

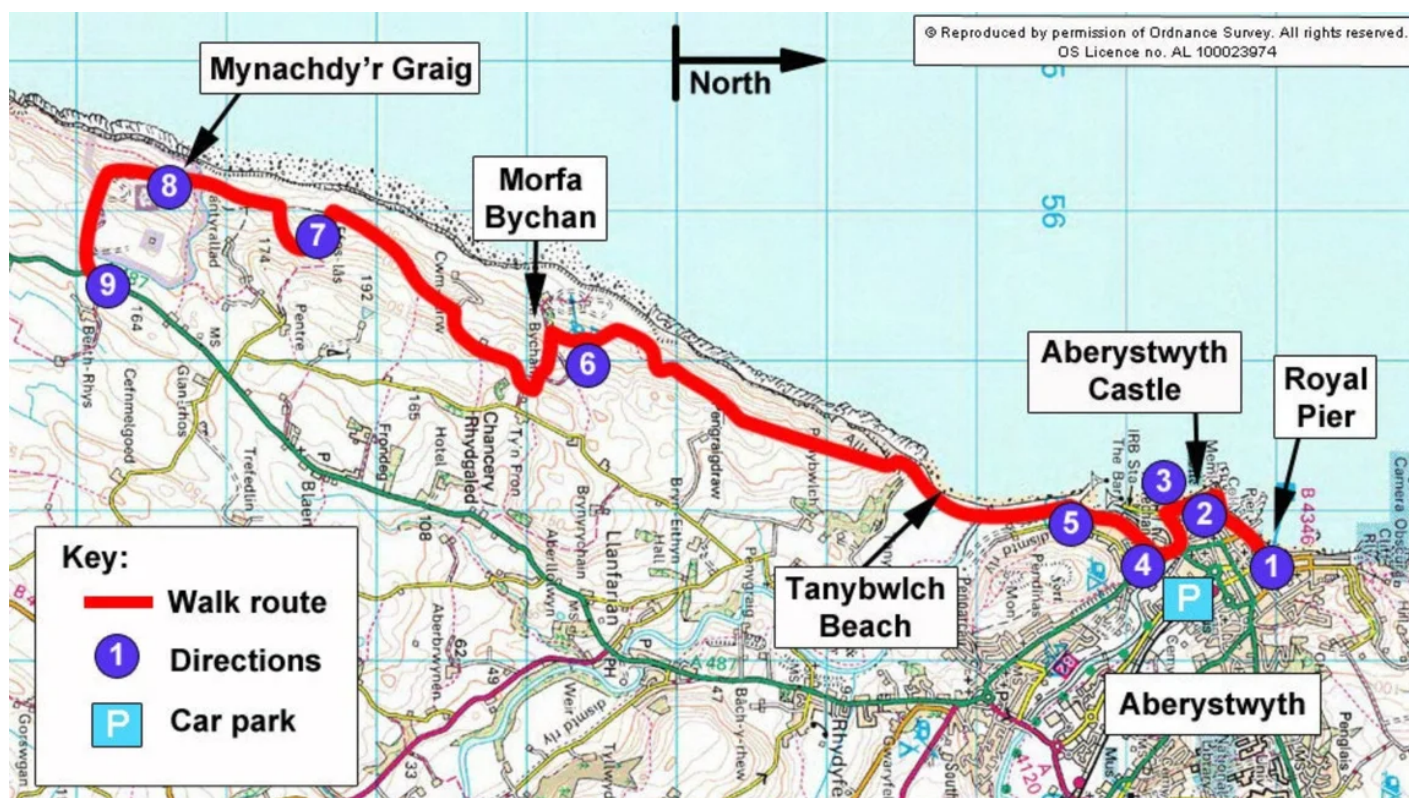
## WALES

# Aberystwyth to Mynachdy'r Graig walk

This walk will take you from the historic seaside splendour of Aberystwyth, along the Cardigan Bay coast to the former monastic grange of Mynachdy'r Graig. You'll take in the views over Cardigan Island, Ynns Enlli (Bardsey Island), the Llyn peninsula and Snowdonia.

## Optional bus back to Aberystwyth

The full 10-mile trail involves walking back along the same route, or if preferred, you can catch a bus back (X40, X50 or 550) to halve the time.



## Information

Address: Royal Pier, Aberystwyth, Ceredigion, Wales, SY23 2AZ

OS map: Landranger 135; Explorer 213

Activity: Walking

Challenging: Moderate to rugged paths with some steep sections. For further details, see section marked Terrain.

Dog friendly: Dogs welcome. Please clear up after your dog and keep it on a lead in the presence of livestock.

Full trail: Miles: 10.5 (km: 16.8)

Access: Challenging

Duration: 4 hours - 5 hours

## Terrain

10½ miles (16.9km) to Mynachdy'r Graig and back to Aberystwyth. Distance can be halved by returning by bus. Moderate to rugged paths with some steep sections.

## Total steps: 9

Start point: Royal Pier, Aberystwyth, grid ref: SN581818

1. Start the walk from The Royal Pier, Aberystwyth.
2. Walk south with the sea on your right, past the castle.
3. Take the next turning on the left along Tan-y-Cae road (South Road) to the main A487 and turn right over the River Rheidol on the Trefechan Bridge.
4. From here, take the Pen yr Angor road (which is the second road on the right), walk past Anthony Motors Mazda Garage and over the small bridge onto the storm beach of Tanybwllch.
5. There is a car park on the shingle by the stone jetty. Follow the coast path through the gate on your left and along the flat track at the top of the beach, which leads straight to the climb up Allt-wen.
6. Follow the coastal path markers along the path.
7. The path moves down to the abandoned farmhouse of Ffos-las and on to the National Trust property of Mynachdy'r Graig.
8. You have now reached Mynachdy'r Graig.
9. You can now either retrace your route back to Aberystwyth, or walk up the track to the lay-by on the A487, where the bus (X40, X50 or 550) will stop on request and transport you back to Aberystwyth.

End point: Royal Pier, Aberystwyth, grid ref: SN581818