

Ride: Henrhyd Falls

Start/Finish: Clydach

Distance: 28 miles (3 hours plus stops)

Level: Moderate

Map: OS 1:50,000 Sheets 170 *Vale of Glamorgan* and 160 *Brecon Beacons*

This there-and-back ride takes you along some splendid stretches of National Cycle Route 43, some quite new. The destination is the magnificent Henrhyd Falls, just beyond Coelbren.

For those wanting a ride which goes back a different way you might return via Seven Sisters, Crynant, Aberdulais and Birchgrove. Total distance: 34 miles. The A roads involved are relatively lightly trafficked and there's lots of downhill.

The ride starts on the canal path by Gwilym Park, where you can park. Here there is a Sustrans "Portrait Bench" featuring metal cut-outs of three local celebrities. It is similar to the Cwmafan one described in the ride description of that ride.

Follow NCR 43 through Pontardawe to Ystalyfera. Appreciate the good riding quality of the non-asphalt canal towpath to Trebanos. In Pontardawe, at the end of a dead end road turn right into a park. Soon you join an old railway line for the remaining three miles to Ystalyfera. This lovely section is mostly in woods, with now and then views across the valley.



Leave NCR 43 in Ystalyfera and follow the B4599 to Glan-rhyd. Here cross the river on the Crynant road. This climbs steeply round a left bend and then, after 200m, a cycle path leaves it to the left. This takes you almost to Coelbren. After half a mile the path is interrupted by a short stretch of road before continuing for a further three miles. On this stretch the serious climbing is done early to take you high above the valley. Enjoy great views to the north and west as you ascend gently to the A4221.

Cross the A4221 and continuing climbing into the village of Coelbren. Continue a short distance to the east and turn left on to the minor road which crosses the river just above the Falls. Access to them is on your left. Leave your bikes here for the descent to the viewpoint. This waterfall (pictured) is quite a sight. You can actually walk behind the water!

There is a lack of hosteleries past Ystalyfera, so you would be well advised to bring sandwiches.

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