

Ride: Afon Ogwr

Start/Finish: Bridgend Railway Station

Distance: 15 (48) miles

Terrain: Undulating

Map: OS 1:50,000 Sheet 170 *Vale of Glamorgan*.

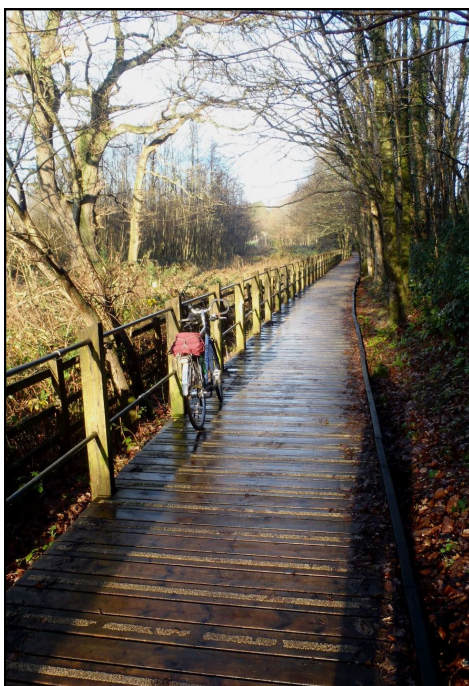
This is a circuit which follows the Ogmore River (aka Afon Ogwr) on National Cycle Route 885 from Bridgend to Tondu, then NCR 4 to Pyle and on minor roads back to Bridgend. The NCR paths, which are mainly off-road, are a particular attraction.

For the benefit of those who come by train I have chosen Bridgend Station for the start and finish. *

If distance is not a problem consider riding from Swansea to Pyle. This is a pleasant ride, partly on NCR 4 and partly on the A48. It is a flat 33 miles return from the Sail Bridge.

From Bridgend Station head north down Station Road, turn right and then left onto the A4061. Cross the river, turn right at the roundabout and at the first opportunity cross the road (now the A4063) on to a lane which runs beside it. You are now on NCR 885. Follow it north for three miles to where it joins NCR 4.

This section is on a lovely path mostly on the east side of the river (pictured). It goes under the motorway and then after half a mile crosses a cycle/pedestrian bridge to join NCR 4. From here continue north across a playing field and follow the NCR 4 signs through suburbs to a main road. Turn left, then, at the junction with the A4063 (to Maesteg), right. Follow this under a railway and past a left turning. Then look to the left for the signed continuation of the NCR 4 cycle path.



There follows an undulating but lovely six miles to Pyle, mostly in woods. In the middle of Pyle NCR 4 turns sharp right for Swansea. You turn left here, that is unless you have cycled from Swansea in which case this is where you join and leave the circuit.

After turning left continue uphill and across traffic lights onto a quiet road which takes you under the M4. Then at a Y junction keep to the right on a lesser road. Keep straight on at the next two crossings; then, just after the road turns sharply to the right, turn left. You are now on Llangewydd Road and about to enter Bridgend. Follow it until it becomes a no-through-road for cars, but not for bikes. Drop steeply down into the Ogmore valley to the A4063 roundabout to complete the circuit. From here it's a quarter of a mile to the station, back the way you came.

* There is a twice hourly train service from Swansea. Bikes can be taken with a limit of six on the First Great Western trains.

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