

STROLLERS WALKS DATA BASE Version 1.24

Tuesday, 04 June 2019

See <http://gridreferencefinder.com> for maps of locations

No	Venue	Meet at Nearest Sat Nav Post code OS Grid Reference	Severity/ground	Approx. Mileage/ Duration	Suggested Lunch venue? X=bad experience	Lunch venue Phone number 01239 unless shown
1	Dinas Mountain	Upper car park SA42 0 SN01463 37664 approx W4 53.420 N51 59.6554	Easy/ Moorland	1.8/1 hour	Royal Oak Newport	820632
2	Llys y Fran dam	First car park SA63 4RR SN04083 24443	Easy/ concrete or grassland	Anything up to 8 miles	On site café(closed till 2020) or Royal Oak Newport	01437 532273 820632
3	Newport golf course/beach	Beach car park SA42 0NR SN05447 40542	Medium/grassland/ beach	About 1 &1/2 miles	Golden Lion or Royal Oak Newport	820498 820632
4	Poppit sands	Beach car park SA43 3LN SN15272 48521 Charges until Nov7th	Easy/sand	About 1 &1/2 miles	Car Park café in season or Coach House or Cardigan Golf club	Café 623530 CH 615389 621698
4a	Poppit sands	As above	Easy - mostly hard surfaces	2.2 miles	As above	As above
5	Cilgerran Wildlife Park	Station Road Cardigan SA43 3AD SN18142 45843	Easy/ Concrete path boardwalk, grass, muddy if wet	About 3 miles	On site café or Fishermans Rest or Food for Thought	621600 612359 621863
6	St.Dogmaels	Pay & Display main car park SA43 3ED SN16473 46039	Easy/concrete paths	About 2 miles	See Poppit sands list	See Poppit sands list

6a	St.Dogmaels Allotments etc.	Pay & Display main car park SA43 3ED SN16473 46039	Medium	About 2 miles	See Poppit sands list	See Poppit sands list
7	Pengelli Forest	Salutation Inn SA41 3UY SN10009 39046-share cars to start of stroll	Medium/ woodland paths easy to get lost	About 2 miles	Royal Oak, Newport Salutation Inn not currently open Wednesday lunchtime	820632
8	Nevern river walk	Salutation Inn SA41 3UY SN10009 39046- Felindre Farchog	Medium/Hard woodland paths-very muddy if wet	About 2 miles	As above	
9	Aberaeron Coast path	Beach Parade free car park SA46 0BE SN45393 62882	Easy/tarmac & stone paths	About 2 miles	The Cellar or other venues in town The Hive	01545 574666 01545 615055
9a	Aberaeron river & town circular	As above	As above	As above	As above	As above
10	Llanachaeron river walk	NT car park SA48 8DG SN48100 60300	Medium/ woodland paths	About 2 miles	NT café in season or Anywhere open in Aberaeron	01545 570200
11	Cenarth river walk NOW NOT SUITABLE FOR MOST STROLLERS-awaiting planned improvements	Three Horseshoes SA38 9JL SN26957 41548 or public car park SN26854 41525	Hard/ tree roots on river bank section then tarmac return	About 2 miles	Three horseshoes pub or Nags Head Abercych	710119 841200
12	Cardigan to Gwbert	Greenfield Row /Netpool Road free parking in Skateboard park	Medium unsuitable if very wet	About 2 miles	Fishermans rest café Cardigan Or Cardigan Golf Club or Food for Thought	612359 621698 621863
12a	Cardigan town tour	As above	Easy	As above	As above	As above
13	Fynone woods	Woods car park SA37 0HQ SN23826 38552 approx	Medium	About 2 miles	Nags Head Abercych or 3 Horseshoes Cenarth	841200 710119

14	Sculpture trail Abercych	Nags Head car park SA37 0HJ SN25056 39975	Medium/some steep grassy paths	2 miles/1 ½ hours	Nags Head Abercych or 3 Horseshoes Cenarth	841200 710119
15	Llangranog Ynys Lochtyn	Free Car park SA44 6SP SN31103 54171	Medium/some steep climbs grassland	2 Miles/1 ½ hours	Beach Café or New Inn Pentregat	654502 654285
15a	Llangranog circular	As above	All tarmac roadway, some hilly sections	2 -3miles	As above	As above
16	Fishguard coast path	Goodwick car park SA64 0BU approx SM95053 37572 Panty Celyn-Near A40/A487roundabout	Easy/concrete paths	3 miles/ 2 hours	Ocean Lab	01348 874737
16a	Goodwick circular	Car park behind Tesco Express in Goodwick	Easy if dry	2 miles	Ocean Lab	01348 874737
16b	Fishguard Town Circular	Goodwick car park SA64 0BU approx SM95053 37572 Panty Celyn-Near A40/A487roundabout	Easy/concrete/tarmac paths	3 miles/ 2 hours	Ocean Lab	01348 874737
17	Newport Town	Parrog car park SA42 0RU SN05157 39637	Easy/concrete or tarmac paths	3 miles/ 2hours	Newport / Parrog pubs Golden Lion Morawelon Royal Oak	820321 820565 820632
18	Dinas Head Pwllgwaelog to Cwm yr Eglwys	Pwllgwaelog beach SA42 0UY SN00432 39988	Medium /some steep grassland or easy route	3 miles/1 mile for easy level route	Royal Oak or other venues in Newport as above	820632
19	Aberporth to Tresaith	Aberporth east car park SA43 2 SN26164 51503	Easy/tarmac paths	2 miles/1 hour	Caffi Sgaden or Emlyn Café Tanygroes or Ship Inn Aberporth	811003 810143 810822

20	Penbryn coast path	St.Michaels church car park (if not a NT member) or NT Beach Car Park SA44 6QN SN29434 51963	Moderate, path climb through woods	1 hour	Emlyn Café Tanygroes or on site café if open	810143 810218?
20a	Penbryn Coast Path North east alternative around Caer Lwyd	As above	Steep climb to start otherwise easy	2 ½ miles- 2 hours	As above	As above
21	Cwm Tudu Possibly too dangerous for many	Beach car park SA44 6LQ SN35584 57524	Medium/Hard coast path	1 ½ hours	Emlyn Café Tanygroes or New Inn, Pentregat	810143 654285
22	Newquay Bird rock	Pay & display top car park Church Road A486 SA45 9PS SN38679 59880	Medium to steep start then level & downhill back into town. Uphill back to car park	2 miles	Any open restaurant/fish and chip shop	Not needed in season
23	LLwyngwyr to Nevern	Llangwyr Manor SA42 0LX SN07171 39566	Hard, grassland woodland stiles	2 ½ miles/2 hours	Llwyngwyr Manor in season	820498
24	Lechryd river walk-	awaiting parking venue SA43 2NR SN21652 43828	Medium grass/woodland paths	2 miles/1 ½ hours	7 Stars Lechryd	682115
24a	Lechryd -Banc-y-felin circular	As above	Mostly tarmaced roads –some off road footpath	As above	As above	As above
25	Carn Ingli to top	Bedd Morris mountain car park SA65 9 SN04029 36788 approx	Easy/Medium grassy paths	At least 2 miles/ 2hours	Royal Oak	820632
26	Carn Ingli opposite direction	Bedd Morris mountain car park as above	Easy/Medium grassy paths	2 miles/ 2hours	Royal Oak	820632
27	Tafarn Sinc	Pub or public car park behind pub SA66 7QU SN07534 29481	Easy/Medium grassy paths	2 miles/ 2hours	Tafarn Sinc pub	01437 532214

28	Maesllyn Visit to Da Mhile brewery & Teifi Farmhouse Cheese factory & shop	Glynhynod Farm, Llandysul, SA44 5JY	Medium to Hard	2 miles	Ffostrasol Arms pub-Alan Cooper to arrange cheese factory visit	01239 851348
29	Ceibwr to Witches Cauldron	Ceibwr beach car park SA43 3BX SN10998 45656	Medium/ coast path	2 miles/1 ½ hours	Penrallt Garden Centre Pensioners lunch day!	881295
30	Golf Club Cardigan	Golf club SA43 1PR SN16650 49740	Easy/grassland	3 miles/1 ½ hours	Golf club restaurant DEFAULT VENUE FOR LUNCH on RAINED OFF DAYS if required	621698
31	Porthgain to Abereiddy	Porthgain	Medium coast path	2 miles/ 2 hours	Sloop Inn Porthgain	01348 831449
32	Newport Parrog coast path	Parrog car park SA42 ORG SN05162 39649	Medium coast path	2 miles/1 ½ hours	Morawelon	820565
33	Nevern Castle	Trewern Arms Car Park SA42 0NB SN08346 39743	Road and grassland- some steep sections Alternative return route available	About 1½ miles	Trewern Arms pub if open	820395
34	Aberaeron river and town	Beach Parade free car park SA46 0 SN45393 62882	Hard surfaces, wheelchair friendly	Up to 2 miles	The Cellar ,8 Market Street or other venues in town	01545 574666
35	Aberporth village circular	St Cynwyls Church car park SA43 2 SN25563 51055	Hard surfaces, wheelchair friendly or can include a woodland section	About 1½ miles- 1 ½ hours	Ship Inn or Caffi Sgaden or Emlyn Café Tanygroes	810227 811003 810143
36	Penbryn to Tresaith coast path	St.Michaels church car park or NT Beach Car Park SA44 6QN SN29434 51963	Hard, steep climbs dry weather only	About 1½ miles- 1 ½ hours	Emlyn Café Tanygroes or on site café if open	810143 810218?

37	Sculpture Heaven 01239 851737 book in advance	SA44 5RN Nr Rhyd Lewis	Garden visit www.sculptureheaven.co.uk	<1hr	Light refreshment available on site	851737
38	Aberporth Poets trail Awaiting improvements to signage	St Cynwyls Church car park SA43 2 SN25563 51055	Hard-badly signposted needs local knowledge to show the correct route	Unknown never completed	Ship Inn Aberporth or Sgadden fish & chip cafe	810822
39	Newcastle Emlyn Town	Market Pay & Display Car Park	Easy-concrete paths	About 1/12 hours	Harrisons or any other venue in town	711814 711275 Winnies
40	Caewedross St.Tysilio's Church Llandysiliogog o	Free roadside car park	Hilly on way back	About 2 hours	Moody Cow or New Inn	07903 899408 654285
41	Drefach Felindre	National Wool Museum SA44 5UP	Some muddy areas indicated on brochure	tba	On site café or somewhere in Newcastle Emlyn	029 2057 3070

Useful information

Wales Coast Path Home 109 free maps

Natural resources Wales.Gov.uk To report any issues found on walks