

My Favourite Ride 4

Botanical Gardens – Llandovery fig 8 Loop

A circular ride starting and finishing at the Botanical Gardens Porthyrhyd SA32 8HG.

51.840797,-4.149353 Google Plus Code RVR2+876 Carmarthen

Distance 45.38 miles. Total ascent 2,043 feet. Max elevation 500 feet.

Terrain: Lanes, B Roads, some short sections of A Roads. Moderate.

This ride starts at the Botanical Gardens car park. It is a ride through some magnificent countryside with enough short hills to keep you warm and enjoy some magical views.

From the start at the overflow car park at Botanical Gardens we head back to the main entrance and at the roundabout we turn right onto the B4310 for a short distance then turn right toward Llanarthne. After an undulating couple of miles we arrive at the junction of the B4300 in front of the Emlyn Arms, we turn right here and after 3.75 miles on this delightful road we turn left, cross over the Afon Tywy bridge then right into the lanes toward Cilsan. After zigging and zagging through some lovely lanes we cross the A40, we are 9 miles into the ride at this point, we continue in the lanes toward Penybanc, at the junction with the B4302 (11 miles), we turn left on the B4302 toward Llansawel but after only 2.4 miles we turn right down the hill and over the Afon Dulais, unfortunately, after this downhill there is a nasty uphill and this takes us to T junction at Hermon, here we turn left, follow this lane until we cross the A40 and go straight across the roundabout and over the Afon Tywy bridge as far as the centre of Llangadog. Here we turn left and follow the A4069 for 7 miles, a lovely flatish and fast paced road all the way to Llandovery where we stop for refreshments.

After our refreshments, we head back the way we came on the A4069 for 1.25 miles and then turn left up a nasty hilly lane toward Myddfai, the high point of our ride is the top of this hill. After getting your breath back, take time to admire the magnificent views of the valley below, also at this point look up and you may notice a Red Kite or two or three flying overhead. The Red Kite feeding and visitor centre at Llandeusan is over the other side of the hill above you, from this point there is a lovely decent and flat ride back through Cilgwyn where we pass the impressive Cilgwyn Manor, a grade II listed building which was formerly a country house from the 1600s and now a Residential care home plus some additional holiday accommodation. We follow this lane all the way back to Llangadog where we turn left toward the Black Mountains but turn right after 0.25 miles toward Bethlehem, some years ago you could get your Christmas cards stamped with the Bethlehem postmark at the village Post Office, this was a major attraction at the time and at the Post Office was a small coffee shop doing a roaring trade, we frequently stopped there for a coffee and cake on our CTC Swansea rides. The Post Office has now been relocated further up the hill but no coffee there anymore unfortunately. There is a climb up to Bethlehem but there is a reward afterwards with a lovely decent and flatish ride all the way to Ffairfach. There are magnificent views of the valley below on the right as we travel along this lane toward Ffairfach. At the Traffic lights controlled cross roads at Ffairfach, we go straight across and follow the A476 for 0.5 miles then turn right onto the B4300, going back in the direction we came, we continue on the B4300 as far as the Emlyn Arms at Llanarthne then turn left and follow the route we took back to the Botanical Gardens, unfortunately there are a couple more hills in these last couple of miles.

Cilgwyn Manor



Bethlehem Old Post Office



Bot Gardens Llandoverly G3 Loop
45 miles, 2,040' total ascent

