

My Favourite Ride 10

Ffairfach – Llandovery Fig 8 Loop

A figure of eight ride starting and finishing at Ffairfach near Llandeilo.

Distance 27 miles. Total ascent 1,312 feet. Max elevation 500 feet.

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

This ride starts at Melin Tregib, SA19 6SY 51.875361, -3.989571 Google Plus Code V2G6+6F

From the start at Tregib we have an upward undulating ride of 5 miles to the village of Bethlehem with splendid views on the left of the Tywi valley, 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. Continuing onward, we have an undulating descent of 2 miles to Llangadog and from there we join the A4069 Road to Llandovery for 7 miles and here we stop for refreshments

After our refreshments, we head back in the direction we came toward Llangadog but take a left turn after about a mile heading up a hill to burn off the calories recently consumed, you may see some Red Kites flying overhead because just over the hill on the left is the feeding centre at Llandeusan. This is the high point of the ride so from here it is down again toward and 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 continue down into Llangadog and then we follow the A4069 through the village and across the Afon Tywi bridge then straight across the roundabout on the A40, a short climb and sharp left takes us through Hermon and here on the left we also have a splendid view of the Tywi valley, onward through Cwmifor to join the A40, here we take a right on the A40 for a couple of miles until we reach Llandeilo, we have the option of a short coffee break before the end of the ride only a mile away. We cross the Afon Tywi after leaving the town and at the next cross roads with traffic lights, we turn left and under the railway bridge to our start point.

Bethlehem old Post Office



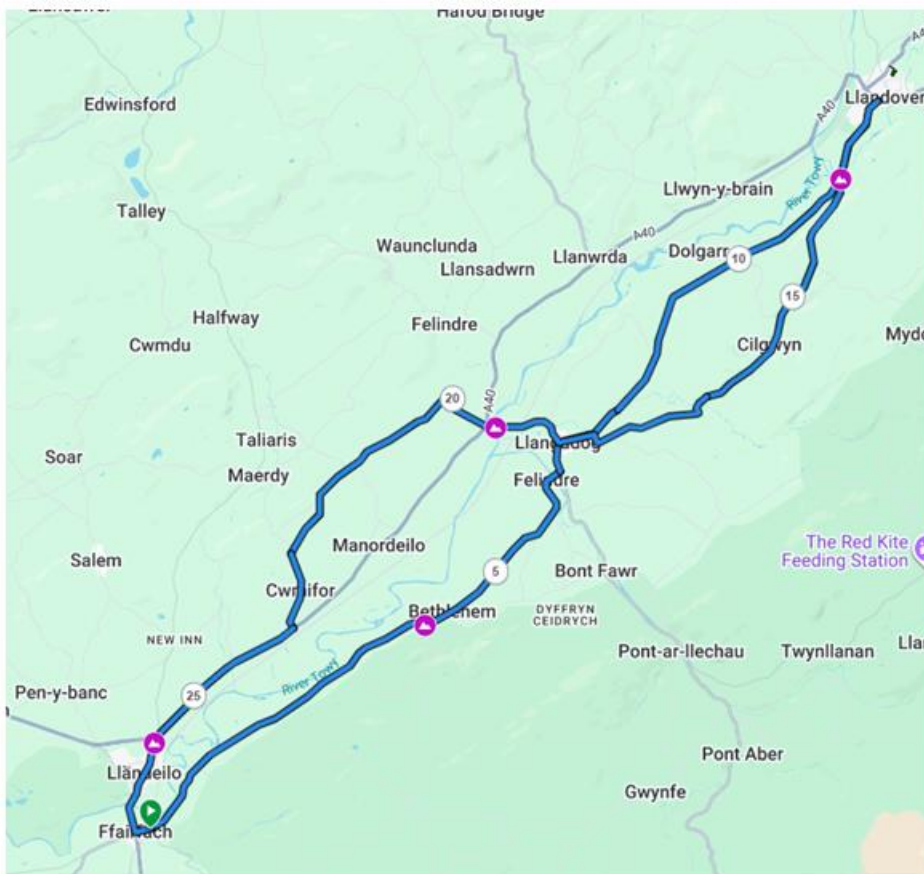
Llandovery



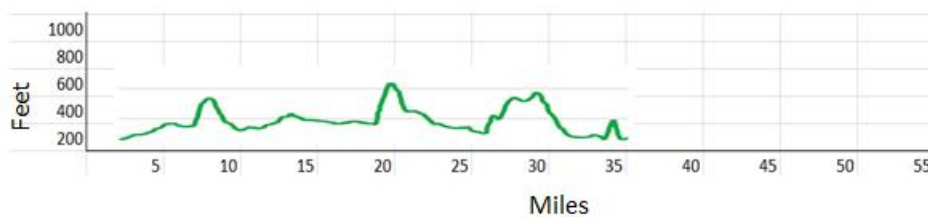
Cilgwyn Manor



Llandeilo and the Tywi Bridge



Ffairfach - Llandovery Fig 8
27 miles, 1,312' total ascent



Download the gpx file for the route at: <http://routes.swanseacycling.co.uk/events/event/llandovery-fig-8-from-ffairfach>