

Walk 2: Return walk from The Glengower to the top of Constitution Hill



The Route....

- 1.** Leave The Glengower and turn right along the promenade.
- 2.** Continue along the prom until you reach the end. You will be able to see Constitution Hill right in front of you.
- 3.** Follow the path round to the right where you will immediately start to walk up a road that runs along side the buildings. After approximately 15m there is an obvious left turning that takes you onto the footpath to begin the ascent.
- 4.** There are a number of paths that can be taken from the bottom to the top however this is the most direct route. If you fancy something a little more challenging then why not try one of the smaller less trodden paths. Alternatively there is always the Cliff Railway if you do not wish to walk up the hill. This can be got from the bottom of the hill and takes you up to the viewing point and cafe at the top.
- 5.** Follow your chosen path, they all meet at the top so it doesn't really matter which one you choose. You will pass by or over the railway as you walk. This is always great for watching the train as it approaches and passes you. If you have children with you they normally love to wave at the passengers on the train.
- 6.** Once you reach the top it really is worth it. There are stunning views to be had across Cardigan Bay and across Aberystwyth. You can walk around the top of the hill to get views in all directions. It is lovely to take a picnic up here and just relax and enjoy the surroundings for an hour or two.
- 7.** When you are ready then you can make your descent. Why not try a different route down? Or if you feel happy with the above path then just continue back down the way you came, just mind your step as parts are steeper than others.
- 8.** Head back to Glengower for a well deserved drink after building up a thirst!

CONSTITUTION HILL & CLIFF RAILWAY

You must visit this fascinating attraction and sample the delightful atmosphere of a Victorian pleasure park. Constitution Hill rises dramatically 430 feet from the north end of Aberystwyth promenade. The views from the top are spectacular. On a clear day you can see 26 Welsh mountain peaks including Snowdon, whilst the view of Cardigan Bay from the Llyn Peninsula to Strumble head extends for 60 miles.

The Aberystwyth Electric Cliff Railway is the longest in Britain and the only one in Wales. Its 778 feet undulating track and tilted carriages are the unique work of Victorian engineer G. Croyden Marks. It opened in 1896 operating on the water balance system but since 1921 a powerful electric motor and 2 high tensile steel cables have hauled the carriages at a stately 4 miles an hour. This gives you time to enjoy the panoramic views as you climb to the summit station and marvel at the Victorians ingenuity.

Source: <http://www.cardiganshirecoastandcountry.com>

