

CURRENT ISSUES ON TEIFI VALLEY TRAIL – July 2026

The whole route is nearly fully waymarked on the ground but please use the digital waymarking which is available via the Outdoor Active walking app (see links below). There are also the following known issues:

DAY 04

Between Lampeter and Llanwnnen

If the Afon Teifi is in flood

When the river floods, the riverside path beyond Lampeter will definitely be submerged. So you are recommended to take the alternative route by turning right into Maestir Road at the fork on leaving the town. Follow the road uphill, bearing off to the left after a 1 mile (1.6km). Just after the property of Tŷ Llwyd take the bridleway to the left and follow this downhill for about 1 mile (1.6 km), passing through Pentre-Shôn farm, to reach the A475 highway. Turn right and then turn left into a dead-end unclassified road. You have now rejoined the principal route of the Teifi Valley Trail.

Depending on the extent of the river levels, the Afon Grannell, may also be unpassable so a second diversion before Llanwnnen may be required. Just beyond Ffynnon Fair farm, on entering a field where the main route bears left, you continue to the right towards a gate in the upper right of the field which then leads onto small roads to take you into Llanwnnen – see the map below.



DAY 06

Between Aberhoffnant Farm and Pont Allt-y-Cafan

Rerouting in progress away from Aberhoffnant Farm

OS Grid Ref: **SN 39417 40230**

Current recommendation – continue past Aberhoffnant Farm to Bercoed Farm where you can take the unmarked path on the right to rejoin the route. Ceredigion County Council are seeking to make this a permissive path with the help of Bercoed Uchaf.

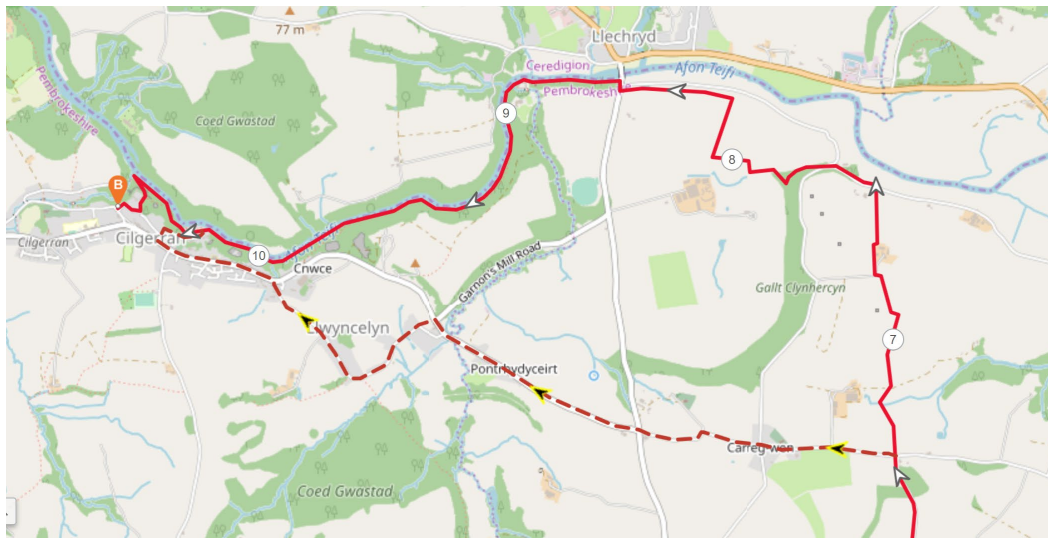
DAY 07

Between Abercych and Cilgerran

If there is flooding at Llechryd

On leaving the Pentre Mansion Farm Bridleway where you turn right and in less than half a mile (540m) you arrive at a T-junction, SN 23025 41794, instead of taking the footpath opposite down to Penparceithin, turn left at the T-junction. Go straight ahead at the cross roads at Carreg-wen and again straight on at the next. In another half mile you will arrive at a T-junction. Here you will see what is reputed to be the smallest museum in Wales housed in an old red telephone kiosk dedicated to local photographer, Tom Mathias. Take the footpath to the left, soon to reach an unclassified road. Go straight ahead downhill to cross the dismantled line of the former Whitland to Cardigan railway before bending right and ascending to a junction into the village of Cilgerran on the left. On reaching the village shop, turn right downhill to the Dolbadau Coracle Centre and toilets to rejoin the primary route.

OS Grid Ref: **SN 23025 41794**



DAY 07

Between Abercych and Manordeifi Church

Follow the established way marked permissive route downhill around Penparceithin rather than the route through Penparceithin yard. Thank you.

OS Grid Ref: **SN 24309 41362**

DAY 07

Between Manordeifi Church and Llechryd Bridge

OS Grid Ref: **SN 22335 43203**

Follow the established way marked permissive route, rather than the route through the Castell Malgwyn farmyard.

PLEASE DO NOT TAKE DOGS THROUGH THIS SECTION – THE CATTLE CAN BE VERY LIVELY.

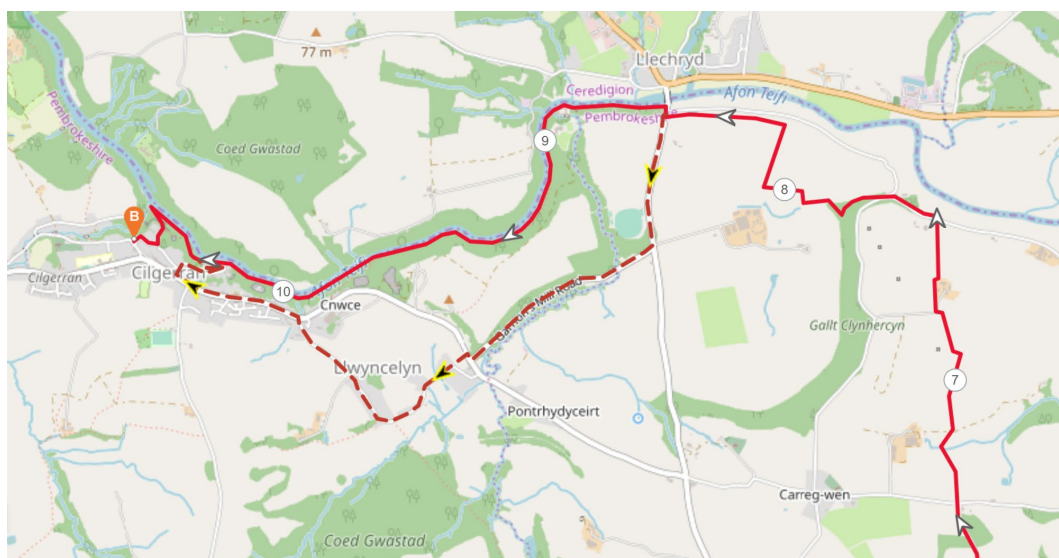
Current recommendation – use the road from Llechryd Bridge to Manordeifi Church if you have dogs.

DAY 07

Teifi Gorge Footpath is open at present

In the event of the gorge route being closed due to land slippages, remain on the road heading south, uphill from the bridge. In just short of half a mile take a right into Garnon's Mill Road and in another half mile you will arrive at a T-junction. Here you will see what is reputed to be the smallest museum in Wales housed in an old red telephone kiosk, dedicated to local photographer Tom Mathias. Take the footpath opposite, soon to reach an unclassified road. Go straight ahead, downhill to cross the dismantled line of the former Whitland and Cardigan railway before bending right and ascending to a junction into the village of Cilgerran on the left. On reaching the village shop, turn right downhill to the Dolbadau Coracle Centre and toilets to rejoin the primary route.

OS Grid Ref: **SN 21789 43583**



DAY 08

Between St Dogmaels and Poppit Sands

Very muddy path

After St Dogmaels, the main route climbs to then drop down to Poppit Sands along a bridleway. This bridleway is exceedingly muddy at the top. We are working with Pembrokeshire CC to find a solution but in the meantime, please consider the secondary and direct route from St Dogmaels to Poppit Sands if you wish to avoid the mud. Sadly however this alternative route is along a sometimes busy road with no footpath at places.

OS Grid Ref (approx): **SN14814 46428**

OUTDOOR ACTIVE WALKING APP LINKS:

Full route – Strata Florida to Poppit Sands

<https://www.outdooractive.com/en/route/hiking-trail/mid-wales/teifi-valleytrail-full-route/334880956/>

Day 01 – Strata Florida to Teifi Pools to Pontrhydfendigaid

<https://www.outdooractive.com/en/route/284493123/>

Day 02 – Pontrhydfendigaid to Llanddewi Brefi

<https://www.outdooractive.com/en/route/290696349/>

Day 03 – Llanddewi Brefi to Lampeter

<https://www.outdooractive.com/en/route/291838988/>

Day 04 – Lampeter to Llanybydder

<https://www.outdooractive.com/en/route/293417574/>

Day 05 – Llanybydder to Llandysul

<https://www.outdooractive.com/en/route/298070789/>

Day 06 – Llandysul to Newcastle Emlyn

<https://www.outdooractive.com/en/route/298096687/>

Day 07 – Newcastle Emlyn to Cilgerran

<https://www.outdooractive.com/en/route/298144225/>

Day 08 – Cilgerran to Poppit Sands

<https://www.outdooractive.com/en/route/298146330/>