



for birds  
for people  
for ever

TRAILS IN  
**WALES**



“ Experience the sights and sounds of glorious Wales... ”



**WALES**

# Welcome to Wales

“ A place full of breathtaking countryside and stunning wildlife ”

The RSPB has put together a selection of walks in Wales for you to enjoy. We have chosen routes with an abundance of birdlife and, for each one, we have suggested some birds that you might like to look out for.

The RSPB is the UK-wide charity working to secure a healthy environment for birds and other wildlife. In 2003, we embarked on an innovative new partnership project in Wales, *Aren't Welsh Birds Brilliant!* The project aims to provide a wealth of opportunities for local people and visitors to Wales to experience the wonder of Welsh birds. In addition, we aim to establish small conservation projects that will make a positive difference to those species that are in decline.

This new publication, *Trails in Wales*, contains a number of evocative and stimulating walks through some of the most breathtaking scenery. The walks are graded according to their relative levels of difficulty, and there is a trail to suit all ages and abilities. Facilities at the start/end of each walk and details of the wildlife to look out for are included for each one. Please read the accompanying notes before attempting each walk, and please do send us your feedback about your experiences. We hope you enjoy *Trails in Wales*.

For further information about other events, including *Aren't Welsh Birds Brilliant!* schemes in Wales and ways in which you can support the work of the RSPB, please visit the following pages of the RSPB website:

[www.rspb.org.uk/brilliant](http://www.rspb.org.uk/brilliant)

[www.rspb.org.uk/wales](http://www.rspb.org.uk/wales)

# Before you begin...



www.rspb.org.uk

In the 'trail information' section for each trail, we have given you the OS map grid reference. Even though the trails are straightforward, we recommend that you always take the relevant OS map with you.

## Equipment list

- **Strong footwear.**
- **Suitable outdoor clothing with spare in case of changing weather conditions.**
- **Sun block.**
- **Binoculars.**

## Symbols

Please check the details for each walk carefully. Facilities differ from site to site and you may need to take a packed lunch.



**Parking**



**Charge for parking**



**Toilet facilities**



**Food and drink**



**Picnic benches**



**Information**

## Trail grading

All the trails in this booklet are suitable for occasional and frequent walkers alike. However, no walk in the countryside can be considered risk-free. We suggest that those with less confidence or experience try the easiest walks first. To help you choose which walk you want to do, we have graded them using the following symbols:



**Easy:** good path, mostly on one level, especially suitable for families.



**Moderate:** good path with some steeper sections or steps along the way, suitable for families.



**Difficult:** good path, but often very hilly with steep sections, not suitable for families with young children.

**Please note:** the RSPB accepts no responsibility for any injuries or other damage caused to people or property while on these walks.

# The country code

Please use the country code when you are following these trails:

- **be safe – plan ahead and follow any signs**
- **protect plants and animals, and take your litter home**
- **keep dogs under close control**
- **leave gates and property as you find them**
- **consider other people.**

## Give us your feedback

We would like to hear your feedback on the walks in this booklet. Please e-mail us at [cymru@rspb.org.uk](mailto:cymru@rspb.org.uk) and tell us which walk(s) you have done, which birds and other wildlife you saw, and anything else you'd like to share.

## Public transport information

The RSPB has a green policy on transport and, where possible, we would ask that you use public transport to get to the start of the walks. For information on public transport, please use the following contact numbers:

**Traveline: 0870 608 2608**

**National Rail train times: 08457 484950**

**North Wales Tourist Info: 01492 592248**

**Mid Wales Tourist Info: 01970 612125**

**South Wales Tourist Info: 01550 720693**


**See the back of this booklet for information on RSPB nature reserves in Wales.**

**SHOW THIS BOOKLET TO THE RESERVE STAFF WHEN YOU ARRIVE AND CHILDREN GET IN FREE**

TRAILS  
IN WALES  
LOCATION  
MAP



# The trails

	<b>Borth to Aberystwyth cliff trail</b>	6
	<b>Llyn Crafnant trail</b>	8
	<b>Llyn Mair trail</b>	10
	<b>Rhossili coastal trail</b>	12
	<b>Mawddach trail</b>	14
	<b>Teifi river trail</b>	16
	<b>RSPB nature reserves</b>	18



Llyn Crafnant



Kingfisher



Teifi River

## Photographs

Llyn Crafnant (The Photolibary Wales)

Kingfisher: Andy Hay (rspb-images.com)

Teifi river by Mike Snow (Wildlife Trust of South West and Wales)