



GUIDE TO RURAL WALES

CEREDIGION

PLACES OF INTEREST

ACCOMMODATION

FOOD & DRINK

SHOPPING

7 | E & S Thomas Farmshop, Tanygroes pg 23

Ceredigion

Ceredigion is best known for its coastline on the great sweep of Cardigan Bay. No fewer than 6 beaches along this Heritage Coast have International Blue Flag status and many of the one-time fishing villages have become genteel resorts. In the north of the county and close to the mouth of the River Dyfi is the great expanse of sand at Borth while, further south, the coastline gives way to cliffs and coves – once the haunt of smugglers.

Inland are some of the most beautiful landscapes in Wales, an area that attracts many rare species of birds, animals and plants. In particular, it is home to the graceful red kite, an impressive bird of prey that can be seen at closer quarters at the Kite Centres at Ponterwyd and Tregaron. Keen birdwatchers are also well served by nature reserves around the Teifi and Dyfi estuaries and at Llangrannog, New Quay and Cors Caron. Cardigan Bay is noted for its resident population of bottlenose dolphins and several ports offer dolphin-spotting boat trips. For walkers there's the Ceredigion Coast Path, a 60-mile route between Cardigan on the Teifi estuary and Ynys Las on the Dyfi estuary.













Ceredigion means the land of Ceredig, son of the Celtic chieftain Cunedda. Dating from around AD415, the region is renowned for its unique brand of Welshness. Its inhabitants are affectionately known as “Cardis”, as Ceredigion encompasses most of the former county of Cardiganshire. The patron saint of Wales, St David, was born in Ceredigion and many famous Welsh princes are buried in the ruins of Strata Florida Abbey. The region is not as well endowed with castles as the counties further north, but Aberystwyth and Cardigan castles both saw fighting before they

were left in ruins, and Cardigan is credited with being the venue for the first recorded eisteddfod in 1176. Much of Ceredigion can be classed as very Welsh and very rural, but it is also an important area of learning. St David's College at Lampeter, a world-renowned ecclesiastical establishment, is now, as University College, part of the University of Wales, while Aberystwyth is home not only to the first university in Wales, founded in 1872, but also to the National Library of Wales. Most notable of the area's museums are the National Wool Museum at Llandysul, reflecting the importance of this commodity to the region, and the Museum of Power at Tanygroes, which explores the history of stationary internal combustion engines.



Devil's Bridge Falls, Aberystwyth

Aberystwyth

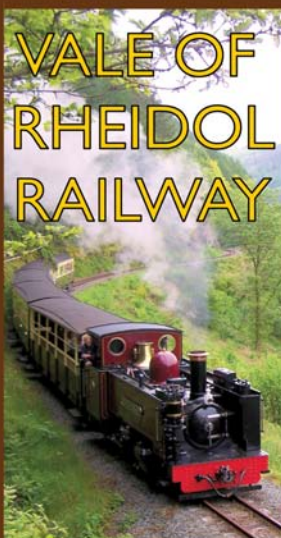
	Aberystwyth Castle		War Memorial		
	Pier		Old College		Ceredigion Museum
	Welsh Christian Heritage Centre		Cliff Railway		
	National Library of Wales				
	Vale of Rheidol Railway				
	Aberystwyth Camera Obscura				
	Aberystwyth Arts Centre				
	Aberystwyth Harbour and Marina				

The principal resort on the west coast of Wales, Aberystwyth is also a lively university town and home to the National Library of Wales. It has two beaches and a broad Promenade overlooked by tall Victorian and Edwardian houses. Two rivers flow into the sea here – the Ystwyth and the Rheidol – the latter being the steepest in Britain. The

presence of university students ensures that hosteleries are in good supply, with some 50 licensed premises in all.

The oldest building in the town is the ruined **Aberystwyth Castle**, which Edward I began building in 1277. At the same time he granted a charter that made the settlement around the new fortification a free borough with a ditch and wall, a guild of merchants, a market and two fairs. The castle withstood a siege in 1282, but in 1404 it fell to Owain Glyndwr during fighting that destroyed the surrounding town. Glyndwr made the castle his base for four years and it became an important seat of government until it was recaptured in 1408 by Prince Henry (who went on to become Henry V). In 1637, Thomas Bushell was given permission to set up a mint within the castle. During the Civil War the silver coins minted here for Charles I

STEAM TRAINS THROUGH STUNNING SCENERY



ABERYSTWYTH - DEVIL'S BRIDGE

A blast of the whistle and the hiss of steam and you're away! Sit back, relax and let us take you for a nostalgic journey through some of Wales' most spectacular scenery.

No visit to Mid Wales is complete without a ride on the famous Vale of Rheidol Railway.

We pass through open fields, woodland and rugged mountain scenery, twisting and turning, clinging to the hillside gradually climbing nearly 700ft (200m) from Aberystwyth to reach our destination at Devil's Bridge.

Open 2nd April – 29th October with some exceptions.

Park Avenue, Aberystwyth, Ceredigion, SY23 1PG
www.rheidolrailway.co.uk Tel: (01970) 625 819

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

were used to pay the Royalist soldiers, as Cromwell had taken control of the mints in London. However, the castle finally fell to the Parliamentarians in 1646 and Cromwell had the building rendered militarily useless some three years later. Locals re-cycled much of the stone for houses but the ruins, standing on the rocky headland, remain an impressive sight. Also on Castle Point can be found the town's **War Memorial**, a splendid monument that was commissioned the year after World War I ended. It is the work of the Italian sculptor Mario Rutelli.

In the years following the turmoil of the Civil War, and before the arrival of the railways, Aberystwyth remained essentially a fishing town, but with a growing shipbuilding industry. Although much of this industry has now ceased, **Aberystwyth Harbour and Marina** is still a bustling place that can accommodate over

100 vessels. At the town quay, all manner of fish and seafood are landed.

The arrival of the railways in the 1860s saw the town expand rapidly as first the Victorians and then the Edwardians made their way here to enjoy the sea air and the beauty of the great sweep of Cardigan Bay. The town's 700 foot long **Pier** was constructed in 1864, and the Pavilion at the end was added in 1896 to provide a capacious venue for light entertainment. From the northern end of the Promenade, the longest electric **Cliff Railway** in Britain, opened in 1896, carries passengers up the slope of Constitution Hill at a sedate four miles an hour. At the summit is the **Aberystwyth Camera Obscura**, housed in an octagonal tower. A faithful reconstruction of a popular Victorian amusement, the huge 14-inch lens - the biggest in the world - gives visitors an even better view from this excellent

BRUSHSTROKES AND PIXELS GALLERY

Terrace Road, Aberystwyth, Ceredigion SY23 2AP

Tel: 07813 272076 e-mail: sales@brushstrokesandpixels.co.uk

website: www.brushstrokesandpixels.co.uk

Brushstrokes and Pixels Gallery in Aberystwyth is a great find, situated close to the seafront just off the promenade. This inspiring artist owned gallery displays the nature art and landscape photography of Kathryn and Andrew Harvey.

Kathryn's wonderful paintings are inspired by nature and generally created using acrylic, charcoal or pastel. Although Andrew's photographs are taken across the UK he specialises in images that perfectly capture the stunning scenery of West Wales.

Displays in the gallery are constantly changing and the range of artwork available for purchase includes original paintings, limited and open edition fine art and photographic reproductions, hand painted slates and greeting cards. They also offer a full framing service, photo enlargement facility and a wide range of ready made frames.

The gallery is open seven days a week during the summer season, 10.30am to 5pm Monday to Saturday and 11am to 4pm on Sundays.



Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK



Aberystwyth from Camera Obscura

vantage point. It was originally built in 1880 within Aberystwyth Castle, and rebuilt on Constitution Hill in 1896, the year the Cliff Railway opened. However, by the 1920s it had gone. The present camera was built in 1985. From the camera obscura there's a lovely clifftop walk to Clarach Bay where you can catch a bus back to Aberystwyth.

While the town today certainly seems to cater to holidaymakers' every need, Aberystwyth is also a seat of learning. The very first college of the University of Wales

was established at Aberystwyth, as was the very first Welsh medium primary school. The **Old College** was originally built to JP Seddon's design in the 1870s as a hotel designed to accommodate the influx of Victorian visitors. However, the venture failed, and in 1872 the high Gothic building was sold, becoming the first university in Wales and now home to the departments of Welsh, Education and Theatre, Film and Television. The great crowds of holidaymakers may have gone, but the town still has more than 7000 students living in it during term-time. Located on campus, the **Aberystwyth Arts Centre** is the largest and most successful in Wales. The complex includes a concert hall, theatre, cinema, galleries, dance school, workshop areas, bookshop, bars and a café.

The town is also the home of the **National Library of Wales**, one of only six copyright libraries in Great Britain, and the keeper of the majority of materials that relate to the Welsh people and their culture. Founded in 1909, the foundation stone of the building was laid by George V in 1911. In 1916, the librarians and books moved in, and in 1937, it

Aberystwyth Arts Centre

University of Wales, Aberystwyth, Ceredigion SY23 3DE

Tel: 01970 622882 Fax: 01970 622883

website: www.aberystwythartscentre.co.uk

Aberystwyth Arts Centre is a vital part of the life and work of the University of Wales and is situated at the heart of the campus. After the completion of a £4 million redevelopment programme, the 2000/2001 season was the start of a new era for the Centre, and its impressive facilities have made it a national flagship for the arts. The programme, with participants from all over the world, attracts 76,000 visitors to live performances, and 37,000 attendees at classes, workshops and other educational events. There are exhibitions, educational events, festivals of classical music, literature and ceramics, and cinema screenings. The Centre has a stunning glass-fronted craft and design shop and a number of cafés and bars.



historic building
 museum and heritage
 historic site
 scenic attraction
 flora and fauna
 stories and anecdotes
 famous people
 art and craft
 entertainment and sport
 walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

was officially opened by George VI, though work on the building didn't officially finish until 1955. The library holds many early Welsh and Celtic manuscripts, among which is the *Black Book of Carmarthen*, a 12th-century manuscript that is the oldest written in Welsh. Within the complex, the Drwm cinema and auditorium presents a wide range of screenings and performances.





Housed in a beautifully restored Edwardian music hall, right in the centre of the town on Terrace Road, is the **Ceredigion Museum**, opened in 1982 and once described as "probably the most beautiful museum interior in Britain". It tells the history of Cardiganshire through an interesting collection of materials: the history of seafaring, agriculture, and silver and lead mining are all well chronicled. Within the Victorian Parish Church of St Michael, the **Welsh Christian Heritage Centre** has exhibitions and a film about the history of Christianity in Wales.

One of the 'Great Little Trains of Wales', the **Vale of Rheidol Railway** runs from the British Rail station and offers an 11¾ mile narrow gauge steam train journey through spectacular scenery to Devil's Bridge. The one-hour trip climbs to 600ft with many sharp curves and steep gradients. At Devil's Bridge there's a café, toilets and picnic area.

Around Aberystwyth

DEVIL'S BRIDGE











10 miles SE of Aberystwyth on the A4120

-  Hafod Arch  Vale of Rheidol Railway
-  Devil's Bridge Waterfalls  Pwllpeiran Trail

Devil's Bridge is the eastern terminus of the Vale of Rheidol Railway, the narrow gauge railway that runs from Aberystwyth through

the Rheidol valley. The main attractions here are the splendid **Devil's Bridge Waterfalls** that drop some 300 feet through a breathtaking gorge. The falls are reached by the 94 steps of Jacob's Ladder, a steep descent (and ascent), which is not recommended for the physically infirm! There are also three interesting bridges here – dating from the 11th, 18th and 20th century – which were built one on top of the other. An iron bridge built in 1901 straddles the top of the falls and, just below it, there is a stone bridge of 1708 while, further down stream again, is the original **Pont-y-gwr-Drwg** (Bridge of the Devil), thought to have been built by the monks of Strata Florida Abbey. Local legend suggests, however, that the bridge was built by the Devil and that he would claim the first soul to cross to the other side. However, an old woman, wanting to retrieve her stray cow, outwitted the Devil by throwing a crust across the bridge, which her dog chased after. The Devil had to make do with the soul of the dog and the old lady safely retrieved her cow. The legend goes on to say, however, that if you cross the bridge by night, the devil is likely to push you off in a fit of pique for being denied the old woman's soul.

Other paths lead to another vantage point, the **Hafod Arch**. It was erected by Thomas Johnes, the squire of Hafod, in 1810 to honour the Golden Jubilee of George III, the farmer king. Johnes also transformed the area with forestation, planting the surrounding countryside with over four million trees, as if in anticipation of the Forestry Commission who now own the land. The Arch, which marks the highest point on the former Hafod Estate, is one of many points of interest on the **Pwllpeiran Trail**, a four-mile trail that opens up exciting views over Hafod and the Upper Ystwyth Valley, and provides

-  historic building  museum and heritage  historic site  scenic attraction  flora and fauna
-  stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

information on the agriculture, forestry, wildlife and history to be seen along its route. One section of the walk joins the Cambrian Way Long Distance Path through Myherin Forest. On its way it passes through Gelmast farmyard, which was Thomas Johnes' original experimental farm. Elsewhere on the trail, below some new oak woodland, is the **Bwlch yr Oerfa**. The remains – no more than some bumps in the ground nowadays – are thought to be part of the former Cwmystwyth Grange of the Old Cistercian Abbey at Strata Florida, possibly a raised garden.

YSBYTY CYNFYFYN

10½ miles E of Aberystwyth on the A4120


 Parish Church of St John

Found in the circular wall of the Victorian **Parish Church of St John** are five stones from a Bronze Age stone circle. Only one of the stones is now in its original position, and two of them have been used as gateposts at the entrance to the churchyard. This is an excellent example of the early Celtic church 'Christianising' pagan sites.

PONTERWYD

10 miles E of Aberystwyth on the A44

 George Borrow  Kite Country Centre

 Nant yr Arian Visitor Centre

An inn called the Borrow Arms remembers **George Borrow** who came here to dry out after falling into a peat bog. Norfolk-born Borrow was a noted philologist and linguist who travelled widely overseas, acting for a time as an agent for the British and Foreign Bible Society. Later, he tramped around



Pwllpeiran Trail, Devil's Bridge

England and Wales, sometimes with his step-daughter, and in 1862 published his best-known work *Wild Wales*.


Close by is the **Nant yr Arian Visitor Centre**, a Forest Enterprise centre with forest walks and trails, a mountain bike trail, orienteering course, tearoom, local crafts and picnic and play areas. Within the site is the **Kite Country Centre** and feeding station. Designated the Bird of the Century in 1999, the red kite was a fairly common bird in the Middle Ages, seen even in London scavenging in the streets. It was at that time considered useful and was even protected by the Crown, but with the passing of the Enclosures Act in the 16th century, this impressive bird was among many species thought to be a threat to agriculture. Persecuted as vermin, they disappeared entirely from England and Scotland, but a few pairs remained in mid-Wales. With care and conservation efforts from individuals and organisations, the numbers gradually increased, so that now there are more than 300 breeding pairs. At 3pm each afternoon (2pm in winter), the kites swoop down to be fed, joined by other species looking for an easy meal, including crows, buzzards and ravens. Other red kite feeding

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

stations in Wales are at Gigrin Farm near Rhayader, Powys, and Tregaron in Ceredigion, the latter feeding in winter only.

LLYWERNOG

9 miles E of Aberystwyth on the A44


 **Llywernog Lead & Silver Mine**

Just to the north of the village lies the **Llywernog Lead-Silver Mine Museum and Caverns**. Described by the Good Museums Guide as “one of the best commercial museums in Britain”, the museum covers the history of this major rural industry in mid-Wales. This mine opened in 1740 and had its most prosperous period between 1850 and 1879. In the slump that followed most of the mines closed for good, but Llywernog refused to die and was briefly reopened in 1903 as a zinc prospect. That enterprise collapsed in

1910 and in 1953 the giant waterwheel was blown up for scrap. In 1973, a young mining historian and his father bought the mine and established the museum. Visitors can take a self-guided tour around the workings, go deep underground on a 45-minute guided caplamp tour, and try panning the mine’s minerals for silver and gems. Whatever you find, you can keep! Also on site are a gift shop, a cosy tearoom and a picnic site.

LLANBADARN FAWR

1 mile E of Aberystwyth on the A44

 **Parish Church of St Padarn**

Although this village has now become a suburb of Aberystwyth, it was once a town in its own right and the seat of the oldest bishopric in Wales. In the 6th century St Padarn founded a small monastery here and

THE TYNLLIDIART ARMS BAR AND RESTAURANT

Capel Bangor, nr Aberystwyth, Ceredigion SY23 3LR

Tel: 01970 880248

e-mail: tynllidiartarms@btmail.com

website: www.yellowtom.co.uk/152878

At more than 300 years old, **The Tynllidiart Arms** is a charming Bar and Restaurant located near Aberystwyth in the beautiful countryside of mid Wales. Host Margret Phillips took over the pub in 2004 and, along with her excellent staff, managed to win a coveted Ceredigion Pub of the Year Award.

The restaurant is located on the first floor and has a beautiful timber framed vaulted ceiling with a decking at the rear. This creates a magnificent atmosphere in which to enjoy the superb a La Carte menu offering an enticing array of dishes featuring local meats including lamb, scallops, fresh fish from Cardigan Bay and the infamous Welsh black steaks. Make sure you save room to enjoy a dessert from the mouth watering range on offer.

The pub also serves superb Sunday lunches between 12-3pm every weekend. In addition, you can enjoy lite bites and snacks in the bar area every day of the week. The bar serves a selection of fine wines and real ales. It also stakes a claim in the Guinness Book of World Records as having the world’s smallest commercial brewery, with a capacity of just 9 gallons. The full flavoured ale that is brewed here is called Bragdy Gwynant. It stands at 4.5% volume and has a full flavour with a hint of chocolate. It features in the Camra Good Beer Guide and in the winter months can be enjoyed by the roaring open fire. Booking is advisable on weekends. Children Welcome.




Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

the huge 13th century **Parish Church of St Padarn** is dedicated to him. For over 600 years, the monastery and the church were dominant despite the merging of the bishopric at Llanbadarn with that of St David in the 8th century.

PENRHYNCOCH


4 miles NE of Aberystwyth on the A487

 Penrhyncoch Lakes

This is another village associated with one of Wales' great poets: Dafydd ap Gwilym, who was born just a short distance from Penrhyncoch. Although little remains of Gwilym's house except a small pile of stones, his medieval poetry lives on. Situated above the village is a series of five lakes known as the **Penrhyncoch Lakes** that offer fishing.

TRE TALIESIN

7½ miles NE of Aberystwyth on the A487

 Bedd Taliesin

This village was the home, in the 6th century, of one of the earliest recorded British poets, Taliesin. The standing stone behind the village, **Bedd Taliesin** ("Taliesin's Grave"), actually

dates from the Bronze Age (around 15,000BC) and while it marks a burial chamber, it is unlikely to be that of the poet. An old legend says that if anyone is to sleep on his grave for one night, he or she will waken up either a poet or a fool.

TRE'R-DDOL



8 miles NE of Aberystwyth on the A487

 Lodge Park

The former medieval deer park, **Lodge Park**, is now managed by Forest Enterprise, which has restored this semi-natural woodland and has also preserved its northern boundary that comprised a ditch and bank. The Wesleyan chapel in Tre'r-ddol was bought, in 1961, by a Mr RJ Thomas to house his folk object collection. He left this collection to the National Museum of Wales and it is now administered by Aberystwyth's Ceredigion Museum.

FURNACE











10½ miles NE of Aberystwyth on the A487

 Dyfi Furnace  Cwm Einion

In the 18th century, this quaint old village was home to an iron ore smelting foundry. Today, **Dyfi Furnace** is an important early industrial site that has one of the country's best preserved charcoal burning blast furnaces. The bellows that pumped the air into the furnace were powered by a huge waterwheel driven by the River Einion. Visitors can see the wheel (now restored to working order) as well as tour this industrial heritage site and museum.



Dyfi Furnace, Furnace


 historic building  museum and heritage  historic site  scenic attraction  flora and fauna
 stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

The road opposite Dyfi Furnace leads up the **Cwm Einion** – Artists' Valley – so called because it was once a favourite haunt of 19th-century water-colourists. As well as seeing the remains of a silver and lead mine, walkers climbing up the valley will find pleasant woodland trails and picturesque picnic spots.

EGLWYS FACH



11 miles NE of Aberystwyth on the A487


 **Ynyshir RSP Nature Reserve**

Found in the sheltered waters of the Dovey estuary, the **Ynyshir RSPB Nature Reserve** is the home of a great many species of birds, in particular waders. It has an extensive network of walks, with bird watching hides, where visitors in winter can observe the reserve's unique flock of Whitefronted Geese from Greenland and the smaller flock of Barnacle Geese. It is the most important breeding site in Wales for lapwings and redshanks. The nature reserve's visitor centre has copious information on the various species of birds found here.

BORTH

5½ miles N of Aberystwyth on the B4353

 **Animalarium**  **Borth Bog**

 **Cantre'r Gwaelod**

The former fishing hamlet of Borth boasts one of Ceredigion's longest beaches – two miles of safe, sandy beach, which has been voted one of the two best in Wales. The town enjoys spectacular views out over Cardigan Bay and inland to the mountains. The original settlement of this popular seaside resort lies on the slopes of Rhiw Fawr and it is there that some of the older fishermen's and farmers' cottages can still be seen. The growth of the village began with the arrival of the railway linking it with Aberystwyth in the 1860s.

Inland from Borth is the **Animalarium**, a

collection of unwanted animals from other zoos, and some exotic pets – even the African leopard was an unwanted pet. There's leopard feeding every afternoon, and crocodile feeding twice a week.

At a very low tide it is possible to see the remains of a submerged forest that, according to local legend, once formed part of the dynastic holdings of **Cantre'r Gwaelod** (the Lower Dynasty), which extended out into the bay and was protected by a huge sea wall. It was ruled by King Gwyddno Garanhir, and flourished in the 6th century. It was said to be very fertile, and that one acre of land in Cantre'r Gwaelod grew as much as four acres anywhere else. One night the gatekeeper is said to have had too much to drink and forgot to close the gates against the rising tide so that, with the help of a storm, it drowned the forest and the dynasty.











To the east of the village lies **Borth Bog** (Cors Fochno), an important area of raised coastal peat mire (one of only two such areas in Europe) that supports an abundance of wildlife.

YNYSLAS

7½ miles N of Aberystwyth off the B4353



 **Ynyslas Sand Dunes and Visitor Centre**

Situated at the northern end of Borth beach, Ynyslas – the name means Green Island – extends to the Dovey (Dyfi) estuary, where there are broad expanses of sand, particularly at low tide, although the swimming is unsafe. The **Ynyslas Sand Dunes and Visitor Centre** explains the natural beauty of the Dovey in wildlife displays and slide shows. There is also a conservation shop selling books, stationery and 'green' pocket money gifts. From the centre there are glorious views over the river mouth to Aberdovey.

 historic building  museum and heritage  historic site  scenic attraction  flora and fauna
 stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

New Quay

 New Quay Heritage Centre	 Lifeboat Station
 New Quay Head	 Cei Bach
 Bird and Wildlife Hospital	 Treath Gwyn
 Bird Rock	 New Quay Yacht Club
 Cardigan Bay Marine Wildlife Centre	
 Dylan Thomas	 New Quay Honey Farm

This small yet busy resort, whose harbour now boasts more yachts than fishing boats, built its economy on fishing, smuggling, shipbuilding and coastal trading. However, although these traditional ways of life declined in the 19th century as the rail links developed, New Quay has retained much of its maritime charm. The first vessel to be built here was the 24 ton sloop *William and Mary*, launched in 1779. The subsequent shipping boom brought a great deal of employment to the area, causing the population to rise to 2000. Hand in hand with the shipbuilding and fishing industry, smuggling was also rife. In 1795, New Quay was described as a place of “infamous notoriety”, and the headland was reputedly riddled with a network of caves where contraband was stored.



New Quay Head

New Quay's **Lifeboat Station**, established 140 years ago, can be visited between 2pm and 4.30pm. One of its crew, Hanna Nuuttila, was the RNLI Photographer of the Year for 2008, her winning entry showing Pwllheli's Mersey class lifeboat aiding a yacht in trouble in force 8 conditions in September 2008.

New Quay's natural surroundings as a port and harbour of refuge led to its being considered, at one time, a suitable place from which direct sailings could be made to Wicklow and Dublin. Today's visitors will find charter boats operating out of the harbour offering a wide range of trips including deep sea and inshore fishing outings and dolphin spotting trips. The **New Quay Heritage Centre** has displays on the town's history, including local characters, shipbuilding, smuggling and fishing. It also details what is being done to protect the area's bottlenose dolphins, grey seals and porpoises.

The sands and boating facilities at New Quay have long been an attraction for holidaymakers and the **New Quay Yacht Club** welcomes all visitors. The north beach leads to the rocky headland, **New Quay Head**, where an invigorating path follows the line of the sheer cliffs to **Bird Rock**, the home of many sea birds. Inland, lies the **Bird and Wildlife Hospital**, which treats and returns to the wild any birds or mammals needing veterinarian treatment, particularly birds involved in oil spillages. The **Cardigan Bay Marine Wildlife Centre**, overlooking the harbour, has interpretive displays on marine life in Cardigan Bay, especially the bottlenose dolphins of

which some 200 are known to live in the Cardigan Bay area. The area has been designated an offshore conservation area, the first of its kind in the UK.

The coast to the south of New Quay is best described as rugged, and there is a Heritage Coastal path that threads its way along the clifftops down through Cwmtudu to Llangranog and beyond. To the northwest of the town are the long sandy beaches of **Treath Gwyn** (White Beach) and **Cei Bach** (Little Quay) that were once a hive of shipbuilding activity and are now peaceful and secluded places. Along with Laugharne in Carmarthenshire, New Quay lays claim to being the original Llareggub in Dylan Thomas' *Under Milk Wood*. Thomas had an ambiguous relationship with New Quay: it is said that he was disliked in the town, not least for his failure to pay his bills. On one occasion, while drinking in his favourite watering hole, the Black Lion, Thomas had a row with a commando officer just back from the front. The officer followed him home and shot at his rented bungalow with a machine-gun. The officer was later tried for attempted murder but acquitted. It would seem that Thomas had his revenge, however, as Llareggub reveals its true meaning when spelled backwards! Scenes for the 2008 feature film, *The Edge of Love* starring Matthew Rhys and Sienna Miller as the poet and his wife Caitlin, were filmed on the beach at New Quay.

Set in beautiful unspoilt countryside a couple of miles south of the town, **New Quay Honey Farm** provides a fascinating insight into extraordinary life of one of






nature's marvels. There are four live colonies of bees behind glass, an opening hive that lets you look into the heart of the honeycomb; DVD displays and much more, including a tropical ant colony that never stops working. The Honey Shop sells a wide range of bee-related products – beeswax, cosmetics and mead, which is made on the farm. There's also a tea room where, naturally, a honey cream tea features prominently on the menu.

Around New Quay

LLANINA

1 mile E of New Quay off the A486

-  Parish Church of St Ina  Cerrig Ina
-  King Ina

This tiny village, with a long tradition of fishing, is also associated with the legend of **King Ina**, king of the West Saxons, who succeeded to the throne in AD688. One day, in the early 8th century, a ship was wrecked on the rocks close to the village during a violent storm. A local fisherman and his wife and daughter, having seen the disaster, rowed out to rescue the stricken sailors. Once safe, the

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

family, unable to understand the language spoken by the shipwrecked strangers, sent for a monk who told them that they had saved King Ina. In thanksgiving, the king built a church from which the present **Parish Church of St Ina**, built in 1850, takes its name. **Cerrig Ina** (Ina's Stones) can be seen offshore and mark the spot where the original church stood.

ABERAERON

4½ miles NE of New Quay on the A487


 Alban Square  Clôs Pengarreg

Situated at the mouth of the River Aeron, this is a delightful small town with charming Georgian houses, particularly around **Alban Square**. These are the result of astute town planning initiated in the early 19th century by the Reverend Alban Jones-Gwynne, who was happy to spend his wife's inheritance on dredging the Aeron estuary and creating this new port with its neat streets and elegant terraces. He was thus instrumental in turning the settlement from a small fishing hamlet into a bustling port that also became famous for its shipbuilding. Today, one in four of the town's buildings is listed as being of special architectural or historical importance.

At the southern end of the town, **Clôs Pengarreg** is a craft centre, housed in traditional farm buildings, where visitors can see the beautiful products being handmade and have the opportunity to buy a unique reminder of their time in the town.

LLYSWEN

4½ miles NE of New Quay on the A482

 Llanerchaeron

Located to the east of the village, **Llanerchaeron (NT)** is a rare survival, a small 18th-century estate and house that was typical

of those owned by minor Welsh gentry. Set in the beautiful Diffryn Aeron, the house survived into the 20th century virtually unaltered. The house was designed by John Nash and built between 1794-1796 and is regarded as the most complete example of his early work. In the courtyard you can see a brewery, laundry, dairy and salting house. This is also a working organic farm with two restored walled gardens producing fruit, vegetables and herbs.

ABERARTH

6 miles NE of New Quay on the A487




 Parish Church of St David  Deinerth Castle

This former shipbuilding village is often bypassed because of the charm of its more illustrious neighbour Aberaeron, but it is a picturesque village overlooked by the **Parish Church of St David**. Founded in the 6th century, the church was rebuilt in 1860, but still contains three early Christian inscribed stones from the 9th and 10th century.











The scant remains of **Deinerth Castle** can be seen a little way inland from the village. It was probably built by Richard de la Mare in about 1110, though it was later destroyed by Gruffydd ap Rhys in 1116. It was then substantially rebuilt, only to be razed to the ground again by Owain Gwynedd 20 years later, when it was finally abandoned. It was rebuilt yet again, but was finally abandoned in about 1202.

LLANRHYSTUD

11½ miles NE of New Quay on the A487

 Caer Penrhos  Castell Bach  Castell Mawr

To the south of the village, which lies near the confluence of the Rivers Wyre and Carrog, are the two former hill forts of **Castell Bach** and **Castell Mawr**, which are separated by a vale

 historic building  museum and heritage  historic site  scenic attraction  flora and fauna
 stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

RHOS-YR-HAFOD INN

Cross Inn, nr Llanrhystud, Ceredigion SY23 5NB

Tel: 01974 272644

website: www.rhos-yr-hafod-inn.co.uk

Standing at the edge of the Ceredigion highlands, **Rhos-Yr-Hafod Inn** is home to a charming bar and intimate restaurant. Owners Nicki and Steve have a successful business on their hands here.

This traditional 19th century free house, which boasts a stunning rural location, is very popular with visitors, locals and families. Many come here to sample the home cooked traditional dishes listed on the ever-changing menu. Since 2006 the pub has been listed in the Good Beer Guide for five separate years. Youngs Bitter is the regular brew, with up to two regularly changing cask ales sourced from regional microbreweries.




Coast near Castell Bach, Llanrhystud

made his mill wheel turn the wrong way, a young girl who stole an apple from Mari's orchard was forced to walk home backwards and sometimes, it is said, Mari turned herself into a hare. The ruins of Mari's cottage, known locally as The Witch's Cottage, can still be seen surrounded by her now overgrown orchard.

LLANARTH


2½ miles E of New Quay on the A487

 Parish Church of Llanarth


known as “the dell of slaughter” – a reference to an ancient battle. More remains can be found to the east, this time of **Caer Penrhos**. Built in around 1150 by Cadwaladr ap Gryffydd, the castle was razed to the ground some 50 years later to avoid it falling into a rival's hands.

PENNANT

4 miles NE of New Quay on the B4577

 Mari Berllan Piter

In the 19th century, this village was the home of a recluse named **Mari Berllan Piter** (Mary of Peter's Orchard). Supposedly granted magical powers, her exploits were legendary. When a miller refused to grind her corn, she



 Cross of Girhiret

The **Parish Church of Llanarth** was built between 1870 and 1872 on the site of a much older building. Within it is an old stone inscribed with a cross, known as the **Cross of Girhiret**, named after an Irish nobleman of the 9th century. A local story tells that one night the Devil tried to steal the bell from the former church. However, he made such a noise that he woke the vicar who, armed with a bell, a book and a candle, climbed up into the belfry to investigate. By solemnly repeating the name of Christ, the vicar managed to drive the Devil to the top of the tower and forced him to jump off. In the graveyard is a strangely scarred gravestone

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

that is said to bear the marks made by the Devil when he landed.

Lampeter

 University of Wales, Lampeter  Elen Lloyd

The town is best known as being the home of the **University of Wales, Lampeter**. When it was founded in 1822 by Bishop Thomas Burgess of St David's, it was Wales' first institution to award degrees, and only the third in England and Wales. It now predominantly teaches the liberal arts and theology. The main university buildings include CB Cockerell's original buildings round a stuccoed quadrangle dating from 1827, which were designed to mimic an Oxbridge College. While the 1500 students add a certain bohemian flavour to Lampeter during term time, this is essentially a genteel and very Welsh town with a pleasant mixture of Georgian and Victorian buildings.

With a population of just over 1900, Lampeter has long been the centre of this part of the Teifi Valley and was an important meeting place for drovers. It still retains its market town character with a regular Cattle Mart, Antique Auction, Horse Fair, a monthly farmer's market and an annual Food Festival.



Back in the 17th century, on what is now Maesyfelin Street, stood the home of the Lloyds of Maesyfelin. When the only daughter of the family, **Elen Lloyd**, became engaged to Samuel Pritchard, the son of a poet priest from Llandovery, her four brothers, fearing the loss of their inheritance, tied her lover underneath a horse and galloped him from Lampeter to Llandovery. Samuel died of his injuries and the brothers threw his body in the nearby River Teifi. On hearing what had happened, Elen was driven mad with sorrow and died soon afterwards. Samuel's father,


Rhys, put a curse on the family and, just a short while later, their family house caught fire and burnt to the ground. The eldest brother, out of remorse, or perhaps due to the curse, killed his brothers and then himself.

Around Lampeter

LLANDYSUL

11 miles SW of Lampeter on the A486











 Cnapan Folk Festival  Christmas Evans

 National Wool Museum

Set in the deep and picturesque valley of the River Teifi, this traditional little Welsh town was another centre of the woollen industry. Located in the former Cambrian Mills just outside the town, the **National Wool Museum** presents a comprehensive history of the Welsh woollen industry. Visitors can follow the production process from fleece to fabric and a working mill can be seen in operation producing fabrics in traditional Welsh patterns. The extensive displays here include the National Flat Textile Collection and the museum hosts regular exhibitions.

Llandysul was the birthplace, in 1766 of **Christmas Evans**, a Baptist minister who was famed for his fiery, emotional sermons. The son of a cobbler, he was orphaned early in life and lost one eye in a boyhood accident. He didn't learn to read until he was 17 but went on to become a Baptist minister. He had intended to be a Presbyterian minister but the Presbyterians required qualifications that he did not have. Today, this tranquil little town is renowned for its outstanding scenic views, fishing and white water canoeing as well as for the delights of its Victorian town centre.

A few miles up the A486, Pfostrasol is the setting for the annual **Cnapan Folk Festival**,

 historic building  museum and heritage  historic site  scenic attraction  flora and fauna
 stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

DAPHNE JONES COLLECTIONS

The Town House, Llandysul, Ceredigion SA44 4BU

Tel: 01554 362364

e-mail: daphne-jones@tiscali.co.uk

website: www.daphnejones.co.uk

Daphne Jones Collections was established over 25 years ago and is a real gem to find in the town of Llandysul. Stocking stylish ladies fashion from top designers in sizes 8 to 22, the excellent and eclectic range of clothing is suitable for mother of the bride and groom, wedding guests, cruise wear and smart casual.

All items are tastefully displayed and spaciouly laid out across two floors with two fitting rooms. There is also an excellent range of bags, belts and jewellery with exclusive millinery and accessories with outfits to match. Designers include Gerry Weber, Michael H Gold, Dolce Vita and jewellery by Nour London.

The friendly and attentive staff at Daphne Jones Collections have a wealth of experience in offering personal advice on fashion. With their expert knowledge they can easily compile a whole outfit and can help you find the ideal dress or suit for that very special occasion.

This boutique offers a high standard both in service and in stock and is well worth a visit. There is also a Designer Discount Floor offering reductions of 50%-75%. Staff are always on hand to offer an expert and friendly service in a relaxed atmosphere. All major credit cards are accepted.



the largest Celtic folk music event on the British mainland.

CAPEL DEWI

8½ miles SW of Lampeter on the B4459

Rock Mills Woollen Mill

Close to the village lies **Rock Mills Woollen Mill**, which was established in 1890 by John Morgan. His descendants still weave here today. The machinery is powered by a waterwheel that also drives a small alternator to provide lighting, and the mill once provided power to the neighbouring church. From pure new wool, the mill produces all manner of woollen goods, including bedspreads, blankets, throws and rugs, and it is one of the last traditional mills where the entire process, from fleece to fabric, may be viewed.

LLANDEDEWI BREFI

7 miles NE of Lampeter on the B4343

Parish Church of St David Llanfair Clydogau

The small community of Llandewi Brefi (population 500) became famous as the home of Daffyd, “the only gay in the village” in the TV comedy series *Little Britain*. Residents say the rather dubious fame has changed little. The newsagent observed “I only sell the Gay Times to order and one hasn’t been placed with me so far”

This traditional country village was host, in AD519, to a synod attended by St David. The meeting was called to debate the Pelagian heresy, a doctrine advocating freedom of thought rather than the Biblical version of original sin that determined the morality of the time. The **Parish Church of St David**

historic building museum and heritage historic site scenic attraction flora and fauna
 stories and anecdotes famous people art and craft entertainment and sport walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK



Afon Teifi at Llanfair Clydogau

Georgian and Victorian houses surround the market place along with a fine old drovers' inn, the Talbot Hotel, which dates back to the 13th century. That was when the town was granted its Royal Charter allowing it to hold a market; some 720 years later it is still thriving. In the centre of the square

stands on a mound said to have risen up as St David preached during the synod. The church itself dates from the 13th century and contains some old inscribed stones. One is known as St David's Staff and another has an inscription in the obscure Ogham language thought to commemorate a heretic of the type that St David was denouncing.

Close by are the sites of several hill forts including **Llanfair Clydogau**, where the Romans mined for silver. They sit beside the Sarn Helen, a military road that once connected a gold mine in the south, at Dolaucothi, with a fort at Bremia in the north.

TREGARON

9 miles NE of Lampeter on the A485

- Tregaron Kite Centre and Museum
- Cors Caron Henry Richard
- Rhiannon Welsh Gold Centre
- Festival of Harness Racing Old Railway Walk

A stronghold of the Welsh language and culture, Tregaron is an attractive town with a pleasantly old world atmosphere. Handsome

stands a statue of **Henry Richard** (1812–1888), the Liberal MP and son of Tregaron, who was a vociferous supporter of disarmament and an advocate of arbitration in international disputes; he became known as the Apostle of Peace. In one corner of the square is the **Rhiannon Welsh Gold Centre**, established in 1971 by Rhiannon Evans. She took inspiration from Welsh and Celtic designs and also began using rare Welsh Gold in her jewellery. The Centre is also a craft gallery and jewellery centre and offers good local produce in its tearooms.

The land around Tregaron is sheep country and the town became famous for its woollen industry; in particular, its hand-knitted woollen socks, many of which were transported to the mining communities of South Wales. An engineer, David Davies, found another use for the wool - he used it to form a stable bed on which to lay the railway across Cors Caron bog.

Housed in the Old National School, which opened in 1873, the **Tregaron Kite Centre and Museum** is dedicated to the red kite, which faced near extinction a few decades ago.

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

Thanks to the efforts of dedicated volunteers they are now thriving in several parts of Wales, including the Tregaron area. The centre pursues the dual aims of providing people with a better understanding of these beautiful birds of prey, and with ensuring their survival in this part of mid-Wales. Also at the museum are artefacts from Ceredigion Museum that relate specifically to Tregaron and the surrounding area.

Although Tregaron is chiefly associated with sheep and wool, it is also well-known as the location of the popular **Festival of Harness Racing**, which is held in August each year at the Tregaron Trotting Club grounds at Neuadd Brenigg. Harness racing has a long history in mid-Wales and at the Tregaron meeting the prize money totals £100,000 or more.

To the north of the town lies **Cors Caron**, an ancient bog that is home to rare flora and fauna. The land was originally covered by a glacier that, at the end of the last Ice Age, melted to create a natural lake, which gradually filled with sediment and vegetation. The peat grew in thickness, creating three distinctive domes above the original lake bed level. The **Old Railway Walk**, along the track bed of the old Manchester-Milford Haven railway, provides visitors with the chance to observe some of the over 170 species of birds recorded here, including red kites, buzzards and sparrow hawks. The walk starts from the car park near Maesllyn Farm on the B4343, two miles north of Tregaron.

PONTRYHFENDIGAID

15 miles NE of Lampeter off the B4343

Strata Florida Abbey











Just a short distance from this village, whose name translates as the “bridge across the blessed ford”, stands **Strata Florida Abbey**

(CADW), a Cistercian house founded in 1164 by Robert Fitzstephen. This austere order was renowned for seeking out remote and isolated sites for its religious establishments and Strata Florida - the vale of Flowers - is one such site. Even though the abbey is in ruins today, it is still an evocative place. Just two years after its foundation, the abbey's lands were overrun by Rhys ap Gryffyd but, in 1184, he refounded the abbey. Most of the buildings date from this time. During the 12th and 13th century, Strata Florida became not only one of the most important religious centres in Wales, but also a place that influenced Welsh culture, as it was patronised by both royalty and poets. Some of the last native princes and princesses of Wales were buried here, as was Dafydd ap Gwilym. Born near Aberystwyth he was probably the most famous of all Welsh medieval poets. In 1238, the Welsh princes swore their allegiance to Llywelyn the Great's son, Dafydd, at the abbey. This was also the time when the abbey became very wealthy, mainly through wool from the sheep that grazed its vast lands.

After the Dissolution in the 16th century, the abbey and its lands passed through various hands and the ruins today consist mainly of the cloister, the chapter house and the church. In the north transept stands a memorial to the poet Dafydd ap Gwilym. The yew tree that stands amidst the abbey's remains is thought to mark his grave. One legend associated with the abbey suggests that the Holy Grail, which was given to the monks at Glastonbury by Joseph of Arimathea, later ended up at Strata Florida. When the abbey, which formed part of the Nanteos estate, was left to fall into ruins, the cup, which had pieces bitten out of its sides by pilgrims convinced of its healing powers, was stored at Nanteos mansion.

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

Cardigan

 Cardigan Castle	 Shire Hall	 Guildhall
 County Gaol	 Parish Church of St Mary	
 Teifi Bridge	 Welsh Wildlife Centre	
 Theatr Mwldan	 River & Food Festival	
 Barley Saturday		

Set beside the estuary of the River Teifi, Cardigan is a pleasant market town with a population of some 4500 souls. It was once the busiest port in Wales with more than 300 ships registered here. But silting up of the river made it impassable for larger boats and led to the town's decline as a major port. The river continues to be fished for trout and some of the fishermen still use the traditional coracle. Dating from pre-Christian times, coracles were once common on many of Britain's rivers and they have changed little over the centuries. The oldest description of the coracle in Wales appears in 1188 when, Gerald de Barry describes "river boats of willow, round in shape and covered by skins"











For such a modestly sized town Cardigan has a good stock of impressive buildings. The **Shire Hall** was built in 1763, and housed the courtroom and council chamber, which had

previously been within the castle. The ground floor was a corn market; today it is a furniture shop. In the 1860s the courtroom functions passed to the newly-built **Guildhall**. This was the first civic building in Britain to be built in the Ruskinian Gothic architectural style. It has a multi-arched basement resembling the crypt of a great cathedral, which now houses the market. The impressive four-faced clock tower was added in 1892. The **County Gaol of 1793** was built in 1793 to the designs of John Nash. In 1881 it was converted into a police station and private house. The **Parish Church of St Mary** was originally built in the 12th century as the chapel of a Benedictine priory. The present building dates mainly from the 19th century. It was once a place of pilgrimage as it housed a fine statue of Our Lady that was destroyed at the Reformation. Sadly, **Cardigan Castle** cannot be counted amongst the town's impressive buildings. Thought to be the site of the first cisteddfod in 1176, the castle fell to Parliament in 1645 during the Civil War. It was then badly neglected and is now a tumble-down structure, parts of which have been incorporated into a private house. The castle was featured in BBC-TV's *Resurrection* series but failed to get enough votes to qualify for the funding it needed.

While the river is no longer at the centre of the town's economy, it is still a place of charm enhanced by the six-arched **Teifi Bridge**, an ancient structure that was rebuilt in 1726. The river is also at the heart of the town's **River and Food Festival** in the summer. The river events range from powerboat to duck racing; the food events celebrate food from local producers. On the last Saturday of April the



Guildhall, Cardigan

 historic building  museum and heritage  historic site  scenic attraction  flora and fauna
 stories and anecdotes  famous people  art and craft  entertainment and sport  walks

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

town is again in festival mood. Barley Saturday celebrates rural life with a parade of the area's most impressive horses and agricultural vehicles. Those looking for performing arts and other cultural events will also not be disappointed as the **Theatr Mwldan**, in the town, is one of Wales' leading theatrical venues.

Beside the river, just outside the town, the **Welsh Wildlife Centre** is a nature reserve that provides a variety of habitats including reed beds, woodland and meadowland that supports a surprisingly wide range of flora and fauna. There is an extensive network of footpaths and an excellent modern visitor centre.

Incidentally, the cardigan as an item of clothing was named after the 7th Earl of Cardigan, John Thomas Brudenell (1797–1868), who commanded the Light Brigade during the Crimean War. He did not invent the cardigan (they had been around in the 17th century) but he did popularise it.

Around Cardigan

FELINWYNT


6 miles NE of Cardigan off the A487

 Felinwynt Rainforest and Butterfly Centre

John and Dorothy Devereux have a passion for rainforests and butterflies. It was this passion that led them to create the **Felinwynt Rainforest and Butterfly Centre**. Here, in a large tropical house, visitors are transported to the jungle to see the beautiful free-flying butterflies that live amidst the exotic plants. There is also a rainforest exhibition that explains the delicate ecology of this interesting habitat. The tea room sells light meals and home-made cakes and, in the gift shop, the stock includes Fairtrade children's clothes and Peruvian jewellery.

ABERPORTH

6 miles NE of Cardigan on the B4333



 Penbryn

The original village of Aberporth consisted of small, single-storeyed cottages with thick mud walls and thatched roofs that reflected the simple and hard lives of those living in this fishing and farming community. At one time Aberporth became famous for its herring industry as great shoals of the fish came to feed and spawn in the shallow waters of this sheltered part of the Cardigan Bay coast. Today, the village is a small yet thriving resort that is popular with yachtsmen.

A little way up the coast is the National Trust's beach at **Penbryn**, an SSSI, part of the Ceredigion Heritage Coast and a good spot for insect, bird and dolphin spotting. The approach to this popular, sandy beach is by way of Hoffnant Valley from the Trust's car park at Llanborth Farm, where a shop, café and toilets are open in season. The valley is known locally as Cwm Lladron, 'Robbers Valley', probably because of past smuggling connections.

LLANGRANOG

9½ miles NE of Cardigan on the B4334

 Parish Church of St Caranog  Carreg Bica

 Sarah Jane Rees  Walled Garden, Pigeonsford

Lying in a narrow valley and rather reminiscent of a Cornish fishing village with its narrow streets dropping to the sea, Llangranog (sometimes spelled Llangrannog) is one of the most attractive villages along the Ceredigion coast and its small beach can become crowded in summer. The headland and cliffs to the north of the village (now the property of the National Trust) offer excellent walks and dramatic scenery. The sheltered coves around Llangranog once helped to

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK



Coastline between Carreg-y-ty and Pen-rhip, Llangranog

sustain a thriving shipbuilding industry, but they also proved perfect landing and hiding places for contraband and the area was rife with smuggling activity. On the beach there is a rock known as **Carreg Bica** ('Bica's Rock'). Legend says it is the tooth of the giant Bica, who spat it out when he had toothache. The **Parish Church of St Caranog** is dedicated to a saint who was the grandson of Ceredig, from whom Ceredigion gets its name. The church was founded in the 6th century, though the present building dates from 1885. In the churchyard is the grave of **Sarah Jane Rees** (1839–1916), master mariner and poet. She was the daughter of a ship's captain and taught navigation and mathematics in her native Wales, as well as in Liverpool and London. She was also a leading member of the Band of Hope and a supporter of the Temperance Movement.

To the east of the village is the **Walled Garden at Pigeonsford**, a Georgian walled garden, which has been replanted with botanical collections of herbaceous plants and shrubs as well as vegetables and fruits. Maintained as a working garden, the walled garden is set in large and less formal grounds that include shrubbery, woodland and riverside walks, and a 1920s summerhouse.

MWNT

3½ miles N of Cardigan off the A487

Parish Church of the Holy Cross

This beauty spot was on the Pilgrims' Route to Bardsey Island off the Llyn Peninsula. The tiny **Parish Church of the Holy Cross** dates from around 1400 and stands on the site of a much earlier Celtic church, originally built in a hollow to hide it from view and protect it from possible raiders coming by sea.

Much of the coastline here, including the cliffs, the rocky headland and the safe family beach, is owned by the National Trust. This area is a geological SSSI (Site of Special Scientific Interest) and is part of the Ceredigion Heritage Coast; it is especially rich in maritime flora.

TANYGROES

8 miles NE of Cardigan on the A487

Internal Fire – Museum of Power

Just north of the village, **Internal Fire-Museum of Power** explores the history of the stationary internal combustion engine in industry and agriculture from the early 1900s. Exhibits are in operation daily, ranging from small farm engines through to 25-ton diesel engines. One of the oldest diesel engines in

Looking for somewhere to stay, eat, drink or shop? www.findSOMEWHERE.CO.UK

E AND S THOMAS FARM SHOP

*Golyg-y-Mor, Waunrefalau, Tanygroes,
Cardigan SA43 2HR
Tel: 01239 811298
e-mail: stephen@stephen151.orangebume.co.uk*

E and S Thomas Farm Shop is a small but well stocked, traditional farm shop that has been established for 5 years now. Their fabulous range includes locally grown seasonal fresh fruits and vegetables, award winning meats, cheeses, chutneys, preserves, ice cream, free range eggs and a wonderful selection of home made pies and Bara Brith.

Quality farm fresh meat is prepared to your requirements by Paul Evans, the on-site butcher and is complemented with a fantastic selection of condiments.

The shop offers you a real opportunity to purchase your food direct from its source, a chance to meet the producers and a place where you can see, feel and experience the environment in which the animals are reared. Not only can you purchase their produce but that of many other local food producers as well.


The shop is open Tuesday 9am-5pm, Thursday & Friday 9am-6pm and Saturday 9am-5.30pm.



the world is on display here.

ST DOGMAELS


1 mile W of Cardigan on the B4546


 St Dogmaels Abbey

Located on the western bank of the Teifi estuary are the stark ruins of **St Dogmaels Abbey**, founded around 1115 for monks of the Tironensian order from Tiron in France. Adjacent to the abbey ruins is a church, which features an inscribed Sagraanus stone whose markings and Latin inscriptions provided the key to deciphering the ancient Goidelic language. Close to the abbey is **The Mill** (Y Felin), a water-powered flour mill where there's also a tearoom. To the west of the village are the **Poppit Sands**, a beautiful Blue Flag beach, and one of the most popular in the area.

GWBERT-ON-SEA

2½ miles NW of Cardigan on the B4548

 Cardigan Island

 Cardigan Island Coastal Farm Park

This small resort on the eastern banks of the River Teifi estuary is an excellent place for cliff walking and for looking out over the estuary and observing its wildlife. To the north of the village, and lying some 200 yards offshore, is **Cardigan Island**, a nature reserve to which there is no unauthorised access and which is inhabited by a flock of wild Soay sheep.

Back on the mainland, **Cardigan Island Coastal Farm Park** is an ideal place from, which to look out over the island from the headland and also to observe the rare coughts and colony of seals. Some lucky visitors may also spot Cardigan Bay's bottlenose dolphins. The farm is also home to friendly farm

KEMPTON'S PARC BED AND BREAKFAST

*Ffynonddwrgi Fawr, Cwm Cou, Newcastle Emlyn,
Dyfed SA38 9PF Tel: 01239 710435
e-mail: lizandbrian.kempton@btopenworld.com
website: www.kemptonsparc.co.uk*

Awarded 5 stars in March 2010, **Kempton's Parc Bed and Breakfast** offers the very best when it comes to comfort and tranquility.

Positioned away from the road and set within large gardens and 4 acres of woodland with pathways for an evening stroll, the bed and breakfast is just a 15 minute drive to the coast at Cardigan or Aberporth and 10 minutes from Newcastle Emlyn, offering an ideal base to explore all that the surrounding area has to offer.

Attentive hosts Liz and Brian offer a warm welcome to all their guests and are always on hand to make sure their stay is as enjoyable as possible. They are both keen gardeners and sheep farmers and the bed and breakfast has its own flock of sheep which 'would be' farmers are more than welcome to help out with during busy periods.

The accommodation comprises one large ensuite bedroom with a king-size bed, own lounge upstairs and private dining/breakfast room downstairs. Guests can expect a hearty breakfast to wake up to which is prepared to order and includes Kempton's own free range eggs and home-made 'Wild Fruit' (from the woods) preserves which includes elderberry, blackberry and sloe. Liz also uses Welsh bacon, milk, butter and honey. With views of up to 20 miles visible from the garden, this bed and breakfast has an idyllic location and is guaranteed to impress.



RIVERSIDE CAFE

*Adpar, Newcastle Emlyn SA38 9ED
Tel: 01239 710404*

The well established and family friendly **Riverside Cafe** is situated in a beautiful location on the banks of the River Teifi, with plenty of seating both outdoors and indoors. The extensive menu includes a delicious selection of hot meals and salads alongside daily specials. There is also a tempting array of homemade cakes, flapjacks and ice creams and a choice of hot and cold beverages. The menu includes vegetarian, vegan and gluten free options and all dishes are freshly prepared using as much organic and local produce as possible.

The building dates back over 300 years and was once a blacksmith's shop. The work of local artists is displayed on the walls inside the cafe and the decor is very traditional with pine furnishings and character features including original beams. There is parking for six cars and a small garden that is currently being prepared to grow vegetables, herbs and flowers.

This already popular cafe was taken over in January 2011 by Kim and Hazel Butterworth, who have owned the adjacent Riverside Wholefood Farm Shop for a number of years. This fantastic wholefood shop is also well worth a visit and you will find a wide range of organic wholefoods, teas, coffees, herbs, spices, eco products and organic wine and beer.





Cardigan Island in the distance, Gwbert-on-Sea

animals, including goats, sheep, pigs, ponies and ducks, as well as a llama, a wallaby and rare breed cows. Cardigan Island itself lies some 200 yards offshore and is inhabited by a flock of wild Soay sheep. It is a nature reserve and there is no unauthorised access.

HENLLAN

11½ miles SE of Cardigan on the B4334

Teifi Valley Railway

This village is home to the **Teifi Valley Railway**, another of Wales' famous little trains. This narrow 2ft gauge railway, which originally served the slate quarries, was created

from a section of the Great Western Railway (also known as God's Wonderful Railway) that served the rural areas of West Wales. Today's passengers can enjoy a 2-mile-long 40-minute steam train return journey through this delightful valley pulled by locomotives as much as 115 years old. On the return journey there is a 15-20 minute stop at Pontprenshitw where passengers can disembark for the short walk to the Gorge and Waterfalls. At the Henllan terminus there are plenty of attractions to keep the whole family amused: 3 playgrounds, woodland walks, crazy golf, the station tearooms, and a gift and souvenir shop.

IMAGE COPYRIGHT HOLDERS

Some images in this publication have been supplied by <http://www.geograph.org.uk> and licensed under the Creative Commons Attribution-Share Alike 2.0 Generic License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-sa/2.0/> or send a letter to Creative Commons, 171 Second Street, Suite 300, San Francisco, California, 94105, USA.

COPYRIGHT HOLDERS ARE AS FOLLOWS:

<i>Aberystwyth from Camera Obscura, Aberystwyth</i> © Steve F	pg 6	<i>Afon Teifi at Llanfair Chydogau, Llanfair Chydogau</i> © Roger Kidd	pg 18
<i>Pwllpeiran Trail, Devil's Bridge</i> © Jon Moorby	pg 8	<i>Guildball, Cardigan, Cardigan</i> © Garth Newton	pg 20
<i>Dyfi Furnace, Furnace</i> © Nigel Callaghan	pg 10	<i>Coastline between Carreg-y-ty and Pen-rhîp, Llangrannog</i> © Dave Price	pg 22
<i>New Quay Head, New Quay</i> © John Lucas	pg 12	<i>Cardigan Island, Gwbert</i> © Deborah Tilley	pg 25
<i>Cei Bach, New Quay</i> © John Lucas	pg 13		
<i>Coast near Castell Bach, Llanrhystud</i> © Dave Croker	pg 15		

TOWNS, VILLAGES AND PLACES OF INTEREST

A

Aberaeron 14

Alban Square 14
Clôs Pengarreg 14

Aberarth 14

Deinerth Castle 14
Parish Church of St David 14

Aberporth 21

Penbryn 21

Aberystwyth 4

Aberystwyth Arts Centre 6
Aberystwyth Camera Obscura 5
Aberystwyth Castle 4
Aberystwyth Harbour and Marina 5
Ceredigion Museum 7
Cliff Railway 5
National Library of Wales 6
Old College 6
Pier 5
Vale of Rheidol Railway 7
War Memorial 5
Welsh Christian Heritage Centre 7

B

Borth 11

Animalarium 11
Borth Bog 11
Cantr'r Gwaelod 11

C

Capel Dewi 17

Rock Mills Woollen Mill 17

Cardigan 20

Cardigan Castle 20
County Gaol of 1793 20
Guildhall 20
Parish Church of St Mary 20
River and Food Festival 20
Shire Hall 20
Teifi Bridge 20
Theatr Mwlán 21
Welsh Wildlife Centre 21

D

Devil's Bridge 7

Bwlch yr Oerfa 8
Devil's Bridge Waterfalls 7
Hafod Arch 7
Pont-y-gwr-Drwg 7
Pwllpeiran Trail 7

E

Eglwys Fach 11

Ynysir RSPB Nature Reserve 11

F

Felinwynt 21

Felinwynt Rainforest and Butterfly Centre 21

Furnace 10

Cwm Einion 11
Dyfi Furnace 10

G

Gwbert-on-Sea 23

Cardigan Island 23
Cardigan Island Coastal Farm Park 23

H

Henllan 25

Teifi Valley Railway 25

L

Lampeter 16

Elen Lleyd 16
University of Wales, Lampeter 16

Llanarth 15

Cross of Gîrhîret 15
Parish Church of Llanarth 15

Llanbadarn Fawr 9

Parish Church of St Padarn 10

Llanddewi Brefi 17

Llanfair Chydogau 18
Parish Church of St David 17

Llandysul 16

Christmas Evans 16
Cnapan Folk Festival 16
National Wool Museum 16

TOWNS, VILLAGES AND PLACES OF INTEREST

Llangranog 21

- Carreg Bica* 22
- Parish Church of St Caranog* 22
- Sarah Jane Rees* 22
- Walled Garden at Pigeonsford* 22

Llanina 13

- Cerrig Ina* 14
- King Ina* 13
- Parish Church of St Ina* 14

Llanrhystud 14

- Caer Penrhos* 15
- Castell Bach* 14
- Castell Mawr* 14

Llyswen 14

- Llanerchaeron* 14

Llywernog 9

- Llywernog Lead-Silver Mine Museum and Caverns* 9

M

Mwnt 22

- Parish Church of the Holy Cross* 22

N

New Quay 12

- Bird and Wildlife Hospital* 12
- Bird Rock* 12
- Cardigan Bay Marine Wildlife Centre* 12
- Cei Bach* 13
- Lifeboat Station* 12
- New Quay Head* 12
- New Quay Heritage Centre* 12
- New Quay Honey Farm* 13
- New Quay Yacht Club* 12
- Treatb Gwyn* 13

P

Pennant 15

- Mari Berllan Piter* 15

Penrhyncoch 10

- Penrhyncoch Lakes* 10

Ponterwyd 8

- George Borrow* 8
- Kite Country Centre* 8
- Nant yr Arian Visitor Centre* 8

Pontrhydfendigaid 19

- Strata Florida Abbey* 19

S

St Dogmaels 23

- Poppit Sands* 23
- St Dogmaels Abbey* 23
- The Mill* 23

T

Tanygroes 22

- Internal Fire-Museum of Power* 22

Tre Taliesin 10

- Bedd Taliesin* 10

Tregaron 18

- Cors Caron* 19
- Festival of Harness Racing* 19
- Henry Richard* 18
- Old Railway Walk* 19
- Rhiannon Welsh Gold Centre* 18
- Tregaron Kite Centre and Museum* 18

Tre'r-ddol 10

- Lodge Park* 10

Y

Ynyslas 11

- Ynyslas Sand Dunes and Visitor Centre* 11

Ysbyty Cynfyn 8

- Parish Church of St John* 8