds layers like tissue paper and becomes black and rugged at the base.

Their flowers, known as Catkins appear from April to May.

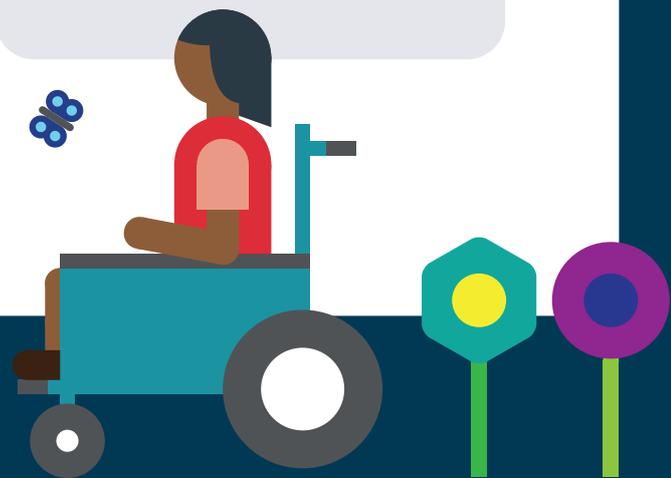


TREE SPECIES

Holly

NUMBER SPOTTED

The Holly's spiky, dark green, glossy leaves are difficult to miss. As trees mature, the leaves get less spiky. The holly's red berries are a splash of forest colour in winter. Being an evergreen tree, the leaves and berries are the best ways to identify this tree all year round.





TREE, LEAVES & SEEDS



TREE SPECIES

Hazel

NUMBER SPOTTED

INFORMATION

The Hazel has smooth, grey-brown, bark, which peels with age.
Round to oval leaves, doubly toothed, and pointed at the tip are soft to touch because of downy hairs on the underside.
It produces small, green catkins in spring, some of which turn into autumn hazelnuts that are delicious for us humans and wildlife.



TREE SPECIES

Horse Chestnut

NUMBER SPOTTED

The bark of a horse chestnut tree is smooth and pinky-grey when young. It darkens and develops scaly plates with age.
It has large leaves that comprise 5-7 pointed, toothed leaflets spreading from a central stem.
Upright clusters of pinky-white flowers appear in late spring. Some of these will be pollinated and develop into a spiky, green cases that hide glossy red-brown conkers inside. These fall in autumn, and can be used for conker games!

