

Cycle Carmarthenshire



'Discover your favourite cycling route in Carmarthenshire, the Garden of Wales'

Family Cycling Routes

Celtic Trail: Wales now has 1,000 miles of cycle paths on the National Cycle Network including the Celtic Trail, great for families and those new to cycling.



Llanelli is at the hub of two long traffic free paths adding up to 27 miles in length, all are relatively flat and very scenic. Explore route 4 and 47 for some fantastic traffic free cycling.

Routes from the Millennium Coastal Park Discovery Centre Llanelli to:

- National Wetlands Centre, Wales - 4 miles
- Horeb - 5 miles
- Pembrey Country Park - 6 miles
- Tumble - 11 miles
- Crosshands - 14 miles

Maps & Guides

Celtic Trail West Cycling Map, Go Free Range in Wales, Go Traffic Free in Wales. For more information:

www.sustrans.com | 0845 113 0065.

Tourist Information Centre 01267 231557.

Pembrey Country Park: 500 acres of glorious parkland to explore. Bike hire available, including disabled bike hire. **01554 833913**

For the adrenalin junkies

Carmarthenshire is one of the exciting newcomers for mountain bike enthusiasts.



Brechfa - Gorlech Trail: (Designated as a red / difficult route) Designed by the renowned Rowan Sorrell, this route is made up of three big climbs and descents stretching over its 19km. Suitable for proficient mountain bikers with good off-road riding skills. *New Developments* - A 8kms Green trail and a 12kms Blue trail

will also be available in Brechfa forest from 2007.

Cwm Rhaeadr: (Designated as a red / difficult route) Follow the forest road to the top 2.6km / 1.6 miles and then descend by a winding single track 4.1km / 2.5 miles long. There are some challenging sections on this route, suitable for proficient mountain bikers with good off-road riding skills. Plus new circular all ability access trail family fun ride / circular cycle route. www.forestry.gov.uk/wales | 0845 6040845. www.cilycwm.com.

Quiet Way Marked Routes

Tywi Valley Cycle Maps - Purchased via TIC in Carmarthen **01267 231557** or www.walescyclebreaks.com

All rides start in the towns of Llandovery and Llandeilo in the Tywi Valley. These include short, gentle rides along the level valley floor mixed with longer, more varied rides. The routes in these maps travel through some of the most varied scenery in Britain and take the visitor past some of the most outstanding castles in Wales.

- Herbal Healing (Ride A - 10 miles)
- Golden Secrets (Ride B - 28 miles)
- Fabulous Fans Ride (Ride C - 19 miles)
- Medieval Mystery (Ride D - 12 miles)
- Gardeners Paradise (Ride E - 20 miles)



Crychan Forest: Crychan Forest offers miles and miles of quiet way marked routes through the beautiful woodlands. You can join a route from any of the four car parks, where information on the trail is provided.

- Brynffo - Esgair Fwynog - 4.3 miles
 - Golygfa Epynt - +8.1 miles
 - Cwm Coed Oeron - 7.7 miles
 - Allt Troedrhwiwer - 2.4 miles
 - Allt Troedrhwiwer Golygfa Epynt link - 2.9 miles
- www.crychanforest.org.uk/cycling.html

Bike Specialists and Hire Shops

- **Llanelli Cycles**, Sandy Road, Llanelli 01554 778939
- **Morfa Bay Adventure**, Pendine 01994 453588
- **Halfords**, Carmarthen 01267 237087, Llanelli 01554 758538 www.halfords.com
- **Pedal Power**, Maes-y-Bran, Cyngghordy 01550 721420 / 07970 747550 www.mbike.co.uk
- **Steve's Cycle Centre**, New Road, Llandysul 01559 363653 / 07866 534966
- **Beiciau Hobbs Bikes**, Old Llangunnor Road, Carmarthen 01267 236785 www.hobbscycles.com
- **County Cycles**, 53 Llandeilo Road, Cross Hands 01269 845656 www.countycycles.co.uk



Larger text version:
01269 590223