



Mwnt, Ceredigion

This location is a photographer's dream with the picturesque church and the rolling seaside hills in one of Ceredigion's most striking seaside locations.

"Enjoy a short circular walk, feel the sea breeze on your face and look out for dolphins, seals and the rare chough. Walk to the top of the hill with spectacular views of Cardigan Island and at sunset, settle in for a spectacular sight."

NIGEL NICHOLAS, WALES COAST PATH OFFICER

Start and Finish:

Mwnt Car Park.

Distance:

0.5 mile/1km.

Along the way...

Discover Mwnt, which is named after the conical hill (Foel y Mwnt) that rises above the sheltered sandy beach with its picturesque whitewashed church.

This walk uses the car park at Mwnt as the starting point to explore the top of Foel y Mwnt – it's definitely worth the effort, giving some of the finest and far-reaching views over Cardigan Bay. On a clear day you can glimpse the mountains of Snowdonia to the north, while to the west lies green Cardigan Island.

Mwnt is also one of the best places to spot wildlife like seals, choughs and dolphins, which can often be seen playing in the bay.

This special place is also an ancient holy site. The picturesque Church of the Holy Cross (Eglwys y Grog) dates from the 14th century when it served as a sailors' chapel of ease, but its history goes back even further. The 12th or 13th-century font made of Preseli stone is a remnant of an earlier construction that served as a refuge for medieval pilgrims on their way to St Davids, Strata Florida Abbey or Bardsey Island in North Wales.

The circular walk takes you south past a restored lime kiln and along magnificent cliffs with spectacular views of Mwnt. To return, follow the bridleway inland or retrace your steps.

Need to know:

Mwnt has a National Trust car park, public toilets and seasonal refreshments kiosk.