



## Mwnt circular walk, Ceredigion

Abundant marine wildlife, stunning sea views and a serene place of pilgrimage.

*"Remember your camera for this circular walk with spectacular views. It's one of the most iconic places on the coast and the perfect place to watch the sun go down."*

NIGEL NICHOLAS, WALES COAST PATH OFFICER

### Start and Finish:

Mwnt National Trust car park.

### Distance:

1.5 miles or 2.5 km circular walk.



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Church of the Holy Cross, Mwnt



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The view from Foel y Mwnt

### Along the way...

After visiting the picturesque Church of the Holy Cross this short circular walk takes you along a spectacular section of the Wales Coast Path.

Leaving the car park, head to the beach café and toilets (seasonal). Walk over a stone bridge and follow the coast path sign past an old lime kiln as you head on to the clifftop with spectacular views in every direction.

Look north across Cardigan Bay and you'll see the long arm of the Llŷn Peninsula stretching out into the sea, while the grassy mound of Foel y Mwnt and the splendid cove and beach sits behind you. In front lies Cardigan Island originally named Hastiholm (Horse Island) and once the home of nesting puffins before being driven away by rats.

Carry on along the coast path, keeping an eye out for chough zipping through the air above and seals and dolphins playing in the waves below, before turning inland and heading through the fields back to your starting point.

### About the Sacred Heritage Place:

Mwnt's Church of the Holy Cross has been a magnet for pilgrims for centuries and still exerts a powerful pull today. Sat above a Bronze Age barrow overlooking the sands of Traeth Mwnt and the Irish Sea, the whitewashed stone building began life as a chapel-of-ease for sailors.

It takes its name from the tall stone cross that once stood on nearby Foel y Mwnt hill, which served as a beacon for worshippers who travelled from far and wide to visit this pretty little church.

In medieval times, the bodies of saints would often stop here on their way to burial on Bardsey Island. It was also a popular port of call for pilgrims travelling to St Davids in Pembrokeshire, after Pope Calixtus II decreed in 1123 that two trips there were equal to one to Rome, while three served as a pilgrimage to Jerusalem.

In addition to its picture-perfect location, it's packed with unusual historic features, including a rare 15th century oak roof and 12th century font carved from Preseli stone.

### Need to know:

There is parking in the National Trust car park, while Mwnt can be reached via public transport on the seasonal Cardi Bach 552 bus.

There are also seasonal public toilets and a kiosk selling drinks and snacks.