

# **CYCLE TOURING IN WALES**



#### **About the Author**

After years of road running and mountaineering wreaked havoc with his knees, Richard Barrett returned to long-distance cycling in his fifties when he bought himself a classic British-made touring bike. Now in his sixties, he rides a handmade bike from one of the great British frame makers that have appeared in recent years. Combined with walking, cycling allows him to continue his love affair with the more mountainous parts of the UK, which he first visited as a teenager.

Richard spent his career in marketing in a number of multinational organizations in the UK and abroad, but he now lives in West Cheshire and rides two or three times a week with groups on both sides of the border.

#### **Other Cicerone guides by the author**

*Cycling in the Hebrides*

*Cycling in the Lake District*

*Cycling Lôn Las Cymru*

*The Hebridean Way*

*Walking on Harris and Lewis*

## **CYCLE TOURING IN WALES**

### **A TWO-WEEK CIRCUIT AND SHORTER TOURS**

**by Richard Barrett**

**CICERONE**

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© Richard Barrett 2019  
First edition 2019  
ISBN: 978 1 85284 988 7

Printed in China on behalf of Latitude Press Ltd  
A catalogue record for this book is available from the British Library.  
All photographs are by the author unless otherwise stated.



Route mapping by Lovell Johns [www.lovelljohns.com](http://www.lovelljohns.com)  
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### Dedication

*This book is dedicated to Mr Edward Wood and his orthopaedic team at the Countess of Chester Hospital, who had me back in the saddle a mere 12 weeks after fitting me with a dynamic hip screw to repair a fractured hip that resulted from foolishly venturing out when there was still black ice about. Don't worry, I won't be doing it again.*

### Acknowledgements

My thanks to Jonathan and Joe Williams of Cicerone for commissioning this book and introducing me to wonderful parts of the country I had never previously visited. I should also like to thank my copyeditor Victoria O'Dowd, Sian, Verity and the production team, who once again made the process such a pleasure.

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Front cover: *The outwardly impressive Caernarfon Castle, which dominates the town (Stage 7)*

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### Symbols used on route maps

	route		hostel
	alternative route		bike shop
	start point		railway station
	finish point		Tourist Information Centre
	route direction		castle or fort
	steep ascent or descent		priory
	very steep ascent or descent		point of interest
			distance marker in miles

### GPX files

GPX files for all routes can be downloaded free at [www.cicerone.co.uk/988/GPX](http://www.cicerone.co.uk/988/GPX).

Route maps are at a scale of 1cm = 200,000cm. All other maps, including town maps, vary. Please refer to the scale on the map.

## ROUTE SUMMARY TABLES

A CIRCUIT OF WALES						
Stage	Start	End	Distance (miles/km)	Ascent (m)	Time*	Page
1	Cardiff	Mumbles	67/107	800	8–9	40
2	Mumbles	Tenby	73/117	1300	10–11	52
3	Tenby	Fishguard	64/102	1200	9–10	62
4	Fishguard	Aberaeron	55/88	1500	9–10	71
5	Aberaeron	Machynlleth	43/69	1100	7–8	79
6	Machynlleth	Porthmadog	48/77	1100	7–8	87
7	Porthmadog	Conwy	57/91	900	7–8	98
8	Conwy	Wrexham	65/104	800	7–8	112
9	Wrexham	Montgomery	50/80	900	6–7	121
10	Montgomery	Hay-on-Wye	48/77	1300	8–9	131
11	Hay-on-Wye	Chepstow	51/82	1300	8–9	138
12	Chepstow	Cardiff	36/58	200	4–5	151
			<b>657/1051</b>	<b>12,600</b>		

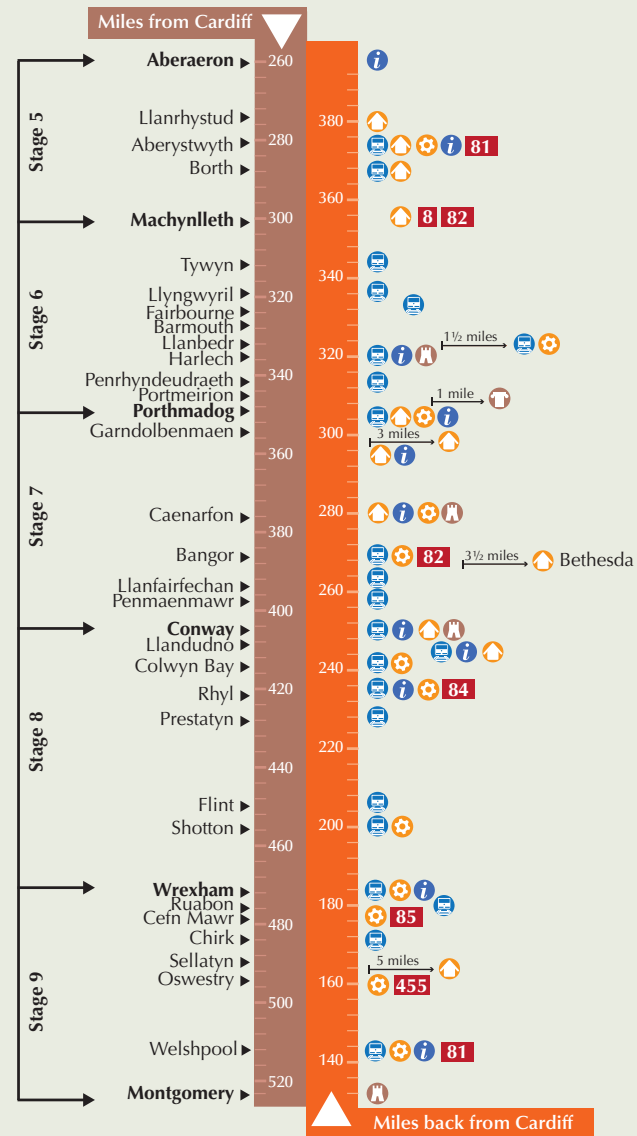
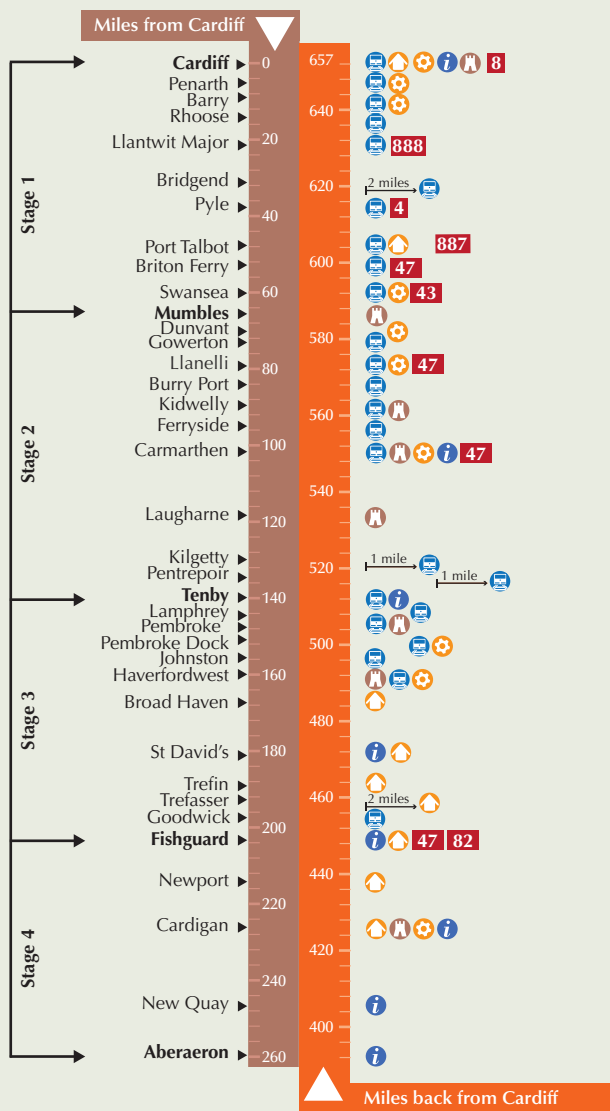
CROSS ROUTES							
Route	Start	via	End	Distance (miles/km)	Ascent (m)	Time*	Page
1	Wrexham	Corwen	Bangor	72/115	1800	11–12	160
2	Barmouth	Bala	Chirk	71/114	2000	12–13	171
3	Welshpool	Llanidloes	Machynlleth	54/87	1200	8–9	181
4	Aberystwyth	Rhayader	Knighton	71/114	1800	11–12	191
5	Fishguard	Crymych	Carmarthen	45/72	1200	7–8	200
6	Carmarthen	Brecon	Abergavenny	70/112	1300	10–11	207

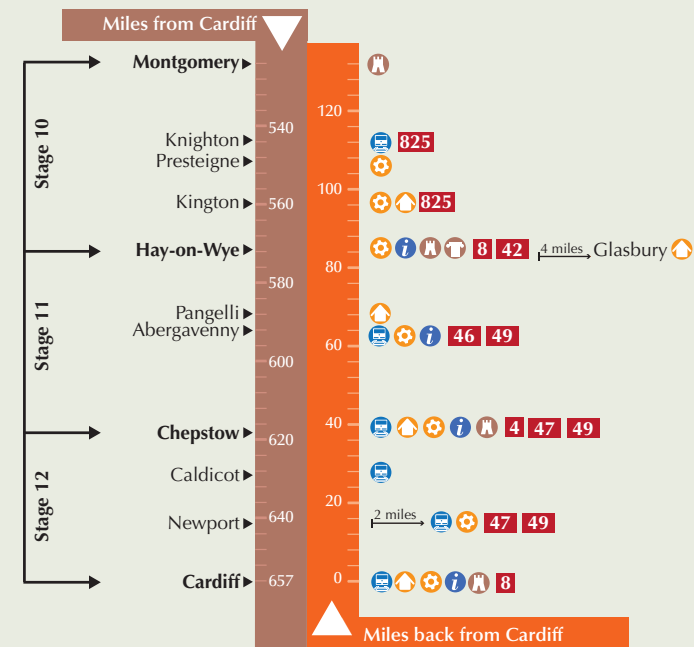
\* Time (hrs at 10mph/16kph + 400m/hr). See box 'Estimating times in hilly terrain' in the Introduction.





## Ride planner from Cardiff





Tourist information
 Hostel
 Rail station
 Cycle shop
 Antiquity
 Castle
 **88** NCR link

## Alternative Schedules

Miles from Cardiff	7 DAYS	12 DAYS	15 DAYS
Cardiff ▶ 0	Cardiff to Carmarthen	Cardiff to Mumbles 67 miles 900m ascent 8–9hr	Cardiff to Swansea 61 miles 900m ascent 9–10hr
Swansea ▶ 60	103 miles 1300m ascent 8–9hr	Mumbles to Tenby 73 miles 1300m ascent 10–11hr	Swansea to Carmarthen 44 miles 580m ascent 7–8hr
Mumbles ▶ 80			Carmarthen to Pembroke 45 miles 1110m ascent 8–9hr
Carmarthen ▶ 100	Carmarthen to Fishguard 101 miles 2000m ascent 10–11hr	Tenby to Fishguard 64 miles 1300m ascent 9–10hr	Pembroke to Trefin 43 miles 800m ascent 7–8hr
Tenby ▶ 140			Trefin to New Quay 56 miles 1500m ascent 11–12hr
Pembroke ▶ 160			New Quay to Borth 41 miles 1000m ascent 8–9hr
Trefin ▶ 180	Fishguard to Aberystwth 77 miles 2100m ascent 8–9hr	Fishguard to Aberaeron 55 miles 1600m ascent 9–10hr	Borth to Barmouth 40 miles 800m ascent 7–8hr
Fishguard ▶ 200		Aberaeron to Machynlleth 43 miles 1100m ascent 7–8hr	Barmouth to Caernarfon 50 miles 900m ascent 9–10hr
New Quay ▶ 240			Caernarfon to Rhyl 44 miles 450m ascent 9–10hr
Aberaeron ▶ 260	Aberystwth to Caernarfon 99 miles 2000m ascent 9–10hr	Machynlleth to Porthmadog 48 miles 900m ascent 7–8hr	Rhyl to Wrexham 46 miles 770m ascent 6–7hr
Aberystwth ▶ 280		Porthmadog to Conway 57 miles 900m ascent 7–8hr	Wrexham to Welshpool 41 miles 770m ascent 6–7hr
Machynlleth ▶ 300			Welshpool to Kington 45 miles 1300m ascent 9–10hr
Barmouth ▶ 320			Kington to Abergavenny 36 miles 800m ascent 6–7hr
Porthmadog ▶ 340			Abergavenny to Chepstow 26 miles 700m ascent 5–6hr
Caernarfon ▶ 360			Chepstow to Cardiff 36 miles 200m ascent 5–6hr
Conway ▶ 400	Caernarfon to Wrexham 93 miles 1400m ascent 7–8hr	Conway to Wrexham 56 miles 800m ascent 7–8hr	
Rhyl ▶ 420			
Wrexham ▶ 460			
Welshpool ▶ 500			
Montgomery ▶ 520	Wrexham to Hay-on-Wye 98 miles 2200m ascent 9–10hr	Wrexham to Montgomery 50 miles 900m ascent 7–8hr	
Kington ▶ 560		Montgomery to Hay-on-Wye 48 miles 1300m ascent 8–9hr	
Hay-on-Wye ▶ 580			
Abergavenny ▶ 600	Hay-on-Wye to Cardiff 87 miles 1500m ascent 7–8hr	Hay-on-Wye to Chepstow 51 miles 1300m ascent 8–9hr	
Chepstow ▶ 620		Chepstow to Cardiff 36 miles 200m ascent 4–5hr	
Cardiff ▶ 657			
	Time hr at 14mph (22kph) + 700m/hr	Time hr at 10mph (16kph) + 400m/hr	Time hr at 8mph (13kph) + 300m/hr





*Cyclists on the Mawddach Trail near Penmaenpool (Cross route 2)*

## INTRODUCTION

*Looking north towards Barmouth along the viaduct across the Mawddach Estuary (Stage 6)*



When the Wales Coast Path was created in 2013, Wales became the first country in the world to have a dedicated footpath that follows its entire coastline. When coupled with the already famous Offa's Dyke National Trail from Chepstow to Prestatyn, it forms a 1030-mile walking route around the whole of the principality. This guidebook is for those who want to experience a similar circumnavigation of Wales by bike, following existing traffic-free paths and the quieter roads nearest the coast.

To make a circuit that can be comfortably ridden over a two-week holiday, the Gower Peninsula, Llyn Peninsula and Anglesey have been omitted, although there are

suggestions in the text on how best to incorporate them into a tour. The resulting circuit provides 657 miles (1051km) of wonderful riding that starts on the waterfront in Cardiff, the capital city of Wales, and includes mile after mile of stunning coastal landscape before heading back south through the rolling marcher country along the border. You will ride past miles of golden sand along the south coast in Pembrokeshire, Britain's only coastal National Park; past the historic castles of Cardigan Bay; along the Menai Strait and through the sea-side towns on the north coast, visiting some delightful towns and villages that benefit from being off the normal tourist itinerary.

Travelling through such wonderful countryside by bike is hugely satisfying for those who want to cover the miles quickly, as well as those preferring a more leisurely pace to watch wildlife and explore attractions along the way. There are plenty of pretty villages and interesting towns where you can top up your energy levels in local cafés and find interesting shops to replenish your supplies. These towns also provide a good choice of overnight accommodation and places for dinner, although you may need to leave the route to find exactly what you're looking for. Add to that an impressive collection of castles, industrial archaeology, churches, chapels and prehistoric sites along the route and you have a ride that you will remember for a very long time.



*The magnificent red kite is now a common sight in many parts of Central Wales (Image authorised for common usage)*

*Kidwelly Castle from the bank of Gwendraeth Fach (Stage 2)*



## WELSH CHAPELS: THE OTHER ICONIC BUILDINGS OF WALES

Apart from its magnificent castles, Wales' other iconic buildings are its chapels, and you will see hundreds of examples while cycling through the country. Up until the Toleration Act 1689 was passed, it was illegal for dissenters to meet for worship, so many congregations met secretly in remote houses and barns. But from the end of the 17th century until the early 20th century, congregations built around 10,000 chapels, often financing their construction with loans that took decades to pay off. Initially, the chapels were quite plain but once the congregations started to commission architects, the chapels began to reflect the height of fashion, particularly during the later Victorian era when it became quite common to amalgamate all manner of influences into ornate gable end walls. Many were also rebuilt or remodelled to accommodate a growing congregation, often through the addition of a gallery that had been cleverly allowed for in the original design.

Some still maintain a thriving congregation but many have been converted for residential or commercial use, such as Libanus Chapel in Borth, which has been turned into a cinema and bistro. Others stand empty and strangely silent, waiting for someone to rescue them from creeping dereliction and potential demolition. See [www.welshchapels.org](http://www.welshchapels.org) for further information and an interactive map that provides more details about each of the chapels along the route.

The page opposite shows six chapels of different styles that you will pass while riding around Wales.

- Henllan Baptist Chapel (top left), in the Vale of Eywas on Stage 11, was built in 1865 in the Vernacular style with a single door on the gable end.
- Blaen-y-Cefn Methodist Chapel (top right), just north of Cardigan on Stage 4, was built in 1808. It was rebuilt in 1837 in the Simple Round-Headed style with separate doors for men and women along the long wall. Traditionally, the men sat in the pews to the right of the minister and the women and children sat in the pews to his left, with the interior layout designed so the minister could see everyone.
- Llanfairfechan Methodist Chapel (centre left) on Stage 9 was built sometime before 1897 using corrugated iron. It is still in use and is known locally as 'Capel Sinc'.
- Bryn Seion Methodist Chapel (centre right), near the Pontcysyllte Aqueduct on Stage 9, was built in the Classical style in 1902



using locally made red brick. The Grade II listed building has been sympathetically converted into a cycle-friendly café and bistro.

- Seion Welsh Independent Chapel (bottom left), situated in Baker Street, Aberystwyth on Stage 5, was built in the Italianate Classical style in 1876 by the Welsh-born architect Richard Owens (1831–1891), whose Liverpool-based practice was responsible for 250–300 chapels, largely in North Wales. Owens was by no means the most prolific of the known chapel architects, though, as his contemporary, the largely self-taught Welsh Independent minister, Thomas Thomas (1817–1888) is reputed to have played a part in the building, restoration or extension of some 1000 chapels throughout Wales. It is thought that he delivered the first sermon in each of the chapels he was involved with. However, after an illustrious career he was forced into semi-retirement when it was revealed that he owned almost 40 properties around Swansea that were used as brothels.
- Zion English Presbyterian Church (bottom right), located in Mansel Street, Carmarthen on Stage 2, was built in the Classical style in 1850 by the architect RG Thomas (1820–1883) of Newport. It remains in use and is now a Grade II listed building.

As the route is circular you can start and finish your tour at any point along the way. Detailed information is provided on the rail services you can use to get to and from the towns chosen for the start and finish of each stage, most of which are on the rail network. Although it is always best to follow the advice of the particular train operator, taking bikes on trains in Wales is typically far easier than in other parts of the UK, so you can leave the car at home.

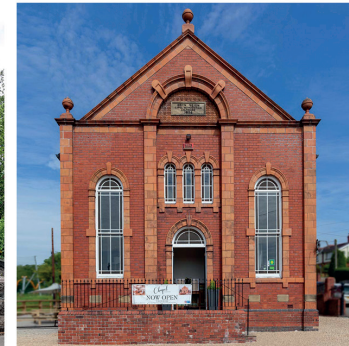
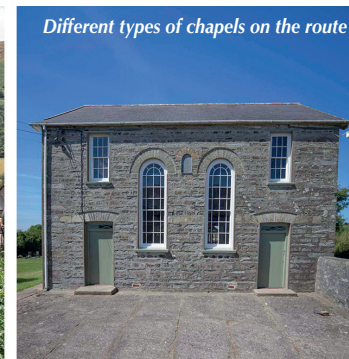
Convenient access by rail also means you can split a circumnavigation across two or more tours starting and finishing at stations on or

near the route. The additional cross routes, which all start and finish at towns served by rail, mean you can also plan shorter tours that are easy to get to without using a vehicle. A number of shorter tours are suggested in this guide, but you can easily use the detailed information provided to plan your own route to fit the time you have available.

#### WHY CYCLE AROUND WALES?

A circumnavigation of Wales covers the entire country from the industrial south to the sea cliffs of Pembrokeshire, passing through wild

*Different types of chapels on the route*



## STAGE 1

## Cardiff to Mumbles

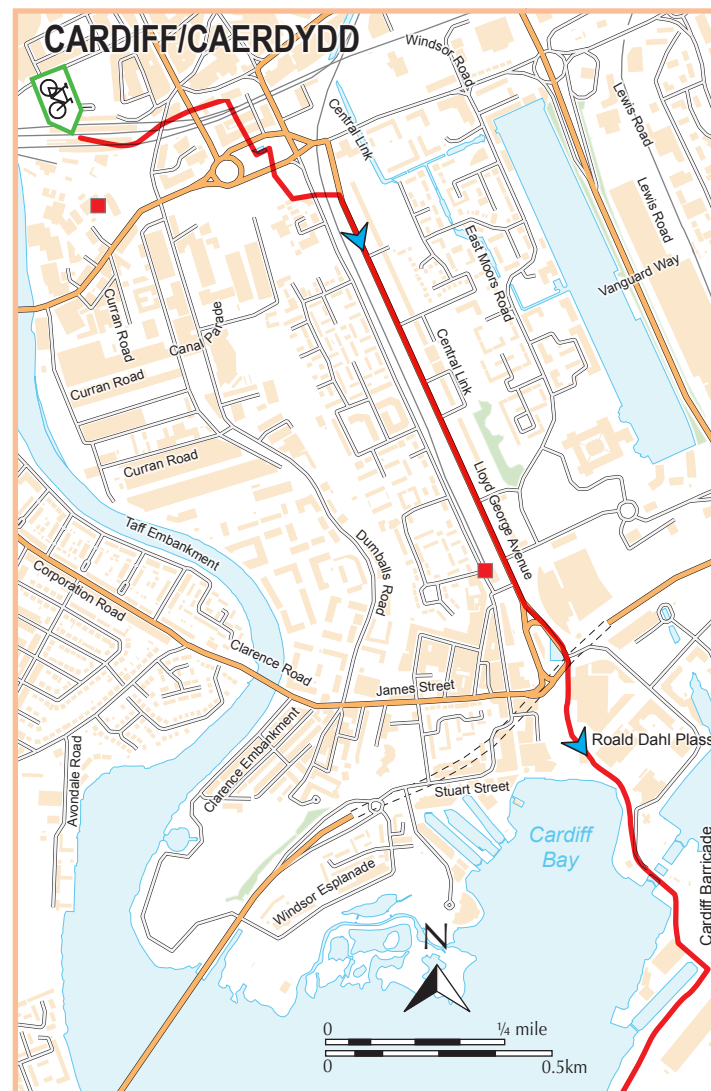
<b>Start</b>	Cardiff Central Railway Station (ST 184 759)
<b>Finish</b>	Below Oystermouth Castle, Mumbles (SS 616 885)
<b>Distance</b>	67 miles (107km)
<b>Ascent</b>	800m
<b>Time</b>	8–9hr
<b>OS maps</b>	OS Landranger 171, 170 and 159
<b>Refreshments</b>	Lots of places to stop at along the route
<b>Accommodation</b>	Plenty of accommodation of all types in towns, including hostels in Cardiff and just off route before Port Talbot

Wales can claim to be the world's first industrialized country with more people in the 1851 population census working in industry than in agriculture. This stage passes through the coastal towns that were once the powerhouses of industry – as well as through the local seaside resorts that grew to provide recreation for the workers. The route makes use of NCN trails wherever possible and follows many miles of local shared-use paths. The final 13 miles around Swansea Bay are entirely traffic free.

Penarth was a popular holiday destination during the Victorian era when it was promoted as 'The Garden by the Sea'.

Head south following the blue signs for local route 4 down **Lloyd George Avenue** towards Cardiff Bay. Ride through **Roadl Dahl Plass** past the Wales Millennium Centre, around the bay and across Cardiff Barricade to **Penarth** (3/64 miles). ◀

Out in the **Bristol Channel** are the islands of Flat Holm, which traditionally was part of Wales, and Steep Holm, which belonged to England. Once they were fortified to defend shipping using local ports but both are now protected nature reserves and sites of special scientific interest.

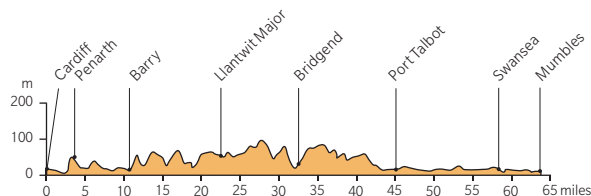




*Parked up below the impressive steel and copper front of Wales Millennium Centre (Canolfan Mileniwm Cymru) in Cardiff Bay*

Turn right at the roundabout at the end of Penarth Portway and follow NCN 88 alongside the marina before turning left up the serpentine shared-use path that provides an easy ascent to the town centre. Ride through the town centre and past the railway station to join a largely traffic-free path that ends at Cosmeston Drive.

Turn right, then left and follow a shared-use path alongside the **B4267**. Ride through **Sully** (8/59 miles) and then turn left along the **A4055** using the sections of shared-use path that have been created so far. Go straight on at the next roundabout, cross the carriageway and follow a shared-use path alongside Ffordd-Y-Mileniwm through Barry Docks (11/56 miles). There are plenty of



signs for the Wales Coast Path along this section of the route but none for NCN 88. However, as long as you keep heading west along the shared-use path, you cannot get lost. ▶

Follow this path across the complex junction by the Premier Inn hotel and along Barry Island link road opposite and then turn right along Heol Finch. Turn right after passing under the railway and Harbour Road and follow the path along the coast before turning left along The Parade. Once around the bend and heading away from the coast, this road becomes Lakeside and then Romilly Park Road. Follow it around to the right where there is a fine bistro, ride under the railway bridge and uphill

Before World War I Barry Docks were the busiest coal port in the world employing about 8000 women and 10,000 men.

Map continues on page 45





around the perimeter of Romilly Park. Turn left along Park Road and follow it through to **Porthkerry Country Park** where there is a popular café and the first waymarker sign for NCN 88 for many miles. Continue along the shared-use path behind the café and ride under the railway viaduct to join a narrow lane that ends at a junction where a group of attractive thatched cottages sit uncomfortably opposite the perimeter fence of **Cardiff Airport**.

Turn right following a waymarker sign for NCN 88 towards Llantwit Major and ride around the perimeter of the airport. Turn right again near the cargo terminal and follow a shared-use path across the A4226, through **Penmark** (16/51 miles), then **Llanmaes** (22/45 miles) and down to **Llantwit Major** (24/43 miles).

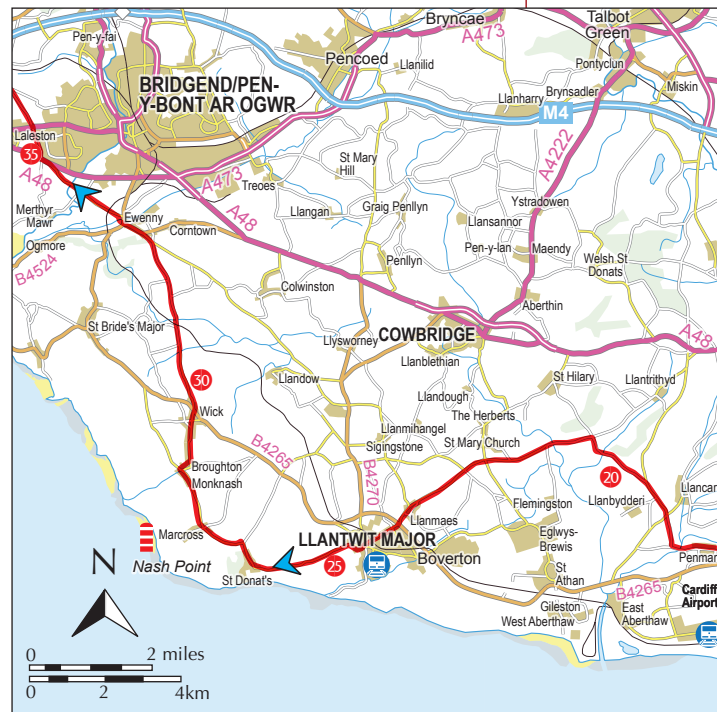
**Llantwit Major** grew up around Cor Tewdws, a monastery and seminary with over 2000 students, including seven sons of English princes. It is believed to have been founded sometime around AD395, making it the oldest school in Great Britain. It was destroyed by Vikings in AD987 and then closed in 1539 during the Dissolution of the Monasteries. The remains of the monastery are hidden somewhere below St Illtyd's Church in the middle of the village.

Despite rapid growth to accommodate personnel from the local RAF base during the 20th century, the town retains much of its medieval character, making it a desirable place to live for those working in Cardiff and Bridgend, particularly since the railway station reopened in 2005.

Follow NCN 88 down Burial Lane alongside the 15th-century town hall and out into the countryside. Ride through **St Donat's** (25/42 miles) to **Marcross** (26/41 miles). ◀ Although the route runs close to the coast it seldom feels like it. If you want to get closer, or perhaps just stop for a break at the cliff-top café, turn left down the lane by the inn in Marcross and ride for 1 mile down to Nash Point where the twin towers of the 19th-century, Grade II listed Nash Lighthouse used to provide a clear

Map continues  
on page 46

The American tycoon William Randolph Hearst purchased the medieval St Donat's Castle, now the Atlantic College, in 1925 and visited annually until 1936, typically with an entourage of film stars and famous politicians.





set of 'leading lights' to guide vessels around the dangerous sandbar below the ever-crumbling limestone cliffs.

Return to the main road and ride through **Monknash** (27/40 miles), **Broughton** (28/39 miles) and **Wick** (29/38 miles) to **Ewenny** (32/35 miles) where NCN 88 currently peters out. ▶ Turn right towards Bridgend in the centre of the village and then after 150 metres, turn left along New Inn Road. After 1½ miles, turn left along the **A48** for 300 metres (perhaps resorting to the pavement if the road is busy) and then turn right at the unsigned crossroads and follow this lane across the A473 and along an unnamed lane with a weight restriction. At its end, turn left and quickly left again at a staggered crossroads. Follow this narrow lane for just over a mile going straight across the first junction before turning right at a junction around a triangular patch of grass. Ride downhill passing under the **M4** and over the railway to Pyle (38/29 miles).

Cross into Croft Coch Road at the traffic lights and pass under the railway. Turn right at its end and follow waymarkers for NCN 4 around in a loop to meet the **A48**. Turn right and follow the shared-use path for 1 mile, then turn right towards Margam Discovery Centre. Follow NCN 4 around the perimeter of **Margam Country Park** (41/26 miles), negotiating a pair of narrow iron gates where you may need to remove any panniers to squeeze through. ▶ After you emerge from the country park, turn right in Margam Village, follow the shared-use path across the M4 motorway and then the A48 and continue through **Margam** (45/22 miles) to **Port Talbot** (48/19 miles).

The name **Port Talbot** was first given to the docks in honour of Christopher Rice Mansel Talbot of Margam Castle, who sponsored their development in the 1830s. Eventually, the name was applied to the conurbation formed when the villages of Baglan, Margam and Aberafan merged into each other. Steel-making started in Port Talbot in the first decade of the 20th century, but the town did not become synonymous with steel until the Abbey Works opened in the 1950s. It soon became the

In the first half of the 20th century the three-storeyed maltings in Broughton was run as a welfare hotel, providing low-cost holiday accommodation for miners' families from nearby coalfields.

The 850-acre country park contains the remains of an abbey, a Cistercian monastery and Margam Castle; there is also a neo-Gothic house built by local industrialist Christopher Rice Mansel Talbot (1803–1890).

Map continues  
on page 49

largest steel producer in Europe, employing a labour force of 18,000. Today there are just 4000 employees at the site and like many steel production facilities in the UK and Europe, it has an uncertain future.

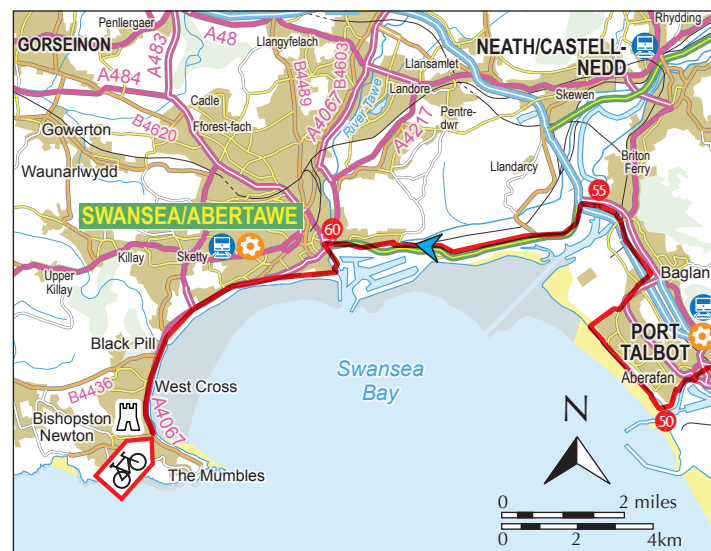
Follow NCN 4 signs left across the railway on Oakwood Road, then turn immediately right up Cramic Way joining a path that leads under a flyover across the A4241 and along Riverside Road, with the River Afan to the right and the docks to the left. Cross the footbridge and follow the shared-use path around the roundabout into Afan Way. ◀ Follow waymarkers for NCN 4 across the carriageway and over the blue footbridge into Victoria Road. Turn left into Newbridge Road at the traffic lights and follow this road around to join a shared-use path that runs along the front at **Aberafan** (51/16 miles). After 2 miles follow signs for NCN 4 back inland and ride along Purcell Avenue, Handel Avenue and Seaway Parade to join a shared-use path alongside the A4241 by Baglan Energy Park. Continue along the shared-use path over the M4 and railway and left alongside the A48. Other than for 200 metres in the Swansea suburbs, the final 13 miles of this stage are entirely traffic free.

If you need to make up lost time, continue along the shared-use path that runs alongside Afan Way to rejoin the route at Baglan Energy Park.

### SWANSEA

In its heyday Swansea was a major centre for copper, earning it the nickname Copperopolis. The combination of local coal and easy sea access to the copper mines in Devon and Cornwall made Swansea the ideal location for smelting, and during the 18th and 19th centuries the city boomed, and 60% of all the copper ores imported into Great Britain were smelted locally. Although George Borrow wrote that the town had 'some remarkable edifices, spacious and convenient quays, and a commodious harbour', he also said it was 'large, bustling, dirty and gloomy'.

Today the heavy industry has largely gone and the economy of the city relies on the service sector, such as education, health, finance services and public administration. The UK's Driver and Vehicle Licensing Agency is one of the biggest employers locally.



Cross the roundabout, railway and River Neath on the outskirts of **Briton Ferry** (54/13 miles) and then follow NCN 4 under the M4, over the A483 and alongside Fabian Way, past mammoth distribution warehouses, to **Swansea** (60/7 miles), where the shared-use path swings right behind the park and ride car park.

After riding alongside the Fabian Way for 1½ miles, turn left along the eastern bank of the River Tawe, following signs for NCN 4 towards Mumbles. Cross Sail Bridge and ride around Swansea Bay to **Black Pill** (65/2 miles). At weekends this stretch of path is very popular with recreational cyclists, joggers and dog-walkers, so progress may be slow. If you are going straight on to Stage 2, turn right at the aptly named Junction Café and follow NCN 4 towards Llanelli. But if you are heading into Mumbles for an overnight stay or simply a break, continue along the shared-use path around the bay for the final 2 miles of this stage.





*Looking across  
Swansea Bay from  
above Mumbles Pier*

**Mumbles** marks the start of the wonderful Gower Peninsula. For the sake of brevity, it is left out of this tour. However, you could stay over in Mumbles for an extra night and enjoy a day without panniers, visiting some of its famous beaches. Mumbles itself is a vibrant seaside village with plenty of shops, restaurants and pubs that attract day-trippers from all over the region. Food fans should try the local oysters. But if you are not so keen on seafood, you will be spoilt for choice when it comes to ice cream parlours.

#### **Adding in a loop around the Gower Peninsula**

The 27-mile loop around the Gower Peninsula starts at Mumbles and rejoins the circular route at Gowerton, adding 20 miles to the circumnavigation. Start at the mini roundabout on the front below Oystermouth Castle and cycle inland along Newton Road towards Caswell. After two-thirds of mile, turn left into Newton Road. Ride up the short hill, turn left at the top and then turn immediately right into Nottage Road and drop down to join Caswell Road.

Turn right by the church and ride around Caswell Bay (2/25 miles) and into Bishopton (3/24 miles). Turn left along Pyle Road and then after another mile turn left along the B4426 towards Port Eynon. Ride through Kittle to Pennard (6/21 miles) and then turn right into Linkside Drive and follow it to the junction with the B4118 in the centre of Parkmill (5/22 miles). Turn left and ride through Penmaen (7/20 miles) and Nicholaston (8/24 miles) and then turn left by the gatehouse of Penrice Castle. Ride through Oxwich (10/17 miles), then turn left towards Horton.

If you are staying overnight at the hostel in Port Eynon, turn left when you meet the A4118. Otherwise turn right, ride through Scurlage (15/12 miles) and then turn left towards Burry Green. Turn right towards Llanrhidian in Burry Green (18/9 miles) and ride through Oldwalls to Llanrhidian (21/6 miles). Turn left into the village, follow this quiet lane along the coast to Crofty (23/4 miles) and then turn left along the B4295 and ride through Penclawdd (25/2 miles). Join the shared-use path as you approach Gowerton and turn left at the traffic lights on Pont-y-Cob Road to rejoin the route, following waymarker signs for NCN 4.

#### **RIDING ANTICLOCKWISE**

If this is your last day and you think you might miss the train you are due to catch in Cardiff, remember you can always curtail your ride early and catch a train into Cardiff at one of the many stations along this stage.