

	KM	MILES		KM	MILES		KM	MILES
START DENNIS CAFÉ	0.0	0.0	LLANDOVERY CONTROL			CRYMCH CONTROL	165.3	102.7
Bridge St turns slightly right and becomes Crackwell St	0.1	0.1	Continue on Broad Street/A40	91.1	56.6	Continue on A487 past Clunderwen, Narberth and Templeton		
Turn right at T onto High St	0.4	0.2	Turn right onto New Rd/A483	91.4	56.8	At New Hedges roundabout, turn left, then right B4316	200.6	124.7
At the mini roundabout, continue straight onto The Norton/ A478	0.5	0.3	Turn left onto Cilycwm Rd	91.9	57.1	Turn left onto A478	201.6	125.3
At the roundabout, take the 2nd exit right A478	1.6	1.0	Turn left over bridge SP Porthyrhyd	93.3	58.0	At the roundabout, take the 2nd exit into Tenby	203.0	126.2
Turn right onto B4316 New Hedges	3.1	1.9	Turn right at T onto A482	102.2	63.5	TENBY CONTROL DENNIS CAFÉ	204.7	127.2
Turn right down the hill B4316	4.0	2.5	Turn (fork) left	104.4	64.9			
At the roundabout turn right, then left though carpark	5.8	3.6	Turn left onto B4302, then right	106.3	66.1			
Turn right on the Strand, though tunnels, coastal cycle track	5.9	3.7	Turn right at T onto B4337 in Llansawel	110.3	68.6			
Turn right to rejoin road	7.5	4.7	Turn left in Rhydcymerau	116.2	72.2			
Turn right at X roads	10.0	6.2	Go straight on at the Xroads	119.9	74.5			
Turn left SP Ludchurch	10.5	6.5	Turn left onto A485, then quickly right B4336	126.3	78.5			
Turn right (second right SP Tavernspite)	12.0	7.5	At the roundabout, take the 1st exit left onto A486	134.2	83.4			
Turn right at X roads SP Tavernspite	14.1	8.8	Turn right onto B4335 in Pentre Cwrt	137.0	85.1			
Turn right to join B4314 (in Tavernspite)	17.0	10.6	Turn right at T onto A484	140.5	87.3			
Take 2nd left onto small road SP Llanddowror	17.1	10.6	Turn left onto B4332 in Cenarth	151.3	94.0			
Turn left at T in Llanddowror	24.8	15.4	Turn left on B4332 just past Boncath	160.1	99.5			
Turn right (SP Old Rectory Restaurant)	25.0	15.5	Turn left at T onto A478	161.3	100.2			
Turn left at T grassy triangle	26.8	16.7	CRYMCH CONTROL	165.3	102.7			
Turn left onto Bridge Street, A4066	27.4	17.0						
Turn left into St Clears	28.6	17.8						
Turn right at traffic lights Xroad, B4299	28.8	17.9						
Turn left onto Station Road, B4299	29.1	18.1						
Turn right onto Station Road, B4298	34.4	21.4						
Turn left onto B4298	40.7	25.3						
Turn left onto cycle track by A40	41.0	25.5						
Turn right at T	44.2	27.5						
At the roundabout, take the 2nd exit	44.7	27.8						
Turn left onto St Clears Rd/B4312 into Carmarthen	44.9	27.9						
At the roundabout, take the 2nd exit onto Morfa Ln/B4312	46.9	29.1						
At the roundabout turn left (1st exit) onto A4242	47.2	29.3						
Turn right over the pedestrian crossing, cross the bridge	47.5	29.5						
Turn right onto NCR 4/ 47 just past station	47.9	29.8						
Turn hard left under bridge on NCR 47	48.0	29.8						
Merge left onto Capel Dewi Rd/B4300	48.5	30.1						
Turn left B4300 Capel Dewi Road	49.0	30.5						
Turn left onto A476	69.7	43.3						
At the roundabout, continue straight on, Bethlehem Rd	70.8	44.0						
Turn left onto A4069 into Llangadog	81.6	50.7						
Turn right onto High St/A4069 in Llangadog	82.2	51.1						
Turn left onto Broad St/A40	91.1	56.6						