

CARMARTHENSHIRE, CEREDIGION and PEMBROKESHIRE – July 2018

see *Wales*

The Dramway, Stepside to Saundersfoot Cycle Map 50p (2010)

www.sustrans.org.uk/sites/default/files/documents/dramway_leaflet_2008.pdf to download

Swiss Valley Trail, Llanelli to Cross Hands 50p (2009)

www.sustrans.org.uk/sites/default/files/documents/sustrans_swissvalley_nov09.pdf to download

Millennium Coastal Park, Llanelli to Pembrey 50p (2009)

www.sustrans.org.uk/sites/default/files/documents/sustrans_millenniumcoastalpark_nov09.pdf to download

Castlemartin Route Map 50p (2010)

www.sustrans.org.uk/sites/default/files/images/files/wales/free%20leaflets%20and%20maps/CastlemartinGovansStackRockWEB.pdf to download

Cardigan to Cilgerran Cycle Map 50p (2010)

www.sustrans.org.uk/sites/default/files/documents/cardigan_cycleleaflet.pdf to download

Brunel Trail, Haverfordwest to Neyland Cycle Map 50p (2007)

www.sustrans.org.uk/sites/default/files/documents/bruneltrail_cycleleaflet.pdf to download

<http://shop.sustrans.org.uk/> to order on-line (7/18)

Cycling Ceredigion

Rheidol Cycle Trail, Aberystwyth/Pontarfynach (Devil's Bridge) 16 mls

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

Cardi Back Trail

www.discoverceredigion.co.uk/English/what/cycling/Pages/default.aspx for details/to download (5/18)

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

www.ceredigion.gov.uk/media/2080/trefeurig-pen-bont-rhydybeddau.pdf to download (5/18)

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

www.ceredigion.gov.uk/media/2076/lampeter-allt-goch.pdf to download (5/18)

Cycle in Pembrokeshire

<http://www.visitpembrokeshire.com/activities-adventure/cycling/> for details (5/18)

Mountain Bike Trails in Pembrokeshire South West Wales, includes the Brunel Cycle Route; The Lllys-y-Fran Trail;

The Last Invasion Trail; Canaston Cycle Trails

www.walesdirectory.co.uk/Mountain_Bike_Holidays/Mountain_Bike_Holiday_in_Pembrokeshire.htm for details (5/18)

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 (5/18)

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

www.mbwales.com/agents/brechfa/ for details (5/18)

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

<http://naturalresources.wales/bwlchnantyrarian?lang=en> for details (5/18)

Cwm Rhaeadr Trail, 20 mls NE of Brechfa

www.mbwales.com/agents/cwm-rhaeadr/ for details (5/18)

Crychan Forest Trails

www.crychanforest.org.uk/ for details (5/18)

Goldeneye Cycling Country Lanes & Byways Map: Pembrokeshire & West Wales £5.99

www.goldeneyeguides.co.uk to order on-line (7/18)