



## New Quay to Aberporth, Ceredigion

Walk from the official half way location of the Wales Coast Path in New Quay, marked by a beautiful sculpture.

*"The section between Cwmttydu and Llangrannog is spectacular where the path clings to the steep coastal slope. Discover an abundance of wildlife, extreme examples of folded rock formations, delightful secluded beaches and charming coastal villages."*

NIGEL NICHOLAS, WALES COAST PATH OFFICER

### Start and Finish:

New Quay to Aberporth.

### Distance:

13 miles/22km.

### Along the way...

Starting from the harbour town of New Quay, look back over the beaches of Traethgwyn and Cei Bach where ships were once built in their hundreds.

The Wales Coast Path hugs the cliffs as you journey south, passing the former coastguard lookout at Birds Rock (a great place to spot dolphins and seabirds).

You'll travel through Cwm Coubal and the National Trust's Cwm Soden, where you'll see some fascinating folded rock formations, before passing the Iron Age remains of Castell Bach fort and then dropping down into

Cwmttydu. Nestled between two headlands, it's easy to see why this secluded little cove was once a popular landing spot for local smugglers.

From Cwmttydu, the section to Llangrannog could well be the most spectacular part of the walk. The path clings to the coastal slope with views towards the promontory hillfort of Pendinas Lochtyn (below which there's a dramatic headland spearing out into the sea) and Cardigan Island in the distance.

As you approach Llangrannog, you'll see a statue of Saint Carannog overlooking the beach and Carreg Bica on the shore. According to legend, this jagged stack of rock is actually the tooth of the giant Bica. Next the path carries on along the coast to Tresaith, where an unusual waterfall tumbles over the cliffs, before reaching the haven of Aberporth.

### Need to know:

There are car parks, public toilets and plenty of places to eat and drink in both New Quay and Aberporth.

The Traws Cymru T5 bus service links both ends of the walk. Visit [www.trawscymru.info/t5](http://www.trawscymru.info/t5) for details.

### Before you leave:

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

