

# The Path to mindfulness

A series of resources to help boost your wellness on the Wales Coast Path



HEADS ABOVE  
THE WAVES

We think these  
resources are rad!



# Mindfulness on the Path

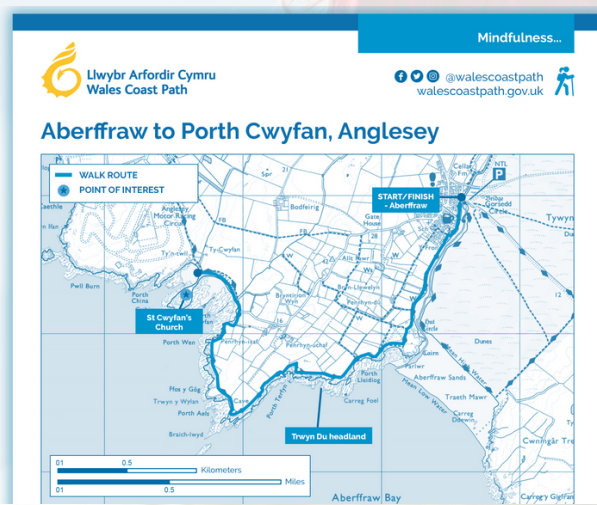
There's nothing like a walk along the coast to help clear your mind. We've hand-picked the following particularly peaceful walks to help you enjoy some valuable 'down time' and get away from it all — on your own, as a family, or with friends.



**Route:** Aberffraw to Porth Cwyfan, Isle of Anglesey

**Distance:** 3 miles or 4 kilometres

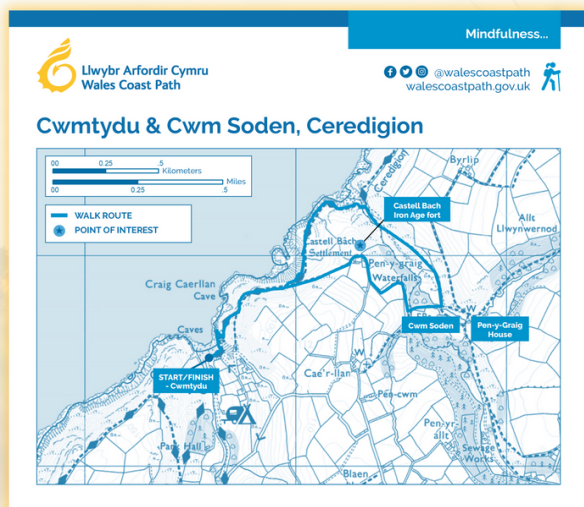
Start out in the historic village of Aberffraw. It's a peaceful place today, but between the 9th and 13th centuries the Princes of Gwynedd held court here – click [here](#) to discover more.



**Route:** Cwmttydu and Cwm Soden, Ceredigion

**Distance:** 2 miles or 3 kilometres

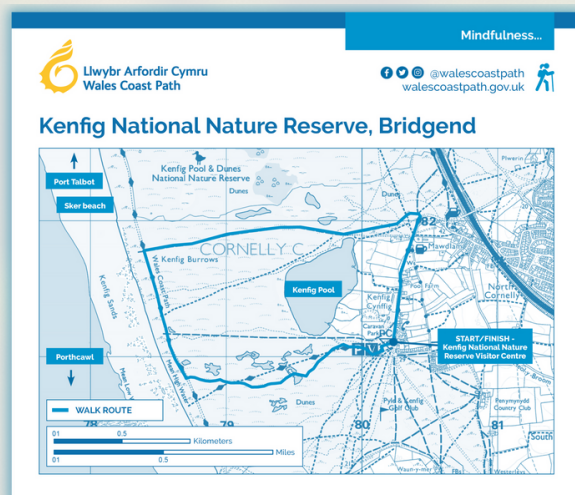
This circular walk takes you from the secluded cove of Cwmttydu and over the hills that are alive with birds and butterflies — click [here](#) to discover more.



**Route:** Kenfig National Nature Reserve, Bridgend

**Distance:** variable

Whether you are looking for a peaceful stroll or an afternoon adventure, this trail is bursting with the peaceful sights and sounds of nature – click [here](#) to discover more.





# Mindfulness on the Path



When we actively pay attention to our breath, we can learn to exist and thrive in the present moment. It can help with tolerating pain, lowering stress levels, improving connections with others, increasing focus and reducing brain clutter.

And where better to give these exercises a go than on one of the most peaceful places on Earth — the Welsh coast?

**Find a place that feels calm and serene** — on your favourite beach, a peninsula overlooking the sea or your favourite sunset spot.

**Set yourself a time limit if you're just starting out** — 5 to 10 minutes should help you get the hang of things.

**Get comfortable** — you can sit or stand to find mindfulness, but ideally find a position that you can stay in for a while; one that elongates your diaphragm; and allows you to breathe deeply. If you're on the beach, find a nice flat rock to sit on. And if the weather's a little damp under-foot, take a towel or blanket to sit on.

**Feel your breath** — follow the sensation as you breathe in and out, using the sound of the waves or surrounding birdsong to help you find a rhythm.

**Turn your attention back to your breath** — your attention will inevitably leave your breath and wander to other places during a mindfulness session (that's a good thing!) Once you notice this, slowly turn your attention back to your breath.

## Our favourite mindfulness spots:



Have you ever witnessed Aberystwyth's colourful streets and promenade from the top of **Constitution Hill**?

Let the fresh sea air of Aberystwyth blow away all your worries as the sun sets on another day.



Whatever the weather, **South Stack Lighthouse** has a jaw-dropping view — but it's even better as the sun is setting and when the wind has quietened down. The sound of the wildlife and waves lapping the shore will remind you just how beautiful the Welsh coastline really is.



Known for its iconic three-peaked rock, **Three Cliffs Bay** is a spectacular location all year round — making it the perfect place to practice some breathing exercises, whatever the weather.



# Channel your creativity



Whether you love to write, draw, paint, or have never given any of them a go — the Wales Coast Path isn't short of inspiring locations to get your creative juices flowing. But if you don't fancy any of them? Don't worry. We've also included a list of other creative ways that you can find your slice of mindfulness on the Path...

## Places to get the words flowing



### Ynys Llanddwyn

Most famous for its connection with Saint Dwynwen, the Welsh Patron Saint of Lovers, Llanddwyn is a small island off Newborough Beach on Anglesey. Dwynwen wished never to marry and dedicated her life to God — establishing the church on Ynys Llanddwyn. Its ruins still stand today — a connection to Wales' legendary past which is sure to inspire any writer.



### Laugharne

The Boathouse in Laugharne was home to one of Wales' most famous poets,

Dylan Thomas — set on a cliff overlooking the Taf Estuary. Dylan wrote many of his major pieces from this small family home. You, too, might be inspired in the same way by this coastal town.



### Cardiff Bay

Once a bustling port for exporting coal,

Cardiff Bay (formerly Tiger Bay) is steeped in history, and timeless tales to inspire you. Explore the work of one of Wales' greatest children's writers as you stroll along the Roald Dahl trail, on the way to the barrage.

## Places to inspire colourful artwork



### Portmeirion

You won't be short of inspiration in this Italian-inspired village, nestled on the North Wales coast. Designed by Sir Clough Williams-Ellis in the early 20th century, Portmeirion's Riviera-inspired houses and ornamental gardens are the perfect focal point.



### Aberaeron

Famous for its colourful Georgian houses overlooking the harbour, Aberaeron is one of Wales' prettiest towns — already inspiring the work of numerous artists, including Rhiannon Roberts and Helen Elliott. Perhaps you will be next!



### The Green Bridge

It's no secret that Pembrokeshire is home to some of Wales' most picturesque views. And The Green Bridge is one of them. The naturally-formed limestone archway has stood the test of time over the green-blue sea.

## Creative mindfulness activities



### Tree texture art

Pause during your walk to create tree texture rubbings - using only a piece of paper and a crayon or stick of charcoal/chalk. Feel the intricate patterns beneath your crayon, allowing the experience to ground you in the present moment while fostering a connection with the coastal woodland.



### Nature journaling

Observe and record the beauty of the plants, wildlife, and landscapes encountered on your walk. Through sketching, writing, and reflection, you can deepen your appreciation for our natural world. Top tip: buy a small A5 sketchbook to bring with you on every visit. You will enjoy looking back on it.



### Seashell mosaic

Arrange seashells, pebbles and stones in a mindful mosaic on the beach, allowing the natural surroundings to inspire your artistry. Leave it behind for others to enjoy or add to before the sea washes it all away.



# Other mindful activities



Here's a list of fun exercises and activities to try on your next visit to the Wales Coast Path, whether you're on your own; with young children or a group of friends.

**Walking mindfulness** — bring your mind to the present moment with every step. Concentrate on how your body feels as you move; notice your breath and the sights/sounds around you.

**Music appreciation** — choose a song you don't know very well and listen to it as you walk. Notice how the song makes you feel. Do you like it? Why or why not? What instruments can you hear?

**Deep seeing** — find a sight on your walk which you like. It could be the view across the sea, a grazing wild pony or a beautiful flower. Now, take a few minutes to examine that object with your eyes. See the size, shape and texture until you begin to notice new features that you didn't see before.

**Puzzling on the go** — bring a crossword or Sudoku puzzle with you (whether on your phone or in the local paper). Then, at the halfway point of your walk, take 15 minutes to complete it on a bench overlooking the sea. How does it feel when you get stuck? How does it feel when you solve a new piece of the puzzle?

**A workout for the senses** — this is a good one to do on your own or as a group. List 5 things you can see; list 5 things you can hear; list 5 things you can feel. Repeat.

**Deep listening** — take out your headphones, stop talking and take a moment to listen intently to everything you can hear, from your breath, to birdsong and rustling leaves to rolling waves or an aeroplane flying overhead.

**Hear the birds** — sometimes there is nothing more relaxing than listening to birdsong, and there's plenty of it on the Wales Coast Path. There are lots of apps that can help with live bird-call identification too, e.g. Merlin Bird ID.

**Rock balancing** — get lost in the moment as you focus on the challenging task of balancing rocks, stones and pebbles. How tall can you make your tower?

**Cloud watching** — the human brain is brilliant at finding recognisable images in random shapes or patterns. Take a moment to analyse what you can see in the sky.



# Spotify playlists



Sometimes, all you need to help focus your mind is the natural sound of the waves crashing or the birds tweeting above your head. But for the days that require something extra, we've curated a series of free Spotify playlists to match your mood. Whether you want to immerse yourself in Welsh culture or get transported to a land far away — let the following playlists enhance the mindful experience of walking the Path...

**By the seaside**: from the Beach Boys and the Kooks to Wham! and Madonna — our By the Seaside playlist offers upbeat and mellow tracks for you to enjoy by the seaside this summer.

**Get up and Go**: feeling unmotivated? Our Get up and Go playlist features hits from Journey, U2, The Beatles and Lizzo to get you going — whether you want to go on a quick lunchtime stroll or an all-day hike on the Path!

**Tiwns Cymraeg**: featuring Dafydd Iwan, Bryn Fôn, Bwncath, Ani Glass and more — our Welsh Language playlist combines everything from 80's rock classics to modern day bangers. It's sure to make you feel patriotic on your next coastal walk!

**Lost in Nature**: from the gentle tweeting of the birds to relaxing light rain and the sound of waves, our Lost in Nature playlist will leave you feeling relaxed and calm — wherever you are.

**To access the playlists search 'Wales Coast Path' on Spotify or click the links above.**

