

## My Favourite Ride 5

# Tareni Bridge – Crai village Loop

**A circular ride starting and finishing at Tareni bridge Godre'r-graig.**

Distance 37 miles. Total accent 2,600 feet. Max elevation 1,600 feet.

Terrain: Cycle paths, Lanes, B Roads and some sections of A Roads. Moderate.

This ride starts at Tareni Bridge car park SA9 2PA Godre'r-graig. Opposite the Swansea Valley Tyre and Exhaust Centre on the A4067 and adjacent to NCR43 cycle path at the Miners Memorial.

51.743647, -3.807591 Google Plus Code P5VR+FX3 Ystalyfera

From the start at Tareni Bride car park we follow the cycle path NCR43 as far as Ystalyfera where we join the B Road through the Town and continue to the centre of Ystradgynlais where we turn right toward Crynant. We have a climb for a short while until we divert off left to pick up NCR 43 cycle path again as far as Coelbren, we cross over the A4221 inter valley link road and through the village of Coelbren as far as a T junction where we turn left on a lane toward Henrhyd Falls, a nasty climb here but quite short, at the top of the hill there are some great views of the Brecon Beacons and also down the Swansea valley. On the decent there is a very sharp bend to the right, be warned that if you miss this and go straight on you will have some very serious climbing to come back up! We follow this lane as far as a T Junction at Penycae, turn right here onto the A4067 for 1.25 miles and we stop at Craig-y-nos Country park for an early refreshment. After replenishment we continue on the A4067 for 1 mile as far as Tafarn-y-Garreg, now the fun starts! We go left onto an undulating upward lane along to Bwlch Cerrig Duon, this is an idyllic route going up the Brecon Beacons, it is perfect Wales, undulating upwards alongside the stream, as you climb, look around, there is absolutely nothing to spoil your view – it's just you, the sheep, the road, the hills and the sky. Magic!

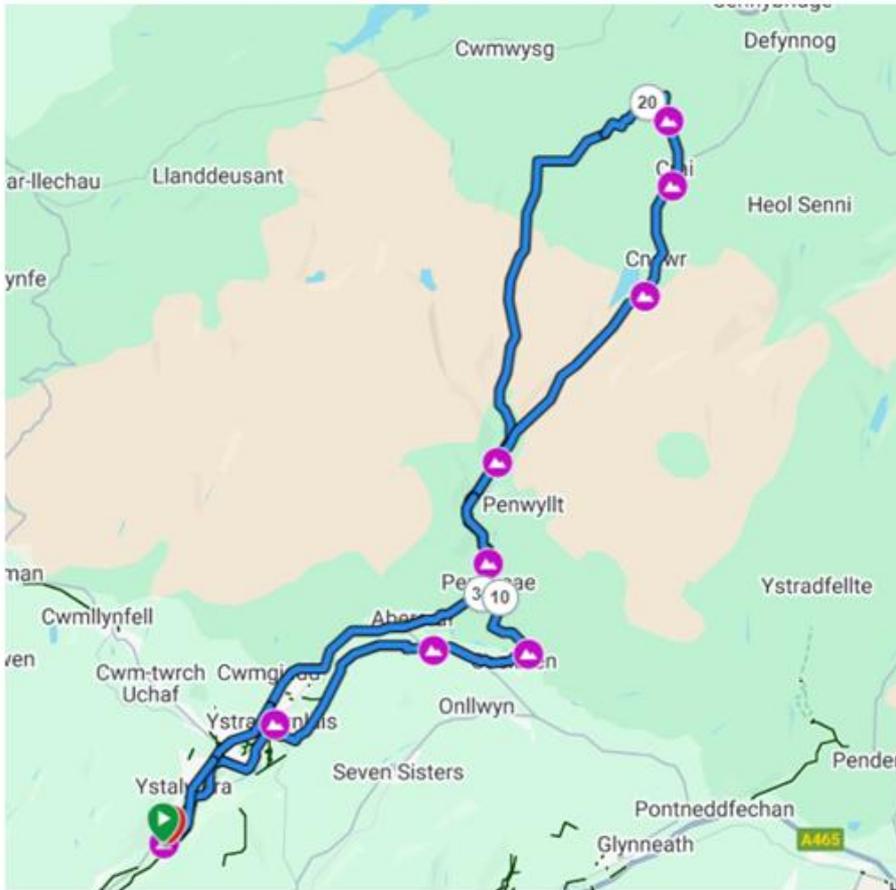
A pause at the top for breath and to admire the views and then a decent through the forest but not too far, we then have a right turn with some more zigs and zags before a steep descent into Cwm Crai, over the old stone bridge and a sharp climb up to a T junction, a right turn here takes us down into Crai, we can pause for a snack sitting outside the Parish Hall, Neuadd y plwyf. A sharp climb then up to the A4067, turn right and a steady upward ride for a couple of miles before the descent begins which takes past a layby viewpoint looking over the Crai Reservoir, always worth a stop for a picture! We then have a long descent of about 3 miles to Tafarn y Garreg where the road flattens out and takes past Craig y nos, Penycai, Abercrave. We stay on the A4067 all the way to Ystalyfera where we join NCR43 again for the last 1½ miles to our start point.

Bwlch Cerrig Duon

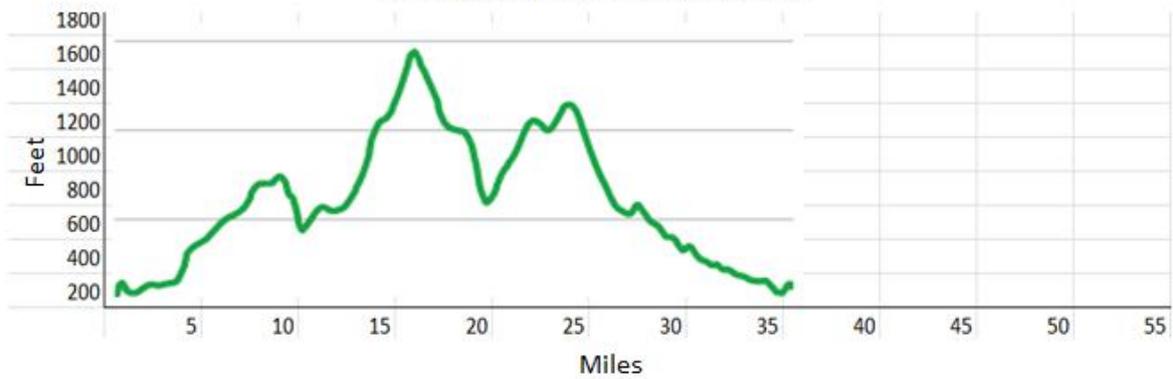


Neuadd y plywf Crai





Tareni Bridge Crai Village Loop  
 37 miles, 2,600' total ascent



Download the route at:

<http://routes.swanseacycling.co.uk/events/event/tareni-bridge-crai-village-loop>