

Visit Mid Wales  
Canolbarth Cymru

[www.visitmidwales.co.uk](http://www.visitmidwales.co.uk)

Office Opening hours are 9am - 4.30pm Monday-Friday

**Need Help?**

or if you'd like to book  
your stay by phone

**01654 702653**

## shortlist

### Places to Visit

#### Clarach South Beach



##### Address

Aberystwyth  
SY23 3DL

##### Contact Details

Tel: 01970 612125

This popular holiday village lies at the mouth of the broad, flat valley of the Afon Clarach. Clarach is the first bay to the north of Aberystwyth. The Clarach Bay is connected to Aberystwyth by a mile long nature trail which on clear days offers outstanding views across Cardigan Bay. The beach is popular for a wide range of watersports including swimming, sailing, windsurfing, surfing and kayaking. The resort is a magnet for camping and caravanning and the local sites offer a range of facilities to residents and visitors. Outside the resort, a wide range of shops, cafes, restaurants and other local services can be found in nearby Aberystwyth.

Seaside Award beach. Toilets, parking. Lifeguard service provided 10:00 - 18:00 13 July to 1 September 2019. Dog restriction on section of beach May to end September.

For further information visit:

<http://www.showmewales.co.uk/cardiganbaycoast>

##### Directions

From Aberystwyth, take the A487 towards Machynlleth and at the top of the hill out of the town, left where signed for Clarach and follow the B4572. Turn left on a hairpin bend signed for Clarach South Beach.

##### Prices and opening

Free entry

Open all the time.

## Ynyslas Beach

**Address**

Borth  
Ceredigion  
SY24 5JZ

**Contact Details**

Tel: 01970 612125

Ynyslas sand dunes are located slightly north of Borth and reach onto the Dyfi Estuary, part of the Dyfi National Nature Reserve and home to many rare plants and animals. In the summer the dunes naturally transform into a colourful carpet of wild flowers including many rare types of orchid. Substantial work is carried out to sustain the area's biodiversity in balance with its use.

Visitors are allowed to drive onto the sands and park near the Visitor Centre that has interpretation displays and toilets. A boardwalk through the dunes leads to the stunning beach made up of three miles of golden sands.

Dog restrictions May to end September.

For further information visit:

<http://www.showmewales.co.uk/cardiganbaycoast>

**Directions**

From Aberystwyth, take the A487 towards Machynlleth; after the village of Bow Street, left where signed onto the B4353 and in Borth, right when you reach the seafront. From Machynlleth, take the A487 towards Aberystwyth; at Tre'r Ddol, right where signed onto the B4353 and fork right (No through road) when you reach the coast/dunes.

**Prices and opening**

Free entry

Open all the time.

## Aberystwyth South Beach



### Address

Aberystwyth  
Ceredigion  
SY23 1JX

### Contact Details

Tel: 01970 612125

Quieter than the town's North Beach, Aberystwyth's long South Beach is sandwiched between the town's castle and the harbour breakwater.

The town, with its full range of shops and services and other attractions including the camera obscura, castle ruins and the National Library of Wales, is a short walk away. Aberystwyth is an excellent base for both coastal and inland walking.

The town is the starting point for two combined walking and cycling trails, the 34km Ystwyth Trail and the 28km Rheidol cycleway. Some sections of the former are suitable for wheelchair users. A stunning coastal walk from National Trust owned ex monastic grange at Mynachdy'r Graig runs alongside scenic Cardigan Bay giving fine views of Cardigan island and Bardsey island, the Llyn Peninsular and Snowdon to the north.

Seaside Award beach. Toilets, refreshments, parking.

Aberystwyth Lifeboat Station was established in 1861 and was the first station ever to have an inshore lifeboat. The station has received 13 awards for gallantry.

Lifeguard service provided: Daily 18 July – 6 September 2020 | Patrol times 10am-6pm

Dog restrictions apply May to end September. For further information visit: <http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

Entering Aberystwyth on the A487 from the south, go over the river bridge and turn first left. When you reach the seafront, left for parking.

### Prices and opening

Free entry  
Open all the time.

## Aberporth - Dolwen & Dyffryn Beaches



### Address

Aberporth Ceredigion  
SA43 2DD

### Contact Details

Tel: 01545 570602

Aberporth, a pretty coastal village, shelters two beautiful sandy beaches named Dolwen and Dyffryn.

Low tide comes complete with little rock pools on the sandy beach where children gather for hours of entertainment. Alternatively, the cliff top walks above Aberporth offer extensive views out to sea making it a perfect spot to watch the Bottlenose dolphins that can often be seen close to shore. Orcas and harbour porpoises have been also been spotted whilst Sunfish and basking sharks are offshore visitors in summer. Until the early 20th century, Aberporth was the centre of the bustling herring fishing industry; today there is crab and lobster fishing on a small scale.

Dolwen - Seaside Award beach. Toilets, refreshments, shops, parking.

RNLI Lifeguard service provided May half term 23 May–31 May 2020 and Daily 20 June–6 September 2020. Patrol times 10am-6pm

Dog restrictions to areas of the beach May to end September (dogs are welcome throughout the year on Dyffryn beach, whilst dogs can visit Dolwen beach from October to April). For further information visit: <http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

Turn off the A487 Cardigan to Aberystwyth road at the roundabout near Blaenannarch onto the B4333 for Aberporth.

### Prices and opening

Free entry  
Open all the time.

## Penbryn Beach



### Address

Sarnau, near Cardigan  
Ceredigion  
SA44 6QL

### Contact Details

Tel: 01545570200

Penbryn is a large sandy beach backed by a dune system and cliffs. The beach is managed by the National Trust and is in a rural and unspoilt location with few facilities in the immediate area. The majority of the parking is a few hundred metres back up the valley at Penbryn village where there is a shop and cafe. A wider range of shops, cafes and pubs is available in nearby Aberporth. The beach is popular with surfers and kayakers as well as those seeking a quiet spot to relax or stroll.

The Wales Coast Path leads from the beach in both directions and offers stunning views across the bay. The coastline here falls with the Cardigan Bay Special Area of Conservation and is home to an amazingly rich variety of marine animals and plants, from reef-building worms to bottlenose dolphins. The remote location and lack of light pollution make this an ideal spot for stargazing in the summer months.

### DARK SKIES DISCOVERY SITE

Penbryn Beach is designated a Dark Skies Discovery Site. The National Trust Car Park is next to the beach and parking is free from Dusk until dawn.

Seaside Award beach. Café, toilets, parking at the top of the lane to the beach. Dogs not allowed May to end September. For further information visit: <https://www.nationaltrust.org.uk/penbryn>

### Directions

Turn off the A487 Cardigan to Aberystwyth road as you enter Sarnau where signed for Penbryn.

### Prices and opening

Free entry  
Open all the time.

## Aberystwyth - Tanybwllch Beach



### Address

Ceredigion  
SY23 1BJ

### Contact Details

Tel: 01970 612125

The large sweep of the pebbled Tanybwllch beach is to the south of the harbour at Aberystwyth and is overlooked by the imposing Iron Age hill fort, Pen Dinas with its prominent memorial in the shape of an upturned canon that commemorates Wellington's victory at the battle of Waterloo in 1815. Pen Dinas and neighbouring Tanybwllch beach have been a local nature reserve since 1999.

A climb up to the top of Pen Dinas on a pleasant day is very rewarding - you can see for miles inland along both the Ystwyth and Rheidol river valleys, as well as out to sea.

Car Parking. Dogs allowed.

For further information visit:

<http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

Entering Aberystwyth on the A487 from the south, turn left by the fire station just before the river bridge; this road ends at the car park for Tanybwllch beach.

### Prices and opening

Free entry  
Open all the time.

## Llangrannog & Cilborth Beaches



### Address

Llangrannog  
Ceredigion  
SA44 6SN

### Contact Details

Tel: 01545 570602

The picturesque village of Llangrannog nestles in the narrow valley behind the beach and has a seafront car park, a shop and a couple of pubs and cafes. It also offers an extensive range of sports and leisure facilities, including a dry ski slope, associated with the Urdd Gobaith Cymru (Wales League of Youth) organisation who have a long established residential facility in the village. Sea kayaking is also very popular here.

The pretty hidden beach at Cilborth is accessible from Llangrannog either at low tide across the beach or via steep steps on the coastal path. Land nearby is owned by the National Trust and includes the Ynys Lochtyn headland which offers stunning views. Walking the spectacular Ceredigion Coast path is a very popular activity and Southern Cardigan Bay is home to an amazingly rich variety of wildlife.

Blue Flag and Seaside Award beach. Toilets, shops, cafes, pubs, parking (free parking 800 yards).

RNLI Lifeguard service provided : Daily 23 May – 6 September 2020 | Patrol times 10am-6pm.

Dog restrictions apply May to end September.

Cilborth is a beautiful hidden beach reached by walking at low tide from the main beach in Llangrannog. At high tide, it is accessible from the coastal path although the route is steep and unsuitable for people with limited mobility. Cilborth is a mainly sandy beach with rocks and is popular for surfing and kayaking.

Green Coast & Seaside Award beach. Dogs are allowed. For further information visit: <http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

Turn off the A487 Cardigan to Aberaeron road at either Brynhoffnant onto the B4334 or at Pentregat onto the B4321.

### Prices and opening

Free entry

Open all the time.

## Aberaeron South Beach

**Address**

Ceredigion  
SA46 0BE

**Contact Details**

Tel: 01545 570602

Aberaeron South Beach is a rock and shingle beach just to the south of the town and harbour.

The beach is traditionally a good place to spot the bay's porpoise population at sea on warm days, together with spectacular views down the coast and the southernmost part is a great favourite for experienced surfers and body boarding.

Aberaeron is a small coastal town which was built in 1805 around a square of elegant Regency style buildings; it has a small harbour for yachts and fishing boats.

Dog restrictions apply May to end September.

Aberaeron's North beach is backed by a promenade which extends from the harbour; the Coast Path then runs from here to Aberarth. Travelling into Aberaeron on the A487 from Aberystwyth, turn right where signed for parking; this road ends at a car park by the promenade.

For further information visit: <http://www.showmewales.co.uk/midwalescoast>

**Directions**

By Car: Entering Aberaeron on the A487 from Cardigan, turn where signed to the Beach at the crossroads before the river bridge/town centre.

[www.traveline-cymru.info](http://www.traveline-cymru.info)

**Prices and opening**

Free entry

Open all the time.

## Tywyn Beach



### Address

Tywyn  
Gwynedd  
LL36 0DF

### Contact Details

Tel: 01654 767321

Sandy beach catching westerly swells and therefore popular with surfers. Good walks with spectacular views of Cardigan Bay. The beach spans 7kms of the coastline, from Tywyn Town in the north, to the harbour at Aberdyfi in the south. There are very few rocks on the beach, so together with its west-facing aspect, it is a popular beach for surfing. The beach's wide, open location makes it popular for all kinds of other watersports, including jet skiing.

A long promenade offers pleasant strolling along the seafront and there is a paddling pool nearby, there is good access on to the beach for disabled people from the promenade. Cardigan Bay is home to harbour porpoises and bottlenose dolphins, which may be spotted off the coast near here. The town of Tywyn attracts many holiday makers and has a good range of shops, cafes, restaurants, pubs and other services. Just north of Tywyn lies the saltwater lagoon Broadwater, noted for bird-watching, fishing, canoeing and its stunning views towards Bird Rock and Cadair Idris.

Seaside Award beach. Toilets, parking, shop and cafe on the promenade. Dogs are welcome on the southern section of the beach all year round; the section along the prom does have restrictions between April & end September. For further information visit:  
<http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

Tywyn is south-west of Dolgellau on the A493; turn off this road in the town by the railway station for the beach.

### Prices and opening

Free entry  
Open all the time.

## Aberystwyth North Beach



### Address

Ceredigion  
SY23 2AZ

### Contact Details

Tel: 01970 612125

Aberystwyth's North Beach and seafront is a focal point of the town and a favourite attraction for visitors and locals alike - and those who just want to relax by the seaside.

Close to the town, the clean, dark sand and shingle beach is accompanied by traditional seaside treats such as donkey rides, bandstand entertainment and a bouncy castle and the town's Victorian Pier. Built in 1864, Aberystwyth Pier's was once some 242 metres in length but time and marine storms have seen it reduced to today's 90 metres.

The main focus of the Promenade and seafront is Marine Terrace with its Victorian and Edwardian style architecture and hotels. The promenade also features music, choirs and other performances during the summer.

Constitution Hill lies at the quieter northern end of the Promenade and features a cliff railway with the largest camera obscura in the world. On clear days, the beach offers wonderful views of North Wales, including the peaks of the Llyn Peninsular and Snowdonia.

Blue Flag and Seaside Award beach. Toilets, refreshments and other facilities on the pier, parking.

Lifeguard service provided: Daily 20 June–6 September 2020 | Patrol times 10am-6pm

Dogs not allowed May to end September. For further information visit: <http://www.showmewales.co.uk/cardiganbaycoast>

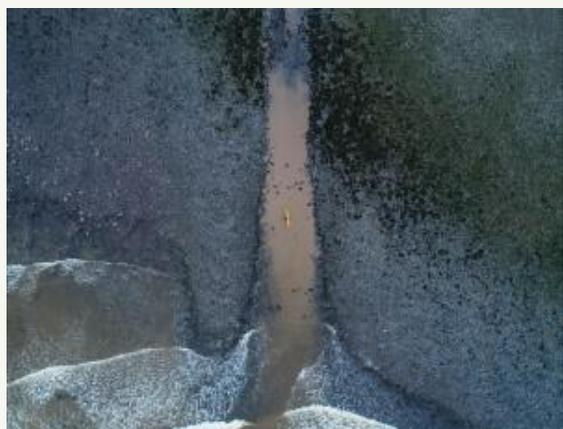
### Directions

From the town centre, follow the signs for the promenade.

### Prices and opening

Free entry  
Open all the time.

## Llanrhystud Beach

**Address**

Aberystwyth  
Ceredigion  
SY23 5BU

**Contact Details**

Tel: 01970 612125

The beach is approximately 1 km long and accessed by a single lane track. Limited parking is available alongside the beach, which is popular for swimming, boating, fishing and watersports. The Ceredigion coastal path runs along the beach and this stretch passes interesting features including 5 historic lime kilns at the southern end of the beach. The beach is backed by agricultural land and the village of Llanrhystud which has local services including shops, a post office and a pub. The beach lies in a Special Landscape Area and is also part of an area that has been designated as Heritage Coast, recognition that this is one of the finest stretches of undeveloped coast in England and Wales.

Green Coast and Seaside Award beach. Free parking (limited). Dogs are allowed.

For further information visit:

<http://www.showmewales.co.uk/cardiganbaycoast>

**Directions**

Llanrhystud is on the A487 south of Aberystwyth; turn right after the garage and follow this lane to the beach.

**Prices and opening**

Free entry

Open all the time.

## Borth Beach



### Address

Ceredigion  
SY24 5LJ

### Contact Details

Tel: 01970 612125

Because of its shallow waters Borth beach is well suited to families with young children and is also a popular location for swimming, surfing, fishing, sailing and windsurfing and for walking the dog out of season.

The small town has a good range of shops, cafes, restaurants, pubs and local services as well as a slipway for launching small boats and a cafe close by.

To its north and east, Borth is surrounded by protected sites; a massive peat bog - Cors Goch Fochno - and the magnificent sand dune system of the Dyfi National Nature Reserve at Ynyslas. Here you will find a seasonal Information Centre operated by Natural Resources Wales where the significance of the nature reserve is explained.

Borth is a popular base for walkers on the Wales Coast Coast and marks the northern end of the Ceredigion Coast Path. Is also the western end of one of Ceredigion's other walking routes climbing high into the Cambrian Mountains and linking to the Bwlch Nant yr Arian Visitor and Red Kite Feeding Centre, Devil's Bridge, Cwm Ystwyth and the historic Hafod Estate before proceeding to Pontrhydfendigaid. This route forms a grand circle returning via the Ystwyth Trail, a combined footpath and cycle route, towards Aberystwyth.

### THE PETRIFIED FOREST & THE LEGEND OF CANTRE'R' GWAELOD

An ancient submerged forest is visible at certain times of the year at low tide along the stretch of shore. Pine, Oak, Birch and Willow stumps can be seen when the tide retreats up to 150 yards. The petrified forest has become associated with a 17th Century myth of a sunken civilization known as Cantre'r Gwaelod, or the Sunken Hundred.

According to the legend, the kingdom was lost at sea when Seithenyn, the guardian of sea defences, forgot to close the gates. In one version of the myth, the forest stretched 20 miles to the west of Cardigan Bay.

Blue Flag and Seaside Award beach. Toilets, cafes, restaurants, pubs, shops, parking.

RNLI Lifeguard service provided Daily 20 June–6 September 2020 | Patrol times 10am-6pm

Dog restrictions apply May to end September. For further information visit: <http://www.showmewales.co.uk/cardiganbaycoast>

### Directions

From Aberystwyth, take the A487 towards Machynlleth; after the village of Bow Street, left where signed onto the B4353. From Machynlleth, take the A487 towards Aberystwyth; at Tre'r Ddol, right where signed onto the B4353.

### Prices and opening

Free entry  
Open all the time.