*The Trefil Travail*

*Saturday 31 August 2024 - Start at 9:00 a.m.*

## Start is at First Light Cafe, Rear of 51 Merthyr Road, Tongwynlais CF15 7LG

## Info Controls: Gwaelod y Garth, Llanwonno, Bedlinog, Deri and Eglwysilan.

Control at Trefil

Finish is at Fagins, Taffs Well.

CAUTION! Much of the route is on narrow lanes, sometimes roughly surfaced with poor lines of sight around bends. Occasionally you will ride on busy urban and main roads. Take appropriate care at all times.

KEY: go to/thro places in CAPITALS.

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

T (-junction), t/l = traffic lights, X = crossroads

ex(it), rbt = roundabout,

Unc(lassified main road),

$ = signpost,

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

**[alt n]** = height in metres above sea level.

1. **Tongwynlais – Garth Hill (3 km)**

|  |  |  |  |
| --- | --- | --- | --- |
| Exit cafe |  | Return to Merthyr Rd where L (A405) |  |
| 1st ex rbt | B4262 | $ Gwaelod-y-Garth | 0.5 |
| 3rd ex rbt | Unc. | $ Pentyrch | 0.7 |
| R | Unc. | GWAELOD-Y-GARTH | 1.6 |
| L | lane | (no $ - by pub) | 2.6 |
| **{INFO CONTROL} on L** | | | **2.6** |

1. **Garth Hill – Llanwonno (20 km)**

|  |  |  |  |
| --- | --- | --- | --- |
| R @ T | lane | (no $) to EFAIL ISAF | 4.9 |
| R  3rd ex rbt | Unc. | CHURCH VILLAGE  CHURCH VILLAGE | 7.1  8.0 |
| SO @ t/l |  | UPPER CHURCH V. | 8.8 |
| R @ T |  | (no $) - by church | 9.8 |
| 1st L | lane | (no $) 7.5T limit, **climb** | 9.9 |
| R @ T | Unc. | 10% descent to GRAIG | 12.6 |
| L @ t/l |  | $ ‘Town Centre’ | 13.6 |
| 2nd ex rbt |  | $ ‘thro routes’ | 13.8 |
| L @ t/l | A4058 | $ ‘thro routes’ | 14.2 |
| R under viaduct | | $ ‘Town Centre’ | 14.3 |
| R @ t/l |  | (no $) | 14.4 |
| SO @ t/l |  | (no $) | 14.5 |
| L | B4273 | $ Ynysybwl | 14.6 |
| L | urban | GRAIGWEN | 14.7 |
| follow L |  | $ Route 47 | 15.0 |
| R @ T |  | $ Route 47, **climb**  **Alt 350m** | 15.2 |
| **IGNORE ROAD CLOSED SIGNS**  - cont on lane to R @ T | | | 22.2 |
| **{INFO CONTROL} on R** | | | **22.2** |

1. **Llanwonno – Bedlinog (17 km)**

|  |  |  |  |
| --- | --- | --- | --- |
| - cont. (R) from control | | |  |
| L @ T | Unc. | $ Mountain Ash 2½ | 24.4 |
| R @ T | urban | PERTHCELYN | 25.9 |
| R @ T | B4275 | (no $) | 27.2 |
| L $ Abercynon East ‘avoiding low bridge’ | | | 29.2 |
| R | lane | $ Abercynon Sports C. | 29.4 |
| keep R | path | (by footbridge) | 29.9 |
| L onto | B4275 | - cross Cynon & Taff | 30.4 |
| L by fire station, Route 8, $ ‘single track rd’ | | | 30.7 |
| - cont SO $ ‘no thro rd’ onto path over bridge | | | 32.3 |
| R | Route 47 $ Hengoed | | 32.9 |
| SO @ X | $ ‘Lon Geltaidd/Celtic Trail’ | | 33.0 |
| L |  | - by ‘Quakers Yard Inn’ | 33.0 |
| L | **FOLLOW DIVERSION TO**  Glyn Bargoed Rd B4254 | | 33.8 |
| SO |  | - over road | 33.9 |
| - cont over bridge then L over coal seams | | | 34.3 |
| SO |  | $ Bedlinog | 34.6 |
| cont. past lakes to climbing centre (**CAFE)** | | | 36.6 |
| L past Taff Bargoed Centre up access road | | | 36.7 |
| L @ T | B4255 | to BEDLINOG | 37.0 |
| - climb **thro village to** Gelligaer Common [alt 429] | | | |
| **{INFO CONTROL} on L bend after Bedlinog Inn** | | | **39.0** |

1. **Bedlinog–Trefil (17 km)**

Continue climbing

|  |  |  |  |
| --- | --- | --- | --- |
| L @ T | lane | (no $) | 41.9 |
| L @ T | Unc | (no $) ‘Mount Pleasant’ | 43.3 |
| imm fork L (climb) | | (no $) | 43.4 |
| R @ T |  | (no $) | 48.2 |
| 3rd ex rbt |  |  | 50.0 |
| 1st ex rbt | B4257 | $ Rhymney (passing red brick monument on RHS) | 50.1 |
| cont thro’ |  | LLECHRYD & PRINCETOWN |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 2nd ex rbt | NCN 46 | (past Ron Skinner) | **52.3** |

L @ X Llwyn Helyg (where NCN is SO) No $ 53.4

Continue to TREFIL

**{CONTROL} TOP HOUSE PUB 55.6**

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|  |  |  |  |
| --- | --- | --- | --- |
| **5**  Retrace |  | **Trefil – Deri**  **(18 km)**  Back to Tredegar |  |
| 2nd ex rbt  3rd ex rbt  R before  Imm R | A4048  urban  rbt | $ Tredegar  ASHVALE  $ Ind Est  $ Ind Est  Stockton Way | 58.5  58.6  59.0  59.1 |
| 1st ex mini rbt | | by **Lidl** | 60.0 |
| SO @ t/l | - via Gwent Shopping Centre | | 60.3 |
| R | B4256 | Cefn Golau - **climb** | 61.1 |
| L | lanes | Abertysswg | 62.0 |
| Fork L | **[Mynydd Bedwellte, alt. 438]** | | 62.8 |
| SO @ X |  | (no $) descend | 68.6 |
| R @ t/l | Unc | (no $) steep descent | 70.6 |
| R | A469 | $ Rhymney | 70.9 |
| L | Unc | DERI | 71.7 |
| L onto cy  R @ T | cleway  $ NCN | As leaving Groesfaen  469 | 72.3 |
| **{INFO CONTROL} – on L** | | | **73.5** |

1. **Deri – Eglwysilan (22 km)**

Cont on cycleway

L@Tonto Mill Road74.0

|  |  |  |  |
| --- | --- | --- | --- |
| L urban  on RHB |  | Cont on Mill Rd  **climb** | 74.0 |
| keep R | lane | - hairpin bend | 74.2 |
| keep L |  | - onto common | 73.5 |
| SO @ X | - Cefn Gelligaer [alt. 372] | | 76.1 |
| L @ T | B4255 | NELSON | 79.3 |
| Bear R | urban | $ 5T limit – ‘Bwl Rd’ | 81.4 |
| SO @ X | lanes | ‘Railway Inn’ | 83.2 |
| R | | National Road | 83.9 |
| L @ T | A4054 | CILFYNYDD | 86.3 |
| L | Unc | $ Pontypridd & District  Cottage Hospital - ‘Common Rd’ | 88.9 |
| L | urban | ‘Ty Gwyn Rd’ | 89.3 |
| - cont | lane | past Golf Club up ‘Penheol Ely Rd’  – very **steep climb!** |  |
| * cont over **Cefn Eglwysilan [alt. 350]** * **DANGEROUS CATTLEGRID** | | | 93 |
| R |  | (no $) to | 93.2 |
| **{INFO CONTROL} on R by church entrance** | | | **93.3** |

1. **Eglwysilan – Taffs Well (7 km)**

|  |  |  |  |
| --- | --- | --- | --- |
| - cont climb, keep L over cattle grids | | | |
| Not 1st but 2nd fork R. Lane. (no $) | | | 96.0 |
| keep R @ unmarked junction (no $) | | | 97.0 |
| R @ T | urban | opp Duffryn Ffrwd | 97.5 |
| L on bend, onto pavement, past green cabin, over footbridge & down road | | | 97.9 |
| L @ T |  | (no $) onto rbt | 98.2 |
| 2nd ex rbt | A4054 | (no $) – to Taffs Well | 98.2 |
| **{FINISH} – Fagin’s Pub, Taffs Well** | | | **100.0** |

Enjoy the ride

Ring me if you’re not going to finish

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079 739 659 30