



Ffordd Cymru  
The Wales Way



# Ffordd yr Arfordir The Coastal Way

An epic journey through Wales

[thewalesway.com](http://thewalesway.com)



[visitsnowdonia.info](http://visitsnowdonia.info)


[visitpembrokeshire.com](http://visitpembrokeshire.com)


[discoverceredigion.wales](http://discoverceredigion.wales)


# Where is Wales?


## Getting here.

Wales is accessible to all major UK cities including London, Birmingham, Manchester and Liverpool. Wales is served by its own international airport, Cardiff International Airport (CWL) which has more than 50 direct routes, including major European cities and over 1,000 world wide connecting destinations. Wales is also easily served by Bristol (BRS), Birmingham (BHX), Manchester (MAN) and Liverpool (LPL) airports.

 2 hours by train from London

 3 hours by motorway from central London, 1 hour by road from Liverpool, Manchester, Bristol and Birmingham.

 Cardiff Airport has direct flights across Europe and global links via Doha, Schipol and Dublin Airports. [cardiff-airport.com](http://cardiff-airport.com)

 Direct ferry links from Irish ports.



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# Go The Wales Way

The Wales Way is one Epic journey, three distinct routes – The North Wales Way, The Coastal Way and The Cambrian Way – that lead you across castle country, along the coast and through our mountainous heartland.

The **Coastal Way** runs the entire length of Cardigan Bay. It's a 180 mile/290km odyssey that threads between blue seas on one side and big mountains on the other.

We've broken the journey down into bite-sized chunks as it passes through the various tourism destinations in Wales – **Snowdonia Mountains and Coast, Ceredigion and Pembrokeshire**. And within each destination we feature places to visit all year under the headings **Adventure, Heritage, Landscape, Food and Drink, Walking and Golf**.

Please don't think that this 'Way' is set in stone. It has been designed as a framework, with lots of opportunities to go off-route and explore further and deeper.

## Enjoy the journey




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Back cover: The Wales Way overview

Further information can be found at:  
[visitsnowdonia.info](http://visitsnowdonia.info)  
[discoverceredigion.wales](http://discoverceredigion.wales)  
[visitpembrokeshire.com](http://visitpembrokeshire.com)



-  The North Wales Way
-  The Coastal Way
-  The Cambrian Way



# The Coastal Way: Snowdonia Mountains and Coast

Snowdonia Mountains and Coast is home to around 80 miles/130km of The Coastal Way, extending from Aberdaron (the 'Lands' End' of the Llŷn Peninsula) to the cosmopolitan resort and sailing centre of Aberdyfi. It runs through the Llŷn's Area of Outstanding Natural Beauty, an area that has been designated for its beautiful coastline, and the Snowdonia National Park, a varied landscape of spectacular mountains, steep river gorges, waterfalls and green valleys. To accentuate its distinctiveness, you'll hear Welsh spoken everywhere. It's the oldest living language in Europe, central to the character and culture of this part of Wales.

## Adventure

Snowdonia's stretch of The Coastal Way offers excitement on water, land, up in the air and under the ground. **Abersoch** on the lovely Llŷn Peninsula is a mecca for splashy sports like surfing, bodyboarding and stand-up paddleboarding. At **Dragon Raiders Activity Park** near Criccieth you can blast away on the paintball range, explore trails by Segway and quad bike or learn how to live in the wild at the Bear Grylls Survival Academy.

An outstanding range of aerial and subterranean adventures await at Blaenau Ffestiniog's slate caverns. At **Zip World**, former mines now house a vast playground of zip wires and underground rope bridges and trampolines. See the **Llechwedd caverns** and surroundings on a 'deep mine tour' and off-road quarry tour. Or dive downhill on an **Antur Stiniog** mountain bike trail.

Antur Stiniog



## Heritage

History doesn't get much more theatrical than at **Harlech Castle**. The towers of this mighty World Heritage Site spring from the rocky crag on which it sits, with rolling dunes leading to the sea at one side and the peaks of Snowdonia at the other.

Running for 25 picturesque miles (40km) from Caernarfon to Porthmadog, the **Welsh Highland Railway** is the longest heritage railway in the UK and the ideal way to see this spectacular landscape in style. You can go even further by hopping on its sister line, the classic **Ffestiniog Railway**, all the way from Porthmadog to Blaenau Ffestiniog.

Experience living Welsh culture at **Nant Gwrtheyrn**, the National Welsh Language and Heritage Centre on the Llŷn Peninsula.

This former Victorian quarrying village, tucked in beneath steep cliffs, gives visitors a glimpse into Wales's deep and distinctive cultural heritage as well as telling the story of Nant's industrial past.

Harlech Castle



## Landscape

Towering over the skyline, mighty Mount Snowdon needs no introduction. But it's just part of what the **Snowdonia National Park** has to offer. Encompassing everything from lush wooded valleys and moody moorlands to rocky coastline and golden sandy beaches, the Park presents a suitcase of reasons to go off the beaten track.

The **Llŷn Peninsula**, pointing forcefully into the sea, has been called 'Snowdon's Arm'. Its wild and wonderful coastline – the perfect counterpoint to Snowdonia's rugged grandeur – is an Area of Outstanding Natural Beauty.

Bounded by tree-covered hills and misty mountains, the **Mawddach Estuary** ('the loveliest in Wales') reveals jaw-dropping vistas as it winds its way towards the sea at Barmouth. It's also a popular spot with wading birds and gulls, so don't forget your binoculars

Criccieth Castle



## Food and drink

In a stylish art deco building right next to the beach in Criccieth, **Dylan's Restaurant** is the perfect place to enjoy a taste of the sea. Try the Menai mussels, a house speciality, perfectly prepared with white wine, cream and garlic. There's more local flavour at **Bwyty Mawddach** near Dolgellau where you can sample Snowdonia-reared beef and lamb with a side order of stunning views over the Mawddach Estuary and Cader Idris.

For liquid refreshment head to **Cwrw Llŷn** in the pretty seaside village of Nefyn. This local brewery produces a range of delicious hand-made beers inspired by the landscape, legends and history of Wales, as well as running backstage tours that lift the lid on the brewing process.

Dylan's Restaurant



## Walking

One of the best ways to enjoy Snowdonia Mountains and Coast is on a circular walk. At **Llanbedrog** on Llŷn's south coast, a 2.3-mile/3.6km loop takes you through shady woods and over open heathland, with panoramic views in all directions. For pretty villages, a wooded nature reserve and lovely vistas of Cardigan Bay, try the 6.3-mile/10km walk from the bustling harbour town of **Porthmadog**.

Rising up into the hills behind **Barmouth**, a 5.6-mile/9km route lead to Dinas Oleu (birthplace of the National Trust) and across farmland and woodland, with long-range views of the Mawddach Estuary and Llŷn Peninsula.

Mawddach Trail



## Golf

Sitting in the looming shadow of mighty Harlech Castle, **Royal St David's** is a king among golf courses. With wicked sea breezes, towering dunes and thick rough that lies in wait for wayward shots, it has built a deserved reputation as the world's toughest par 69. Just as stellar is **Aberdovey**, an inspiring collaboration between its designers and Mother Nature. Sandwiched between the Dyfi Estuary and Snowdonia's mountains, it's an elemental links experience that demands a well-stocked golf bag and the ability to improvise.

At **Porthmadog** you don't have to choose between links and parkland as a round here comprises a front nine of undulating heath followed by a back nine of classic coastal links.

Porthmadog Golf Club



## For further information

on things to do and where to stay go to:  
[visitsnowdonia.info/coastal-way](https://visitsnowdonia.info/coastal-way)



# The Coastal Way: Ceredigion

Around 70 miles/110km of The Coastal Way lies within Ceredigion stretching from the mouth of the Dyfi Estuary in the north to the historic market town of Cardigan in the south. It's a place of legendary landscapes and seascapes, colourful historic seafaring ports, long stretches of coastline designated a Special Area of Conservation and seafood direct from the bay. Head inland for quintessential Welsh countryside – traditional landscapes, hills and uplands, small market towns and lush green river valleys.

## Adventure

Saddle up for first rate cycling in Ceredigion. Ride quiet, mostly traffic-free routes like the **Ystwyth and Rheidol Valley Trails**, or test your off-road mettle on bone-shaking singletracks at **Bwlch Nant yr Arian** near Aberystwyth. If you need to hire a bike, head to **Summit Cycles** in town. For aquatic action, go to **Cardigan Bay Watersports** Centre in New Quay, which offers activities like windsurfing, sailing, stand-up paddleboarding, waterskiing and wakeboarding.

If you prefer to stay above the waves, go sea fishing with **Epic Fishing Trips** (also based in New Quay). As you try to land the big one, watch out for the dolphins and porpoises that play in the bay's crystal-clear waters.

Sailing at New Quay



## Heritage

Housed in a beautifully preserved Edwardian theatre close to the seafront in Aberystwyth, **Ceredigion Museum** tells Ceredigion's story through an eclectic collection of more than 60,000 artefacts ranging from the Neolithic period to the 20th century. There's more history at **Cardigan Castle**, scene of centuries of battles and sieges (plus Wales's first eisteddfod, held in 1176). After falling into disrepair it has been rescued, restored and reborn as both a fascinating heritage attraction and unique place to stay.

Explore the area's creative side on the **Ceredigion Art Trail**, which gives you a peek into the studios and galleries of local artists and craftspeople making everything from pottery and paintings to glassware and jewellery.



## Landscape

The stretch of coast between Aberystwyth and Ynyslas is home to some intriguing natural features. Just back from the sea is **Cors Fochno**, a rare area of raised peat bog alive with unusual plant species like the carnivorous sundew, while at the shore an otherworldly submerged forest of millennia-old trees is revealed when tidal conditions are just right. Whatever the weather, you'll enjoy stunning sea views on your journey on the coast road between **Aberystwyth** and **Aberaeron**.

Magical **Mwnt** is one of Ceredigion's hidden gems. The sheltered sandy beach is perfect for paddling, while a walk to the top of Foel y Mwnt is a must for dolphin spotting and lovely views of Cardigan Island to the west as well as northwards towards Snowdonia.



## Food and drink

In Aberystwyth you'll find **Ultracomida**, a Spanish-influenced restaurant and deli that stocks a cracking selection of local Ceredigion cheeses. For the freshest seafood, head to Jonah's Fish Market to take your pick from the day's catch. If you'd prefer someone else to do the cooking, book a table at **Pysgoty** restaurant on the harbour. Jonah's sister establishment, its menu is filled with produce plucked straight from Cardigan Bay's waters.

Cosmopolitan Cardigan is also packed with foodie delights. Try **Crwst**, a café and deli specialising in freshly baked bread, cakes and pastries, housed in a building that was once an ironworks and car showroom.

Ultracomida cheese counter



## Walking

Ceredigion's coast and countryside are latticed with wonderful walks. The 6-mile/10km route between **Bwlch Nant yr Arian** and **Devil's Bridge** takes in ancient oak woodland, former mine workings, a host of tumbling waterfalls and great views across the Rheidol Valley. The walk between **Aberaeron** and **Lampeter** follows the route of the old railway line, passing the National Trust's Llanerchaeron, a rare example of an 18th-century 'gentleman's estate' that's hardly changed over the last two centuries. The 21-mile/34km walk can be tackled in sections, with the possibility of returning by bus. For a shorter option, go as far as Llanerchaeron from Aberaeron (it's just under 2½ miles/4km).

Take a walk on the **Ceredigion Coast Path** near Llangrannog to see the jagged rock formation known as Carreg Bica (legend says it's the lost tooth of a local giant) and some spellbinding views

over Ynys Lochtyn, a green-backed tidal island at the end of a stubby, sea-washed peninsula.

Aberaeron



## Golf

Founded in 1885, **Borth & Ynyslas** stakes a claim to being Wales's oldest golf club. It certainly offers a timeless out and back links experience, complete with sweeping views over Cardigan Bay. Founded in 1990, **Penrhos Park Golf Club** at Llanrhytud near Aberystwyth is a relative newcomer on Ceredigion's golfing scene, but its hilly terrain, water hazards and natural features combine to make a big impression.

Links and parkland blend together at **Cardigan Golf Club**, a splendid seaside course that has drawn comparisons with the USA's famous Pebble Beach. The views across the bay can take the breath away, but watch out for the thick gorse that lies in wait for players who get too caught up with the scenery.

Cardigan Golf Club



## For further information

on things to do and where to stay go to: [discoverceredigion.wales/thewalesway](https://discoverceredigion.wales/thewalesway)



# The Coastal Way: Pembrokeshire

Featuring around 60 miles/100km of The Coastal Way – the stretch between Poppit Sands near the historic market town of Cardigan and St Davids. It lies within the Pembrokeshire Coast National Park, the UK's only totally coastal National Park. Every step of your journey will take you through a rich and diverse landscape – in Welsh 'Gwlad hud a lledrith', the fabled 'land of magic and enchantment' – that has inspired everyone from artists to Celtic saints, medieval pilgrims to today's travellers.

## Adventure

Catch some waves at **Whitesands Bay**, one of the UK's best surfing beaches. Curving towards the rocky outcropping of St Davids Head, you'll find the biggest swell at the northern end of this wide sweep of soft sand. Tucked in amongst tall cliffs, **Ceibwr Bay** between Newport and Cardigan is the place for stellar sea kayaking. Exploring on the water is the best way to appreciate the unusual folded textures in the rocks and see the spectacular sea cave Pwll-y-Wrach (The Witches' Cauldron).

If you prefer dry land, head out for a bike ride on the **Gwaun Valley Trail** inland from Fishguard. Following the river along a wooded valley carved out at the end of the last Ice Age, this 6-mile/9.7km loop is an easy way to immerse yourself in Pembrokeshire's hidden, green countryside.

Ceibwr Kayaking



## Heritage

**St Davids Cathedral**, one of the most important holy sites in Wales, still attracts pilgrims from across the world centuries after two pilgrimages here equalled one to Rome. If you're visiting, make some time to see the cathedral's library (home to a huge collection of books dating back to the 16th century) and the neighbouring ruins of the Bishop's Palace.

Music lovers won't want to miss the weekly folk night (every Tuesday) at the **Royal Oak in Fishguard**. Featuring traditional Welsh music, **Irish jigs** and sea shanties, it's a fun and informal get-together for performers and audience alike. For arts and crafts, call into **Newport Collective Gallery**, an innovative community-run enterprise packed with locally made paintings, jewellery, textiles, furniture and sculptures.

Fishguard Folk nights



## Landscape

The Pembrokeshire Coast National Park dips inland to take in the haunting Preseli Hills, source of Stonehenge stones. The Preselis most compelling landmark is **Carn Ingli**, the 'Mountain of Angels' and Iron Age fort poised 1,135ft/346m above Newport. To visit, take the minor road south from Newport to Cilgwyn and in a mile or so (1.6km) look out for the large car park, starting point for a path to the rock-strewn summit.

Back beside the sea, get a feel for the rugged remoteness of the north coast by following the coast path from Poppit Sands near Cardigan to **Cemaes Head**. Further west there's Strumble Head or Pencaer dominated by Strumble Lighthouse perched on a tiny island just off the coast. It's an untamed location with a bird observatory, making it a favourite spot for wildlife watchers.

Cemaes Head

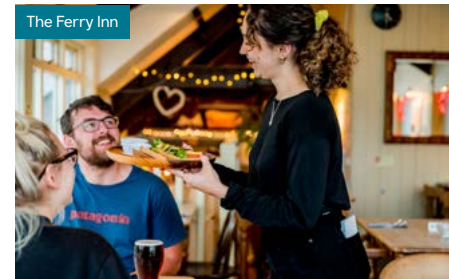


## Food and drink

Sample fresh Pembrokeshire produce at **St Davids Kitchen**, a farm-to-fork restaurant that places local growers and producers at the heart of its business. Alongside hogget (sheep's meat) from Ramsey Island and fresh fish from the waters around St Davids Peninsula, you can try local gin made with hand-foraged botanicals. **Pwnc Café** in Newport also keeps things local. The ingredients for its delicious but healthy meals and snacks are sourced from the surrounding region (and the café's own garden).

The award-winning **Ferry Inn** in St Dogmael's is extremely proud of its Pembrokeshire connections. Its tempting seasonal menu of classic dishes with contemporary influences is built around supplies from the area's best butchers, cheesemakers, farmers and fishermen.

The Ferry Inn



## Walking

It's no surprise that Pembrokeshire – home to the UK's only coastal-based National Park – boasts exceptional coastal walking. Starting in the village of Pwllgwaelod, the loop around the steep cliffs of **Dinas Head** may only measure 3 miles/4.8km, but it packs in some challenging climbs (not to mention sensational views). The 3.6-mile/5.8km circular walk from the quirky harbour village of **Porthgain** takes in beautiful sandy beaches at Traeth Llyfn and Abereiddi and the striking Blue Lagoon, a flooded former slate quarry that has become an adventure sports mecca.

For a longer stroll, walk the 5.9-mile/9.5km stretch of the Wales Coast Path between **St Justinians** and **Porthclais**. Alongside stunning views of

Ramsey Island and the sea, you'll be able to spot a huge range of marine wildlife, from seals and porpoises to gannets, shags and cormorants.

Dinas Head



## Golf

Combine great golf with some old-fashioned Welsh hospitality at family-run **Priskilly Forest**, just inland from Fishguard. It's a scenic (and very green) nine-hole parkland course, with cosy country house accommodation attached. The most westerly course in Wales, **St Davids City Golf Club** is a compact but captivating nine-hole, 18-tee links course with views across Whitesands Bay and Ramsey Island.

For links golf on a slightly larger scale, head to **Newport Sands**. Starting life in 1925 as a nine-holer designed by legendary course architect James Braid, it's now 18 holes of championship challenge with some world-beating views over Newport Bay.

St Davids City Golf Club



## For further information

on things to do and where to stay go to: [visitpembrokeshire.com/explore-pembrokeshire/the-coastal-way](https://visitpembrokeshire.com/explore-pembrokeshire/the-coastal-way)



# Adventure Locations on The Coastal Way

Cycling the Gwaun Valley

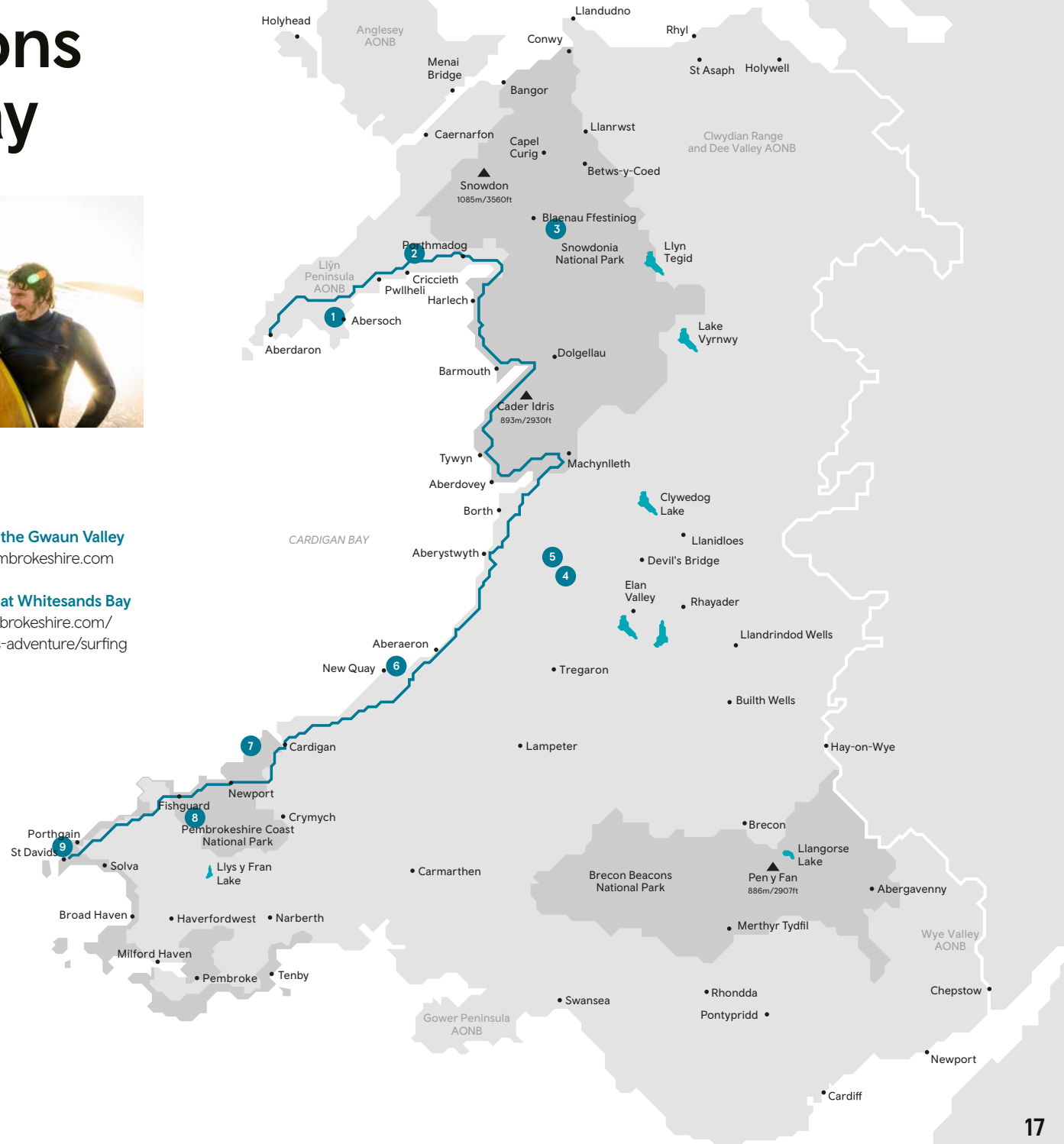


Surfers at Porth Ceiriad



## Adventure Key:

- 1 Abersoch**  
visitsnowdonia.info/abersoch
- 2 Dragon Raiders Activity Park**  
Llanystumdwy LL52 OLR  
dragonraiders.co.uk
- 3 Zip World Slate Caverns**  
Blaeaenau Ffestiniog LL41 3NB  
zipworld.co.uk
- 4 Ystwyth and Rheidol Valley Trails**  
Aberystwyth SY23 1JX  
discoverceredigion.wales/cycling
- 5 Bwlch Nant yr Arian**  
Ponterwyd SY23 3AB  
naturalresources.wales/mid-wales
- 6 Cardigan Bay Watersports Centre**  
New Quay SA45 9PS  
cardiganbaywatersports.org.uk
- 7 Kayaking Ceibwr Bay**  
visitpembrokeshire.com/activities-adventure/kayaking
- 8 Cycling the Gwaun Valley**  
cyclepembrokeshire.com
- 9 Surfing at Whitesands Bay**  
visitpembrokeshire.com/activities-adventure/surfing



# Heritage Locations on The Coastal Way



## Heritage Key:

- 1 Nant Gwrtheyrn - National Welsh Language and Heritage Centre**  
Llithfaen LL53 6NL  
nantgwrtheyrn.org
- 2 Welsh Highland Railway**  
Caernarfon LL55 2YD  
festrail.co.uk
- 3 Harlech Castle**  
Harlech LL44 2YH  
cadw.gov.wales
- 4 Ceredigion Museum**  
Aberystwyth SY23 2AQ  
ceredigionmuseum.wales
- 5 Ceredigion Art Trail**  
ceredigionarttrail.org.uk
- 6 Cardigan Castle**  
Cardigan SA43 1JA  
cardigancastle.com
- 7 Newport Collective**  
Newport SA42 OSY  
newportcollective.co.uk
- 8 Royal Oak, Fishguard**  
Fishguard SA65 9HA  
royaloakfishguard.co.uk
- 9 St Davids Cathedral**  
St Davids SA62 6RD  
stdavidscathedral.org.uk



# Landscape Locations on The Coastal Way



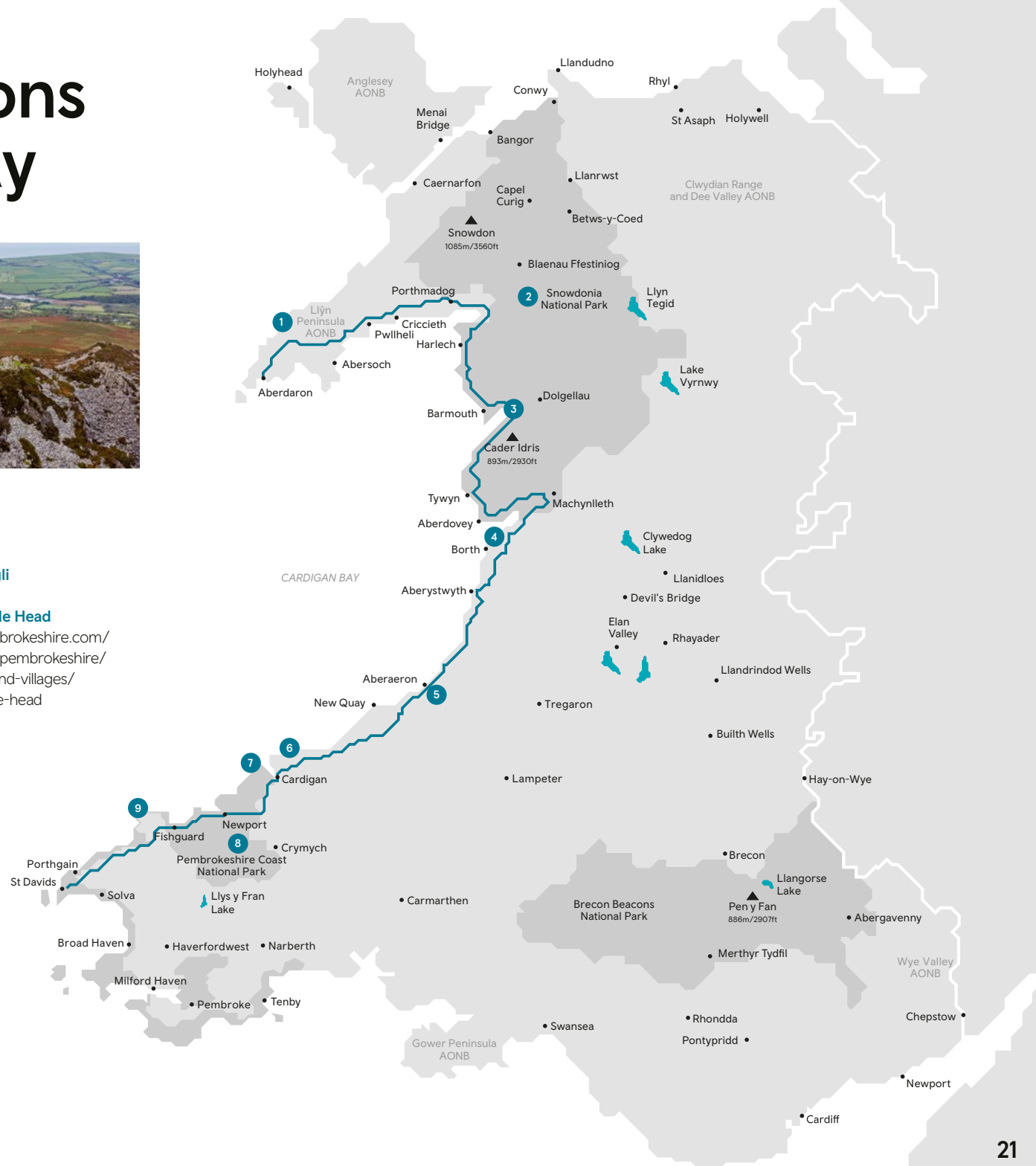
Borth y Gest



Carningli

## Landscape Key:

- 1 Llŷn Peninsula AONB**  
visitsnowdonia.info/llyn-area-outstanding-natural-beauty
- 2 Snowdonia National Park**  
visitsnowdonia.info/snowdonia-national-park
- 3 Mawddach Estuary**
- 4 Ynyslas & Cors Fochno**  
Borth  
naturalresources.wales/mid-wales
- 5 Aberaeron**  
discoverceredigion.wales/aberaeron
- 6 Mwnt**  
discoverceredigion.wales/mwnt
- 7 Cemaes Head**  
welshwildlife.org/nature-reserve/cemaes-head
- 8 Carningli**
- 9 Strumble Head**  
visitpembrokeshire.com/explore-pembrokeshire/towns-and-villages/strumble-head



# Food and Drink Locations on The Coastal Way



## Food and Drink Key:

- 1 Cwrw Llŷn**  
Nefyn LL53 6EG  
cwrwllŷn.cymru
- 2 Dylan's Criccieth**  
Criccieth LL52 OHU  
dylansrestaurant.co.uk
- 3 Mawddach Restaurant**  
Dolgellau LL40 2TA  
mawddach.com
- 4 Ultracomida**  
Aberystwyth SY23 2LN  
ultracomida.co.uk
- 5 Pysgoty**  
Aberystwyth SY23 1JY  
pysgoty.co.uk
- 6 Harbourmaster**  
Aberaeron SA46 0BT  
harbour-master.com
- 7 Ferry Inn St Dogmaels**  
St Dogmaels SA43 3LF  
theferryinn.co.uk
- 8 Pwnc Café**  
Newport SA42 OSY  
facebook.com/pwncacafe
- 9 St Davids Kitchen**  
St Davids SA62 6NS  
stdavidskitchen.co.uk



# Walking Locations on The Coastal Way



Nefyn, Pwllheli



Ceredigion Coast Path near Llangrannog

## Walking Key:

- 1 **Llanbedrog Circular Walk**  
Llanbedrog LL53 7TT  
visitsnowdonia.info
- 2 **Porthmadog Circular Walk**  
Porthmadog  
visitsnowdonia.info
- 3 **Barmouth Circular Walk**  
Barmouth LL42 1N  
visitsnowdonia.info
- 4 **Bwlch Nant yr Arian - Devil's Bridge**  
SY23 3AB/SY23 3JW  
discoverceredigion.wales/walking
- 5 **Ceredigion Coast Path**  
discoverceredigion.wales/ceredigion-coast-path
- 6 **Aberaeron - Lampeter**  
SA46 0BT/SA48 7ED  
discoverceredigion.wales/walking
- 7 **Dinas Head circular walk**  
visitpembrokeshire.com/activities-adventure/walking
- 8 **Porthgain circular coast path walk**  
visitpembrokeshire.com/activities-adventure/walking
- 9 **St Justinians coast path walk**  
visitpembrokeshire.com/activities-adventure/walking



# Golf Locations on The Coastal Way



Harlech Golf Course



Penrhos Golf and Country Club, Llanrhystud




## Golf Key:

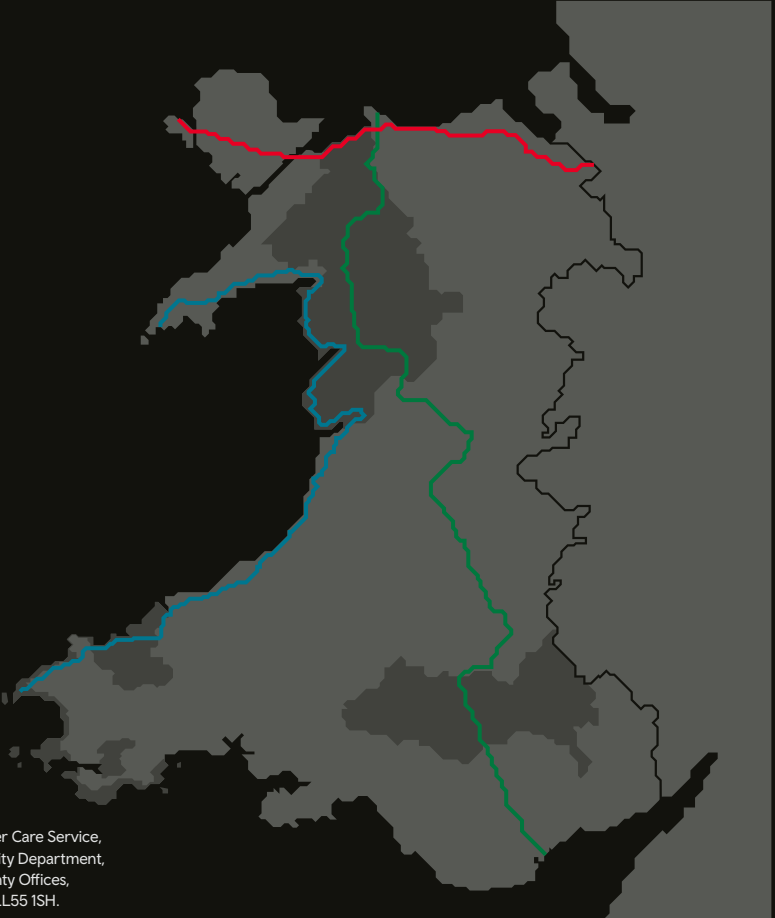
- 1 Porthmadog Golf Club**  
Porthmadog LL49 9UU  
[porthmadog-golf-club.co.uk](http://porthmadog-golf-club.co.uk)
- 2 Royal St. David's Golf Club**  
Harlech LL46 2UB  
[royalstdavids.co.uk](http://royalstdavids.co.uk)
- 3 Aberdovey Golf Club**  
Aberdovey LL35 ORT  
[aberdoveygolf.co.uk](http://aberdoveygolf.co.uk)
- 4 Borth & Ynyslas Golf Club**  
Borth SY24 5JS  
[borthgolf.co.uk](http://borthgolf.co.uk)
- 5 Penrhos Park Golf Club**  
Llanrhystud SY23 5AY  
[penrhosgolf.co.uk](http://penrhosgolf.co.uk)
- 6 Cardigan Golf Club**  
Gwbert SA43 1PR  
[cardigan-golf.com](http://cardigan-golf.com)
- 7 Newport Sands Golf Course**  
Newport SA42 ONR  
[newportsands.co.uk](http://newportsands.co.uk)
- 8 Priskilly Golf Course**  
Castlemorris SA62 5EH  
[priskilly-forest.co.uk](http://priskilly-forest.co.uk)
- 9 St Davids City Golf Course**  
St Davids SA62 6PT  
[stdavidscitygolfclub.co.uk](http://stdavidscitygolfclub.co.uk)



## The Wales Way

The Wales Way is one Epic journey, three distinct routes – The Cambrian Way, The Coastal Way and The North Wales Way – that lead you along the coast, across castle country, and through our mountainous heartland. The Cambrian Way crosses the spine of Wales for 185 miles/300km between Llandudno and Cardiff, through National Parks and the Cambrian Mountains. The Coastal Way travels the west coast around Cardigan Bay, a 180 mile/290km road-trip between the sea and mountains. The North Wales Way leads 75 miles/120km past mighty castles into the island of Anglesey.

-  The North Wales Way
-  The Coastal Way
-  The Cambrian Way



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