

Area map

River access

1. Teifi fishing beats - Tregaron Angling Association
2. Teifi fishing beats - Llandysul Angling Association
3. Canoe route - Pont Gogoyan to Lampeter - 14km grade I-II
4. Canoe route - Lampeter to Maesycrugiau - 17km grade I
5. Canoe route - Maesycrugiau to Newcastle Emlyn - 25km grade II-III
6. Canoe route - Llangeitho to Ciliau Aeron - 15km grade I
7. Canoe route - Ciliau Aeron to Aberaeron - 9km grade II-III

Walking routes

1. Teifi Pools to Elan Village - 21km
2. Esgair Cerrig to Llyn Brianne - 14km
3. Elan Village to Abergwesyn - 19km
4. Abergwesyn to Llyn Brianne - 12km
5. Craig Goch reservoir to Teifi Pools - 20km
6. Devil's Bridge to Pontrhydfendigaid 'Spirit of the miners walk' - 23km
7. Ceredigion coastal path - Aberystwyth to Llanrhystud - 12km
8. Ceredigion coastal path - Llanrhystud to Aberaeron - 10km
9. Aeron Valley Walk - 34km
10. Borth to Devil's Bridge - 29km

Cycling trails

1. Ystwyth Trail - 27km
2. Rheidol Cycle Trail - 28km

National Cycle Network

1. Lôn Cambria - (part) 38km
2. Lôn Teifi - (part) 45km

