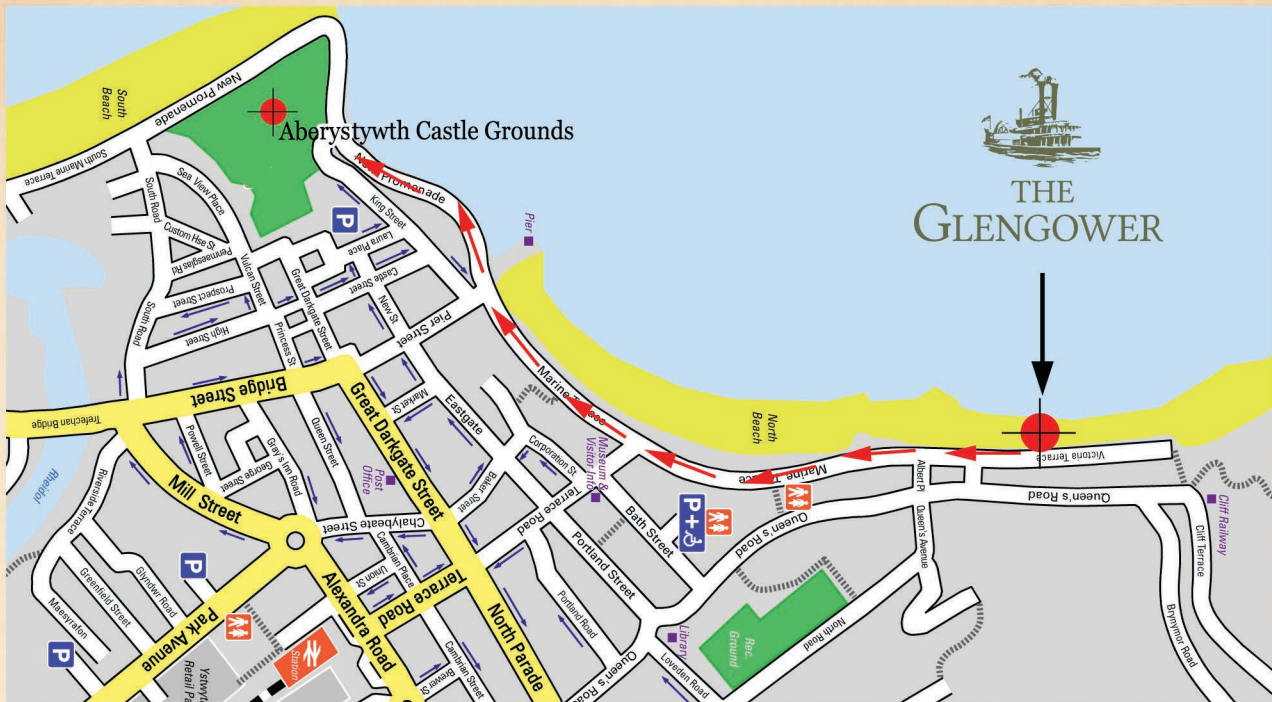


Walk 1: A walk along the promenade to the castle



This map was created by www.aberystwyth.org.uk and was adapted by ourselves for the purpose of the walk.

The Route....

1. Leave The Glengower and turn left down the promenade. Cross over the road to walk along the wide open footpath running alongside the beach or even why not take a walk along the beach.
2. Follow the prom towards the pier. If you're lucky you may spot some of the dolphins who come to home here for the summer. They love to play in the shallow waters and are simply fantastic to see on a summers day. Also, don't forget to turn around at the pier and take in the stunning views across Cardigan Bay to Constitution Hill.
3. Continue walking past the pier and follow the parade round. You will be able to see the castle grounds in the distance at this point. Once you arrive at the Castle be sure to take in the stunning views over Aberystwyth. It really is a beautiful town especially when the sun is shining.
4. When you decide to return you can either stroll back along the front again and take in the breathtaking views or why not create your own route and have a little ramble through town and take in some of the local heritage and culture.
5. By the time you get back to the Glen you will have built up a thirst so why not enjoy a seat on our sun terrace or a perch in our lounge bar and enjoy a refreshing drink to quench your thirst.

HISTORY OF ABERYSTWYTH CASTLE (Welsh Name: Llanbadarn)

The headland now occupied by modern Aberystwyth was recognized for its defensive qualities. Iron Age settlers armed the hilltop called 'Pen Dinas' with a huge fortification, one of the largest Iron Age hillforts in the region. Today that hillfort dominates the skyline as you approach Aberystwyth from the south. Not only does it create an air of mystery, it also reminds us of the skills of its ancient builders. It remains a remarkable testimony to the Iron Age people that they could construct such an amazing hilltop fortification with their primitive technology. That it has survived over two thousand years makes their accomplishment all the more impressive.

Not until the Normans marched into West Wales were castles in the true sense of the term built at Aberystwyth. The first was a ringwork castle, built by Gilbert de Clare, a prolific castle-builder in the early 12th century. Curiously, the earthen castle was the scene of much intrigue, as the Welsh and Normans repeatedly vied for control of the site. Traces of the stronghold, known as Castell Tan-y-castell, persevere alongside the River Ystwyth.

Inevitably, the earth and timber defenses proved too vulnerable and a new site was chosen for a castle in Aberystwyth. This time the Welsh, led by Llywelyn the Great, built the castle in this seaside spot. Like its predecessor, the castle exchanged hands several times, and finally became useless against advances in weapons technology.

Source: <http://www.castlewales.com/aberystw.html>

