

Ride: Brynamman Circuit

Start/Finish: Blackpill

Distance: 46 miles (5 hours plus stops)

Terrain: Some hills on the way out, then flat

Map: OS 1:50,000 sheets 159, 160 and 170.

This ride is a grand clockwise circuit which takes you through Pontarddulais, Ammanford, Brynamman, Ystalyfera and back round Swansea Bay. Most of it is on cycle paths. These include off-road paths between Kingsbridge and Grovesend and between Ammanford and Brynamman which may be new to you.

It being a circuit you could start and finish anywhere on National Cycle Route 4 between the Sail Bridge and Gowerton. Starting at Blackpill head up the Clyne Valley and in Gowerton turn right for Kingsbridge, then right and left into a yard. Immediately past *Urban Cyclery* go through the gap in the trees on your right to join the cycle path which follows the Afon Lliw past Gorseinon and Grovesend. Continue north on the B4296 to Pontarddulais.

Go straight on at the traffic lights in Pontarddulais, turn right at the T junction and follow the minor road to Ammanford. The climb before Garnswllt is the longest, if not the only climb, on this ride.

On entering Ammanford, after a left bend, turn right onto Pen-twyn Road. After half a mile turn left at a crossroads, cross the A474 and look for a cycle path sign almost opposite. This cuts the corner to the start of the Brynamman cycle path. Alternatively turn right on the A474 and immediately left. The cycle path is on your right just before the right turn to Trapp.

Enjoy a flat five miles on this path to Brynamman. The picture shows the sign at the start of the path. The signs are unusual in that they give times rather than distances.

The path ends on the A4069. Turn left here, climb sharply to a crossroads, then right onto the A4068 to Ystalyfera. There's a café on your left by the mini-roundabout where the A4069 heads north over Black Mountain.

A short cycle path makes a pleasant diversion from the A4068. It starts a mile from the café where the road crosses a small stream. On your right immediately in front of the *Rose and Crown* pub there is a yard. Cross a narrow footbridge and a grassy incline leads to a kissing gate and the path. On re-joining the road it's downhill for the remaining three miles to Ystalyfera.

Cross the big roundabout at Gurnos and at the T junction by a Tesco's turn right onto the B4599. Where it joins the A4067 turn left to cross the river on NCR 43. Follow this through Pontardawe and Clydach back to Swansea where you join NCR 4 to complete the circuit.



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