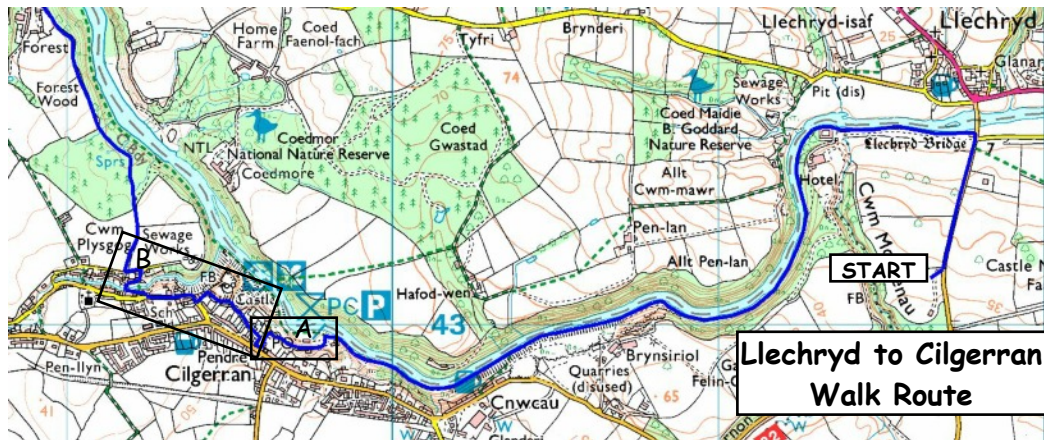


# Save the Teifi Walk Route

Please keep dogs on a lead. The route avoids roads as much as possible



From the Llechryd Cricket club walk along the road down the hill, Just before Llechryd bridge turn onto the path beside the Teifi. Follow the path all the way to Cilgerran. You will come to the Car Park at Dol-badatu and the Cilgerran coracle information centre where there are toilets.



Walk up the road to the right. At the top the road bends to the left and at the main road you will find the wonderful Siop-y-Pentre. After refreshments - continue along Pumporth Lane behind the shop

The Path next to the river below the Castle after Afon Plysgog has eroded so we need to walk through some of the village.



Walk along Pumporth Lane - through narrow passage - pass Castle on your right. Turn left with Castle gates in view, then right at T-junction. Walk along road that bends to left. Find small entrance to path that slopes down to cross the Plysgog and then emerges onto a road. Turn left here. Go past a house and right through gate into field - usually sheep in this field. Follow along fence and through gate into pine wood.

Once you are in the pine wood follow the path to a gate near the Fforest complex.

**Cilgerran to Cardigan Walk Route**



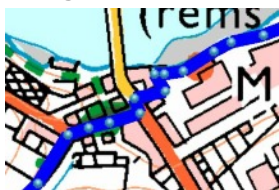
Through the gate go straight on (note that the track to the right takes you along the gorge trail, which is a very strenuous walk). Very shortly there is another gate and the path turns right and 's' bends down to the path leading to the Wildlife Centre.



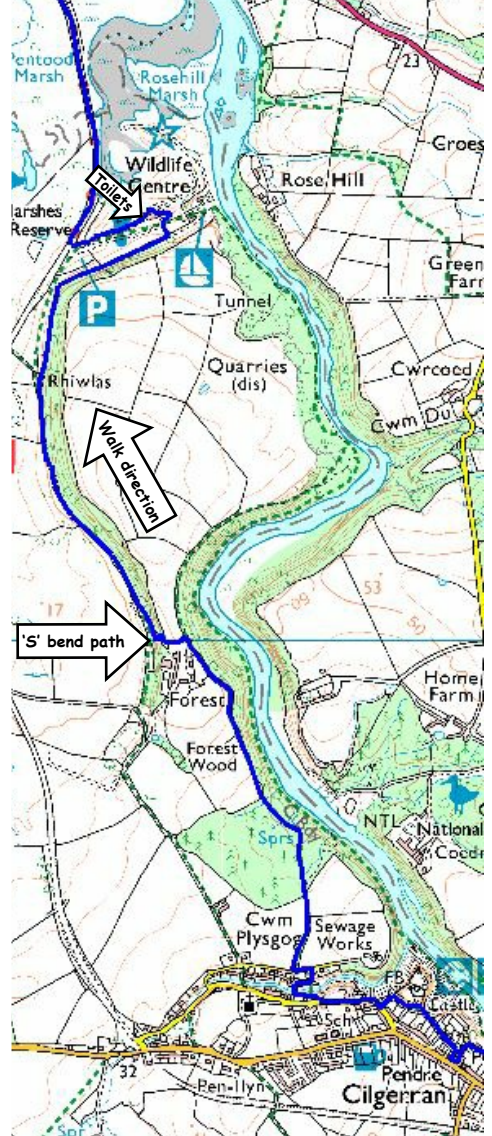
Keep on the paths that go straight ahead until you see the Wildlife Centre building on your left where you can enjoy more refreshments.

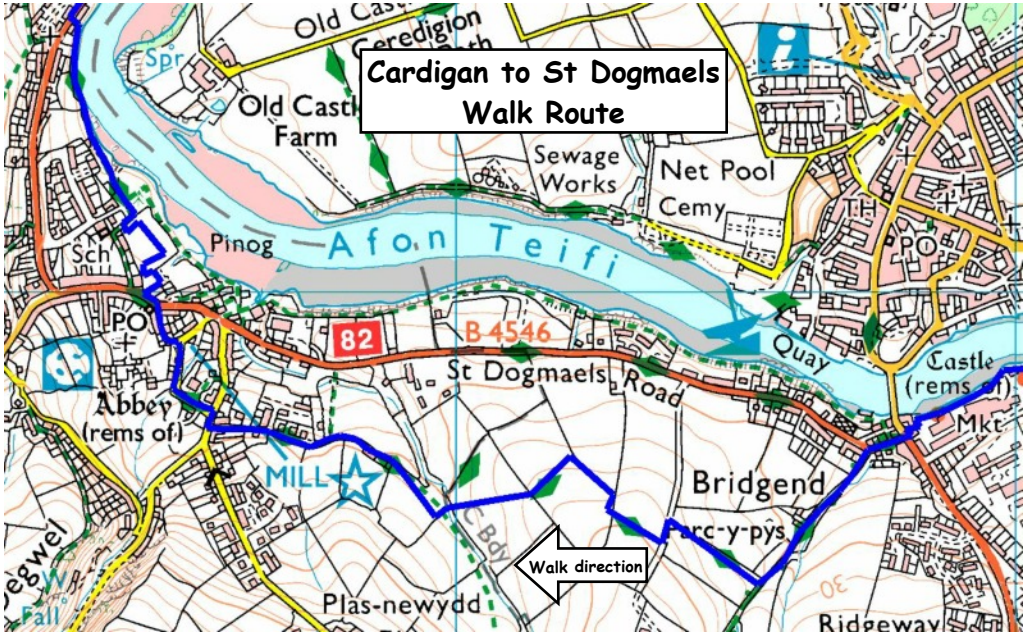
On leaving make your way down to the car park. Where you can turn right through a gate and join the path along the old railway track toward Cardigan.

This is a straightforward route following the paths keeping the Teifi on your right all the way to Cardigan bridge.



Here we need to cross the main road into Cardigan and turning left then right toward St Dogmaels.





Having crossed the main road, start to walk along St Dogmaels Road. Walk past GT Tyres and a row of three terraced houses on your left then turn left onto the Wales Coast Path.



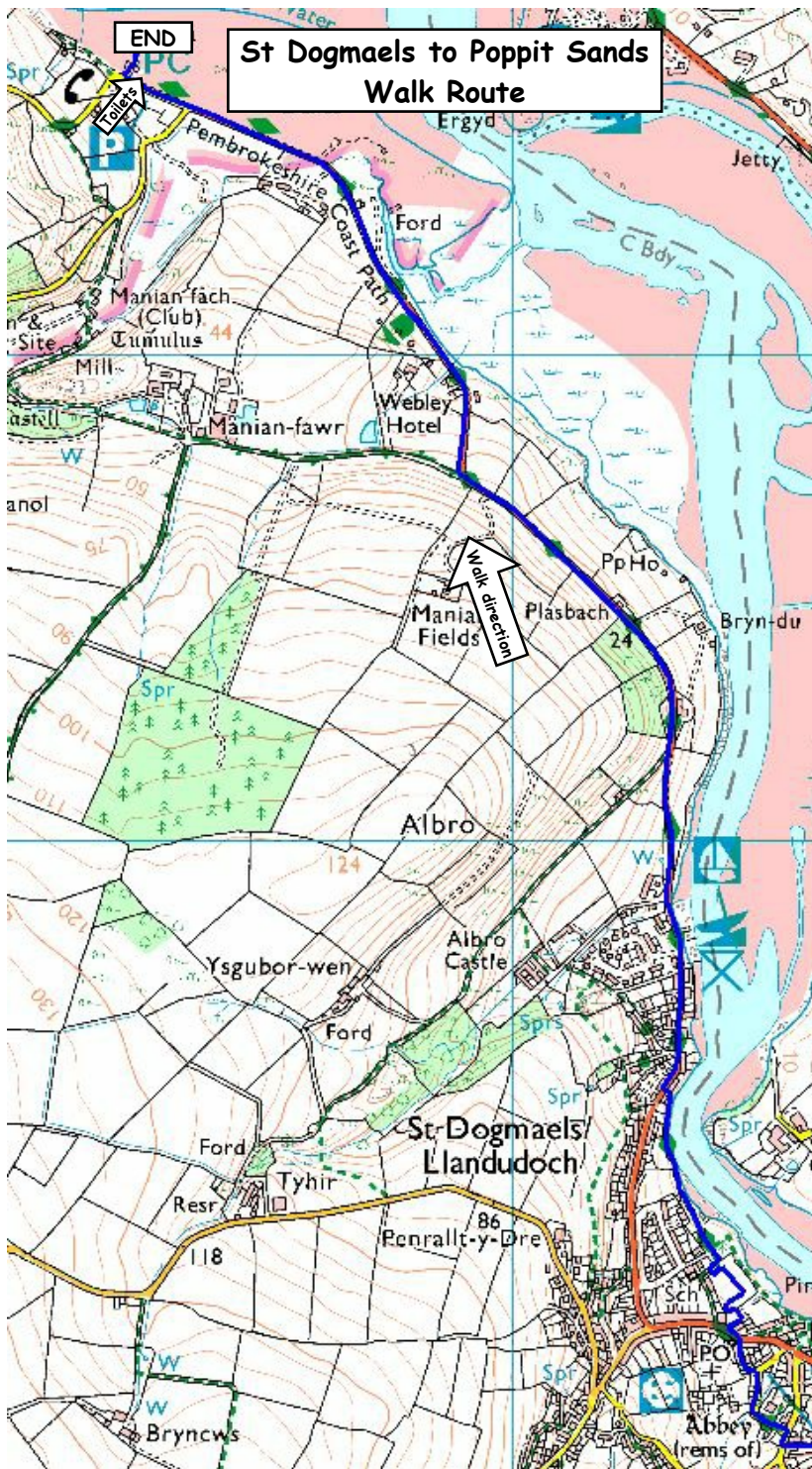
This path/track is very well sign posted and takes us across fields and tracks all the way to St Dogmaels.



In St Dogmaels the Coast Path takes you past the Abbey on your left then up on to the main street. Here you cross the road turning left then almost immediately right into the Car park. You will find the entrance to the Football playing field round to the left (just past a Toilet block).

When leaving the football Field exit from the opposite side of the field to your entrance. Turn right and rejoin the Wales Coast Path. Follow this along, keeping the Teifi on your right. Eventually you will suddenly come out onto the main St Dogmaels to Poppit road - BE CAREFUL.





Unfortunately the final section of the walk is all along the roadway.

Please take extra care.

We hope you enjoy your walk and all the activities.

