



# Ceredigion

## Crwydro Arfordir Cymru Coastal Walking Wales

### Ceredigion

O dwyni tywod Ynyslas yn y gogledd i hen dref farchnad Aberteifi yn y de, mae bae mawreddog Ceredigion yn lle da i gerddwyr weld dolffiniaid a llamhidyddion, morloi a llu o adar y môr. Ewch ati i archwilio'r trefi a'r pentrefi prydferth a'r traethau trawiadol ar hyd glannau Arfordir Treftadaeth Ceredigion.

#### Uchafbwyntiau

- ★ **Craig-glais a Rheilffordd y Graig, Aberystwyth**  
Cerddwch neu ewch yn Rheilffordd y Graig i ben Craig-glais lle cewch olygfeydd godidog, caffi a siambr dywyll (camera obscura) fwyaf y byd.
- ★ **Gwyllo dolffiniaid**  
Mae'n bosib gweld dolffiniaid trwyn potel o unrhyw ran o'r arfordir, naill ai o'r llwybr ei hun neu drwy fynd ar daith ar un o'r badau pwrpasol.
- ★ **Ynys Lochtyn**  
Mae'n anodd mynd at yr ynys ei hun ond mae cyfle gwell i werthfawrogi ei harddwch a'i safle o Lwybr yr Arfordir.
- ★ **Eglwys a Thraeth Y Mwnt**  
Ewch i chwilio am yr eglwys eiconig o'r Canol Oesoedd, Eglwys y Grog, a'r traeth hardd sydd gerllaw.

Mwnt



Cei Newydd  
New Quay

### Ceredigion

From the dunes of Ynyslas in the north to the historic market town of Cardigan in the south, the majestic sweep of Cardigan Bay affords the walker glimpses of dolphins and porpoise, seals and a host of marine birds. Explore the Ceredigion Heritage Coast with its picturesque seaside towns and villages and stunning beaches

#### Highlights

- ★ **Constitution Hill and the Aberystwyth Cliff Railway**  
Walk or take the funicular railway to the top of Constitution Hill where you'll find spectacular views, a café and the world's largest camera obscura.
- ★ **Dolphin spotting**  
Enjoy great sightings of bottlenose dolphins along the coast either from the coast path or on dedicated boat trips.
- ★ **Ynys Lochtyn**  
The island itself is difficult to reach but its beauty and setting is best appreciated from the Coast Path.
- ★ **Mwnt Church & Beach**  
Seek out the iconic, medieval Church of the Holy Cross and nearby picturesque beach.

### Y Codau Cefn Gwlad

Yn dilyn cyngor yn y Codau Cefn Gwlad i fanteisio'n llawn ar eich ymweliad:

- parchwch bobl eraill
- diogelwch yr amgylchedd naturiol
- mwynhewch yr awyr agored a chadwch yn ddiogel

Darllenwch y Codau Cefn Gwlad yn [www.naturalresources.wales/countryside-codes?lang=cy](http://www.naturalresources.wales/countryside-codes?lang=cy)

### Mwynhewch eich taith gerdded

Ewch i wefan Mentro'n Gall Cymru i ganfod awgrymiadau defnyddiol ynglŷn â sut i fwynhau antur yr arfordir yn ddiogel. [www.adventuresmart.uk/cy/arfordir](http://www.adventuresmart.uk/cy/arfordir)

Gallwch ail-lenwi eich potel ddŵr yn ystod eich taith. Lawrlwythwch ap Refill i ddod o hyd i'ch Gorsaf Ail-lenwi leol, gan gael dŵr yfed ffres yn ystod eich taith. [refill.org.uk](http://refill.org.uk)



Ynys  
Lochtyn

Aberaeron

### Countryside Codes

Follow the advice in the Countryside Codes to get the most out of your visit:

- respect other people
- protect the natural environment
- enjoy the outdoors and stay safe

Read the Countryside Codes at [www.naturalresources.wales/countryside-codes](http://www.naturalresources.wales/countryside-codes)

### Enjoy your walk

Visit the Adventure Smart Wales website for some useful hints and tips on how to enjoy coastal adventure safely. [www.adventuresmart.uk/coast](http://www.adventuresmart.uk/coast)

You can refill your water bottle along the way. Download the Refill App to find your local Refill Station and get fresh drinking water on the go. [refill.org.uk](http://refill.org.uk)

### Gair i gall

Gellir dod o hyd i fapiau manwl, teithiau undydd ac aml-ddiwrnod, teithiau cylchol, trefnwyr teithiau a chwmnïau cludo bagiau ar [www.llwybrarfordircymru.gov.uk](http://www.llwybrarfordircymru.gov.uk)

Fe welwch amserlenni cynhwysfawr ar [www.cymraeg.traveline.cymru](http://www.cymraeg.traveline.cymru) neu ewch i [www.darganfodceredigion.cymru](http://www.darganfodceredigion.cymru). Rydym yn argymhell eich bod yn defnyddio trafnidiaeth gyhoeddus i gyrraedd man cychwyn eich taith gerdded a'ch bod yn cerdded i'ch llety/car, yn lle gwneud fel arall.

Er eich diogelwch, cadwch olwg ar amserau'r llanw gan ddefnyddio'r tablau llanw perthnasol: [www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times](http://www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times)

Lawrlwythwch ap Llwybr Arfordir Cymru i ddilyn eich taith gerdded a chael rhagor o wybodaeth. Chwiliwch am Lwybr Arfordir Cymru yn eich siop apiau.

### Top tips

Detailed maps, one and multi day itineraries, circular walks, tour organisers and baggage carrying companies can be found on [www.walescoastpath.gov.uk](http://www.walescoastpath.gov.uk)

You will find comprehensive timetables at [www.traveline.cymru](http://www.traveline.cymru) or visit [www.discoverceredigion.wales](http://www.discoverceredigion.wales). We recommend that you use public transport to get you to the start of your walk and walk to your accommodation/car instead of the other way round.

For your safety please keep track of the tides using the relevant tide tables: [www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times](http://www.metoffice.gov.uk/weather/specialist-forecasts/coast-and-sea/beach-forecast-and-tide-times)

Download the Wales Coast Path App to track your walk and get further information. Search for Wales Coast Path in your app store.



Sganiwch y cod QR hwn i fynd i'n gwefan  
Scan this QR code to go to our website

[www.llwybrarfordircymru.gov.uk](http://www.llwybrarfordircymru.gov.uk)  
[www.walescoastpath.gov.uk](http://www.walescoastpath.gov.uk)





Aberystwyth

## Teithiau cerdded

**Y Borth i Aberystwyth (9.5km / 6 milltir)**  
Dyma ddarn diddorol a heriol o'r Arfordir Treftadaeth ac mae angen cryn dipyn o ddringo mewn manau. Wrth gerdded o orsaf i orsaf, gallwch ddod nôl ar y trên os byddwch wedi blino.

**Aberystwyth i Llanrhystud (17km / 10.5 milltir)**  
Gan nad oes pentrefi ar y ffordd a dim ond ychydig o lwybrau eraill sy'n ymuno, ychydig o bobl sy'n cerdded ar y rhan hon o Lwybr Arfordir Ceredigion. Er ei fod yn heriol, mae'r llwybr yn rhoi cryn foddhad.

**Aberaeron i'r Cei Newydd (10km / 6.25 milltir)**  
Mae'r llwybr yma, rhwng dau o brif drefi arfordirol Ceredigion, yn cynnig golygfeydd ardderchog o bennau'r clogwyni. Mae llawer o bobl yn dweud mai Aberaeron yw un o'r trefi harddaf yng Nghymru gyda'i sgwâr o adeiladau gwych sydd yn null cyfnod y Rhaglywiaeth. Y traeth yw'r hoff lwybr drwy Gei Newydd, ond efallai bydd rhaid defnyddio'r heol pan mae'r llanw'n uchel.

**Cwmttydu i Langrannog (7.5km / 4.75 milltir)**  
Yn ôl rhai, dyma'r rhan fwyaf trawiadol o Lwybr Arfordir Ceredigion. Mae'n rhan o'r Arfordir Treftadaeth ac yn cynnwys yr ynys enwog Ynys Lochtyn. Ar draeth hyfryd Llangrannog gallwch weld Carreg Bica - craig a oedd ar un adeg, yn ôl yr hanes, yn un o ddannedd cawr.

**Aberporth (1km / 0.6 milltir naill ffordd)**  
Darn o'r llwybr sydd wedi'i ddynodi'n bwrpasol ar gyfer pobl mewn cadeiriau olwyn. Mae'n rhedeg ar hyd myl ddwyreiniol Bae Aberporth lle mae golygfeydd ardderchog o arfordir Ceredigion o'r clogwyni. Mae Aberporth hefyd yn lle da i weld dolffiniaid.

**Aberporth i Mwnt (8km / 5 milltir)**  
Rhan anghysbell o Lwybr yr Arfordir yw hon, sy'n rhedeg ar hyd brigau clogwyni a llethrau arfordirol, ychydig yn is nag ymylon tir amaethyddol. Mae llonyddwch yr ardal anghysbell yma'n gwneud i rywun deimlo bod rhuthr bywyd yn bell, bell i ffwrdd.

## Suggested walks

**Borth to Aberystwyth (9.5km / 6 miles)**  
This is an interesting and challenging section of Heritage Coast with several big climbs. The walk links up the railway stations so that you can let the train take the strain on your return leg.

**Aberystwyth to Llanrhystud (17km / 10.5 miles)**  
With no settlements between these locations and with few feeder paths, this is one of the least walked sections of the Ceredigion Coast Path. Despite its challenges, it is rewarding.

**Aberaeron to New Quay (10km / 6.25 miles)**  
This walk, between two of Ceredigion's main coastal towns, offers spectacular cliff top views. Aberaeron is regarded as one of the most attractive towns in Wales with a square of elegant Regency-style buildings. At New Quay, the preferred route is along the beach, but at high tide you may have to follow the road.

**Cwmttydu to Llangrannog (7.5km / 4.75 miles)**  
Arguably the most spectacular part of the Ceredigion Coast Path, this section is Heritage Coast and includes the iconic Ynys Lochtyn. Llangrannog's lovely beach is home to Carreg Bica - a rock which, legend has it, used to be a giant's tooth.

**Aberporth (1km / 0.6 miles each way)**  
A section of path specifically designed for wheelchairs along the eastern end of Aberporth Bay with spectacular cliff top views of the Ceredigion coastline. Aberporth is also a great place for dolphin spotting.

**Aberporth to Mwnt (8km / 5 miles)**  
A remote section of Coast Path positioned along the tops of cliffs and coastal slopes and below the fringe of agricultural land. With secret coves and caves, it is one of the best sections for spotting dolphins and seals. The tranquility and isolation of this section induces a feeling of separation from the pace of modern life.

Beth am gofnodi eich taith ar hyd Llwyr Arfordir Cymru? Why not record your Wales Coast Path journey!



## Pasport | Passport Ceredigion

Llwybrau Paths	Milltir Miles	km	Dyddiad Date
Machynlleth > Tre'r Ddol	11	18	○
Tre'r Ddol > Borth	4	6	○
Borth > Clarach	4	6	○
Clarach > Aberystwyth	2	3	○
Aberystwyth > Llanrhystud	10	16	○
Llanrhystud > Llanon	3	5	○
Llanon > Aberaeron	5	8	○
Aberaeron > Y Cei Newydd / New Quay	6	10	○
Y Cei Newydd / New Quay > Cwmttydu	4	6	○
Cwmttydu > Llangrannog	5	8	○
Llangrannog > Aberporth	5	8	○
Aberporth > Mwnt	5	8	○
Mwnt > Gwbert	4	6	○
Gwbert > Aberteifi / Cardigan	4	6	○
Aberteifi / Cardigan > Traeth Poppit / Poppit sands	3	5	○

Ewch i'n tudalen Pasbortau [www.llwybrarfordircymru.gov.uk/pasport](http://www.llwybrarfordircymru.gov.uk/pasport) i gael manylion am dystysgrifau cwblhau a phethau i gofio eich taith.

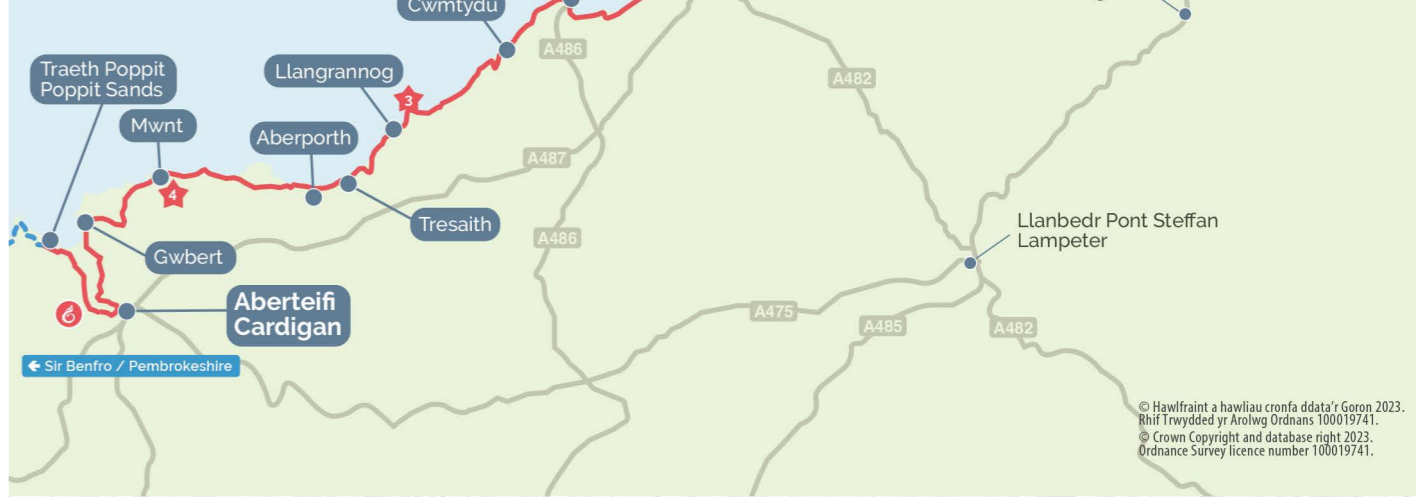
Visit our Passport page [www.walescoastpath.gov.uk/passport](http://www.walescoastpath.gov.uk/passport) for details about completion certificates and mementos to commemorate your journey.

## Dilynwch yr arwyddion! Follow the signs!



- Llwybr Arfordir Cymru / Wales Coast Path
- Ffyrdd / Roads
- - - Rheilffordd / Railway
- 🚉 Gorsaf Drenau / Railway Station
- ★ Uchafbwyntiau (gweler drosodd) / Highlights (see overleaf)
- Llwybr Arfordir Llŷn ac Arfordir Eryri / Llŷn and Snowdonia Coast Path
- Llwybr Arfordir Sir Benfro / Pembrokeshire Coast Path

Map Dangosol  
Indicative Map  
Graddfa fras  
Approximate scale  
1cm = 4 km / 2 1/2 miles



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## Llwybr Arfordir Cymru

Gydag 870 o filltiroedd i'w troedio, mae gan Lwybr Arfordir Cymru rywbeth i'w gynnig i bawb. O archwilio ein treftadaeth a'n diwylliant i gael diwrnod llawn hwyl gyda'r teulu; o roi cynnig ar weithgaredd llawn adrenalin i ymlacio ar draeth bendigedig. Dewch draw i weld beth sy'n gwneud y llwybr yn gyrchfan awyr agored heb ei ail ac i weld pa mor hawdd yw hi i wneud y llwybr yn rhan o'ch bywyd bob dydd neu eich gwyliau. I gael mwy o awgrymiadau ynglŷn â'r pethau y gallwch eu gweld a'u gwneud ar y llwybr, ewch i [www.llwybrarfordircymru.gov.uk](http://www.llwybrarfordircymru.gov.uk)

## Wales Coast Path

With 870 miles to explore, the Wales Coast Path has something for everyone. From exploring our heritage and culture to having a fun day out with the family, or from trying one of Wales's coastal adrenalin activities to putting your feet upon one of our gorgeous beaches. Dip your toe in and find out why this is such a fantastic outdoor destination and discover just how easy it is to fit the Wales Coast Path in to your daily life or your holiday planning. For more suggestions on what you can see and do on the Wales Coast Path, please visit [www.walescoastpath.gov.uk](http://www.walescoastpath.gov.uk)