

Ride: Bryngarw Country Park

Start/Finish: Port Talbot Railway Station

Distance: 28 miles (3 hours plus stops)

Terrain: Significant hills

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

This ride is an anti-clockwise circuit, out through Pyle, returning via Maesteg and Cwmafan. Its attractions include a particularly nice section of National Cycle Route, a visit to this pleasant little park and then some lovely countryside. You will not be short of exercise as there are a few hills, particularly in the latter part of the ride. But the reward is great views and long freewheels.

From Port Talbot station follow the A48 southeast past Margam almost to Pyle. Turn left just before the A48 goes under the railway and then right under the railway. On the climb up into Pyle turn left onto the NCR 4 signed cycle path.

It's five miles to Tondy. This lovely (except for the barriers!) path skirts the north side of Kenfig Hill, wandering in and out of woods, and up and down. The picture is taken on the board walk near the Tondy end. Be careful on this if it's wet as it can be slippery.

The path ends on the A4063. Turn right here and then, on passing under the railway, left onto the A4065. After a mile, just before the road crosses a river, turn left. Bryngarw Park is a short distance up this road on your right. We found the café here excellent if pricey.

Refreshed, backtrack to the main road, turn left, cross the river and left again onto the A4064. This road goes up Cwm Garw. Follow it for two miles and take the second left, just before the junction with the A 4093.



Cross the valley and climb up for half a mile to a Y junction. Fork right here on to a narrow road. After a short sharp climb it skirts a hillside, giving splendid views. Then a long down and short up to a T junction. Turn right and after three quarters of a mile right again to reach the valley bottom in Pont Rhyd-y-cyff. Cross the river and after a short climb join the A4063.

Follow this road for two miles into Maesteg. Turn left at lights for the approx. 100m climb to the high point on the B4282. Then enjoy a four mile freewheel to the Afan valley. Except for a short up in Bryn it's all downhill. On joining the A4107 turn left and immediately right into Cwmafan. Here join NCR 887 to return to Port Talbot.

Evening Post: 23 August 2014