



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.

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.

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.



TASSIMO USER GUIDE

(Not available in Standard and Economy Room)



Caddy



Joy

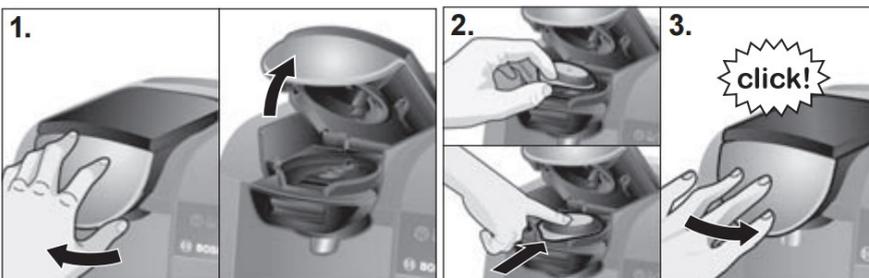
To prepare your beverage:

- ▶ 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.

6.



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 or even at The Point Bar & Lounge.

Our Spa Facilities include:

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

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.

We hope you enjoy a relaxing stay.



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 – 9:45am Weekdays

8:00am – 9:45am 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 - 5pm

A wide range of dishes are available from Sandwiches, Pasta and Fish dishes to Carreg Classics.

*Reservations are always advisable.

Dinner

Daily 6 – 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.

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 to 9pm

Dial 0 to order. A tray charge of £5 is applied to each order

Something Light

(Vg) Mixed Olives	£4.00
(V) & (MVg) Selection of Breads with Balsamic and Butter	£4.00
(V) Sundried Tomatoes & Mozzarella	£4.00
(V) & (MVg) Chef's Soup	£5.95
please enquire with your server for today's special. Served with Grilled Sourdough	
(V) Wild Mushroom & Smoked Caerphilly Arancini	£7.25
Braised Baby Gem and Port Sauce	
Cockles & Laverbread	£6.95
White Wine Bechamel, Charred Sourdough and Bacon Crumb	

Sandwiches Available from 12 - 5pm

All served with Salad and Crisps

Gluten Free available upon request

Fillet Beef Baguette	£11.50
<i>On white or brown Barra Gallega. Horseradish Cream, Caramelised Onion</i>	
Chicken & Roasted Red Pepper Wrap	£9.25
<i>Cos Lettuce, Red Onion, Cucumber, Mozzarella and Chorizo Mayo in an oven baked Wrap</i>	
(Vg) Smashed Chickpea Caesar Baguette	£8.95
<i>On white or brown Barra Gallega. Cos Lettuce, Chickpeas, Cashew Nuts, Mayo, Red Onion, Capers and Lemon</i>	
Classic Sandwich	£7.95
<i>All served on brown or white Bloomer</i>	
Ham & Mustard or (V) Cheese & Chutney or Smoked Salmon and Dill Crema	

Allergy key: (V) Vegetarian; (Vg) Vegan;
(MVg) Modified Vegan, please request with your server

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. Please advise us of any dietary requirements or concerns you may have and request to view our Allergens Book.

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

Something Not So Light

Beef Burger	£15.95
7oz Burger in a Flour Bun with Crispy Bacon, Apple Wood Smoked Cheese, Tomato Relish, Lettuce, Red Onion and Dijon Mayo served with Slaw and Fries	
Seafood Tagliatelle	£18.95
Mussels, Prawns, Calamari & Baby Squid, Cherry Tomato, White Wine, Garlic, Capers, Parsley and Calabrian Pepper Paste	
(V) & (Vg) Panzanella Salad	£14.95
Olives, Sundried Tomatoes, Pesto, Rocket, Red Onion, Cucumber, Croutons, Capers, Red Wine Vinaigrette and Toasted Seeds <i>Add Chicken Breast £2.00 supplement</i>	
Fish & Chips	£15.95
Tartare Sauce, Chilli & Minted Mushy Peas, Home Cut Chips and Lemon	
(V) & (Vg) Pearl Barley Risotto	£13.95
Squash, Rosemary, Carrots and Lemon Oil	

To Accompany

Sides

Home Cut Chips	£3.00	Fries	£3.00	House Salad	£3.00
Sautéed Onions	£3.00	Medley of Vegetables	£3.00	Garlic Bread	£3.50
Roasted New Potatoes	£3.25	Garlic Bread with Cheese	£4.25		

Sauces

Black Peppercorn	£3.00	Mushroom & Brandy	£3.50	Red Wine Jus	£3.00
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Indulge

(V) Deep Filled Cheesecake	£6.50
Please ask your server for today's special	
(V) & (MVg) Warm Chocolate Brownie	£6.50
Ice Cream and Chocolate Sauce	
(V) Chocolate & Hazelnut Mocha	£6.95
Coffee Custard, Hazelnut Praline and Italian Biscotti	

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.

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

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. 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

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. Registered assistance dogs are permitted throughout the premises and may stay in allocated guest bedrooms free of charge.

Please note that as a large venue we also host many events. During some functions, we do hold firework displays at the hotel.

Public Transport

Train and bus timetables are available at Reception.

Radio

14. Is integrated into your television.

Religious Services

Local religious service information is available at Reception.

Restaurants & Bars

There are multiple locations to dine at within The Flat Rock Group, The Carreg Restaurant at The Cliff Hotel & Spa, The Flat Rock Bistro at The Gwbert Hotel or The Grosvenor located in Cardigan town centre. All offer a variety of food to suit all tastes, for more information please enquire at Reception.

Room Service

Please refer to page 9 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.

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.

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

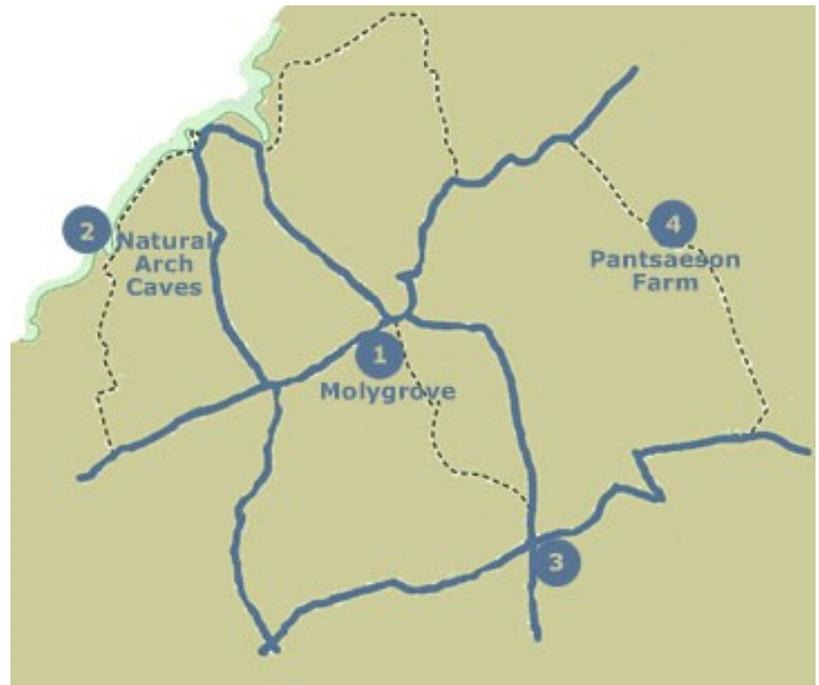
Map: Explorer OL35 North Pembrokeshire

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:

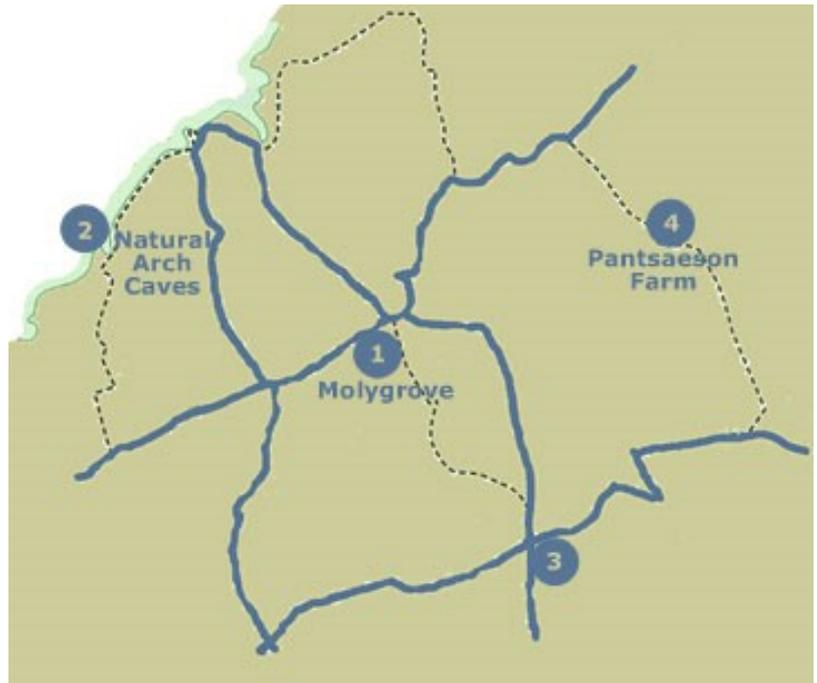
Explorer OL35 North Pembrokeshire

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 waymaker & 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 farmhouse 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

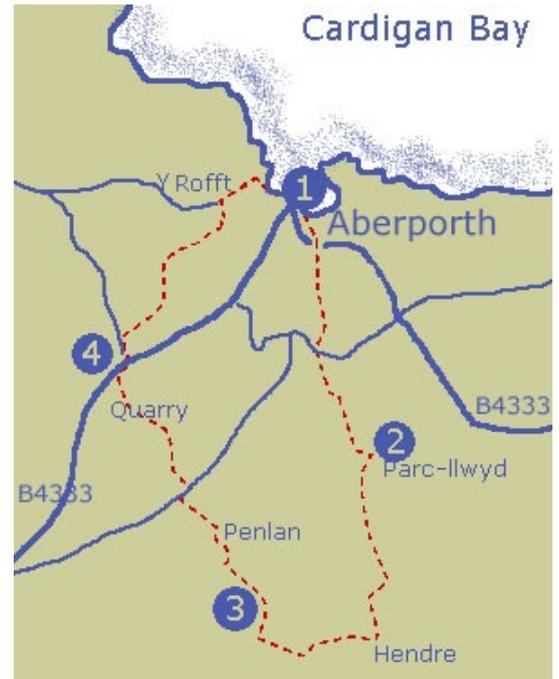
Map: Explorer 198

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-llwyd 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-llwydd** – 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

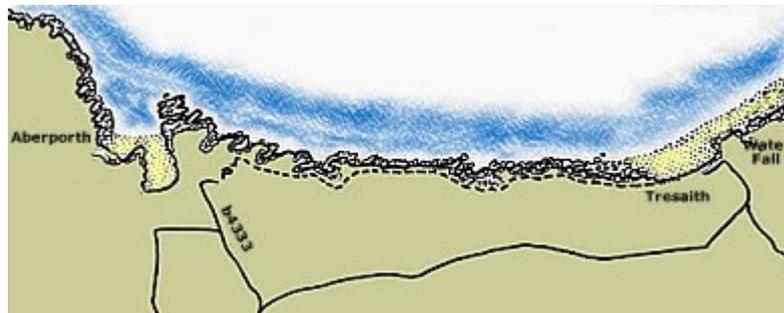
Map: Explorer 198

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

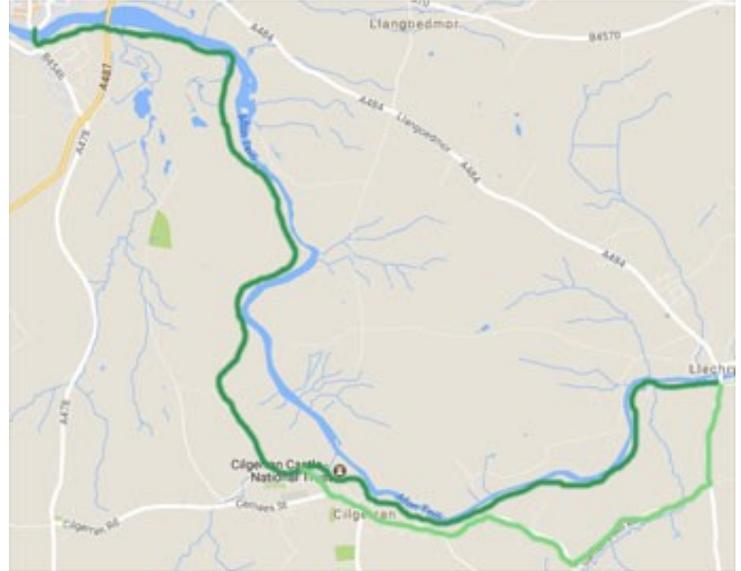
Walk information

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.

NOTES

NOTES

The logo for The Cliff Hotel & Spa. It features a large, stylized letter 'C' on the left, which is thick and has a slightly irregular, hand-drawn appearance. To the right of the 'C', the word 'The' is written in a small, simple sans-serif font. Below 'The', the word 'Cliff' is written in a much larger, bold, sans-serif font. Underneath 'Cliff', the words 'Hotel & Spa' are written in a bold, sans-serif font, with the ampersand being a simple, clean symbol.

The
Cliff
Hotel & Spa

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

SA43 1PP

Hotel – 01239 613241 / reservations@cliffhotel.com