

The Bethlehem Mail 200kms, Saturday 7th December 2024, 7:30am

Start / Finish: Sports Wales Centre, Cardiff CF11 9SW. Collect your Brevet card from the Controller. **Controls:** Glan Usk Services (71k); Bethlehem (97km), Ystradgynlais (127k), Balgan (148)kms. Ensure you fully complete your brevet card by getting it and timed at every control or obtain receipts from the controls if no stamp is available.

As soon as you realise you are not going to finish in time please text 07745 374830.

Depart - Sennybridge 70kms

| | |
|---|-----|
| Exit Depart North on Bike Lane | kms |
| L @ A48 | |
| R @ 2Can Tls lane & Climb | |
| R@T Cathedral Green | 3.4 |
| R@T Cardiff Road | 3.5 |
| 2nd exit RBT LLANDAFF NORTH | 3.7 |
| 2nd Ext RBT | 6.0 |
| @ Village Hotel R onto Bike Path to TONGWYNLAIS | 7.6 |
| 2ndExt RBT TAFFS WELL | 8.7 |

Follow **A4054** through:

| | |
|---------------------------------|--------------|
| GLAN Y LLYN | |
| TREFOREST IND EST | |
| RHYDFELEN | |
| 2ndExt RBT Pentrebach Road | 17.2 |
| L@Tls ABERCYNON | 23.5 |
| R River Row | 24 |
| R@T | 25 |
| L Abercynon Bike Path cont: | 25.2 |
| \$ Pontcynon Ind Est. | |
| Cont. Cynon Valley Trail | |
| MOUNTAIN ASH | |
| Rejoin A4059 | 30.2 |
| 1st ext RBT ABERDARE | 33.2 |
| 2nd ext RBT ABERAMAN | 33.9 |
| 1st ext RBT ABERDARE | 35.7 |
| Cont. TRECYNON | |
| 2nd exit RBT \$ Hirwaun | 41 |
| HIRWAUN | 42 |
| R@T \$ Brecon19 A4059 | 43 |
| L \$ Ystradfellte | 48 |
| R@T \$ SENNYBRIDGE10 | 52.5 |
| Climb Devils Elbow | |
| L@T \$ SENNYBRIDGE 5 | 63.1 |
| R \$ SENNYBRIDGE 4 | 63.9 |
| L@T \$ A4215 | 67 |
| R @ T \$ SENNYBRIDGE | 68.3 |
| L \$ Defynnog Road | 68.4 |
| L One way | |
| L@T A40 | 69.4 |
| R {CONTROL} GLAN USK SVS | 70kms |

2.Sennybridge - Bethlehem 27 kms

| | |
|--|--------------|
| R onto A40 TRECATTLE | 70 |
| L @ Castle Coaching Inn | 74 |
| Climb | |
| TWYNLLANAN | 89 |
| R@T PONT-AR-LECHAU | 92 |
| L @ BONT FAWR \$BETHEHEM | 94.1 |
| BETHEHEM | 97kms |
| {Obtain Stamp from Village Hall Please Donate} | |

3. Bethlehem - Ystradgynlais 30 Kms

| | |
|---------------------------|------------|
| Retrace to PONT-AR-LECHAU | 102 |
| PONTABER | 104 |
| Climb | |
| BRYNAMMAN | 115 |
| 1st ext Mini RBT | 116 |
| CWMTWRCH | 124 |
| 1st ext RBT A4067 | 125.3 |
| R \$ YSTRADGYNLAIS | 126 |
| 1st ext mini rbt | 126.5 |
| YSTRADGYNLAIS | 127 |
| {Free CONTROL} | |

4. Ystradgynlais - Baglan 21Kms

| | |
|---|--------------|
| Cont. Station Road | |
| Climb | |
| R @ T Ynysfadog | 132 |
| CRYNANT | 133 |
| @ ABERDULAIS FALLS NT | 139.5 |
| L onto Pavement take cycle path under bridge cont Dulais Fach Road. | |
| After Calor Gas Depot Imm R onto Neath Canal Cycle Path. | 140 |
| Cont onto Church Street | 148 |
| R Bethel Street | 148.4 |
| Use TLS Crossing to... | |
| BAGLAN Mc Ds CONTROL | 148.7 |

5 Baglan - Cardiff 50 kms

Cont.. Bike path/pavement on *North Side* of A48 then rejoin **A48**

| | |
|--|-------|
| 1st Exit RBT PORT TALBOT | 150.2 |
| TAIBACH | 155 |
| MARGAM PARK | 160 |
| L Pont George Road | 163 |
| R under bridge | 163.5 |
| SO TLS Coop | 164.2 |
| TRANCH PYLE | 166 |
| L @ T | 167 |
| R lane | 168 |
| R@T | 168.5 |
| 1st ext RBT \$ Bridgend | 169 |
| LALESTON | 170 |
| R rough lane | 170.1 |
| L onto A48 | 171 |
| CARE! | |
| R onto New inn Road | 171.1 |
| L @ T | 173.9 |
| R HERONSTON Lane ROUGH! | 174 |
| R @ T use bike path to avoid Large RBT | |
| Rejoin A48 | 176 |
| L at <i>Fords</i> ind estate cont to.. | |
| TREOES | 179 |
| L LLANGAN | 179.1 |
| R @T | 182 |
| L \$ PENLLYN | 183 |
| L after Pub | 184 |
| CARE! Steep descent and Right Turn | |
| Keep Right at Jncs | |
| L @ T (grassTriangle) | 188 |
| R onto Watery Lane | 188.2 |
| L WELSH St DONATS | 190 |
| Keep right | |
| HENSOL WOOD | |
| After descent R @ T Imm LEFT | 194 |
| L @ T PETERSTON s/ ELY | 195 |
| ST BRIDES s/ ELY | 199 |
| R @ T ST FAGANS | 201 |
| L @ T Cardiff Road | 202 |
| Cont South | |
| FAIRWATER | 204 |
| SO all TLS | |
| Pencisely Road | 205 |

| | |
|----------------|-------|
| Cathedral Road | 207 |
| L at TLS | 207.5 |

CONTROL SPORTS WALES

KEY: go to/thro places in CAPITALS.

Road no. in bold = follow for several turns

L(eft), R(ight), S(traight) O(n), @ = at,

T (-junction), tls = traffic lights, X = crossroads,
ext(it), (m-) rbt = (mini) roundabout,

Unc(lassified main road), \$ = signpost,

imm(ediate), opp(osite), thro(ugh), cont(inue)