

**Ride:** Kidwelly

**Start/Finish:** North Dock Visitor Centre, Llanelli

**Distance:** 23 miles (3 hours plus stops)

**Level:** Moderate

**Map:** OS 1:50,000 Sheet 159 *Swansea & Gower*

The Millennium Coast Path (NCR 4) is one of the gems of the National Cycle Network. This ride follows it to Pembrey, continues on a new section of NCR 4 to Kidwelly and returns through Pembrey Park.

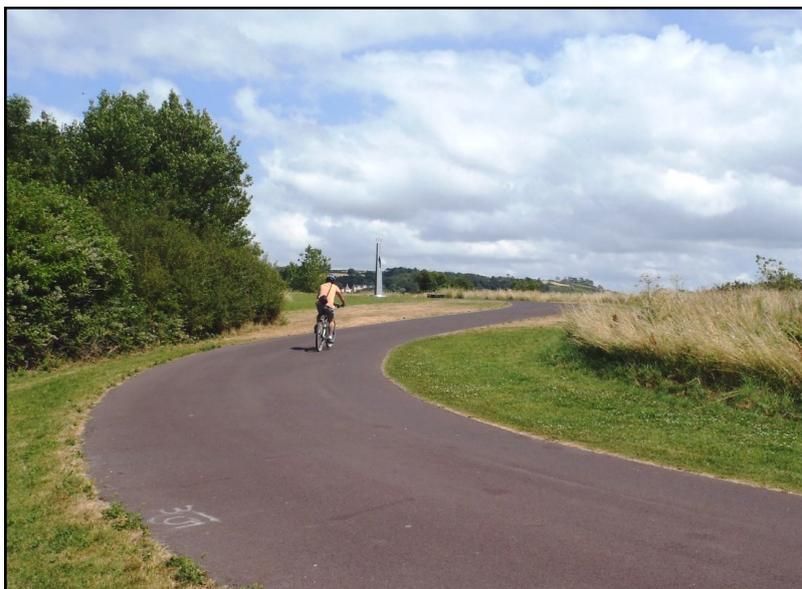
Apart from ups and downs over the railway it is essentially flat. The surface is mainly smooth asphalt except for gravel through Pembrey Park.

There is parking at the Visitor Centre, which is three quarters of a mile west of Llanelli station. (Should you come by train.)

From the start follow the coast path for four miles to Burry Port. On crossing the two footbridges keep to the right and follow NCR 4 signs. These sign a new route which follows an old railway line to north of Pembrey. Initially the path narrows to go under the B4311 and then, after a short rough section, over a mile of new tarmac takes you to the A484. The path continues under it but the tarmac ends and becomes a grassy track. This is rideable and lasts for a mile before ending on a minor road. A right turn takes you through Penged to the A484 which you cross and turn right onto a shared use path. Another mile and you're in Kidwelly.

In Kidwelly there is the castle to visit and a choice of three cafés. Just west of the railway station, less than a mile from the village centre, there is a pleasant little park which features a quay with historical connections.

To return back track to where you crossed the A484 from Penged. Then turn right under the railway. (You'll need to duck!) and follow what used to be NCR 4 through Pembrey Park. The signs are still there. First it wiggles across open land before entering Pembrey Forest. On leaving the woods the path takes you back to the coast and to Burry Port. On retracing your route to the start you might stop for tea and cake at the Pavilion Café, Pwll, a mile short of the Visitor Centre.



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