

Walk 3: Coastal walk from Aberystwyth to Borth



This map is a guide only to show you the route. For a detailed map you will need OS - Explorer 213

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 up Constitution Hill.
- 4.** There are a number of paths that can be taken from the bottom to the top of Constitution Hill (please see 'Walk 2: Return walk from The Glengower Hotel to the top of Constitution Hill' on our website for our suggested route), however if you fancy something a little more challenging then why not try one of the smaller less trodden paths.
- 5.** Once you arrive at the top you will see the obvious path that continues along the coast line. This is the Aberystwyth Coastal Path that will take you all the way to Borth.
- 6.** The path itself is relatively straight forward and easy. There are some hills throughout the walk but they are all made worthwhile by the stunning views that you will see.
- 7.** Continue along the path until you come across a small road in Clarach Bay, a popular destination with tourists including campsites, static caravan sites, and an amusement park. It can get busy during the summer and on bank holidays.
- 8.** Between Clarach Bay and Wallog the erosion is quite bad and in places the path might be close to the edge. Make sure to stay close to the fence as sometimes the new path might not be clearly established yet.
- 9.** Continue for about 2km (1.4 miles) and you will come across a steep descent, be careful and watch your footing as wet conditions can make it slippery.
- 10.** At the bottom of the descent continue past the static caravan site on your right and follow the path. Continue on towards the war memorial, pass the memorial and join the road. Follow the road that will take you to the sea front where you will find the RNLI station.
- 11.** Walk along the seafront where you will eventually arrive in Borth. Take in the lovely scenery and even stop for a cup of tea and a cake in one of the tea rooms....you've earned it!

Now the decision is whether to walk back or to catch the train!

