



Hotel & Spa

Guest Directory





The Cliff Hotel & Spa, Gwbert,
Cardigan, Ceredigion, SA43 1PP

Telephone: 01239 613241
Email: reservations@cliffhotel.com
Website: www.cliffhotel.com

Guest Directory

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The Cliff Hotel & Spa



A Word of Welcome

Dear Guest,

May we take this opportunity to welcome you to The Cliff Hotel & Spa. We trust that you will have an enjoyable and comfortable stay with us as we adjust from life in lockdown.

The Cliff Hotel & Spa boasts one of the most breath-taking marine views in Wales. The hotel is set in its own 30 acres of headland overlooking Cardigan Bay, the broad sweep of Poppit Sands and the Teifi Estuary.

It is a complete holiday venue with comfortable accommodation, our own 9 hole golf course (with Cardigan's 18 hole course next door) and a range of leisure facilities in our spa which is currently operating by appointment only. The area offers both sea and river fishing beyond comparison and easy access to the gems of the Cardigan Heritage Coast and the Pembrokeshire Coast National Park.

The Carreg Restaurant offers a top-class menu from our Head Chef and his team, serving Breakfast, Lunch, Afternoon Tea and Dinner. Our popular Sunday Lunch Carvery is also available every week. Provisions have been introduced to provide as safe an environment as possible and we kindly request that during your stay you follow our COVID-19 Policies which can be found within this directory and on our website.

All of this, in sight of the dramatic, ever changing seascapes, glorious sunsets and occasional visiting dolphins and seals, makes The Cliff Hotel & Spa the perfect stress-free setting for a relaxing break.

If you require any further assistance, please do not hesitate to contact a member of staff. It means a great deal to us that our guests enjoy the entirety of their stay, so please give us the opportunity to correct any shortcomings immediately as we will be unable to deal with any complaints retrospectively.

The Management Team

Emergency & Security

Fire Precautions

Please read the Fire Precautions Notice located behind your bedroom door.

If the fire alarm sounds please exit the hotel as quickly as possible. Do not use the lifts but follow the fire exit signs and use the stairs to make your way to the Fire Assembly Point which is located in the top left hand corner of the Car Park to the rear of the building.

Assisted Escape in an Emergency

We operate a system of assisted escape for disabled guests in the event of an emergency. Please tell our Receptionist if you feel you may require assistance in the event of an evacuation and we will explain our evacuation procedures to you and ensure that your requirements are noted.

Accessibility Statement

The Cliff Hotel & Spa takes the needs and equal treatment of all our guests extremely seriously. Therefore we are committed to ensure our facilities and services are accessible to all.

The Cliff Hotel & Spa recognises that there is no single hotel design or layout that will entirely meet every individual's needs and preferences. If during your stay you feel there is something else we could do to assist you, or make your stay more comfortable, please allow us the opportunity to do so by contacting Reception.

Personal Safety & Security

For your personal safety please secure your room at all times and deposit valuables for safe keeping at Reception. If you see anyone / anything suspicious please contact a member of staff immediately.

Children and vulnerable people should be supervised at all times whenever near the cliff edge.

Free car parking is available for your use. Please ensure your vehicle is locked and valuables removed as we regret we cannot accept responsibility for any damage to your car or property stolen from it whilst it is parked on the premises.

The fire alarm is tested on Tuesday mornings at 10:00am. The alarm sounds in short bursts when tested and it is not necessary to evacuate the building on these occasions.

It is against the law to smoke in the premises, doing so will incur a charge to the value of the next night's rate of stay.

Covid-19 Guest Policy

The Cliff Hotel & Spa is committed to providing as comfortable hospitality as possible, as safely as possible with the safety of our staff and guests a priority as the world continues to battle the Covid-19 pandemic. Actions and provisions adopted by The Cliff Hotel & Spa are detailed below and we respectfully request that you read and support our actions:

Should you experience any symptoms of Coronavirus during your stay (a new and continuous cough and/or high temperature). Please remain in your room along with any other guest you have travelled here and been in contact with and call reception using the in-room phone, dialling '0'.

Reservation and Before Arrival

1

You will only be able to share holiday accommodation with the same household. This rule does not apply to children aged under 11 or carers for members of the household.

4

No more than four people will be allowed to meet within the hotel unless you are from the same household. This rule does not apply to children aged under 11 or carers for members of the household.



When making a reservation, payment card details must be provided and the first night's accommodation will be charged upon booking. This deposit payment is not refundable.



Please do not travel to the hotel if you are displaying symptoms of Coronavirus. The main symptoms being high temperature, new and continuous cough or a loss or change to your sense of smell or taste.

In the event that you have been in contact with someone who has a suspected case of COVID-19 or confirmed you will not be able to travel to the hotel.

Staffing



Our staff are fully trained on the basic protective measures against Covid-19, such as hand hygiene, physical distancing and respiratory hygiene as well as the signs and symptoms of the disease and on all new or revised procedural policies within the Covid-19 Action Plan.



Our staff are provided with Personal Protective Equipment such as facemasks, gloves and aprons for the execution of their duties, and all enhanced cleaning and sanitation recommendations are observed including the increased use of disposable cleaning materials, increased cleaning and disinfection measures and enhanced operating procedures for waste management.



Staff are scheduled in fixed teams to limit the number of people they come in contact with and have staggered shift start, end and break times to reduce congestion in staff areas. Job and location rotation within the hotel is kept to a minimum.

Check In/Out and Public Areas

An on-line check-in form will be sent to you for completion prior to arriving. Once this has been completed your room key will be available for collection at Reception from 3pm on the day of arrival. Check-in time remains from 3pm on the day of your arrival. Check-out time remains at 10:30am on the day of your departure. Due to the current situation early check-ins and late check-outs are not available.



Full payment of accommodation costs will be required upon Check-in.

Payment card details will be kept on your Reservation and we encourage charging purchases to your room to avoid cross contamination opportunities when cash handling. A copy of your invoice will be sent to you via e-mail during your last night's stay and the corresponding charges will be made to the card on file the following morning. Please contact Reception before 10:30am on the morning of departure if your invoice is incorrect in any way.



Upon check-out please leave your room key in the designated box at Reception.



A protection screen has been erected at Reception to enable better social distancing without the need of masks.



Compulsory face coverings must be worn and can only be removed when sat at your table or you are within your bedroom. Should you need to leave your table or bedroom you will be required to wear your face covering.



Please abide by current Welsh Assembly Government social distancing measures at all times. Please only enter the lift when empty and keep away from the doors to allow safe exit from lift.



Please note that your room is for your sole use during your stay and due to Coronavirus legislation, it is currently prohibited to allow visitors within your room.



Units dispensing sanitising gel are installed across the hotel (front and back of house) and we ask that these are regularly used.



For public area washrooms, a queue system is in place so please allow yourself enough time, following the one-way system and only entering when the washroom area is vacant.

Housekeeping



Housekeeping teams will be delivering a new 10 step, high touch cleaning programme in every room after check-out. These principles will also be adhered to across the hotel's public areas.



Bedrooms will be serviced daily. Should you not want this service please place the Do not disturb sign on your door. Please note however, in the interest of guest and staff welfare, rooms will only be serviced when unoccupied.



Do not place glass in bins, please place alongside.



We have temporarily removed non-essential high tactile items such as throws and cushions to reduce cross contamination opportunity.



The Guest Information Directories normally found in each bedroom have temporarily changed format. In an effort to cut down on paper and do our bit to help the environment we have put our guests directory online. You can use the QR Code located at Reception or in your bedroom. Please just ask at Reception if you would like a hard copy. These booklets include increased information on local beaches, walking and cycling routes and outdoor activities less affected by Covid-19 restrictions.

Dining

The following provisions have been introduced to provide as safe an environment as possible and we kindly request that you continue to observe Social Distancing, Hand Hygiene and Respiratory Hygiene measures at all times:

General

Compulsory face coverings must be worn and can only be removed when sat at your table. Should you need to leave your table you will be required to wear your face covering.

For all non-residents the Lounges / Bar / Restaurant is to be closed at 6:00pm daily. Alcohol will not be served or consumed on the premises.

For all residents the Lounges / Bar / Restaurant is to be closed at 10:00pm daily. Alcohol can be served or consumed as part of room service only.

We will operate on table service only, therefore we will not be able to serve guests at the bar.

Reservations are essential, please arrive on time to be directed to your table immediately upon arrival.



A time limit of 1 hour 45 minutes is placed upon each booking.

Tables and chairs have been carefully placed at safe intervals – please do not rearrange and remain at the table allocated.

Please adhere to the one-way system established throughout the dining area.

Sachets and individually packaged food items will be used wherever possible to lessen the risk of cross contamination.



Place mats and traditional table settings remain removed from tables with cutlery rolls offered instead.

For track and trace purposes, all non-residents are required to register upon arrival by completing a simple form. All guests are required to provide verification of their name when filling in contact details.

We will operate table service only therefore; we will not be able to serve guests at the bar.

In order to accommodate all of our guests despite social distancing measures, The Carreg Restaurant, The Cliff Ballroom and The Island Bar will be made available according to demand. Tables by the window cannot be guaranteed and will be sat as available.

Breakfast

Served Monday – Friday from 7 – 9:30am and 8 – 10am Saturday, Sunday and Bank Holidays.



In order to reduce congestion and ensure social distancing measures, reservations are essential and it is important that you adhere to your chosen time.

Upon arrival you will be allocated a table and called to one of two Continental and Hot Buffet stations in turn.

Hot drinks will be served to your table.

Please adhere to our strict one-way system in the dining area, when entering, exiting and visiting the buffets.

Lunch



Our Lunch Menu from Monday to Saturday offers a range of dining options from light bites and sandwiches to pizzas and more substantial meals. Please visit the dining section on our website to see our current Menu.

Sunday Carvery whereby Starters and Desserts will be ordered at the table and freshly prepared from the Kitchen and guests will be called to the main course carvery in turn to avoid congestion.

Afternoon Tea



Afternoon Tea is available from 3 – 5pm Monday – Saturday and 4 – 5pm on Sunday.

24-hour pre-booking is essential.

Dietary requirements must be identified upon booking.

Dinner



Available to residents only from 6 – 9pm daily, our Dinner Menu is offered alongside Daily Chef Specials.

Guests staying on a Dinner, Bed & Breakfast Package receive a £25 per person food allowance. Beverages are not included within this allowance.

Room Service



Residents can order food & drink between 12:00pm to 9:30pm daily, alcohol will be served strictly via room service for consumption in guests own rooms only. Alcohol will not be served to your room after 10:00pm.

Dining in your room is offered as an alternative to the dining area.

Please dial 0 from your in-room telephone to place your order.

Your meal trays will be brought to your door, but different from customary procedure, the server will knock and leave your tray outside.

For tray collection dial 0 from your telephone or, alternatively, leave your tray outside your bedroom door.

The Cliff Spa

In line with the Welsh Assembly Government's guidance The Cliff Spa's Treatment Rooms, Hydrotherapy Pool, Hot Tub and Gym are open.; the Steam Room, Sauna and Relaxation Room remain closed. We will continue to offer a broad range of treatments and therapies with some additional safety precautions and considerations:



When possible guests are required to wear face coverings.



Please do not travel to The Cliff Spa if you are displaying symptoms of Coronavirus. The main symptoms being high temperature, new and continuous cough or a loss or change to your sense of smell or taste.



Please observe Social Distancing, Hand Hygiene and Respiratory Hygiene measures at all times.



All entry to The Cliff Spa including complimentary use of the spa for hotel guests is strictly by appointment only; please e-mail reservations@cliffhotel.com to make a reservation.



Due to the very limited spa capacity because of social distancing measures, the complimentary use of the spa to Hotel residents is restricted to one hour and may not be available during your stay due to the volume of guests. Appointments are made on a first come first served basis.

Open Daily
8am - 8pm

Until further notice the spa is open daily from 8am - 8pm with children under the age of 16 years old welcome only from 8 - 10am.

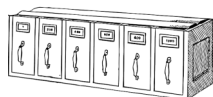
A protection screen has been erected at the Spa Reception to enable better social distancing without the need of masks.



Please arrive promptly at your appointment time and register at the Spa Reception. When registering, you will be asked a number of COVID-19 screening questions relating to your health and wellbeing on the day.



The Changing Rooms and Toilets are available for use although to conform with government guidelines, hotel residents are asked to change ready for spa use in their rooms while we kindly request that non-residents come as prepared as possible for their treatments to allow for minimal contact with other people in the changing rooms.



Many of the lockers in the changing rooms have been taken out of use in order to better maintain hygiene levels. We kindly ask clients who use a locker to sanitise after use by simply spraying with the bactericidal surface sanitiser supplied and leaving to air dry.



The Gym will be available for use by appointment only, for no longer than one hour at a time and for only one party at a time. As is our customary policy, we respectfully ask that users sanitize all equipment used after exercising.



Until further notice and in accordance with the Welsh Assembly Government guidelines, the Sauna and Steam Room remain closed as does the Relaxation Room.



Additional hand sanitizers have been installed around The Cliff Spa to enable increased hand hygiene where hand washing facilities are not available.



Staff are provided with Personal Protective Equipment such as face masks or visors, gloves and aprons and are expected to use them accordingly. Clients are welcome to wear PPE should you wish but it is not mandatory.



In accordance with government guidelines, certain treatments are currently not available, please refer to our new Treatment Menu for further information.



Once your treatments have been booked you will receive an email with your booking confirmation. Consultation Forms must be completed upon arrival.



The start and end time for treatments have been staggered to avoid congestion in public areas making it easier to observe social distancing measures.

Golf @ The Cliff

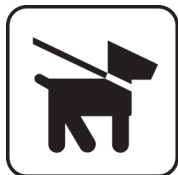


The Cliff Golf Course is open to both hotel residents and non-residents. Players are requested to observe social distancing measures at all times; the hire of golf clubs is not available.

Pets



At The Cliff Hotel & Spa we allow pets in a limited number of our bedrooms. This is subject to availability and prior approval by the hotel and, unfortunately, we are unable to provide special consideration for guests who arrive at the hotel with their pet without prior arrangement. There is also an additional charge for this. Our full pet policy can be found on our website.



Please be aware that, although pets are tolerated in our bedrooms, they are not permitted in the public areas of the hotel including the restaurant and bar or our golf course. We also ask that all dogs are kept on a lead at all times within the hotel and its grounds.

Deposits and Cancellations

****Please note that if you have made your reservation through a third party, such as Booking.com, Expedia, the deposit or/and cancellation terms sent to you by them supersede those stated below.****



All bookings must be guaranteed with a credit or debit card. A non-refundable deposit to the value of the first night stay will be deducted from your card at the time of booking. Any outstanding balance is payable on departure from the hotel. Any charges left outstanding after departure will be charged to the credit or debit card on your booking.



We will keep your deposit for six months for a future booking at the company's discretion providing you cancel more than 72 hours before arrival, excluding all bank holidays including Christmas and New Year. Cancellations made on the day of arrival will incur a charge for the first night's stay. Failure to cancel your booking will result in full payment being charged to the debit/credit card used to secure the reservation.



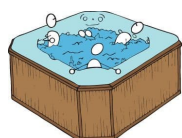
For Bank Holiday, Christmas and New Years Eve bookings, separate deposit and cancellation terms may apply.



We strongly recommend that you have appropriate travel insurance in place should you need to cancel as no refunds are give under any circumstances.



Should The Cliff Hotel & Spa be unable to fulfil the service booked, a hotel gift voucher to the value of payments made or alternative dates will be offered.



Guests that have booked the Luxury Suite must be aware that use of the hot tub is not advised during extreme weather. No refund or rate reduction will be offered in the event that you are unable to use the private hot tub during your stay due to adverse weather.

All terms and conditions correct at the time of publication. Edition 12 - 02.12.2020

Thank You



Thank you for your continued support in these difficult times; we wish you the best of health and happiness and hope that you enjoy your stay at The Cliff Hotel & Spa.



TASSIMO USER GUIDE

(Not available in Standard and Economy Room)



Caddy



Joy

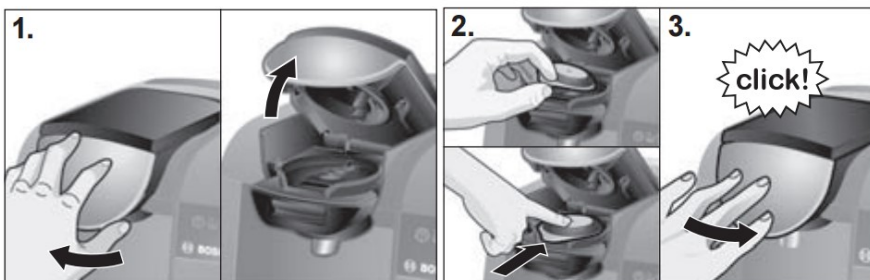
To prepare your beverage:

- ▶ Ensure the water tank is filled with cool, fresh, water every day.
- ▶ Turn the TASSIMO machine on by pressing the ON/OFF switch.
- ▶ Place a suitable cup on the stand according to the type of beverage. Adjust the height of the cup stand, if necessary, or remove it altogether for large cups.
- ▶ Always set the cup stand as high as possible.

To make your beverage:

1. Open the brewing unit by lifting the handle and then pushing the brewing unit up.
2. Select a beverage T DISC and insert it into the T DISC holder with the printed side down. Make sure that the flap of the T DISC is **locked** in the slot in the front.
3. Close the brewing unit by first bringing it down and then pushing the handle firmly to the machine. The machine is now ready to brew your beverage.
4. Press the Start / Stop button to start the brewing process.
5. The machine will now warm up indicated by a flashing light. Do not open the handle during this process.
6. The brewing process is complete when the Status LED stops blinking.
7. Prepare another beverage or switch machine off and enjoy!

*Please note the BLUE coloured T DISCS contain milk only, and should be used with BROWN coloured T DISCS containing coffee.



⚠ Risk of scalding!

- Never attempt to open the brewing unit during the brewing process.
- Keep in mind that the beverages are very hot when dispensed.
- The brewing unit locks automatically when brewing beverages at a higher pressure.

TASSIMO USER GUIDE

(Not available in Standard and Economy Room)



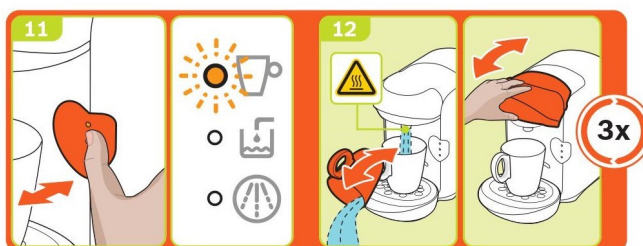
To prepare your beverage:

- ▶ Ensure the water tank is filled with cool, fresh, water every day.
- ▶ Turn the TASSIMO machine on by pressing the ON/OFF switch.
- ▶ Place a suitable cup on the stand according to the type of beverage. Adjust the height of the cup stand, if necessary, or remove it altogether for large cups.
- ▶ Always set the cup stand as high as possible.

To make your beverage:

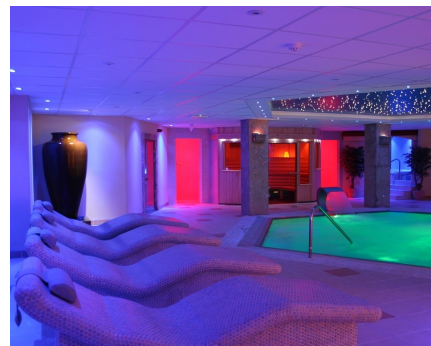
1. Open the brewing unit by lifting the handle and then pushing the brewing unit up.
2. Select a beverage T DISC and insert it into the T DISC holder with the printed side down. Make sure that the flap of the T DISC is **locked** in the slot in the front.
3. Close the brewing unit by first bringing it down and then pushing the handle firmly to the machine. The machine is now ready to brew your beverage.
4. Press the button with the image of the cup that will be lit up.
5. The machine will now warm up indicated by a flashing light. Do not open the handle during this process.
6. The brewing process is complete when the Status LED stops blinking.
7. Prepare another beverage or switch machine off and enjoy!

*Please note the BLUE coloured T DISCS contain milk only, and should be used with BROWN coloured T DISCS containing coffee.



Risk of scalding!

- Never attempt to open the brewing unit during the brewing process.
- Keep in mind that the beverages are very hot when dispensed.
- The brewing unit locks automatically when brewing beverages at a higher pressure.



Opening Times

Spa Opening Hours Daily: 8am - 8pm (Booking is essential)

Treatment Times: 10am - 6pm (Appointment Only)

Gym Opening Hours: Daily 8am - 8pm (Appointment Only)

Children's Opening Times (Under 16)

Daily: 8am — 10am

Monthly, Quarterly and Annual Spa Memberships are available, please enquire at Reception, alternatively email, spa@cliffhotel.com or call 01239 622179.

The Spa at The Cliff Hotel is submerged underground, creating a tranquil, relaxing ambience for an indulgent and de-stressing experience. After your relaxation why not enjoy a leisurely meal, or simply a refreshing drink in The Carreg Bar & Restaurant.

Our Spa Facilities include:

Treatment Rooms, Hexagonal Hydro-therapy Pool, Hot Tub, Ice Fountain, Gym and Complimentary Teas, Coffees & Juices.

Due to current restrictions by the Welsh Assembly Government our Steam Room, Sauna and Relaxation room are currently unavailable.

A wide variety of Spa Treatments are available at an additional charge, subject to availability. Please see our Spa Treatment menu for further details. Pre-booking is essential .

As a resident of The Cliff Hotel you are entitled to a 1 hour complimentary use of the spa between 3pm on the day of arrival and 10:30am on the day of departure, subject to availability. **This is by appointment only, please book with Reception.**

Spa use includes towels, which can be collected from the Spa Reception. A £1 coin is required for locker usage.

Please produce your Bedroom Key Card at the Spa Reception upon each visit.

Please refer to our COVID-19 Policy within this directory for further information on our new Spa guidelines.



The Carreg Restaurant



Looking for somewhere special to eat with breath-taking views and superb food on the Ceredigion Coast? The ever popular Carreg Restaurant offers first class dining with spectacular panoramic views and a terrace providing the option of dining *al fresco*, if weather permits!

At Carreg at The Cliff every effort is made to accommodate all dietary requirements. If you experience food allergies or intolerances, please contact our team to discuss your requirements.

Breakfast

7:00am – 9:30am Weekdays

8:00am – 10:00am Weekends and Bank Holidays

A buffet style breakfast is served every morning, including a great selection of cooked and continental options.

Lunch

Monday – Saturday 12 – 2:30pm

Sandwiches/Baguettes: Monday – Saturday 12 – 5pm

12" Pizzas: Monday – Saturday 12 – 9pm

Sunday 4 – 9pm

A wide range of dishes are available from Sandwiches, Pasta and Fish dishes to Carreg Classics. We have also introduced Pizzas!

*Reservations are always advisable.

Dinner

Monday – Saturday 5 – 9pm

Sunday 4 – 9pm

Contemporary dishes as well as firm traditional favourites.

Hotel guests do not have an automatic reservation unless on a Dinner inclusive package, so please call Reception if you wish to make a booking.

*Reservations are always advisable.

Sunday Lunch

12 – 2:30pm Every Sunday

Our popular Sunday Lunch Carvery, which includes traditional favorites and firmly modern dishes is available weekly.

*Reservations are always advisable.

Afternoon Tea

3:00pm – 5:00pm Monday–Saturday

4:00pm–5:00pm Sunday

A variety of delights is available ranging from a Welsh Tea with local delicacies to a Traditional Full Afternoon Tea with all the trimmings.

24 hours notice required for some Afternoon Tea options, please check menu for details.

Room Service Menu

Available from 12:00pm to 9:30pm

Dial '0' to order. Your meal/drink trays will be brought to your door, the server will knock and leave your tray outside. For tray collection dial '0' or, alternatively, leave your tray outside your bedroom door.

(Vg) Soup of the Day	£5.95
Homemade Soup served with a Bread Roll (g,m) Please ask for Today's Special and applicable allergens	
Lamb Bon Bon (so,su,g,gm,e)	£7.50
Braised Lamb Shoulder with Mint & Red Currant Jus	
Carreg Potted Homemade Pie (c,g,e,gm,m,so,su,mu)	£14.50
Served with Homemade Chips and your choice of Salad or Vegetables. Please ask for Today's Special	
(V) Warm Winter Salad with Feta (su,gm,so,m)	£11.95
Roasted Broccoli, Butternut Squash, Parsnip, Potato and Carrot with Mixed Leaves and Lemon Herb Dressing	
(Vg) Pearl Barley Risotto (g,gm,su,c)	£10.95
With Butter Bean, Spinach, Roasted Butternut Squash, Onion and Garlic	
Carreg Beef Burger (g,e,su,mu,m,gm,so)	£14.95
7oz Lean Welsh Mince, Baby Gem Lettuce, Beef Tomato, Pickled Gherkin and Melted Cheddar in a Toasted Brioche Bun served with Salad Garnish and Fries	
Beef Fillet Strips (m,mu,gm,su,so)	£16.95
Served with Stroganoff Sauce, Watercress, Tomato and French Fries	
Banana Sticky Toffee Pudding (m,e,g)	£7.25
Roasted Broccoli, Butternut Squash, Parsnip, Potato and Carrot with Mixed Leaves and Lemon Herb Dressing	
Carreg Baked Cheesecake (su,g,m,e)	£6.95
Infused with Passion Fruit and served with Passoa soaked Strawberries	
Assiette of Sorbet (m,g)	£6.25
Trio of Sorbet, Fresh Berries, Fruit Coulis and Homemade Tuille	

Allergy key: (V) Vegetarian; (Vg) Vegan; (c) Celery; (cr) Crustacean; (e) Egg; (f) Fish; (g) Gluten; (gm) Genetically Modified; (l) Lupin;
(m) Milk; (mo) Mollusc; (mu) Mustard; (n) Nut; (pn) Peanut; (s) Sesame; (so) Soya; (su) Sulphur.

Although every effort is made to correctly identify all allergens contained in our dishes, please note that such products are stocked and used in our kitchens.

16. Please advise us of any dietary requirements or concerns you may have.
For tray collection dial '0' from your telephone or, alternatively, leave your tray outside your bedroom door.

Hotel Services

To help you make the most of your stay with us, we have compiled this service guide. Should you require a service or any other information not listed please do not hesitate to call Reception by dialling '0' and we will endeavour to assist you. Reception is manned from 7:00am – 10:00pm. Overnight, the Night Porter can be contacted by dialling '0' but will not always be at Reception.

Accounts

We accept all major credit cards including Master Card, Visa and American Express. Payment card details will be kept on your Reservation and charging purchases to your room will be the only acceptable method of payment. A copy of your invoice will be sent to you via e-mail during your last night's stay and the corresponding charges will be made to the card on file the following morning. Please contact Reception before 10:30am on the morning of departure if your invoice is incorrect in any way.

Alarm Calls

Please call Reception (dial 0) to request an early morning wake up call. Please ensure your telephone is switched ON if an early morning call is required.

Baby Cots

Cots are available at a supplement of £5 per night, please contact Reception if one is required

Baggage Services

If you require assistance with moving your luggage please contact Reception by dialling '0'.

Bath Mats

Are available upon request.

Blankets & Pillows

We have temporarily removed non-essential high tactile items such as throws and cushions to reduce cross contamination opportunity. We have also reduced the number of pillows on the beds and removed blankets - should you require another pillow or blanket, please ask.

Business Services

Photocopying and Fax services are available from 7:00am – 10:00pm at Reception. There is a photocopying charge of 20p per B&W page and 30p per colour page. Faxes are charged at £1.00 per page.

Car Parking

Guests are welcome to leave their cars in the hotel car park, but no responsibility will be taken by The Cliff Hotel & Spa for any loss or damage.

Checking Out

Please check out before 10:30am on the day of your departure. Due to the current situation late check-outs are not available. Our Express Check Out allows you to depart without visiting Reception.

Chemist

There are three chemists in Cardigan:

Caerleon Pharmacy	01239 612400
Boots	01239 621578
The Co-operative Pharmacy	01239 621416

Dentist

There are two dental practices in Cardigan:

Charsfield Dental Surgery:	01239 612185
Feidrfair Dental Practice:	01239 613694

Doctor

There is one doctor surgery in Cardigan:

Cardigan Integrated Care Centre:	01239 612021
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Alternatively, you can contact NHS Direct on 0845 46 47 (prefix with 9 if using in-room telephone)

Do Not Disturb

If you do not wish to be disturbed please hang the relevant sign outside your door. Our Housekeeping Department will not service your room if the Do Not Disturb sign is showing.

Electrical Current

The voltage is 240 volts except for shaving points. We recommend that you do not charge your shaver from the bathroom socket nor to plug in any other electrical appliance. Plug adapters are available from reception for a £5 returnable deposit.

Environmental Impact

Please assist us in our efforts to reduce our environmental impact by switching off the lights and appliances when not in the room, separating your plastic and glass bottles from your general waste.

First Aid

There is at least one qualified First Aider on duty at all times. If you need First Aid for yourself or another person and are unable to find a member of staff, please dial 9 for an outside line, then 999.

Flowers

Can be ordered in advance through Reception. Minimum spend of £30.

Ice

Ice is available via room service.

Jogging

Routes available at Reception.

Keys & Key Cards

Out of hours your room key will also provide access via the main hotel doors. For your safety and security we feature an electronic door locking system. As an extra precaution, we suggest that you refrain from writing your room number on the key card. Upon check-out please leave your room key in the designated box at Reception.

Lost & Found

We operate a lost property logging system, please contact Reception if required.

Mail & Postage Stamps

Stamps are available to purchase from Reception where there is also a letter box. Collections are at 9:30am weekdays and 11:00am on Saturdays.

Maps

There are a selection of maps and local information at the back of this directory however if you require further local information, directions, and maps, please ask at Reception.

Messages

Will be delivered to your room by our Receptionists.

Pets

Dogs are allowed only in allocated guest bedrooms and should not be left unsupervised. Guests are required to bring their own bedding for dogs. There is a £10 charge per pet per night on the first night of your stay and £5 per pet per night for any subsequent nights. Please note that dogs are not permitted in our bars or restaurant but are welcome on our terrace. Registered assistance dogs are permitted throughout the premises and may stay in allocated guest bedrooms free of charge.

Public Transport

Train and bus timetables are available at Reception.

Radio

Is integrated into your television.

Religious Services

Local religious service information is available at Reception.

Restaurants & Bars

The Cliff Hotel & Spa's Carreg Restaurant is open for Breakfast, Lunch, Afternoon Tea and Dinner.

Please note our partnered business's, The Gwbert Hotel & Flat Rock Bistro and The Grosvenor have been temporarily closed.

Room Service

Please refer to page 16 within this Guest Directory. Dial '0' from your in-room telephone to place your order.

Sewing Kit

Available at Reception.

Sharps & Needle Disposal

Please contact Reception should you require the safe disposal of any sharps and a sharps disposal container will be made available to you. Please do not leave sharps for others to clear away and do not dispose of sharps in general bins.

Smoking

Please note that smoking is not permitted in any guest bedrooms or indoor public areas, including out of the window. Any guest found to be smoking in their bedroom will incur a fine to the value of the next night's rate of stay to cover cleaning charges and loss of revenue from smoke damaged rooms. Ashtrays are provided on room balconies, our terrace, and outside the front doors of the hotel for your convenience.

Soilage & Damages

Please note that we reserve the right to charge guests for soilage and damages to hotel property after departure. If you think something in your room may have been damaged, either by yourself or another occupant, please speak to the duty manager at your earliest convenience.

Taxi Service

Reception can order a taxi on your behalf. Alternatively call Robin's Taxis on 01239 612190.

Televisions

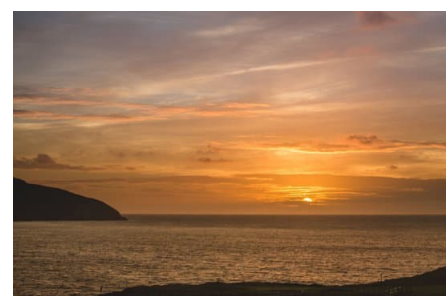
All guest bedrooms feature Freeview television channels.

Temperature Control

Your room temperature can be altered by turning the Radiator dial up or down in your room. Fans or heaters are available upon request.

Vending Machine

Situated at Reception, light snacks and drinks can be purchased. There are vending machines with a basic choice of toiletries, medical supplies and sanitary products available in the hotel's public toilets.



Telephone & Wi-Fi

Telephone

For assistance during your stay the following numbers may be of use:

Reception/Night Porter	'0'
Spa Reception	'7504'
Bar	'7502'

To Dial Another Room

All internal telephone numbers are four digits long. Two digit room numbers should be prefixed with 74 e.g. Room 16 – Dial 7416. Three digit room numbers should be prefixed with 7 e.g. Room 125 – Dial 7125.

To Make an Outside Call

- Lift receiver
- Dial 9
- Wait for dial tone
- Dial number required including the area code

Please replace the receiver correctly on completion of your call.

Calls to mainland lines are charged at 20p per minute. Calls to mobile and premium numbers will be charged accordingly.

Wi-Fi

Complimentary Wi-Fi is available throughout the hotel. To connect, select the network 'Cliff Hotel' and enter the password cliffhotel. Please note that, due to our rural location, connection speeds may vary, especially during busy times.

Out & About

Beaches

No visit to West Wales would be complete without visiting some of our clean sandy beaches with clear waters, caves, waterfalls, wild rugged cliffs and so much more. There are fabulous coastal walks across the headlands to secret coves rarely visited except by birds and the ghosts of ancient smugglers.

This section contains details of seven of our most local beaches. Further information and maps may be obtained from Reception.

We ask when out and about exploring you respect current Covid-19 restrictions and overall respect our local area. Thank you!



Patch Beach

SA43 3LN

0.5 miles from hotel

Awards:	N/A	Bathing:	No
Type of Beach:	Sandy/Stony	Café:	No
Car Park:	On road	Sea Angling:	Yes
Toilet:	No	Dogs:	Yes
Disabled Access:	Yes		

Mwnt Beach

SA43 1QH

3.8 miles from hotel

Awards:	Green Coast	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Toilets:	Yes—seasonal opening
Dogs:	30/09—01/05 only	Disabled Access	No

Poppit Sands

SA43 3LR

6.3 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	Sandy + Dunes	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	Yes	Dogs:	Yes (restricted areas)
Disabled Access:	Yes		

Aberporth Beach

SA43 2DB

7.1 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	2 x Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	Yes	Dogs:	Yes and No (restricted areas)
Disabled Access:	Yes		

Tresaith Beach

SA43 2JL

8.6 miles from hotel

Awards:	Blue Flag	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Limited	Sea Angling:	Yes
Toilet:	Yes	Dogs:	30/09–01/05 only
Disabled Access:	Yes		

Penbryn Beach

SA44 6QL

10.3 miles from hotel

Awards:	Green Coast	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet:	At car park	Dogs:	30/09–01/05 only
Disabled Access:	Limited		

Llangranog Beach

SA44 6SN

12.1 miles from hotel

Awards:	Seaside Award	Bathing:	Yes
Type of Beach:	Sandy	Café:	Yes
Car Park:	Yes	Sea Angling:	Yes
Toilet + Disabled:	Yes	Dogs:	30/09–01/05 only
Disabled Access:	No		

Local Attractions

In this section you will find just a small number of the attractions on offer in our area.

We have a huge selection of leaflets available in the stands at Reception and, if you would like any further information or maps, please visit the Reception Desk.

Cardigan Golf Club

Distance from Hotel: 0.5 Miles

Situated some three miles north of Cardigan town centre, high above the shores of Cardigan Bay and the Teifi Estuary, this is a SPECIAL place to play golf.

Excellent drainage and a relatively mild climate ensures that the course is playable throughout the year off regular tees and greens. Some say that Cardigan is at its very best through the Autumn and Winter months.

If you haven't played here yet, a warm welcome awaits, and you won't be disappointed.

Cardigan Island Coastal Farm Park

Distance from Hotel: 0.7 Miles

This unique farm park is stunningly located on a scenic headland, overlooking the nature reserve of Cardigan Island, which is just 200 yards off-shore, so it can be clearly viewed from the park.

A colony of Atlantic grey seals breed in the many caves below the farm park cliffs and can be seen virtually every day. Cardigan Bay's bottlenose dolphins are frequent visitors to the waters surrounding the park. There is a variety of friendly farm animals here as well as an outdoor adventure playground and café.

A Bay to Remember Boat Trips

Distance from Hotel: 0.7 Miles

A Bay to Remember's fully guided marine tours offer a safe and exhilarating experience suitable for all ages and abilities (wheelchair accessible boarding available in Cardigan), using a modern, purpose built vessel with the latest environmentally friendly engines and equipment, including underwater hydrophones to allow you to listen in on our amazing underwater world. Bottlenose Dolphins, Harbour Porpoise and Grey Seals are regularly sighted, plus a wide variety of birds.

Cardigan Castle

Distance from Hotel: 3 Miles

Enjoy the splendour of a Georgian mansion, where you can unlock the story of the Castle, the people who lived here, and find out how it became the birthplace of Wales' biggest cultural festival, the Eisteddfod.

Welsh Wildlife Centre

Distance from Hotel: 8 Miles

Families will love exploring the nature trails on foot or two wheels, playing in the adventure playground, discovering the willow maze, meeting the Wildlife Centre's resident water buffalo and friendly giant willow badger.

Cilgerran Castle

Distance from Hotel: 8.8 Miles

The coracle, a one-person boat native to these parts, has a history dating back thousands of years. Cilgerran Castle, which overlooks the Teifi, a river favoured by the peculiar vessel, isn't doing too badly either. Almost 800 years young and counting.

National Trust members are admitted free of charge upon production of a valid membership card.

Folly Farm Adventure Park & Zoo

Distance from Hotel: 29 Miles



As one of only seven zoos in the UK that cares for the critically endangered Eastern black rhino, you can also see lions, zebras, ostriches, giraffes, Bactrian camels, bongos, lemurs, meerkats, tapirs, Barbary macaques, squirrel monkeys... the list goes on!

National Botanic Garden of Wales

Distance from Hotel: 40 Miles

Here you'll find an inspiring range of themed gardens, the world's largest single-span glasshouse, a new tropical Butterfly House, play areas, and a national nature reserve, all set in a Regency landscape which provides the stage for a packed programme of events and courses throughout the year.

Cardigan Bay Coast Path, Walks & Hikes

Get out and enjoy the spectacular Welsh coast! The coast and countryside around Cardigan Bay is the ideal hiking country, offering a delightful range of walks for both experienced and casual walkers.



The following pages provide a mini map, walk description and information to help you get out and explore the Welsh Coast & Countryside!

1. Moylgrove to Newport Walk

Walk information

Map:: Explorer OL35 North Pembrokeshire

***Distance** 7 miles – from Ceibwr Bay to Newport Sands

Approximate Time 3.5 hours

Description A spectacular walk that includes the famous 'Witches Cauldron' and the picturesque National Trust headland of Ceibwr Bay and ends in the small welcoming town of Newport.

***Start** To start the walk from Moylgrove car park. Grid reference SN 118 447 add 1.5 miles and to finish the walk in Newport town, add a further 1.8 miles. [10.3 miles total]



PLEASE NOTE Some stretches of this path are steep and the cliffs are very high, less experienced walkers may wish to allow longer and be sure to check the return Poppit Rocket bus is running, for more experienced walkers a day long 'there and back' walk is a real treat!

This is a lovely walk, but please be aware that it is almost all on cliff paths, with some steep sections up and down to the deserted coves, there is no access on or off the path between stages 4 and 7 so packed lunches and drinks are advised.

1. Moylgrove – Turn left out of car park & after few metres turn right by chapel. Continue along road until you reach Ceibwr Bay. Alternatively start your walk at Ceibwr where there are a couple of lay-by's to park.

2. Ceibwr Bay – (The cliffs here are famous for their amazing strata produced in the Caledonian period 450 million years ago.) Carry on along road for short distance to coast path sign on right, go over stile & follow coast path for about west a mile to dramatic bay known as the 'Witches Cauldron'. Look out for Gannets, Choughs, Gulls, Fulmars, Shags, Cormorants, Buzzards, Ravens and Kestrels

3. Witches Cauldron – (This is a collapsed cave and at certain points of the tide the water makes wonderful noises as it is sucked under the narrow arch of rock).

4. Castell Treryffydd – is an Iron Age Hill Fort, look out for seals particularly along this stretch.

5. Foel Goch – Another good place to spot seals and dolphins from the escarpment above the cliff.

6. Pen Pystyll – The small waterfall at Pen Pystyll is above a tiny beach from where you can enjoy the sunset or an secluded swim before the last of the walk to Newport Sands or further to Newport town.

7. Newport – The coastal path turns inland at the beach to follow the estuary to the bridge across the River Neve which will take you up into the town of Newport, with pubs serving food, cafes and shops.

It is possible to do this walk in either direction and use the Poppit Rocket Bus service from early May until late September, to return to the start of the walk. A **circular walk** from Ceibwr to Newport Sands and back along the small lanes makes a full days walk.

2. Circular Walk Moylgrove - Monington

Walk information

Map: Explorer OL35 North Pembrokeshire

Distance 3.5 or 6 miles

Approximate Time 1.5 or 3 hours

Description A spectacular walk that includes the famous 'Witches Cauldron' and the picturesque bay of Ceibwr as well as pretty inland wooded paths that afford fine views of the preselis.

Start The walk starts from the Moylgrove car park. Grid reference SN 118 447.



1. **Moylgrove** – Turn left out of car park & after few meters turn right by chapel. Continue along road until you reach bay. Carry on along the road for a short distance to coast path sign on right, go over stile & follow coast path for about 1/2 a mile to a dramatic bay known as the 'Witches Cauldron'.
2. Carry on along path & after very steep climb soon after top of cliff at clearly signposted junction in path turn left off coast path. Follow this very pleasant path through wood & after stile turn left. Follow sign to right & go up lane. Go through gate & turn right, go over stile turn left. Follow sign to right & go up lane. Go through gate & turn right, go over stile & straight ahead. Turn left after farm building, up track & over stile. Turn left & follow road back to car park.
3. **Part 2** – Go left out of the car park, but this time turn left opposite chapel. Go down path to gate ahead of you where you bear left down small track. Follow this alongside stream, left over bridge to edge of wood. Now follow right hand hedge line to gate left of house. Go through here & right past house & up track. At top of track bear right onto minor road & go down to cross roads where you turn left.
4. **Penrhiw Forge** – Follow road down past line of impressive beeches, continue uphill to Penrhiw Forge on left, shortly after which is large gate & stile With Signpost. Go through here & follow green lane. Go over 2 stiles keeping straight ahead & on through waymarked gate, taking care as next stretch is often very muddy. Follow round past farm buildings through waymarked gate & along another very muddy stretch. Go through 2 more gates round some stables to junction of tracks, turn right here by wall and through waymarked gate.
5. **Ceibwr Bay** – Follow track to lane, then carry straight on to join road from St Dogmaels. Carry straight on to reach sign on right to coast path. Go down farm lane for over 1/2 a mile & then turn left at Tre-Ryhs. When after 600m, road bears right to Pen-y-Graig farm, go straight ahead. Carry on to bridleway sign & gate on left, go left & after a few meters ignore sign on right to coast path, & carry straight on. A few meters after house, go over stile on right & follow path steeply downhill to beach of Ceibwr Bay. Go along edge of beach & over slate bridge. Now turn left then right & your back on the road. Turn left & follow road back to chapel and car park. It is possible to get to this walk in using the Poppit Rocket Bus service which runs from Fishguard to Cardigan [Poppit Sands Beach] from early May until late September.

3. Cardigan to St Dogmaels

Walk information

Map::

Explorer OL35 North Pembrokeshire

Distance 4.5 – 5.5 miles

Approximate Time 3 hours

Description A Circular route of varying length through rich agricultural land, pretty woods and the fringes of the village of St Dogmaels offering a variety of views of the town and the Teifi estuary. A good walk for Spring wild flowers.

Start The walk starts on the south side of the old Cardigan Bridge facing Cardigan Castle.



1. Old Bridge across from Cardigan Castle – Turn right & then right again into a small lane & along this for a few meters into St Dogmaels Rd (B4546). Turn left & cross road, heading for bend in road with bridgeway sign. Go up this lovely leafy green for about 500m to Parc Yr Eithin Farm. Go through two bridlegates, & then over stile after house. Carry on up this muddy lane to where the track bends slightly to left. Go over stile & follow track till you reach quiet Rd

2. Earthworks – Turn left and follow road uphill to reach main Cardigan to Fishguard Rd. Cross this to the two gates ahead. Go through left hand gate & follow right hand edge of this long field. As you go up the hill will have a lovely view of the Preselis & the estuary. On approaching big gate, don't go through it, take the path to right gate. Carry on past slurry pit & then through waymarked gate & down right hand side of next two fields. Cross third field following left hand edge downhill to gate at end, passing waymarker on left just before reaching gate. Follow right hand side of next field around to reach gateway on right into rocky lane. Enter lane & follow it down for just over 100m. When you see farm gate ahead look right to find leafy path going sharply right about 20m from gate.

3. Follow this above edge of long field for about 200m, at fork in path go to left slightly downhill. Go through metal gate & turn right, following right hand edge of field to reach stile ahead of you. Cross stile & go across next field until field edge turns sharply right uphill, don't follow this but carry on ahead & after about 20m note fence with stile in it. Cross stile & path goes into wooden section & then past 3 ponds on left, (see Dragonflies). Now follow this track uphill for about 900m to reach the main Rd again.

4. Blaenwaun Chapel – Cross road, go straight through yard of cement works & follow path ahead. Where the path forks, bear right downhill & carry on until you emerge opposite cemetery of Blaenwaun Chapel. You now have a choice of routes. For shorter route 1 turn right here & follow bridgeway past chapel or for slightly longer route 2 take small road which goes left & then right round edge of graveyard. **Route 1** – Follow Bridgeway for just over 1/2 mile onto road opposite large house, Plas Newydd. Turn right & follow this quiet road along for about 700m until you see bridgeway on left which takes you to Parc Yr Eithin farm & start of walk. **Route 2** – Follow this quiet Rd down for about 450m. On reaching T-junction turn left & after few meters note footpath sign on right. Turn up here & after couple of meters come onto beautiful track which winds along top of valley. When reaching end of track after passing a few houses, you come out onto small road opposite metal gate.

5. Parc yr Eithin Farm – Turn sharp right here & head downhill. When road ahead curves left, take short cut over little bridge on left & go straight ahead to emerge opposite house called Arwel. Turn left & walk down hill for about 80m to turning on right, signed 'Mwtshwr' high up on wall behind you. Go down here past green kissing gate & sign to Hendy & Parc y Pratt on left, keeping straight on to clearly waymarked gate ahead. Go through gate & across a third field, head towards next stile which enters a little wood. Follow stone path upwards to come to waymarker & continue to reach gate ahead. Turn left onto small road & after few meters reach bridgeway on left which goes past Parc yr Eithin Farm & back to river & start of the walk

4. St Dogmaels to Cemaes Head

Walk information

Map: Explorer OL35 North Pembrokeshire

Distance 10 miles

Approximate Time 3.5 – 5 hours

Description A walk rich in variety, combining rural pastures with the spectacular coastal scenery of the Pembrokeshire Coastal Path and excellent panoramic views of the Teifi Estuary.

Start The walk starts from the car park opposite the post office in St Dogmael's. Grid reference SN 164 460.



1. **Cwm Degwel** – Turn left out of car park & after road with care, turn right after post office & head up to Mill & Abbey. Follow road round past millpond & Garage & turn right at T-junction. After few meters bear right into Cwm Degwel. After about 100m at fork in road, turn right in front of house called Abbey Forge to go down grassy track, over small bridge. Turn right & head uphill. After about 250m small road bears sharply left, just before metal gate on right. Go down here few meters to no through road sign & then footpath sign. Go down here few meters to no through road sign & then footpath sign go down this beautiful green lane. After about 750m look for waymarker post & turn right through kissing gate. Follow right hand side of field to enter green lane another gate. At end of lane go through another gate & follow right hand side of field past front of house through metal gate to turn left along track after 300m at minor road turn left.
2. Follow road for 150m to waymarker on right. Turn right & follow left hand edge of field for about 40m to cross a stile. Follow field edge to corner. Cross stile & go down left hand side of 2 fields & then through metal gate by farm buildings. Turn right & go through farm yard and down track. After 250m turn left at minor road & then after 300m, at fork in the road, bear right down muddy track. Ignore track on left & carry on ahead. Before farm buildings road forks, take left hand fork. After another 300m road forks again, take a right hand fork & head downhill to pass another farm on right, go through metal gate at farm-house into green lane. Go down lane to cross stream, then go up left hand side of field & through gate in field corner. Go through another gate on right & follow wide green lane through several gateways until you come to 2 gates. Go through right hand gate & follow left hand field edge to gate opposite Chapel.
3. Cross minor road to bridleway sign opposite. Go through gate & turn left at farm track to ruined chapel, through gate & then turn right immediately after chapel. Go through gate follow path to bridleway sign by clear track farm. Follow this track to front of buildings, go through gate & bear round to right. Go over cattle grid & then, where bridleway points left, follow footpath sign ahead down right hand side to 2 fields. At junction in paths go over stile following bridleway, to left. Follow lane turning right after about 100m & then go straight ahead for 400m heading towards disused coast guard lookout hut.
4. Go over waymarked stile & then almost immediately cross another stile on right after which turn left. Follow this path steeply down hill. Go past ruined lookout hut & over stile. Follow path over several stiles for about 3/4 of mile to reach farm yard. Follow track past campsite & carpark. Now follow road for just over 1/2 a mile to a house with a lantern on a white pillar called Cnwcau, on right. Turn left in front of house, down muddy bridleway to field gate ahead & turn left over stile. Go down right hand side of field heading for yellow marker post. Go up little steps in wall & over stile. Carry on ahead across 2 more fields & over stiles, turn right into lane. Now follow bridleway, back to ruined chapel & the down farm track.
5. Turn right into road. After few meters there is rather hidden shady lane on left with red no entry road sign at top. Turn left into lane & follow it ahead for about 250m to farm buildings. Just before buildings turn right to cross stile & follow left hand side of field. Bear left after few meters & head towards & through metal gate. Follow right hand side of field until end of fencing, cross stream & go uphill to gate on your right, don't go through gate, but turn left & follow track for about 300m. After passing caravan park on left cross little stream & head uphill. Pass kissing gate on left & bear round right. Ignore green lane on left & go right to cross stile. Turn left & head straight along track for nearly 1/2 mile. Turn right & there is now a stretch of 3/4 mile on main road.
6. **Albro Castle** – Turn right opposite house called Glanteifi & follow pleasant track uphill for 400m. Cross waymarked stile on left & head diagonally across field corner to another stile, just to right of bungalow. Cross stile & go along in front of imposing Victorian buildings of Albro Castle. At end of building turn left & head downhill for few meters to footpath sign on right. Turn right & follow this wooded track for about 150m to stone stile. Cross stile and go down this little terrace, turning left at T-junction. Go down to main Rd again turn right, after about 100m note footpath sign on left, cross road with care & follow sign to left. Follow shady tree-lined path along edge of river, continue to wide expanse of grass in front of pub, carry on ahead & cross playing field to car park.

5. Circular Walk Cardigan / Mwnt

Walk information

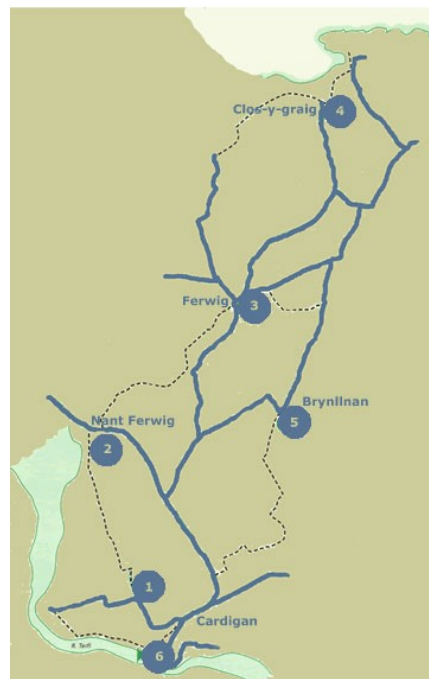
Map: Explorer 198

Distance 10.5 miles circular

Approximate Time 4.5 hours

Description An excellent walk that offers the walker wonderful views of the Teifi Estuary and a chance to rest midway at the scenic National Trust property of Mwnt with its picturesque chapel hiding beneath a triangular hill. A possibility of seeing dolphins and seals in the waters around Mwnt

Start The walk starts from Cardigan Quay car park Cardigan.
Grid reference SN 175 460



1. **Car Park** – With supermarket on right go to end of car park & follow track, turn right uphill & straight ahead past some houses to waterworks. At works take path to left of gates & follow this to stile just before Old Castle Farm. After stile turn right up farm road, follow it to right & then left at T junction. At gate ahead, where track bears left
2. At gate ahead, where track bears left, go through gate & follow waymarkers across 4 fields. When path dips downhill cross stile & follow field edge to corner, turn right & go through field gate onto road & turn right.
3. Go along road for 100m, looking carefully for gap in hedge & footpath sign. Turn left here to go in front of next house & then turn right up green lane. Follow this for 1/2 mile & bear right over stile & left up farm lane. Follow this track for about 500m & then turn right through gate just before next farm. Go across 4 fields keeping about 50m from trees on right. On seeing line of houses ahead go to right hand corner of field across stream & over stile.
4. **Clos-y-Graig** – Turn left in lane & left again in Verwig for 300m. Take the no through road. Follow this for 3/4 of a mile until road turns right & then before it turns left there is cattle grid ahead, cross this & follow farm track. On reaching farm buildings look for footpath sign directing you to left in front of large barn. Go through gate & down green lane towards sea. Follow this lane for 600m & at gate with lovely view of Mwnt go straight ahead & follow path to cafe & beach. Now retrace your tracks for about 500m & just before reaching Clos-y-Graig farmhouse turn up towards and through gate.
5. **Heol-Cwm** – Follow this track, which becomes an unclassified road, for about 1.5 miles; 300m after Heol-Cwm turn left at junction & after 250m turn right through farm buildings to 4 gates. Go through second from left gate & follow green lane until it turns right. Take kissing gate on left & follow lane to house & turn right at road.
6. Follow this road for nearly 3/4 of mile & then, when it turns sharp right, go across stile to right of gate ahead & down right hand side of 2 fields. Turn right in field corner & then left into rather muddy green lane. Follow this for nearly 500m. Turn right & then bear left down track past farmhouse. Pass chapel, go left uphill & follow this road for 450m until it bears left. Take track on right and follow this to junction of Felinban & Cnwc-y-Dintir. Turn left & go down edge of car park & then down road ahead back to start of walk.

6. Walk around Aberporth

Walk information

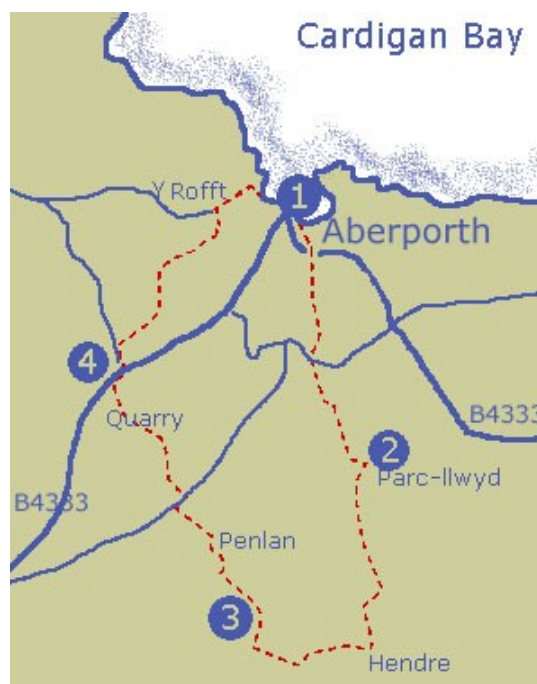
Map: Explorer 198

Distance 5 miles circular

Approximate Time 2.5 [5] hours

Description A walk with everything from woodland paths and traditional 'green lanes' to open fields and spectacular sea views

Start The walk starts from either of the Aberporth blue flag beaches which have parking overlooking the sea.



1. Aberporth – leaving the sea behind walk up Ffordd Yr Odyn past the Ship Inn for 250m until road bends left. Take turning ahead to Ffordd Y Felin and T junction crossing into shaded lane signposted Parc-Ilwyd and cross over little bridge. Follow track for 200m to wooden gate. Turn left in front of house and bear right round it. After bungalows look out for way marker in fence on left ahead of you. Follow this track for 650m until you come to a bridge

2. Parc-Ilwydd – Cross bridge, head uphill and at top of bank arrive at open field with waymarker where path splits. Go left to stile, cross and keep straight ahead to waymark post, drop down to gully and cross bridge. As you cross the next field diagonally, look behind to enjoy excellent sea views, pass right of large tree in the middle of the field and then head towards right hand end of row of trees ahead of you to find stile. Cross stile to junction of two fields. Follow left hand hedge line of right field, cross stile and turn right to head up track. Follow track for 900m passing farm on right. At T junction with road, turn right and after cattle grid you will see a pond on your left.

3. Pond – Turn left here between gate posts, down muddy lane to gate. Head along left hand side of next field through another gate, (when crossing this field look to right to beautiful view of coastline). Through gate bear right, going to left of clump of trees and then bear right to gate by house. Pass house and at end of track turn right into road and head downhill for 75m to footpath sign on left. Go down here taking care as it is quite steep. Cross stile and wooden bridge, follow path through wood to stile after which bear left up track. Follow fence for few yards until you see stile on your left at which point bear slightly right across field. (Look to your right for panoramic view of Cardigan Bay). When approaching corner of field, look for big ash tree and gate, go to right of gate and follow path near top of wood. Cross over double stile on left and go straight across field ahead. After crossing small wooden bridge and stile, clamber steeply uphill and past house to emerge on road (B4333) at a footpath sign.

4. Footpath Sign– Go down road, turn left at road junction and follow road for about 150m to footpath sign. Turn right over stile and go down right hand side of field to enter wood. Follow path through wood – over stile and bearing left, until you come to gate, turn right, carry on to come out into field. Go down right hand side of field, cross stile and follow track left, passing behind house. Follow signs and waymarks through houses to emerge onto road at house called Y Rofft. Follow road down for about 500m back to car park and beach

5. NOTES: Hourly bus service between Cardigan and Aberporth available. Nos.550,551,552.

7. Walk Aberporth to Tresaith

Due to a landslide in December 2019 this section of the coast path has been re-routed via Llety Caravan Park.

For latest updates and alternative map route please go to the local authority website.

[Walk information](#)

Map:: Explorer 198

Distance 1 mile

Approximate Time 15-20 minutes one way

Description The footpath links the villages of Aberporth and Tresaith, passing above several rocky inlets on the way.

Start The walk starts from either of the Aberporth green flag beaches which have parking overlooking the sea the car park has a dolphin statue.



1. **Aberporth** From the dolphin car park walk round the bay and uphill with the sea to your left, after the toilet block pass through housing to the cliff top. The path now follows the coast heading towards the distinctive headland of Ynys Lochtyn (symbol of the heritage coast). As you draw near to Tresaith, a waterfall the Afon Saith diverted in the last Ice Age, comes into view on the far side of the beach.
2. **NOTES:** The great little Cardi Bach bus runs along this route Cardi Bach and even has provision for carrying bikes!

8. River Teifi Walk Llechryd to Cardigan

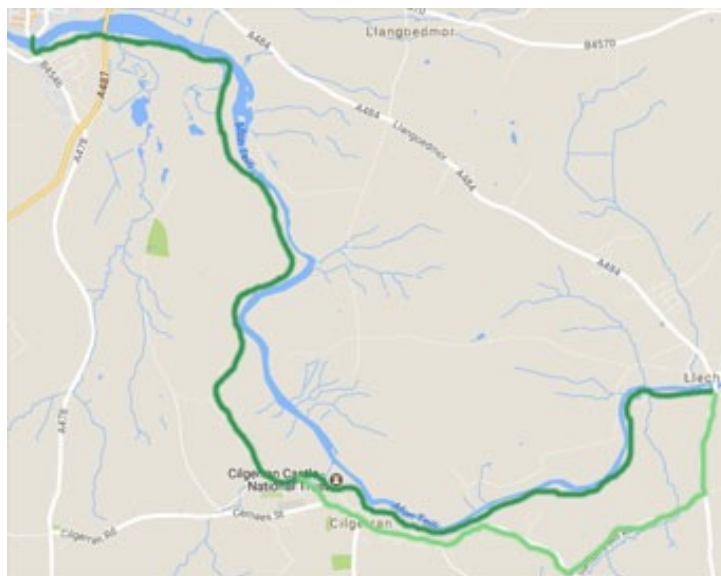
Walk information

Map: Explorer 198

Distance 5 miles [8 miles circular walk omitting Cardigan]

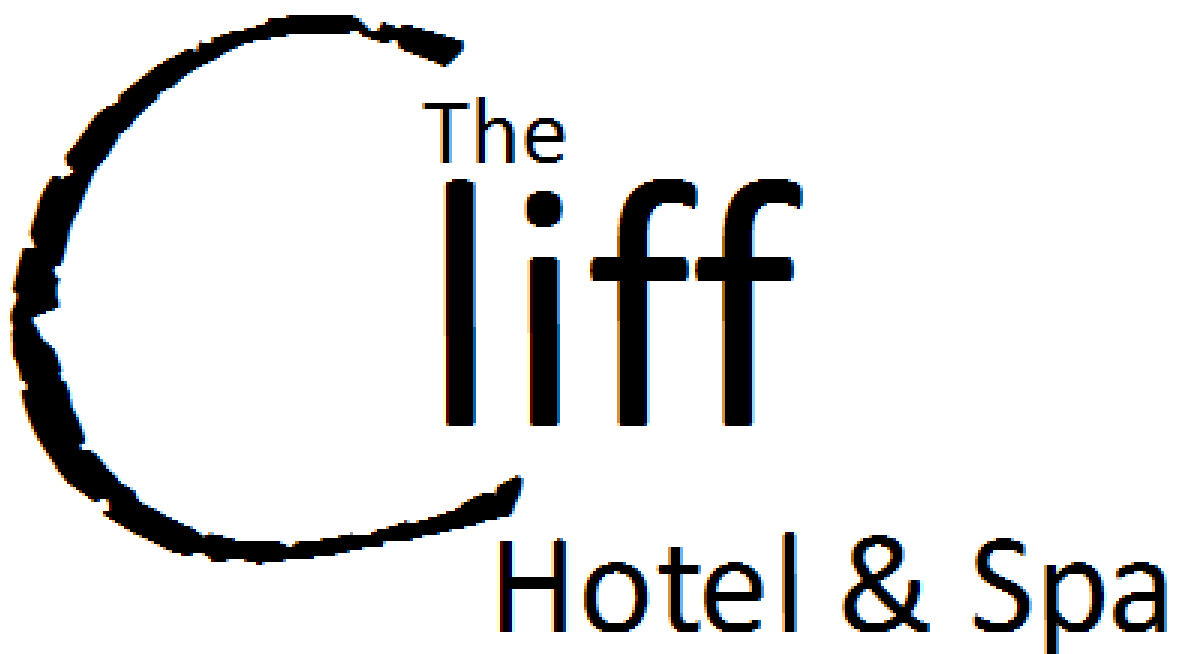
Approximate Time 2.5 – 3 hours [4 – 4.5 hours circular]

Description One of my favourite walks follows the River Teifi from the bridge at Llechryd, down through Cilgerran and the Welsh Wildlife Centre and into Cardigan arriving via Cardigan old bridge. Along the way there are wild flowers, two castles, chance to see herons, otters and water buffalo [depending on time of year].



Start The walk starts at the bridge in Llechryd, if you are driving you can park at the wide part of the road to Monordeifi and return to your car either by foot or by bus. Grid Ref reference SN 175 460

1. The path begins between the river and the gate house and follows the river Teifi past salmon traps, an old quarry and abandoned ferry point cottage to reach Cilgerran coracle information centre [with toilets] after a beautiful riverside walk
2. Continue past the picnic tables for about 50 metres and look out for a path up the side of the hill. A short climb brings you out below Cilgerran castle. Here the path loops around the castle and you pass in front of a cottage bearing right along a narrow track which leads to the NT castle entrance round to your right.
3. Turn left away from the castle and then right onto a small road which shortly bends round to the left giving a view of the church in the distance.
4. Within 200 metres, look out for a footpath down to your right and follow it down to cross a stream via a small bridge. The path skirts in front of and around a small group of cottages, bringing you out on a lane where you turn left.
5. Within 200 metres, turn right through a 'kissing gate' and follow the path along the edge of the field with the old hedge bank on your right to the next 'kissing gate' which leads into woodland high above the river.
6. The path curves round to the left to cross a small bridge before skirting high above the river, with quite dramatic views down through the trees into Cilgerran gorge below.
7. The path narrows and in spring and early summer is bordered by wild flowers, particularly the bluebells are a delight on this stretch. The path passes a badgers set on the left before climbing to a gate where you have a choice of routes.
8. a – the gorge walk – turn right, pass through a gate and after about 300 metres take the path signposted to your right and enter the Welsh Wildlife Centre where the gorge walk, though steep in places is well signposted b – the more direct walk – carry straight on across the top of a field [private gate to left] and drop down onto a lovely path which skirts fields to bring you out at the Welsh Wildlife Centre
9. From the wildlife centre car park, pass through the large gate and follow the old Cardigan Railway track with the River Teifi on your right and the marshes on your left to Cardigan. To return to your car from Cardigan, the 460 Carmarthen bus run by Richard Brothers leaves from Finch Square passing through Llechryd.
10. Circular walk – from the car park, turn right and follow the track to Cilgerran village. Turn left to take the first small road into the village which drops down before passing the church. On seeing the sign for Cilgerran castle, retrace your steps from 3, or enter the village and follow the road via Garnons mill to Llechryd bridge.



Thank you for staying at The Cliff Hotel & Spa. We hope you enjoyed your stay and we look forward to welcoming you back in the near future.

Gwbert, Cardigan

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