Canolfannau Croeso
Tourist Information Centres

Aberystwyth
01970 612125 aberystwythTIC@ceredigion.gov.uk

Aberaeron
01545 570602 aberaeronTIC@ceredigion.gov.uk

Aberteifi a Dyffryn Teifi ***Cardigan & The Teifi Valley***
01239 613230 cardiganTIC@ceredigion.gov.uk

Y Cei Newydd ***New Quay***
01545 560865 newquayTIC@ceredigion.gov.uk

Ymholiadau Cyffredinol ***General Enquiries***
01970 633063 croeso@ceredigion.gov.uk
tourism@ceredigion.gov.uk

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Dylid nodi nad yw Cyngor Sir Ceredigion yn derbyn cyfrifoldeb am unrhyw wallau, camgymeriadau na hepgoriadau nac yn derbyn cyfrifoldeb am unrhyw fater sy'n gysylltiedig â neu'n deillio mewn rhyw ffordd o hyrwyddo Llwybr Arfordir Ceredigion.

Cyhoeddwyd y daflen hon gan:
Gwasanaeth Twristiaeth Cyngor Sir Ceredigion, Ffordd y Môr,
Aberystwyth, Ceredigion, Cymru SY23 2AG T 01970 633063

Cyhoeddwyd y daflen hon: Ebrill 2015 © Cyngor Sir Ceredigion 2015

Please note that Ceredigion County Council cannot accept responsibility for any errors, inaccuracies or omissions or for any matter in any way connected with or arising out of the promotion of the Ceredigion Coast Path.

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CYNGOR SIR CEREDIGION COUNTY COUNCIL

Bws Y Cardi Bach

Mae gwasanaeth y Cardi Bach yn rhedeg trwy gydol y flwyddyn ac mae'n cysylltu trefi a phentrefi rhwng Aberteifi a'r Cei Newydd. Gall cerddwyr fynd ar y bws ar siwrnai un ffordd a dychwelyd ar hyd Llwybr Arfordir Ceredigion. Mae taith ar y Cardi Bach hefyd yn gyfle i fwynhau golygfeydd godidog Bae Ceredigion – traethau a phentrefi glan môr hyfryd a byd natur ar ei orau. Pwy a ŵyr, os edrychwch chi tua'r môr, efallai welwch chi ddolffin trwynbwl.

Cysylltwch â Chanolfannau Croeso Ceredigion am wybodaeth.

Y Cardi Bach Bus

The Cardi Bach is an all-year round bus service connecting towns and villages between Cardigan and New Quay. Walkers can take a 'one-way' journey on the bus and return along the Ceredigion Coast Path. You can also use the Cardi Bach to explore the spectacular scenery of Cardigan Bay – beaches and picturesque sea-side villages and a wealth of wildlife await you. Looking out to sea, you may even catch a glimpse of a bottlenose dolphin.

Contact Ceredigion Tourist Information Centres for details.

Aberteifi / Cardigan – Aberporth

Pellter: 12 milltir (19.2 cilomedr) Gradd: cymedrol / hawdd
Distance: 12 miles (19.2 km) Grade: moderate / easy

Aberporth – Llangrannog

Pellter: 5.4 milltir (8.7 cilomedr) Gradd: cymedrol / anodd
Distance: 5.4 miles (8.7 km) Grade: moderate / hard

Llangrannog – Y Cei Newydd / New Quay

Pellter: 9.4 milltir (15 cilomedr) Gradd: cymedrol
Distance: 9.4 miles (15 km) Grade: moderate

Y Cei Newydd / New Quay – Aberaeron

Pellter: 6.6 milltir (10.5 cilomedr) Gradd: cymedrol / hawdd
Distance: 6.6 miles (10.5 km) Grade: moderate / easy

Aberaeron – Llanrhystud

Pellter: 7.4 milltir (11.9 cilomedr) Gradd: cymedrol / hawdd
Distance: 7.4 miles (11.9 km) Grade: moderate / easy

Llanrhystud – Aberystwyth

Pellter: 10.6 milltir (17 cilomedr) Gradd: cymedrol / anodd
Distance: 10.6 miles (17 km) Grade: moderate / hard

Aberystwyth – Ynyslas

Pellter: 9.8 milltir (15.7 cilomedr) Gradd: hawdd / anodd
Distance: 9.8 miles (15.7 km) Grade: easy / hard

Aberystwyth – Clarach

Pellter: 1.7 milltir (2.7 cilomedr) Gradd: cymedrol
Distance: 1.7 miles (2.7 km) Grade: moderate

Clarach – Borth

Pellter: 3.2 milltir (5.1 cilomedr) Gradd: anodd
Distance: 3.2 miles (5.1 km) Grade: hard

Borth – Ynyslas

Pellter: 4.9 milltir (7.9 cilomedr) Gradd: hawdd
Distance: 4.9 miles (7.9 km) Grade: easy

Gwybodaeth Ychwanegol

Mae nifer o gyhoeddiadau defnyddiol ar gael i hwyluso'ch taith o gwmpas arfordir Ceredigion.

- Llawlyfr Llwybr Arfordir Ceredigion
- Tablau Llanw
- Llyfryn Gwyliau Ceredigion
- Llwybrau Cerdded
- Mapiau

Am fwy o fanylion cysylltwch â Chanoflannau Croeso Ceredigion neu ymwelwch â www.darganfodceredigion.co.uk

Tablau Llanw
Ceredigion
Tide Tables

Further Information

There are a number of useful publications available to assist you along the way.

- Ceredigion Coast Path Guidebook
- Tide Tables
- Ceredigion Holiday Brochure
- Walking Routes
- Maps

Contact the Ceredigion Tourist Information Centres for more information or visit www.discoverceredigion.co.uk

www.facebook.com/discoverceredigion
twitter.com/visitceredigion

Llwybr Arfordir Ceredigion Coast Path

Llwybr Arfordir Ceredigion · Ceredigion Coast Path
Llwybr Arfordir Cymru · Wales Coast Path

Ffordd Cymru · Wales · Way

darganfod discover **Ceredigion**
Cardigan Bay & the Cambrian Mountains

Llwybr Arfordir Ceredigion

> Hyd lannau Ceredigion
> Mae'r tir a'r môr yn leision
> A golwg ar bellterau'r Bae
> O gribau'r creigiau geirwon *Dic Jones*

Y Llwybr

Mae Llwybr Arfordir Ceredigion yn dilyn trywydd 60 millir / 96 cilomedr o hyd rhwng aberoedd Teifi a Dyfi gan ddechrau i'r de o dref hanesyddol Aberteifi ac yn ymlwybro i'r gogledd i draeth Ynyslas. Mae'r llwybr yn cysylltu trefi a phentrefi ar hyd arfordir trawiadol Bae Ceredigion.

Mae'r daith ar hyd bwa Bae Ceredigion yn ffurfio rhan arbennig iawn o Lwybr Arfordir Cymru. Mae'r rhan trwy Geredigion gyda'r tirwedd mwyaf amrywiol a gwahanol o'r 870 milltir (1400km) sy'n ffurfio Llwybr Arfordir Cymru. Yn ogystal â'r golygfeydd gorau o Eryri a Llŷn i'r gogledd, mae cyfoeth o fywyd gwyllt a chynefinoedd, gan gynnwys y nifer uchaf o ddolffiniaid trwynbwl unrhywle yn y Deyrnas Unedig, ac mae nodweddion daearegol ac archaeolegol amrywiol i'w darganfod ar y ffordd.

Daw hanes diddorol yr ardal i'r amlwg ar hyd y daith o fryngaerau'r Oes Haearn ac ogofau ysmyglwyr i harbyrau'r 19fed ganrif. Dynodwyd pedwar rhan o'r arfordir yn Arfordir Treftadaeth, a cheir dwy Ardal Cadwraeth Arbennig Morol oherwydd pwysigrwydd bywyd gwyllt y bae.

Gellir cerdded y 60 millir ar hyd Bae Ceredigion mewn darnau hwylus gyda siopau, caffis, tafarndai a bwytai mewn trefi llwgar byrlymus a phentrefi tlws yn cynnig cyfle am hoe ar hyd y daith.

Pellteroedd

	Millir / Cilomedr
Aberteifi – Aberporth	12 / 19.2
Aberporth – Llangrannog	5.4 / 8.7
Llangrannog – Y Cei Newydd	9.4 / 15.0
Y Cei Newydd – Aberaeron	6.6 / 10.5
Aberaeron – Llanrhystud	7.4 / 11.9
Llanrhystud – Aberystwyth	10.6 / 17.0
Aberystwyth – Ynyslas	9.8 / 15.7

Mynediad

Nid oes camfeydd na gatiau ar hyd rhai rhannau o'r llwybr a gellir dilyn rhannau o'r llwybr mewn cadair olwyn neu goetsh gadair.

Teithio

Cardi Bach
Gwasanaeth bws lleol rhwng Aberteifi a'r Cei Newydd. Cysylltwch â Chanolfannau Croeso Ceredigion.

Traveline Cymru
Gwasanaeth bws cyson rhwng Aberteifi ac Aberystwyth.
0871 200 22 33 www.traveline-cymru.info

Bwcabus
Ffonio-Casglu-Cysylltu
01239 801601 www.bwcabus.traveline-cymru.info

Llety a Gwybodaeth

Cysylltwch â Chanolfannau Croeso Ceredigion neu ewch i www.darganfodceredigion.co.uk

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The Ceredigion Coast Path

> There is to Ceredigion
> A coastline full of passion
> That reaches out across the Bay
> Away to the horizon *Idris Reynolds*

The Path

The Ceredigion Coast Path follows a 60 mile / 96 km route between the Teifi and Dyfi estuaries – starting just south of Cardigan and heading northwards towards Ynyslas. The coast path links towns and villages dotted along the spectacular Ceredigion coastline.

The walk along the sweeping crescent of Cardigan Bay forms a very special part of the Wales Coast Path. The Ceredigion section probably has the most varied landscape and terrain of the 870 mile (1400km) length of the Wales Coast Path. As well as great views north towards Snowdonia, the Ceredigion Coast Path has a wealth of wildlife and habitats, including the highest number of bottlenose dolphin sightings in the UK, and interesting geological and archaeological features to discover along the way. The area's rich seafaring history is much in evidence from iron-age hillforts and secluded smugglers' coves to 19th century harbours. Four sections of the coastline are designated as Heritage Coast whilst two areas within Cardigan Bay are Marine Special Areas of Conservation in recognition of the importance of their wildlife.

The 60 mile route along Cardigan Bay can be walked in easy sections with shops, cafes, pubs and restaurants in bustling towns and picturesque villages providing a welcome break en-route.

Distances

	Miles / Kilometre
Cardigan – Aberporth	12 / 19.2
Aberporth – Llangrannog	5.4 / 8.7
Llangrannog – New Quay	9.4 / 15.0
New Quay – Aberaeron	6.6 / 10.5
Aberaeron – Llanrhystud	7.4 / 11.9
Llanrhystud – Aberystwyth	10.6 / 17.0
Aberystwyth – Ynyslas	9.8 / 15.7

Accessibility

Some sections of the Ceredigion Coast Path do not have gates or stiles and some sections are wheelchair and pushchair friendly.

Travel

Cardi Bach
A local bus service between Cardigan and New Quay. Contact Ceredigion Tourist Information Centres.

Traveline Cymru
A regular bus service from Cardigan to Aberystwyth
0871 200 22 33 www.traveline-cymru.info

Bwcabus
Phone-Collect-Connect
01239 801601 www.bwcabus.traveline-cymru.info

Accommodation and Information

Contact Ceredigion Tourist Information Centres or visit www.discoverceredigion.co.uk