



Cwmttydu & Cwm Soden, Ceredigion

Walk along magnificent cliffs and a tranquil wooded valley and explore the remaining features of an Iron Age Fort.

"Enjoy a circular walk from this delightful little cove and escape the hustle and bustle of daily life. Look out for seals, choughs and rare fritillary butterflies."

NIGEL NICHOLAS, WALES COAST PATH OFFICER

Start and Finish:

Cwmttydu (circular walk).

Distance:

2 miles/3km.

Along the way...

This circular walk takes you from the secluded cove of Cwmttydu and over hills alive with birds and butterflies.

After you've explored the caves and pebble beach of Cwmttydu, follow the Wales Coast Path with the sea to your left to climb up the cliffs. You'll pass the cliff-top remains of Castell Bach Iron Age fort before dropping down into Cwm Silio at the mouth of the River Soden.

Watch out for the seals that sometimes lie on this stony storm beach, then walk over the maritime grassland on top of the cliffs before following the path inland along the side of Cwm Soden.

As you go you'll see choughs, gannets, guillemots and even peregrine falcons in the air above, plus clouds of colourful fritillary butterflies during the summer months. Walk along the path through the fields, crossing two bridges as you go, before following the sign for Cwmttydu down a wooded lane into a wonderful wildflower meadow grazed by cattle.

You'll pass Pen-y-Graig House before arriving on the cliffs above Cwm Silio. From here, simply follow the slope down towards Castell Bach before making your way back to Cwmttydu.

Need to know:

Cwmttydu has a car park, café and seasonal toilets.