

see Wales

**The Dramway, Stepside to Saundersfoot**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/the-dramway-stepside-to-saundersfoot/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/the-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/](http://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/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/millennium-coastal-path-llanelli/) for details

**Brunel Trail, Haverfordwest to Neyland Cycle Map (2007)**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/brunel-trail-pembroke/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/brunel-trail-pembroke/) for details (8/19)

**Ceredigion - Biking and Cycling**

**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](http://www.discoverceredigion.co.uk/English/what/cycling/Pages/default.aspx) for details/to download (5/19)

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

[www.ceredigion.gov.uk/media/2080/trefeurig-pen-bont-rhydybeddau.pdf](http://www.ceredigion.gov.uk/media/2080/trefeurig-pen-bont-rhydybeddau.pdf) to download (5/19)

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

[www.ceredigion.gov.uk/media/2076/lampeter-allt-goch.pdf](http://www.ceredigion.gov.uk/media/2076/lampeter-allt-goch.pdf) to download (5/19)

**Cycle Pembrokeshire - cycle trails**

<https://www.pembrokeshire.gov.uk/cycle-pembrokeshire> for details (5/19)

**Canaston Cycle Trails**

[www.bluestonewales.com/pembrokeshire/activities/mountain-biking](http://www.bluestonewales.com/pembrokeshire/activities/mountain-biking) for details (5/19)

**Llys-y-Fran Country Park & Reservoir - cycling**

[www.llys-y-fran.co.uk/cycling](http://www.llys-y-fran.co.uk/cycling) for details (5/19)

**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](http://www.cardigan-bay.com/cardigan-bay-cycle-routes-maps.php) to download (5/19)

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

[www.mbwales.com/agents/brechfa/](http://www.mbwales.com/agents/brechfa/) for details (5/19)

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

<http://naturalresources.wales/bwlchnantyrarian?lang=en> for details (5/19)

**Cwm Rhaeadr Trail**, 20 mls NE of Brechfa

[www.mbwales.com/agents/cwm-rhaeadr/](http://www.mbwales.com/agents/cwm-rhaeadr/) for details (5/19)

**Crychan Forest Trails**

[www.crychanforest.org.uk/](http://www.crychanforest.org.uk/) for details (5/19)

**Goldeneye Cycling Country Lanes & Byways Map: Pembrokeshire & West Wales** £6.99

[www.goldeneyeguides.co.uk](http://www.goldeneyeguides.co.uk) to order on-line (7/19)