

CARMARTHENSHIRE, CEREDIGION and PEMBROKESHIRE – May 2023

see *Wales*

The Dramway, Stepside to Saundersfoot

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/dramway-stepside-to-saundersfoot/ for details

Swiss Valley Cycle Route - Llanelli

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/swiss-valley-cycle-route-llanelli/ for details

Millennium Coastal Path - Llanelli

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/millennium-coastal-path-llanelli/ for details

Brunel Trail, Haverfordwest to Neyland

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/brunel-trail-pembroke/ for details

Ystwyth Trail, 20 ml cycleway, bridleway and footway linking Aberystwyth with Tregoran

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberystwyth-to-llanilar-section-of-ystwyth-trail for details (5/23)

Trefeurig (Pen-bont Rhydybeddau), Some routes for walkers and riders (2001)

www.ceredigion.gov.uk/media/2080/trefeurig-pen-bont-rhydybeddau.pdf to download (5/23)

Lampeter (Allt Goch), Some woodland routes for walkers and riders (2001)

www.ceredigion.gov.uk/media/2076/lampeter-allt-goch.pdf to download (5/23)

Cycle Pembrokeshire - cycle trails

<https://www.pembrokeshire.gov.uk/cycle-pembrokeshire> for details (5/23)

Llys-y-Fran Country Park & Reservoir - cycling

<https://llys-y-fran.co.uk/llys-y-fran-cycling> for details (5/23)

Cardigan Bay Cycle Maps & Routes, includes Cardigan Bay: Cardigan to Llangrannog & Aberystwyth to Devil's Bridge

www.cardigan-bay.com/cardigan-bay-cycle-routes-maps.php to download (5/23)

Mountain Biking in Brechfa Forest, near Carmarthen (OS 146)

www.mbwales.com/agents/brechfa/ for details (5/23)

Bwlch Nant yr Arian Forest Mountain Biking Trails, near Aberystwyth (OS 161, GR 09 38)

<http://naturalresources.wales/bwlchnantyrarian?lang=en> for details (5/23)

Cwm Rhaeadr Trail, 20 miles NE of Brechfa

www.mbwales.com/agents/cwm-rhaeadr/ for details (5/23)

Crychan Forest Trails

www.crychanforest.org.uk/ for details (5/23)