

# Darganfod Discover Ceredigion

Cardigan Bay & the Cambrian Mountains



Cymru  
Wales



# Cynnwys

8/17

## Môr braf

Traethau hyfryd i'r teulu a'r anturiwr.  
Bywyd gwyllt godidog.

18/27

## Byw yn y wlad

Cefn gwlad go iawn - calon  
Ceredigion, gwlad y Cardi.

28/33

## Darganfod

O Bontarfynach i Gantre'r Gwaelod  
a man geni rygbi ac eisteddfod.

34/55

## Aros a mwynhau

Dewch a mwynhewch. Gadewch i ni  
eich helpu i drefnu'ch gwyliau.

Tra bo Gwasanaeth Twristiaeth Cyngor Sir Ceredigion wedi gwneud pob ymdrech i sicrhau bod manylion y cyhoeddiad hwn yn gywir, ni all y Cyngor Sir dderbyn cyfrifoldeb am unrhyw gamgymeriadau, manylion anghywir neu amryfusedd nac ychwaith am unrhyw fater yn gysylltiedig â neu yn deillio o ganlyniad i gyhoeddi'r wybodaeth.

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**Argraffwyd yng Nghymru** The Westdale Press.



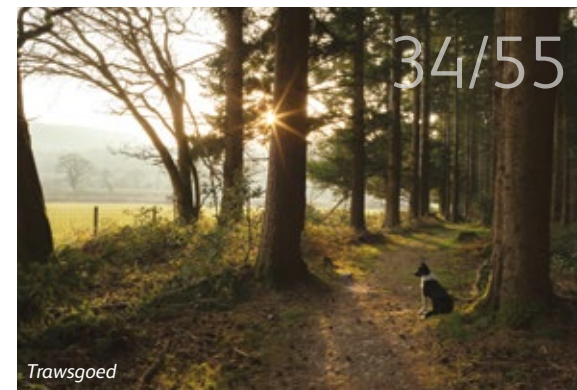
Borth



Llanerchaeron



Mwnt



Trawsgoed

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and a history to match.

34/55

## Stay and enjoy

Relax and chill out. Let us help you  
plan your stay.

Whilst Ceredigion County Council's Tourism Service has made every effort to ensure accuracy in this publication, the Council cannot accept responsibility for any errors, inaccuracies or omissions or for any matter in any way connected with or arising out of the publication of the information contained within this brochure.

**Published by** The Ceredigion Tourism Service, Canolfan Rheidol, Aberystwyth SY23 3EU  
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**Designed in Ceredigion, Wales**  
www.four.cymru 01970 636400  
No 4, The Science Park, Aberystwyth SY23 3AH

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**Printed in Wales** The Westdale Press.



# Croeso

Dyma'ch cyfle i ddod i adnabod Ceredigion a'i phobl - y Cardis.

Cymerwch amser i ddarganfod ac i ail ddarganfod un o ardaloedd Cymreicaf Cymru, ardal sy'n ymfalchïo yn ei hiaith, ei diwylliant a'i hetifeddiaeth. Mae'r croeso a'r hwyl gewch chi yng Nheredigion mor wresog ag erioed a gallwch ymlacio a mwynhau yng nghwmni ffrindiau hen a newydd. Dyma lle cewch brofiad sy'n cyfuno'r traddodiadol a'r cyfoes a'r pwyslais bob amser ar safon.

Mae enwau Ceredigion yn chwedlonol - ond pa mor dda ydych chi'n adnabod tref y coleg ger y lli a chyfres *Y Gwyll*, man geni'r eisteddfod neu rygbi yng Nghymru, gwersyll cyntaf yr Urdd neu'r mynyddoedd lle tardd afon hiraf Cymru?

Dewch draw i ddarganfod beth sydd gennym i'w gynnig.

## Welcome

You should get to know us better. You really should...

It's only then that you'll find out how it's possible to go walking on a heavenly coast path in the morning and high in the Cambrian Mountains in the afternoon.

Or how a region can be very Welsh and mystical yet very worldly at the same time: traditional country inns and trendy coastal hotels and a lively culture reinvented and invigorated, all combine to create an identity that is about the future as much as the past. A place of legendary seascapes and landscapes where roads and country lanes are worth following for the sheer pleasure of what you'll find along the way.

You really need to put a bit of Ceredigion into your life. Come and meet the Cardis.





De la baie de Cardigan aux monts Cambriens, vous découvrirez de magnifiques plages, des couchers de soleil à couper le souffle, des villes commerçantes très animées et des paysages incroyables. Vous aurez le choix entre des auberges champêtres traditionnelles et des hôtels modernes au bord du littoral où vous pourrez déguster la savoureuse cuisine locale. Au programme: des sensations fortes en plein air, des plages réputées, l'observation des grands dauphins dans la baie, un époustouflant chemin côtier et d'innombrables sentiers montagneux et forestiers. N'oubliez donc pas votre sens de l'aventure pour profiter de tous les atouts du comté de Ceredigion et vivre une expérience inoubliable.



Desde la Bahía de Cardigan hasta las Montañas Cambrian, descubrirá preciosas playas, impresionantes puestas de sol, animados mercados locales y espectaculares paisajes. Encontrará tradicionales posadas rurales, modernos hoteles costeros y una excelente gastronomía típica. Viva emocionantes aventuras al aire libre, disfrute de las playas que han recibido numerosos premios, contemple los delfines mulares en la Bahía, admire las increíbles vistas haciendo un recorrido por la costa o adéntrese por el sin fin de rutas que recorren sus montañas y bosques. Ceredigion tiene todo lo que necesita para hacer una escapada inolvidable, lo único que no debe olvidarse en casa es su espíritu aventurero. de tous les atouts du comté de Ceredigion et vivre une expérience inoubliable.



Van Cardigan Bay tot en met de Cambrian Mountains ontdekt u prachtige stranden, adembenemende zonsondergangen, bedrijvige marktstadjes en ongeëvenaarde uitzichten. U vindt hier traditionele herbergen, trendy kusthotelletjes en overheerlijke plaatselijke gerechten. U kunt genieten van spannende avonturen in de openlucht, bekoonde stranden, dolfijnen in de Bay, een verbazingwekkend wandelpad langs de kust en plenty mogelijkheden voor een berg- en boswandeling. In Ceredigion vindt u alles wat u tijdens een heerlijk weekendje weg of een langere vakantie maar nodig kunt hebben, zolang u uw avontuurzucht maar niet thuis laat.



Zwischen Cardigan Bay und den Gebirgszügen der Cambrian Mountains bieten sich Ihnen wunderschöne Strände, überwältigende Sonnenuntergänge, lebhaftes Marktstädtchen und ein bezauberndes Panorama. Hier lassen sich traditionelle Landgasthöfe, schicke Küstenhotels und die Genüsse der einheimischen Küche entdecken. Genießen Sie Nervenkitzel und Outdoor-Abenteuer, preisgekrönte Strände, Delfine in der Bucht, einen atemberaubenden Küstenweg sowie Wald- und Höhenwege in Hülle und Fülle. Ceredigion hat alles, was Sie zum Abschalten brauchen, aber vergessen Sie nicht, Ihren Entdeckergeist mitzubringen.



Y Cei Newydd / New Quay



# Môr braf

**D**yma arfordir sy'n swyno, gyda threfi a phentrefi fel Aberaeron, Y Cei Newydd, Tresaith, Aberporth a Llangrannog yn galw. Penrhynion prydferth, cuddfannau smyglwyr yr oes a fu a harbyrau bach hudolus, arfordir treftadaeth ac ardaloedd cadwraeth arbennig - dyma yw cyfrinach Ceredigion.

Dewch i hwylio neu rwyfo gyda chlybiau pentrefi'r arfordir. Cewch gwmni hwyliog i syrffio a hwylyrddio, neu i'ch arwain mewn ceufad i ddarganfod traethau ac ogofâu cudd.

Dyma le gwych i fwynhau gyda'r teulu - codi cestyll tywod, chwilota ym mhyllau'r creigiau; gwyllo gwylanod a dolffiniaid a physgota am grancod. Mae gennym draethau glân bendigedig sy'n ennill gwobrau Baner Las, Glan Môr ac Arfordir Gwyrdd yn gyson, a hynny'n brawf o'u safon.

Cilborth, Llangrannog

# Sea-licious

**C**eredigion has one of Britain's tastiest stretches of coastline. Fresh air, fresh seafood direct from the bay and the time and space to relax and enjoy. Perfect for get away from it all or full-on family holidays.

Our colourful and historic seafaring ports are inspiration for poets and artists, a gourmet's delight and destinations for adventure seekers 'in the know' about top waves and the best chill-out weekends and festivals.

Go elsewhere for noisy, kiss-me-quick funfairs. With much of our coast designated Special Areas of Conservation, Heritage Coast or UNESCO Biosphere, we're all about the timeless pleasures of sand between your toes, rock pools and wildlife, promenading with friends, the cleanest of clean beaches and romantic sunsets.



Y Cei Newydd / New Quay



**D**olen rhwng dwy afon - Teifi a Dyfi - sy'n cysylltu Sir Benfro yn y de ac Eryri yn y gogledd. Llwybr 60 milltir o hyd sy'n dilyn bwa bae mwyaf Cymru a thirlun sy'n newid pob cam o'r daith.

Gallwch gerdded rhannau o lwybr arfordir Ceredigion yn hamddenol braf: oedi i wyllo dolffiniaid, morloi ac adar y glannau yn gysurus yn eu cynefin, mwynhau'r olygfa draw am Enlli a Phen Llŷn neu aros am sgwrs gyda chymeriadau'r fro.

Ond cofiwch chi, nid yw'r ffaith eich bod yn cerdded yr arfordir yn golygu bod y tirwedd yn wastad, o na. Cewch ddringo i fyny at fryngaerau Oes Haearn, chwilio am ogofâu smyglwyr rhwng y creigiau, oeri'r traed yn y môr a chymryd cawod naturiol o dan y rhaeadr ar draeth Tresaith.



## Dilyn y llwybr

## Follow the path

**T**wo gorgeous estuaries, Teifi and Dyfi, are linked by the Ceredigion Coast Path. There are more photo opportunities than your smartphone can handle along the 60 mile long walking route.

In the greater scheme of things, it's part of the 870-mile Wales Coast Path, but unless you're a mileage-hungry marathon junkie, you'll much prefer the comfy, bite-sized chunks we specialise in, so take the Ceredigion Coast Path Challenge in your stride.

But just because you get to walk along beaches don't think it's all flat. You'll clamber up to Iron Age hillforts for a seabird's-eye view across Cardigan Bay, linger to look out for dolphins, seals and seabirds, dip down to secluded smugglers' coves hidden below wooded slopes and discover waterfalls, wildflower meadows and peaceful pilgrim churches along the way.



*Llwybr Arfordir Ceredigion Coast Path*



**D**a chi, peidiwch ag anghofio'ch sbienddrych. Mae ein pentiroedd yn frith o flodau gwyllt a ieir bach yr haf ac yn fannau delfrydol i oedi i wyllo dolffiniaid trwynbwl Bae Ceredigion, heb sôn am y frân goesgoch a'r hebog glas.

Mae ein traethau a'n cilfannau tawel yn hafanau diogel i forloi a'u lloi, ein corysdd mawnog yn denu'r gylfinir, y cornicyll a'r cornchwiglen, tra bo'r heligog ac adar drycin Manaw yn gwbl gartrefol ar greigiau geirwon y clogwyni.

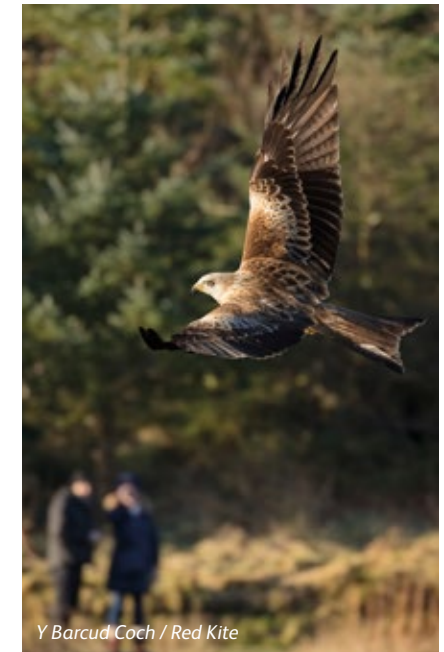
Un o ryfeddodau naturiol mwya'r flwyddyn yw gwyllo tyrfa o filoedd o adar yr eira, neu'r drudwy (aderyn Branwen), wrth iddynt ymgasglu dros bier Aberystwyth ar fachlud haul o'r hydref tan y gwanwyn, tra bo gweilch y môr yn cael croeso yn y gwanwyn i'w cynefin haf ym Miosffer Dyfi.



*Dolffiniaid Trwynbwl / Bottlenose Dolphins*

**B**inoculars and a camera are compulsory! Our wildflower and butterfly rich headlands and coastal slopes are perfect lookouts for spotting Cardigan Bay's bottlenose dolphins, peregrine falcons and King Arthur's bird, the chough. There are secluded beaches where seals and their pups feel safe, marshy haunts for curlew, golden plover and lapwing and craggy cliffs where guillemots and shearwaters precariously perch.

The gently arcing coast of Cardigan Bay is the backdrop for the winter spectacle of starling murmurations over the castle and promenade at Aberystwyth, whilst the return of the sea eagle, or osprey, is warmly anticipated each spring in the Dyfi Biosphere. Look out too for grazing ponies, sheep and even water buffalo, who help maintain the delicate balance of our varied protected habitats.



*Y Barcud Coch / Red Kite*



**F**el geiriau'r gân boblogaidd mae'r tywod yn euraidd ar draeth Llangrannog. Yno hefyd mae Carreg Bica a phyllau creigiog i'w harchwilio. Dychmygwch eich hun yn un o storïau smyglwyr T Llew Jones, pysgotwch am grancod a mecryll a chasglwch froc môr a cherrig i greu campwaith celf. Does dim byd gwell na gwyliau ar lan y môr - awyr iach a hwyl i'r teulu cyfan.

Ble mae ein traethau gorau? Wel, mae gennym emau yn ein casgliad pob cam o'r Borth i Aberporth. Traethau Baner Las ac Arfordir Gwyrdd: caffis braf, hufen iâ ac achubwyr bywyd yn goruchwyllo dros fisoedd yr haf.

Dringwch dwyni tywod Ynyslas a phan ddewch chi o hyd i'n coedwig tanddwr, gwrandewch am glychau Cantre'r Gwaelod o'r golwg dan y dŵr.

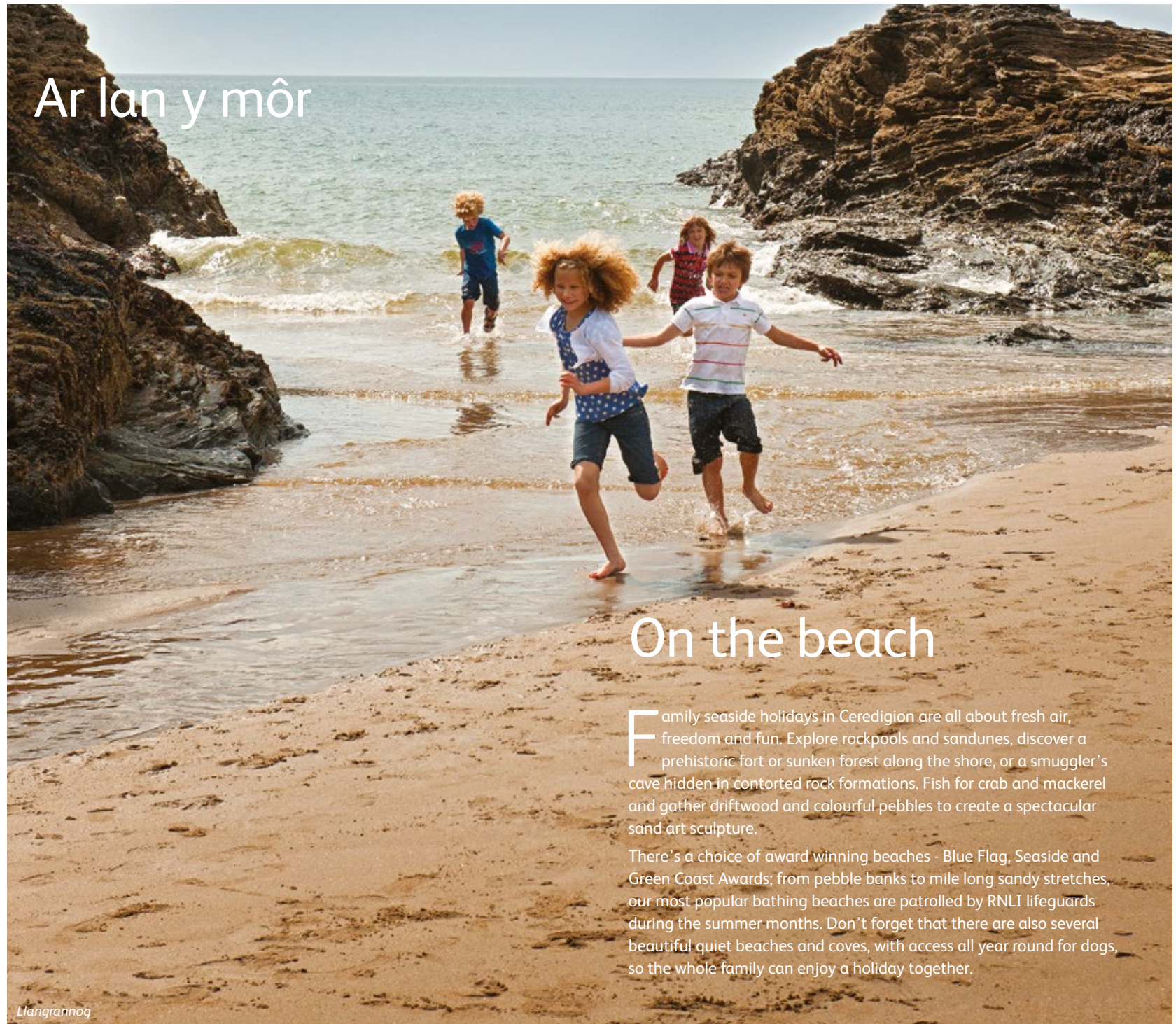


Y Cei Newydd / New Quay



Aberporth

## Ar lan y môr



## On the beach

**F**amily seaside holidays in Ceredigion are all about fresh air, freedom and fun. Explore rockpools and sandunes, discover a prehistoric fort or sunken forest along the shore, or a smuggler's cave hidden in contorted rock formations. Fish for crab and mackerel and gather driftwood and colourful pebbles to create a spectacular sand art sculpture.

There's a choice of award winning beaches - Blue Flag, Seaside and Green Coast Awards; from pebble banks to mile long sandy stretches, our most popular bathing beaches are patrolled by RNLI lifeguards during the summer months. Don't forget that there are also several beautiful quiet beaches and coves, with access all year round for dogs, so the whole family can enjoy a holiday together.

Llangrannog



# Ar frig y don

# Making waves

Ceredigion amdani am hwyl chwaraeon dŵr ac i fwynhau golygfeydd godidog ar yr un pryd. 'Does dim prinder cyfleon am weithgareddau dŵr ar hyd Arfordir Treftadaeth Ceredigion.

Archwiliwch ogofâu a thraethau dirgel mewn caiac a chael cipolwg ar forloi, dolffiniaid ac adar y môr ar hyd eich taith. Dysgwch sut i hwylio yn Y Cei Newydd neu syrffio a hwylyrddio ar draeth hir Y Borth. Os yw'r heli yn eich gwaed, galwch heibio harbyrau Aberystwyth, Aberaeron a'r Cei Newydd. Mae bron pob un o glybiau hwylio Bae Ceredigion yn cynnal regata blynyddol ac mae tîmau rhwyfo môr di-ri, pob un ag awch go iawn am gystadleuaeth.

Borth

Getting wet is half the fun of water and beach sports. The other half is enjoying them in stunning surroundings. That's where we come in. Our Heritage Coast is awash with all kinds of aqua activities: let a local show you the ropes and the rocks on a coastering adventure; discover hidden sea caves and secret beaches on a kayak trip; learn to sail a dinghy in New Quay, home of one of Wales's oldest yacht clubs; race along the beach or taste the surf and capture the breeze with a kite on Borth beach.

Celtic rowers have challenged the Irish sea for millennia and sailing enthusiasts soak up our salty maritime heritage, calling into the historic harbours of New Quay, Aberaeron and Aberystwyth as Cardigan Bay's big blue yonder beckons.







## Darganfod y tymhorau

Coed Penglanowen / Old Warren Hill

**D**igynfnewid yw tymhorau'r ddinas, ond yn y wlad gallwch weld a theimlo'r tymhorau'n troi, pob un â'i ogoniant unigryw i'n cyfareddu. Gwanwyn mwyn yn troi'n haf hirfelyn tesog, lliwiau cynnes yr hydref a boreuau barugog y gaeaf. Clychau'r gog a'u harogyl melys sy'n dod gyda'r gwanwyn - fe welwch chi nhw ar gyrion Aberystwyth ac Aberaeron, ar lethrau coediog afonydd Ystwyth, Rheidol a Teifi, a hyd yn oed ar lethrau'r arfordir.

'Does dim fel machlud haul dros orwel Bae Ceredigion yn Y Borth neu Ynyslas ar noson braf o haf a lliwiau'r coed yn troi ar daith y trê'n ar hyd dyffryn y Rheidol. Misoedd y gaeaf wrth gwrs yw'r gorau ar gyfer gweld lliwiau coch Cors Caron a chawodydd o sêr gwib yn yr awyr glir dros draeth Penbryn, neu yn nhywyllwch pur Mynyddoedd y Cambria.



Llanerchaeron



Tynbedw



Trawsgoed

## Discover all seasons

**C**ity seasons seem almost all the same don't they? In the countryside you can see and feel the seasons changing and each brings its own sights, smells and tastes. Share the joy of spring lambs and catch the heady scent of wooded glades swathed in bluebells and wild ramsons; spot dolphins and seabirds chasing shoals of mackerel in summer, or enjoy the autumn bounty of hedgerow and moorland berries and, of course, winter is the best time to see the sunken forest at Borth when the tides scour away the sand.

Our summer evenings are longer here in the west and our dark skies truly heavenly; there really is nothing more romantic than one of Cardigan Bay's beautiful sunsets.



**D**isgrifwyd yr ardal hon yn berffaith gan George Borrow, y teithiwr a'r awdur o'r bedwaredd ganrif ar bymtheg. Pe byddai'n dod yn ôl heddiw, ni fyddai'n gweld llawer o wahaniaeth ym Mynyddoedd y Cambria. Llethrau Pumlumon yw tarddle afonydd Ystwyth a Rheidol ac afonydd mawrion Hafren a Gwy. 760 milltir sgwâr o weunydd a grug, llynnoedd Nant y Moch, Brianne a Chlaerwen a cheunentydd coediog a'u rhaedrau gwyllt.

Saif trefi a phentrefi fel Talybont, Ponterwyd, Tregaron a Llanddewi Brefi ar gyrion y mynyddoedd. Mwynhewch dawelwch Ystrad Fflur, Cwmystwyth a Soar y Mynydd - manau ymgynnull i'r mynachod, y mwyngloddwyr a'r porthmyn gynt. Mae ystâd ysblennydd yr Hafod yn un o'r enghreifftiau gorau yn Ewrop o dirwedd Darluniaidd a phontydd a rhaedrau Pontarfynach wedi bod yn denu ymwelwyr ers canrifoedd.



Soar y Mynydd



# Mynyddoedd y Cambria

## The Cambrian Mountains

**W**ild Wales - that's what 19th-century tourist, George Borrow, called his book. If he were rewriting it today he wouldn't need to change much. He traversed the slopes of Pumlumon - the five summits and source of the mighty Severn and Wye and explored the Picturesque vistas of the woodland Hafod estate and heard how the devil built a bridge over a tumbling water filled gorge.

This high country of wide, muscular vistas is compelling: 760-square-miles of mountain moor, forest, lakes and sheep farms. Towns and villages are few and far between, save for small settlements around its fringes. Neither are there many roads - and those that do exist trace the footsteps of knights and giants, medieval pilgrims and Victorian drovers - across the 'roof of Wales'.

Mynyddoedd y Cambria / Cambrian Mountains



Olynnoedd Teifi i lawr i aber y Teifi trwy galon Ceredigion, cewch drefi marchnad, pentrefi diddorol a thirwedd naturiol. Dewch i weld ystâd Plas Llanerchaeron lle gwelwch erddi a fferm o'r 18fed ganrif a chyfarfod â chreffftwyr heddiw. Neu cerddwch lwybrau coedwig ystâd Yr Hafod lle crewyd y golygfeydd braf gan Thomas Johnes.

Mae gan y sir guriad calon arbennig sy'n ddwfn yng ngwead y tymhorau mewn cymunedau Cymreig a Chymraeg trwy gydol y flwyddyn. Ceredigion yw sir y corgi brith a'r merlod a'r cobiau Cymreig sy'n cael eu hedmygu dros y byd pan ddaw'r amser i gystadlu ym myd y sioeau mawr. Dathlwn osgeiddrwydd y ceffylau yn Sadwrn Barlys Aberteifi ym mis Ebrill a Gŵyl y Cobiau yn Aberaeron ym mis Awst. A dyma pryd mae uchafbwynt y tymor rasys trotian yn Nhregaron.



## Byw yn y wlad Country life

It's proper country life in proper countryside - by which we mean a working landscape of cattle and sheep farms, small but robust market towns, tractor runs and speed sheep shearing!

Ceredigion is definitely the real thing, quintessential Welsh countryside with a ruddy face and muddy boots and a heartbeat that still keeps time with the rhythm of the seasons. See a farm and garden worked as of old at the elegant gentleman's estate at Llanerchaeron.

Ceredigion is the spiritual home of the Welsh mountain pony and cob, celebrated at Cardigan's Barley Saturday in April, Aberaeron's Welsh Pony and Cob Festival and harness racing festivals and country shows across the county. Our long-standing love affair with all things equine also means countless miles of inviting bridleways and trails.





# Ar droed, beic a cheffyl

**C**hwant am awyr iach? Yn ogystal â Llwybr yr Arfordir mae llwybrau gwych i'w cerdded ar draws cefn gwlad Ceredigion. Llwybrau sy'n arwain pob cam o'r mynydd i'r môr. O heicio i gopa Pumlumon yn ucheldiroedd Mynyddoedd y Cambria i ymlwybro tawel ar hyd dyffrynnoedd Aeron, Teifi, Ystwyth a Rheidol.

Mae beicio hamddenol i'r teulu cyfan ar hyd llwybrau pwrpasol a chilffyrdd tawel. Ond os ydych chi'n feiciwr mynydd brwd â'ch bryd ar chwysu a sgramblo drwy'r mwd, bryniau a choedwigoedd, Bwlch Nant yr Arian yw'r lle i chi. Gallwch ddod â'ch cheffyl ar wyliau hefyd - mae gennym ddewis o ganolfannau marchogaeth a milltiroedd lawer o lwybrau cheffyl.



Gŵyl Beicio Aberystwyth Cycle Fest

# Wheels, walks and rides

**B**uilt only to speed cattle and sheep across to England's markets, the single track routes across the Cambrian Mountains are legendary: detour to Soar y Mynydd - the remotest of mountain shepherd chapels, undisturbed by the occasional passing car or bike - look out for dozing sheep!

Swish along Bwlch Nant yr Arian's mountain biking trails for superb mountain views or take on the Devil or Giant - aptly named Aberystwyth Cycle Festival sportive routes. Our railway tracks are for riding too - on bike or horseback and chuffing along behind a polished Vale of Rheidol steam engine.

If your quest is for a quiet amble, take your pick from a coastal cliff-top path or a riverside ramble or confidently stride to the heart of a bog on a boardwalk.



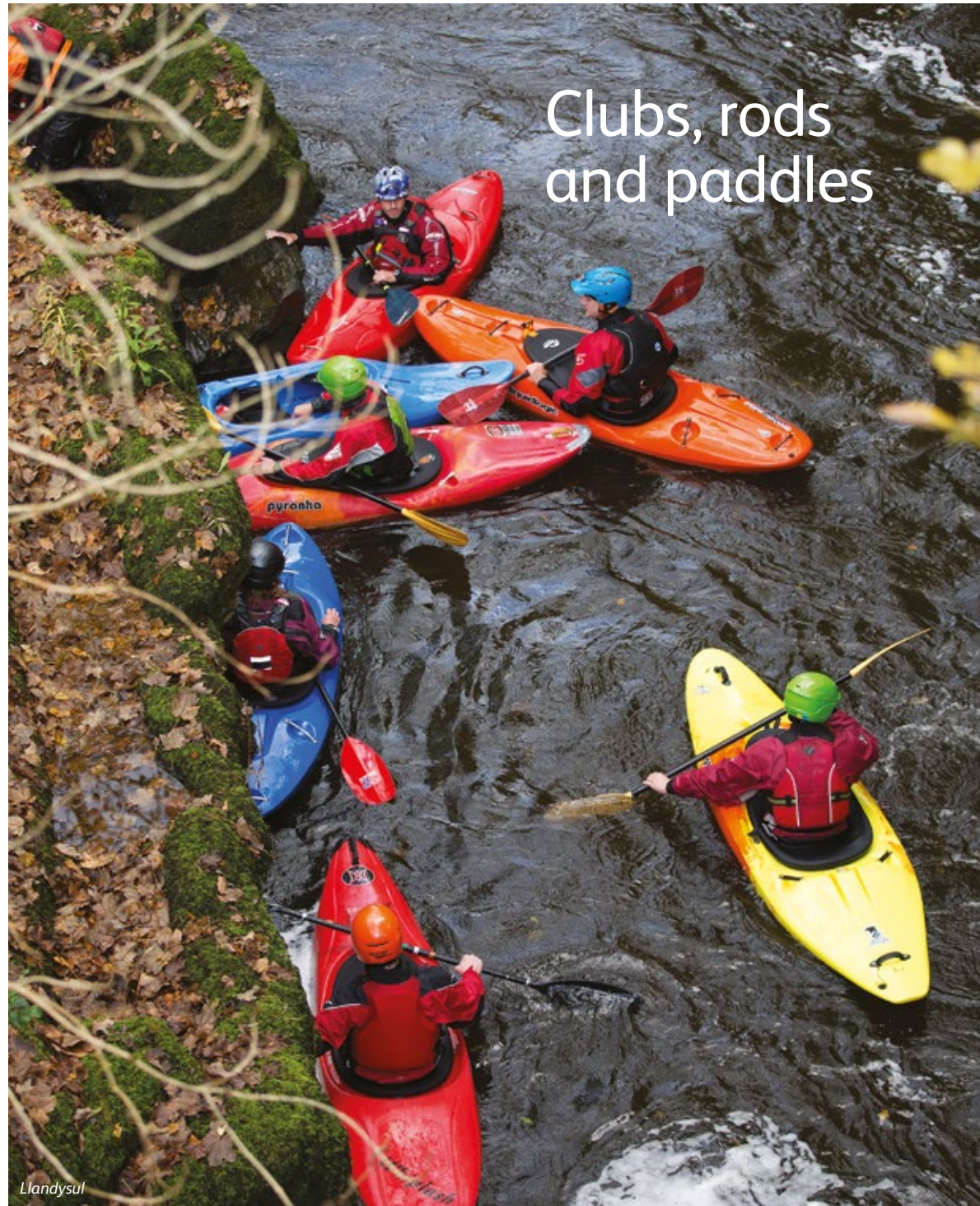


# Padl, ffon a gwialen

Cyfrir dyfroedd afonydd Teifi, Aeron Rheidol ac Ystwyth - prif afonydd Ceredigion - ymysg dyfroedd pysgota gorau Cymru am frithyll, eog a sewin. Ond dewch â phlu a gwialen i bysgota yn y môr hefyd - mae digon o fecryll a draenogiaid y môr ym Mae Ceredigion.

Golygfa o'r môr gewch chi o lethr sgïo Llangrannog, ond ffyn gwahannol sydd eu hangen arnoch ar gwrs golff glan môr Y Borth - un o glybiau golff cynharaf Cymru - gydag awel y môr yn ei wneud mor heriol ag erioed. Nid dyma'r unig gwrs golff â golygfeydd braf o arfordir Ceredigion - cewch ddewis da o Aberystwyth i Aberteifi.

Dim ond y profiadol gaiff fentro ar y dŵr i bysgota mewn cwrwgl ar afon Teifi, ond gallwch ddysgu padlo caiac yn Llandysul cyn tacio'r dŵr gwyn yn y ceunentydd.



Llandysul

# Clubs, rods and paddles

The waters of the Teifi, Aeron, Rheidol and Ystwyth - the principal rivers of Ceredigion - are considered among the best for trout, salmon and sewin. But bring flies and rods to fish in the sea too - there's mackerel and sea bass to be caught in Cardigan Bay.

You need a licence to steer the traditional coracle on the river Teifi, but you can learn to paddle a kayak at Llandysul before tackling the whitewater of the rapids in the gorges.

Keep your eye on the ball - especially if you're enjoying a round of golf - the views can be distracting! The links course at Borth is one of the oldest in Wales but the sea breeze makes it as challenging as ever. There's a choice of clubs all along the coast from Cardigan to Aberystwyth.







## Antur i'r gorffennol

Mwnt

**D**ewch am daith trwy hanes Ceredigion a saif rhwng Gwynedd, Powys a'r Deheubarth. Taith i ddarganfod Oes y Tywysogion a beirdd a chantorion hen a newydd.

Fel Dewi Sant yn Llanddewi Brefi, bu'r Methodist, Daniel Rowland yn pregethu i dyrfa fawr yn yr awyr agored yn Llangeitho. Dyma hefyd fro mebyd yr Apostol Heddwch, Henry Richard.

Bu cloddio am blwm, aur ac arian yng Ngheredigion ymhell cyn i'r Rhufeiniaid gyrraedd. Ar un adeg roedd Dyffryn Teifi yn ganolfan i'r diwydiant gwlân sy'n parhau hyd heddiw a gallwch ddilyn llwybrau pererinion ar hyd yr arfordir a'r porthmyn dros y bryniau. Roedd hyd yn oed y cymunedau lleiaf ar hyd yr arfordir yn llawn prysurdeb adeiladu llongau i hwylio o Geredigion i bedwar ban byd.



## Epic Exploration

Aberteifi / Cardigan

**F**ollow in the footsteps of princes, saints and sinners including King Arthur, Saint David (patron saint of Wales), Owain Glyndwr and Henry Tudor. The sturdy stone ramparts of Cardigan Castle were the first to be built for a Welsh warrior prince - the Lord Rhys and it's here he sponsored, way back in 1176, the very first Welsh arts festival, the Eisteddfod. Is this also the site where King Arthur attended a wedding? And the shimmering island seen in the evening glow of the west across the bay, his Avalon?

A cup that many believe to be The Holy Grail can now be seen and shared at the National Library of Wales and, once a year, it returns to its spiritual home, the ruined abbey of Strata Florida.

That undefined, uniquely Welsh 'hiraeth' always draws people home to Ceredigion, over the years and the oceans. The ties are still strong.



**F**e wyddoch, mae'n siwr, bod y diafol ei hun wedi adeiladu pont dros y rhaeadrau ym Mhontarfynach.

Gwyddoch hefyd mai o Dregaron oedd yr arwr a'r lleidr direidus, Twm Sion Cati.

Ar lan afon Teifi roedd llys Pryderi, brenin Dyfed. Ond tybed os mai dant cawr yw'r graig sydd ar draeth Llangrannog? Ac mai morforynion yw'r dolffiniaid a'r morloi sydd wedi ymgartrefu yn y Bae? Mae'n debyg bod olion coedwig ar y traeth rhwng Y Borth ac Ynyslas yn golygu bod gwir tu ôl i chwedl Cantre'r Gwaelod. Heddiw, gallwch archwilio'r olion gyda gwyddonwyr ac archaeolegwyr sy'n gallu dangos i ni beth yn union ddigwyddodd.

Gallwch fwynhau storïau hen a newydd yng nghwmni pobl Ceredigion: dyma, wrth gwrs, yw bro T Llew Jones, un o storiwyr gorau Cymru.



Borth - Ynyslas



Pontarfynach / Devil's Bridge

## Bro'r chwedlau

## Devilishly good tales



Cilborth, Llangrannog

**H**ave you heard how the devil himself built a bridge over teeming torrents at Devil's Bridge?

The hills echo with tales of battles won and lost, as lords from north, south and east sought a foothold on Ceredigion's soil. But alas, a partying prince let the sea take the lowland west that now forms the shallows of Cardigan Bay. They say you can still hear the toll of bells and winter storms scour the roots of a sunken forest.

The baby Elphin's misfortune was to be found in a fish weir, but he was transformed into a hare and a talented poet. We're still pretty good at poetry today and, like Dylan Thomas, named after the king of the sea, find inspiration for paintbrush and pen in the wash of the waves.



Eglwys Blaenporth



# Llwybr Cymru

**O** Aberdaron ar Benrhyn Llŷn i Dyddewi yn Sir Benfro, mae Llwybr Cymru yn ymlwybro trwy'r gorau o Geredigion: harbyrau lliwgar a threfi glan môr, ar hyd arfordir sy'n frith o fywyd gwyllt. Oedwch mewn pentrefi pysgota, cilfannau cudd a thraethau Baner Las godidog; troediwch lwybr arfordir Ceredigion neu eisteddwch yn ôl i fwynhau ysblander y Bae.

Cymerwch lwybr igam ogam i gyfeiriad Mynyddoedd y Cambria i chwilio am drysorau cudd Ceredigion mewn trefi marchnad ac erwau maith o dir agored. Chwiliwch am olion treftadaeth y mynachod a'r mwyngloddwyr a dilynwch ôl troed cymeriadau y gyfres deledu, Y Gwyll.

Blaswch y gorau o fwyd môr, cynnyrch fferm a chwrw lleol Ceredigion mewn bwytai, tafarnau a marchnadoedd ar hyd y daith.

Dilynwch y Llwybr mewn car, ar droed, beic neu geffyl - neu hyd yn oed drên stêm.

# The Wales Way

**F**ollow *Wales Way's* coastal route along the entire length of Cardigan Bay from Aberdaron to St Davids through Ceredigion's colourful harbour towns and bustling seaside resorts, along a coastline rich in wildlife. Stop off at fishing villages, secluded coves and sandy Blue Flag beaches; take a stroll along Ceredigion's 60 mile long coast path or simply sit back and gaze at the beauty of Cardigan Bay.

Zig zag your way inland towards the Cambrian Mountains and hunt out Ceredigion's hidden gems from bridges linked to the devil to market towns and abbey ruins. Explore Wales's first biosphere and visit scenes from TV's haunting Hinterland.

Take your pick of pubs and inns, cafes and restaurants and sample the best of Ceredigion's seafood and craft brewed beers along the way. Drive, walk, ride or bike the Coastal Way - it's an epic journey.



Bae Ceredigion / Cardigan Bay



Aberdaron



Aberystwyth



**B**eth am aros mewn castell neu ymgynnull i adrodd storïau wrth danllwyth o dân dan ganfas y sêr? Ymlaciwch mewn gwesty bwtic neu mewn gwely a brecwast cyfforddus gyda golygfa o'r harbwr a'r môr.

Mwynhewch dalent paratoi bwyd ein cogyddion lleol mewn bwytai sy'n cynnig lle i aros hefyd.

Gallwch wersylla mewn iwrt, cwt bugail neu garafan neu mae digon o ddewis o fythynnod a thai gwledig, syml a moethus, rhai digon mawr am aduniad teulu a ffrindiau ac eraill yn dawel a chlod - perffaith am damed o lonydd neu benwythnos rhamantus.

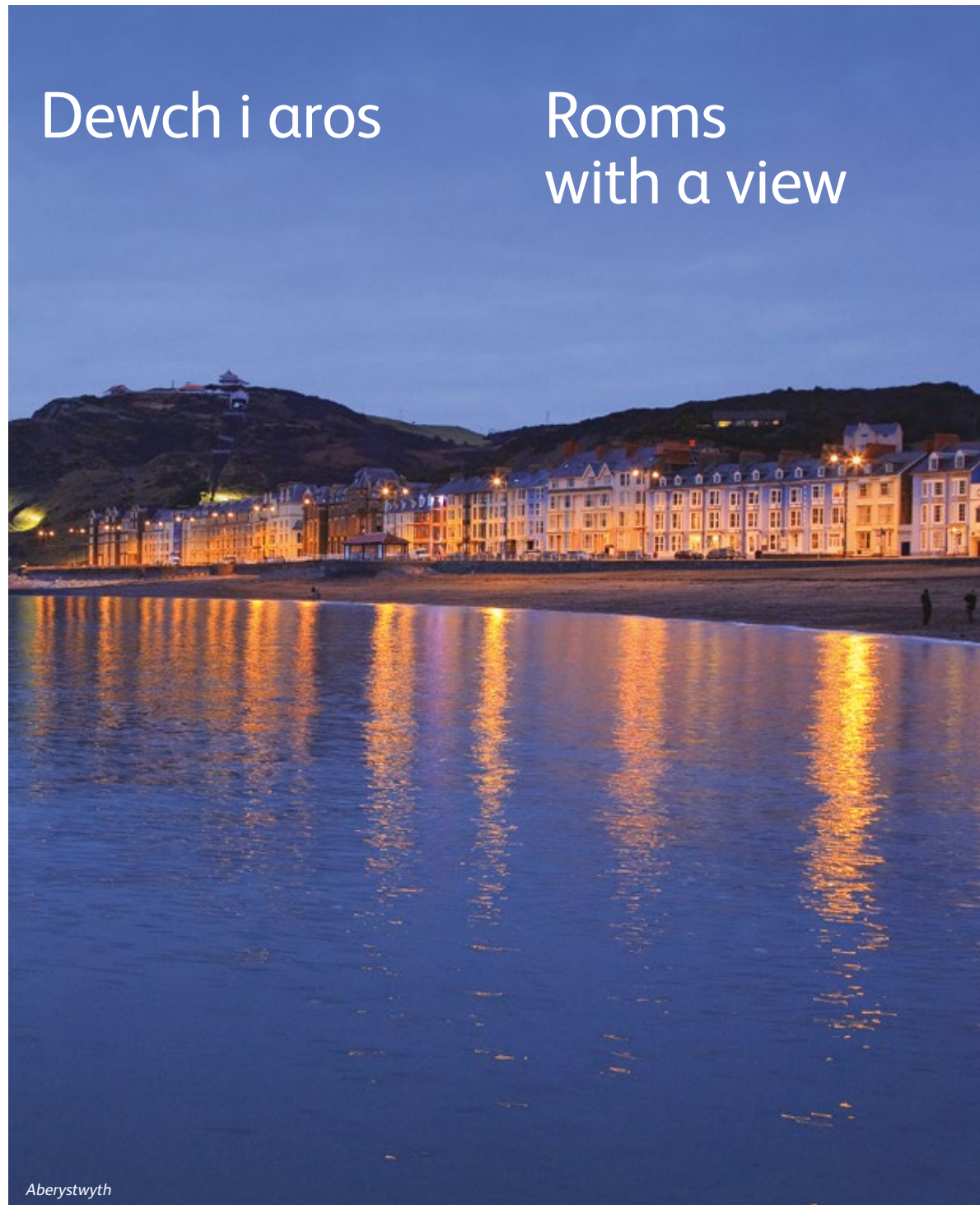
Cewch restr gynhwysfawr o lety wedi graddio o ran ansawdd ar ein gwefan twristiaeth.

[www.darganfodceredigion.cymru](http://www.darganfodceredigion.cymru)



## Dewch i aros

## Rooms with a view



Aberystwyth

**T**reat yourself to a break at a historic castle, an ecofriendly retreat or a country house. Relax at a boutique hotel or guesthouse, a cosy harbourside or seafront B&B. Seek out restaurants with rooms and meet the locals at a country inn.

Traditional thatch or thoroughly modern; choose a country cottage, a chic seafront apartment or an elegant town house for a house party or a quiet romantic break. Down on the farm you'll also find shepherds huts, pods and yurts.

Ceredigion's caravan and camping parks are well located for fun filled family beach holidays or the peace and quiet of the countryside.

You'll find a comprehensive listing of quality graded accommodation on our tourism website.

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



Aberaeron





# Chwant am fwyd

**S**ewin, brithyll ac eog o ddyfroedd llynnoedd ac afon Teifi, cimychiaid a chrancod Bae Ceredigion a mecryll Y Cei Newydd sydd ar fwydlen Ceredigion. Cynnyrch llaeth Ceredigion oedd sail busnesion llewyrchus yn Llundain 'slawer dydd, ac heddiw gallwch fwynhau cynnyrch llaethdai Ceredigion ar ffurf caws, iogwrt neu hufen iâ mêl. I dorri syched, cewch ddewis o ddŵr ffynnon, neu beth am wydriaid o win neu gwrw o winllan neu fragdy lleol.

Dyma lle cewch chi'r cawl gorau ar ddydd Gŵyl Dewi yn ein barn ni a blasu'r byd mewn bwytaid da a dyfeisgar. Crwydrwch Geredigion o flas i flas. Dilynwch eich trwyn o gwmpas siopau a ffermydd y sir i flasu'r cyfan yng nghwmni'r cynhyrchwyr. Mae cynnyrch o safon ar werth mewn siopau lleol, marchnadoedd fferm ac mewn gwyliau bwyd yn Aberaeron, Aberteifi, Aberystwyth a Llamedd. Y cyfan yn ffres ac yn lleol.



# Foodie Cardi

**W**ith all that fish (and shellfish) in Cardigan Bay, trout, salmon and sewin in the lakes and rivers and lamb and beef raised on meadow herbs on the slopes of the Cambrian Mountains, our farmers' market and food festival stalls are full of the best local produce. In seafront cafés and town bistros, fine dining restaurants and village inns, traditional and contemporary tastes are satisfied with just a handful of food miles on the clock.

This is a land of milk and honey, brought together in delicious local ice cream, yoghurt and dairy puddings and desserts. Of course, a hearty bowl of St David's Day 'cawl' should always be accompanied by fresh bread and some Ceredigion farmhouse cheese and washed down with a glass of locally brewed beer or cider.







## Antur artistig

Canolfan y Ceifyddydau Aberystwyth Arts Centre

**D**yma gynefin Aneurin, arluniwr y cobiau a sawl ffotograffydd lleol o fri. Mae merched yn amlwg ym myd celf Ceredigion hefyd o grëwyr di-enw cwiltiau'r gorffennol i artistiaid cyfoes fel Mary Lloyd Jones, Ruth Jên a Rhiannon, i enwi dim ond tair.

Dewch ar draws orielau a gweithdai artistiaid a chrefftwyr o bob math mewn trefi a phentrefi ar hyd a lled Ceredigion. Mae nifer ohonynt yn arfer crefftau traddodiadol gyda gogwydd modern - turnwyr coed, gemyddion cain, cerflunwyr a chrochenwyr ac arlunwyr sy'n llwyddo i gyfleu bywyd cefn gwlad ac arfordirol Ceredigion yn berffaith.

Mae Aberystwyth yn ganolfan artistig arbennig, gyda gwyliau, ffeiriau, arddangofeydd a sgysiau celf trwy gydol y flwyddyn. Neu beth am drefnu i ddilyn cwrs creu yng nghwmni artist neu grefftwr - cewch ddigon o ysbrydoliaeth yn nhirlun ac arfordir y sir.



## Artisan adventure

**O**ur textile traditions are just one expression of a thriving art and craft scene. Examine the giant knitted cardigan of Cardigan, visit Ceredigion Museum, the Welsh Quilt Centre or the National Wool Museum. Source sumptuous woollen blankets and unique pieces of home décor in the most unexpected places deep in the country. Traditional skills have been enlivened and re-interpreted by a new breed of artists working in everything from driftwood to Welsh gold, ceramics and paper collage.

There's a healthy collective spirit too and the desire to share a 'behind the scenes' experience with visitors on the Ceredigion Art Trail, which invites you into studios, workshops and pop-up galleries in the most unlikely of venues, including chapels, gardens, pubs and stables.



# Dyna ddifyr

**D**ewch i fwynhau gwyliau amrywiol Ceredigion - cewch groeso twymgalon a digon o hwyl a sbri.

Ymlaciwch i swyn cerddoriaeth gyfoes yng Ngŵyl 'Nôl a Mlân Llangrannog, TregaRoc Tregaron neu ŵyl Crug Mawr Aberteifi. Mae'r traddodiad eisteddfodol yn fyw ac iach o Benrhyncoch i Fryngwyn a Thalgarreg. Cewch artistiad o bob cwr o'r byd yn diddanu yn Aberteifi ac Aberystwyth, cartref sawl gŵyl a digwyddiad sy'n dathlu cerddoriaeth, celf, llên a hanes sy'n rhyngwladol ei safon ond cartrefol ei naw.

Cewch fwynhau hwyl cefn gwlad hefyd. Dewch i Geredigion am gyffro'r rasys ceffylau harnais, cneifio neu feicio proffesiynol; dewch i gystadlu gyda'n rhwyfwrwyr afon a hwylwyr môr, neu beth am sialens dŵr a mwd wrth daclo ein rasys cors a mynydd.



Bandstand Aberystwyth



## That's entertainment

**C**onventional theme parks aren't our thing. But there's plenty here to keep everyone entertained. Our festivals embrace all kinds of Ceredigion passions from cycling to singing and storytelling, from history and horses to feasts and feats of the sea.

Relish the open air theatre and unbridled Welsh hwyl of the quirky funeral parade for a mackerel, try to run a 'bog trotter' or 'muddy mountain' race, or simply cheer on the teams at a madcap tug-o'-war across a harbour mouth.

And we don't switch off the lights come night-time. Music and theatre are a way of life and venues can be a castle or a concert hall, outdoors or impromptu at a local pub. Ask about local choir or band rehearsals - you may even get a chance to join in!

Aberystwyth





## Beth sydd 'mlaen

Aberteifi / Cardigan

**M**wynhewch wyliau sy'n croesawu teuluoedd, bwrlwm llwyfannau ein theatrau ac adloniant gan enwogion a thalent lleol. Am y wybodaeth ddiweddaraf am yr ystod llawn o ddigwyddiadau i'w cynnal ar hyd a lled Ceredigion galwch heibio ein Canolfannau Croeso, dilynwch ni ar Facebook a Twitter neu ewch i dudalennau digwyddiadau [www.darganfodceredigion.cymru](http://www.darganfodceredigion.cymru)



Y Cei Newydd / New Quay



## What's on

Gŵyl Beicio Aberystwyth CycleFest

**E**njoy family friendly festivals, big star names at arts centres and theatres and fun at colourful parades, carnivals and fairs. For the most up to date information on the many types of events to be enjoyed throughout Ceredigion enquire at our Tourist Information Centres, follow us on Facebook and Twitter or visit the events pages of [www.discoverceredigion.wales](http://www.discoverceredigion.wales)



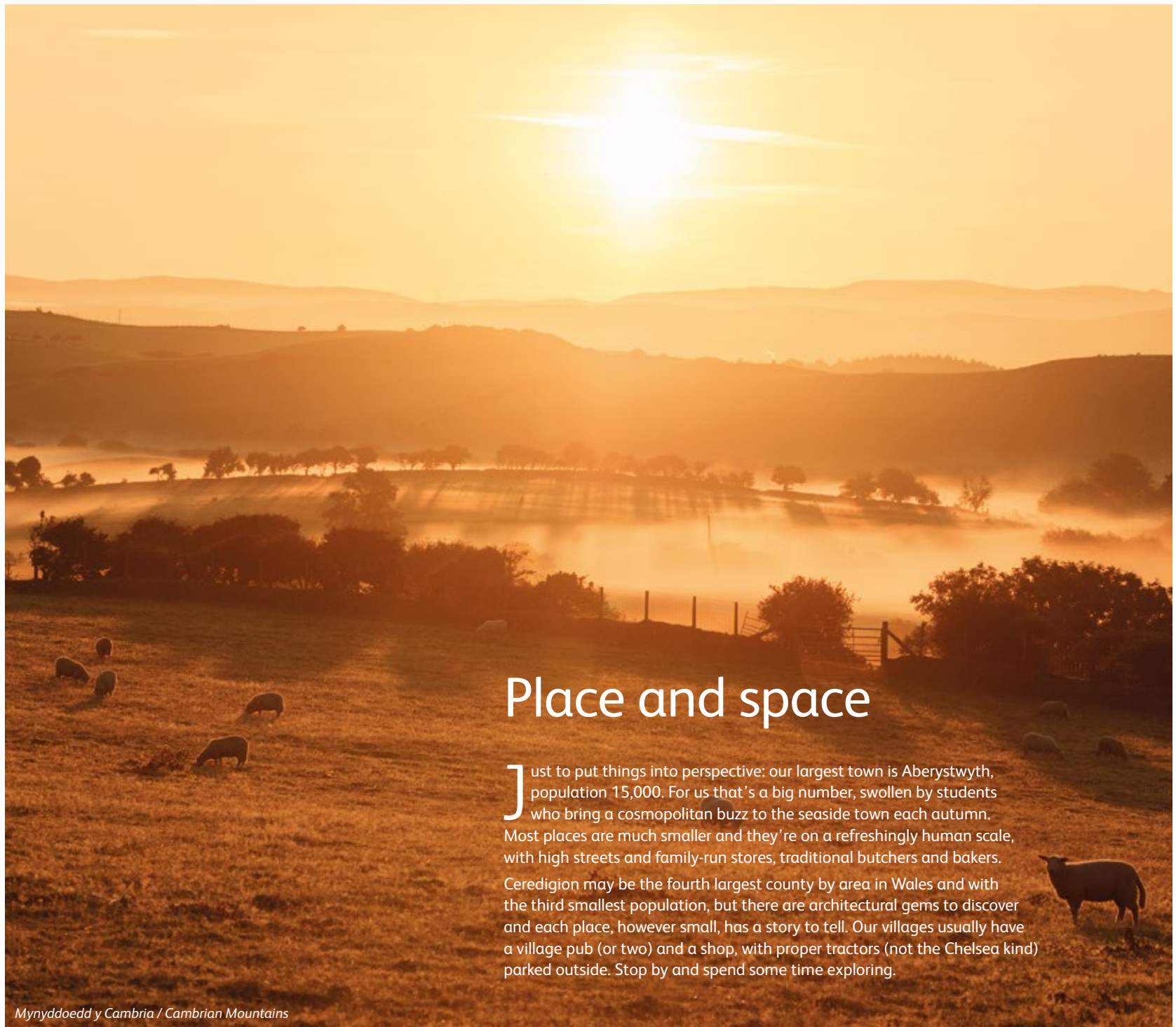
# Cynefin y Cardi

**T**roed yr Aur a Derwen Gam,  
Llanwenog a Ffostrasol - enwau  
hudolus cefn gwlad Ceredigion -  
pob un â chymeriad unigryw a digon o  
hanes, o harbwr Aberteifi i Stesion Strata.

Pa mor dda ydych chi'n adnabod  
trefi a phentrefi arfordir Ceredigion  
fel Aberaeron, Aberporth a Thresaith,  
Llangrannog neu'r Cei Newydd? Tref y  
coleg ger y lli yw Aberystwyth, ond cewch  
ffraethineb doeth yn nhrefi marchnad  
Tregaron, Llambod ac Aberteifi ac mae  
hwyl i gael yn Llandysul gyda'r pysgota  
a'r padlo. Mae ein pentrefi gwasgaredig  
yn llawn cymeriad a chymeriadau. Dyma  
lle dewch chi ar draws y Cardi go iawn  
a lle mae'r iaith Gymraeg a'r diwylliant  
Cymreig yn fyw.



Mwnt



Mynyddoedd y Cambria / Cambrian Mountains

## Place and space

**J**ust to put things into perspective: our largest town is Aberystwyth, population 15,000. For us that's a big number, swollen by students who bring a cosmopolitan buzz to the seaside town each autumn. Most places are much smaller and they're on a refreshingly human scale, with high streets and family-run stores, traditional butchers and bakers. Ceredigion may be the fourth largest county by area in Wales and with the third smallest population, but there are architectural gems to discover and each place, however small, has a story to tell. Our villages usually have a village pub (or two) and a shop, with proper tractors (not the Chelsea kind) parked outside. Stop by and spend some time exploring.



# Trefi a phentrefi

## Aberystwyth

Cartref y coleg ger y lli ac atgofion melys am gerdded y prom a chicio'r bar. Siopau stryd fawr a siopau bach â chymeriad, caffis croesawgar a bwytai sy'n gweini bwyd y byd. Bywyd celfyddydol prysur: Llyfrgell Genedlaethol Cymru, amgueddfa'r sir a chanolfan celfyddydau heb ei hail. Harbwr, marina a rheilffordd stêm. Tref glan môr go iawn.

## Aberaeron

Un o emau Ceredigion. Tref harbwr hyfryd sy'n enwog am ei phensaernïaeth a'u hadeiladau lliwgar. Lle da am fwyd o gynnyrch lleol ac i siopa am rywbeth bach spesial. Cartref Gŵyl y Cobiau a Gŵyl Bwyd Môr Bae Ceredigion; rygbi saith pob ochr a charnifal heb ei ail. Plas ac ystad yr Ymddiriedolaeth Genedlaethol yn Llanerchaeron gerllaw.

## Aberteifi

Tref ganoloesol fu'n fan geni'r Eisteddfod. Heddiw mae'n fwrwm o greadigrwydd gyda siopau a galerïau diddorol, theatrau, cyngherddau, gwyliau bwyd a cherddoriaeth a dathliadau cefn gwlad, yr afon a'r arfordir yn dod ynghyd. Tripiâu bywyd gwyllt ac arfordir ysbennydd Ceredigion gerllaw.



# Towns and villages

## Aberystwyth

Ceredigion's largest town. It's a seaside resort, cosmopolitan university town and shopping centre but still small enough to be relaxed and friendly. There's a lively arts scene with theatres, concert halls, festivals and art galleries. Harbour, marina, ruined 13th century castle, cliff and narrow gauge railways, county museum and National Library of Wales.

## Aberaeron

Impossibly pretty Regency harbour town with two beaches, pastel-shaded houses and fashionable places to stay and eat. Dylan Thomas lived just along the coast in New Quay and in the Aeron Valley. National Trust's Llanerchaeron estate nearby. Annual Cardigan Bay Seafood and Welsh Pony and Cob festivals.

## Cardigan

Mentioned in tales of King Arthur, Cardigan's strategically placed castle on the estuary of the river Teifi marks the gateway to a colourful and creative market town. Excellent agricultural and craft produce and festivals of food, music, theatre and county life. Close to Ceredigion's spectacular coast path and award winning beaches.



# Trefi a phentrefi

## Pontarfynach

Pentref y rhaeadrau, y tair pont a chwedl yr hen wraig a'r diafol. Teithiwch yma ar y trêrn stêm ar hyd cwm Rheidol. Un o leoliadau straeon mwyaf dramatig y gwyll a phorth i'r Hafod a Chwmystwyth.



## Tregaron

Ardal Twm Siôn Cati, y porthmyn a'r Apostol Heddwch. Abaty Ystrad Fflur, Llanddewi Brefi, Llangeitho a Soar y Mynydd gerllaw. Bywyd gwyllt Gwarchodfa Natur Cors Caron a physgota da ar lynnoedd ac afon Teifi.



## Llanbedr Pont Steffan

Tref farchnad a phrifysgol. Gwyliau cerdd, bwyd, crefft a chwrrw. Traddodiad eisteddfod, gwllân a chwiltiau, sioeau meirch ac amaeth. Cerdded, merlota a physgota da. Man geni rygbi Cymru.



## Llandysul

Tref hanesyddol ar afon Teifi. Pysgota da am frithyll, sewin ac eog a lle da i ganwio hefyd. Gwlad y melinau gwllân ac Amgueddfa Wllân Cymru gerllaw.



## Biosffêr Dyfi

Biosffêr cyntaf Cymru. Canolfan y Dechnoleg Amgen, senedd-dy cyntaf Cymru, hanes y mwynwyr yn Ffwrnes a Thalybont, llwybrau'r beirdd a gwarchodfeydd Ynyslas ac Ynyshir.



## Dyffryn Teifi

Saif castell tref farchnad Castell Newydd Emlyn ar fwa yn afon Teifi, tra bod castell Cilgerran ar graig uwch ceunant llydan. Cenarth amdani am raeadrau, cwryglau a physgota am eog.



# Towns and villages

## Devil's Bridge

Picturesque woodland setting with deep waterfall chasm spanned by bridges - was one built by the devil? Travel by steam railway from Aberystwyth up the vale of Rheidol. TV's *Hinterland* country.

## Tregaron

The square of this small market town where drovers gathered before setting off across the hills, is still the place to meet. Visit the ruins of Strata Florida abbey and the remote chapel at Soar y Mynydd.

## Lampeter

Dignified country and university town. Birthplace of rugby in Wales! Food, beer, craft and music festivals, horse and agricultural shows and an international quilt collection.

## Llandysul

Riverside town, famous for salmon, trout and sewin fishing and challenging canoeing on the rapids. National Woollen Museum nearby.

## Dyfi Biosphere

Wales's first UNESCO Biosphere. Centre for Alternative Technology, Wales's first parliament house, mining history at Furnace and Talybont and wildlife at Ynyslas and RSPB Ynyshir reserves.

## Teifi Valley

Newcastle Emlyn's castle lies in a loop while Cilgerran's castle, painted by Turner, stands on a cliff above a gorge. Coracles, famous waterfalls and salmon leap at Cenarth.



# Traethau

## Borth, Ynyslas, Clarach

Tair milltir o dywod braf sy'n ymestyn o graig yr Wylfa yn Y Borth am dwyni tywod a gwarchodfa natur Ynyslas. Lle da ar gyfer syrrffio a gweithgareddau dŵr o bob math. Creigiau trawiadol sydd naill ben i draeth tywod Clarach. Achubwyr bywyd ar draethau Clarach a'r Borth yn yr haf.

## Aberystwyth

Dau draeth poblogaidd dan ofal achubwyr bywyd. Mae'r promenâd milltir o hyd yn ymestyn o'r harbwr hyd at reilffordd y clogwyn, heibio'r pier, y bandstand a'r jeti. Lle gwych i wylïo'r machlud ac i syrrffio, pysgota o'r traeth a gwylïo bywyd gwyllt.

## Y Cei Newydd

Dewis o dri thraeth gwahanol: traeth Y Dolau a thraeth yr Harbwr yn fwrllwm o weithgareddau tra bod Traethgwyn yn dawelach - ond cofiwch gadw llygad ar y llanw. Eisteddych ar bier Penpolion i fwyta'ch sglods a gwylïo'r dolffiniaid.

## Llangrannog

Hoff draeth plant yr Urdd a'u teuluoedd. Dewiswch rhwng Traeth y Pentref a thraeth Cilborth gyda Charreg Bica yn sefyll yn gadarn rhwng y ddau. Traeth syffwrwr a rhwyfwyr brwd. Achubwyr bywyd dros yr haf.

## Cwmtedu

Rhed afon Dewi lawr trwy'r traeth cerrig lle mae'r creigiau a'r ogofâu'n hafan i fywyd gwyllt. Bu'r harbwr naturiol yma gynt yn guddfan i smyglwyr ac mae olion caer hynafol Castell Bach gerllaw.

## Aberporth a Tresaith

Mae'r penrhyn rhwng traethau Aberporth a'r llwybr gwastad tua Tresaith yn un o'r llefydd gorau i weld dolffiniaid. Tywod melyn braf, achubwyr bywyd dros yr haf a gweithgareddau traeth a dŵr.

## Penbryn a Mwnt

Dau o draethau hyfryd yr Ymddiriedolaeth Genedlaethol. Traethau tawel o dywod melyn: Penbryn yn cysgodi rhwng llethrau coedïog a'r Mwnt a'r eglwys fach wyngalchog yn sefyll uwch ei ben. Llefydd gwych i wylïo'r sêr fin nos.



Borth



Y Cei Newydd / New Quay



Llangrannog



Aberporth



Penbryn



Mwnt



Aberystwyth

# Beaches

## Borth, Ynyslas, Clarach

A three mile long stretch of beach extends from Borth to the sand-dunes and nature reserve at Ynyslas. Great for surfing, paddle boarding and kite surfing. Dramatic rock formations flank a sandy cove at Clarach. Lifeguards at Borth and Clarach in summer.

## Aberystwyth

The headland of Castle Point stands between Aberystwyth's two popular shingle beaches. A mile long promenade - with bandstand, pier and jetty - is perfect for sunsets and wildlife spotting. Lifeguards in summer.

## New Quay

You're spoilt for choice - three great sandy beaches in one! Popular Dolau and Harbour beaches are linked to quieter Traethgwyn - but don't get cut off by the tide. Great for spotting dolphins. Lifeguards on Harbour beach in summer.

## Llangrannog

A firm family favourite just off the coast path. The dramatic rocky outcrop of Carreg Bica stands between the sandy village beach and Cilborth cove. Popular with surfers and rowers. Lifeguards in summer.

## Cwmtedu

The river Dewi runs down through a wooded valley to the small pebble beach. The rocky shore, sea caves and clifftops are a wildlife haven. Imagine how smugglers made the most of this hidden beach.

## Aberporth and Tresaith

Aberporth's two sandy beaches and nearby Tresaith are linked by the coast path - a favourite spot for dolphin spotting. Enjoy the freshwater shower of the waterfall on Tresaith beach. Lifeguards in summer.

## Penbryn and Mwnt

Two gorgeous National Trust beaches. You'll find Penbryn at the end of a quiet wooded lane while Mwnt, overlooked by a pretty whitewashed church, is possibly the most photographed beach in Wales. Clear skies are perfect for stargazing.



# Yma i helpu

**G**all staff Canolfannau Croeso Ceredigion eich helpu i drefnu eich ymweliad gyda syniadau ar gyfer ble i fynd, beth i'w wneud a ble i aros. Fe allan nhw hyd yn oed bwcio llety ar eich rhan.

Am fwy o wybodaeth

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## Here to help

**C**eredigion's Tourist Information Centre (TIC) staff can help you plan your visit with ideas on where to go, what to do, how to get there and where to stay. They can even book it for you. It couldn't be simpler!

To find out more

**AberystwythTIC@ceredigion.wales**

**01970 612125**

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**01239 613230**

**tourism@ceredigion.wales**

**www.discoverceredigion.wales**



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tourism@anglesey.gov.uk  
visitanglesey.co.uk

**Llandudno & Colwyn Bay**  
llandudnotic@conwy.gov.uk  
visitllandudno.org.uk

**North East Wales**  
tourism@wrexham.gov.uk  
rhylic@denbighshire.gov.uk  
northeastwales.co.uk

**Snowdonia Mountains & Coast**  
tourism@gwynedd.gov.uk  
visitsnowdonia.info

**Mid Wales My Way**  
tourism@powys.gov.uk  
midwalesmyway.com

**Pembrokeshire – Britain's Only Coastal National Park**  
visitpembrokeshire.com

**Carmarthenshire – Carmarthen Bay**  
marketing@carmarthenshire.gov.uk  
discovercarmarthenshire.com

**Swansea Bay – Swansea, Mumbles, & Gower**  
visitswanseabay.com

**The Valleys – Heart and Soul of Wales**  
contactus@thevalleys.co.uk  
thevalleys.co.uk

**Cardiff, Capital of Wales**  
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**The Glamorgan Heritage Coast & Countryside**  
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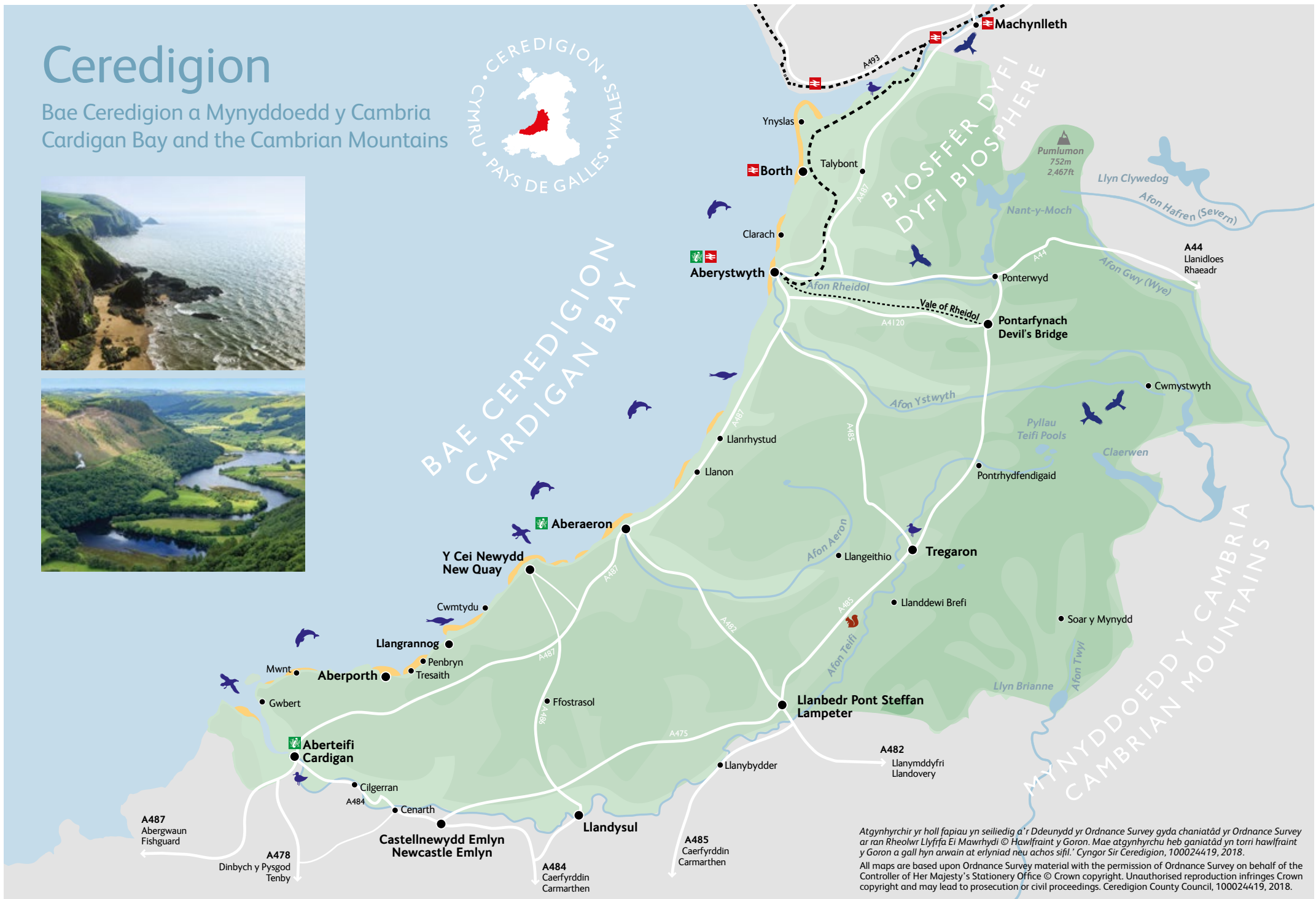
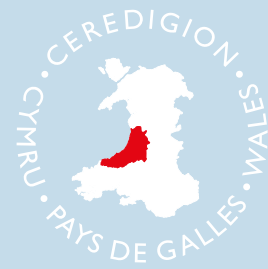
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# Ceredigion

Bae Ceredigion a Mynyddoedd y Cambria  
Cardigan Bay and the Cambrian Mountains



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