

South WALES – August 2019

see *Wales*

Three Parks Trail (NCN 47), Cross Keys to Taff Bargoed

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/three-parks-trail/ to download (8/19)

The Ely Trail Cycle Map, Cardiff Bay area to St Fafans Cycle Map

<https://cardiffbybike.wales/2016/07/17/ely-trail-st-fagans/> for details (8/19)

The Taff Trail, Cardiff Bay to Brecon

www.outdoorcardiff.com/wp-content/uploads/Sports-Recreation-and-Leisure-along-the-Taff-Trail.pdf for details (8/19)

The Lasgarn Wood Trail

www.visitblaenavon.co.uk/en/VisitBlaenavon/PlanYourVisit/Publications/TheLasgarnWoodTrail-Horseriding.pdf to download (5/19)

Afon Lwyd Trail, Cwmbran to Blaenavon (NCN 49,492) 16 mls

www.torfaen.gov.uk/en/RoadsTravelParking/WalkingCycling/Cyclelanesandroutest/Afon-Lwyd-Trail.aspx for details (5/19)

Walking & Cycling in Rural Swansea (2010)

www.discovergower.com/pdf/WalkingCyclingweb2.pdf to download (5/19)

Swansea Cycle Map

Neath Port Talbot Cycle Map

www.swansea.gov.uk/cycling to download (5/19)

Monmouthshire & Brecon Canal

<http://canalrivertrust.org.uk/canals-and-rivers/monmouthshire-and-brecon-canal> for details (5/19)

Garwnant Visitor Centre - Cycling (OS 160, GR 003 132)

www.naturalresources.wales/garwnant?lang=en for details (5/19)

Afan Forest Park Mountain Biking & Cycling

www.afanforestpark.co.uk/default.aspx?page=323 for details (5/19)

Guide to the Ogmores Valley Community Route, from Nantymoel (OS 170, GR 93 93) 11 mls

www.bridgendbites.com/media/9750/ogmore_valley_community_route.pdf to download

Guide to the Tondy to Pyle Community Route, Tondy to Frogpond Wood (OS 170, GR 89 84/84 82) 7 mls

www.bridgendbites.com/media/9752/tondy_to_pyle_community_route.pdf to download (5/19)

Cwmcarn Forest Drive, 7ml circular Forest Drive, open Mar/Oct; Nov/Feb Sat/Sun only (OS 171, GR 21 93)

<http://your.caerphilly.gov.uk/cwmcarnforest/content/welcome> for details (5/19)

Ride, Hike or Bike, Loops & Links (NCN 47)

www.caerphilly.gov.uk/loopsandlinks/english/info.html for details (5/19)

Cardiff Cycling and Walking Map FREE (FourPoint Mapping)

www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/Walking-and-cycling/Pages/Walking-and-cycling.aspx to download/obtain (5/19)