START DENNIS CAFÉ0.00.0Bridge St ums slightly right and sceeners Crackwell St0.10.1Turn right at T onto High St0.40.2At the numin roundabout, continue straight noro The Norton/A4780.50.3At the roundabout, take the 2nd exit right A4781.61.0Turn right onto B4316 New Hedges3.11.9Turn right onto B4316 New Hedges3.11.9Turn right onto B4316 New Hedges5.83.6Ch the roundabout turn right, then left though carpark5.93.7Turn right on the Strand, though turns right oreol no add7.53.7Turn right at X roads10.06.2Turn right at X roads DT buremspite turn right oreol no add1.18.8Turn right at X roads ST Pavemspite turn right orion B4314 (in turn right orion B4316 (in Section R4328)2.61.7.0Turn left at Ti Llanddowore turn right orion St Clears turn right orion St Clears2.61.7.8Turn left onto Station Road, B42992.41.42.5.3Turn left onto St Clears Ad[B4312 turn right onto St Clears Ad[		KM	MILES
becomes Crackwell St0.10.1Turn right at T onto High St0.40.2At the mini roundabout, continue straight onto The Norton/A4780.50.3At the roundabout, take the 2nd exit right A4781.61.0Turn right onto B4316 New Hedges3.11.9Turn right down the hill B43164.02.5At the roundabout turn right, then left though carpark5.83.6Turn right on the Strand, though turnels, coastal cycle track5.93.7Turn right to rejoin road7.54.7Turn right at X roads10.06.2Turn right spector and the spector and spector an	START DENNIS CAFÉ	0.0	0.0
At the mini roundabout, continue straight onto The Norton/A4780.50.3At the roundabout, take the 2nd exit right A4781.61.0Turn right onto B4316 New Hedges3.11.9Turn right onto B4316 New Hedges5.83.6Turn right one Strand, though tunnels, coastal cycle track5.93.7Turn right at X roads10.06.2Turn right at X roads10.06.2Turn right at X roads SP Tavernspite14.18.8Turn right at X roads SP Tavernspite14.18.8Turn right at X roads SP Tavernspite17.110.6Turn right at T grassy triangle26.816.7Turn left at T grassy triangle26.817.9Turn left onto Station Road, B429929.118.1Turn right at T44.227.5At the roundabout, take the 2nd exit44.727.8Turn left onto Station Road, B429834.421.4Turn right at T44.929.1Turn right at T44.929.3At the roundabout, take the 2nd exit47.727.8Turn left onto Station Road, B429834.421.4Turn right one Station Road,		0.1	0.1
straight onto The Norron/ A4780.50.3At the roundabout, take the 2nd exit right A4781.61.0Turn right onto B4316 New Hedges3.11.9Turn right onto B4316 New Hedges3.11.9Turn right onto the lill B43164.02.5At the roundabout turn right, then left though carpark5.83.6Turn right on the Strand, though turnels, coastal cycle track Turn right to rejoin road5.93.7Turn right at X roads10.06.2Turn right at X roads SP Tavernspite14.18.8Turn right at X roads SP Tavernspite14.18.8Turn right at X roads SP Tavernspite17.010.6Tavernspite)17.010.6Turn right at X roads SP Tavernspite17.110.6Turn right CP Old Rectory Restaurant)25.015.5Turn left at T in Llanddowror Turn left at T grassy triangle26.816.7Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4At the roundabout, take the 2nd exit44.727.5At the roundabout, take the 2nd exit44.927.9At the roundabout, take the 2nd exit47.229.3Turn left onto St Clears Rd/B4312 tint Carmarthen47.529.5Turn right onto NCR 4/ 47 juts part taro	Turn right at T onto High St	0.4	0.2
right A4781.61.0Turn right onto B4316 New Hedges3.11.9Turn right onto he hill B43164.02.5At the roundabout turn right, then left though arpark5.83.6Turn right to rejoin road7.54.7Turn right to rejoin road7.54.7Turn right to rejoin road10.06.2Turn right to rejoin road10.56.5Turn right to rejoin road10.06.2Turn right to rojoin P3414 (in Tavernspite)10.06.2Turn right to rojoin B4314 (in Tavernspite)17.010.6Turn right to rojoin B4314 (in Tavernspite)17.110.6Turn right (SP Old Rectory Restaurant)24.815.4Turn right to To Station Road, B429834.417.9Turn left at Tin Llanddowror Landdowror24.816.7Turn left onto Bridge Street, A4066 Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.529.1At the roundabout, take the 2nd exit rono Morfa Lu/B43124.929.3At the roundabout, take the 2nd exit rur right onto NCR 4/71 jut pata rur right onto NCR 4/71 jut p		0.5	0.3
Turn right down the hill B43164.02.5At the roundabout turn right, then left though carpark5.83.6Turn right on the Strand, though tunnels, coastal cycle track5.93.7Turn right to rejoin road7.54.7Turn right to rejoin road7.54.7Turn right at X roads10.06.2Turn right at X roads SP Tavernspite14.18.8Turn right to poin B4314 (in Tavernspite)17.010.6Taker Bayles17.110.6Turn right at T in Llanddoworo Turn left at T in Llanddoworo24.816.7Turn left at T in Llanddoworo Turn left onto Bridge Street, A406627.417.0Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.3Turn left onto Station Road, B429834.529.1At the roundabout, take the 2nd exit41.727.8Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.8Turn left ont		1.6	1.0
At the roundabout turn right, then left though carpark 5.8 3.6   Iurn right to rejoin road 5.9 3.7   Iurn right to rejoin road 7.5 4.7   Iurn right to rejoin road 10.0 6.2   Iurn right at X roads 10.0 6.2   Iurn right at X roads 10.0 6.2   Iurn right at X roads SP Tavenspite 14.1 8.8   Iurn right at X roads SP Tavenspite 14.1 8.8   Iurn right at X roads SP Tavenspite 17.0 10.6   Take 2nd left onto small road SP 17.1 10.6   Landdowror 24.8 15.4   Turn left at T in Llanddowror 24.8 17.0   Turn left onto Small road SP 26.8 16.7   Turn left at T grassy triangle 26.8 17.8   Turn left onto Station Road, B4299 29.1 18.1   Turn right at T affic lights Xroad, 44.7 25.3   Turn left onto Station Road, B4298 34.4 21.4   Turn right onto Station Road, B4298 34.4 21.4   Turn right at T 44.2 27.5   At the roundabout, take the 2nd exit <td>Turn right onto B4316 New Hedges</td> <td>3.1</td> <td>1.9</td>	Turn right onto B4316 New Hedges	3.1	1.9
though carpark5.83.6Turn right on the Strand, though tunnels, coastal cycle track5.93.7Turn right to rejoin road7.54.7Turn right at X roads10.06.2Turn left SP Ludchurch10.56.5Turn right (second right SP Tavernspite)12.07.5Turn right at X roads SP Tavernspite14.18.8Turn right to join B4314 (in Tavernspite)17.010.6Tavernspite)17.110.6Tavernspite)17.110.6Turn left at T in Llanddowror24.815.4Turn left at T grassy triangle26.816.7Turn left at T grassy triangle26.817.8Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429929.118.1Turn left onto Scation Road, B429929.127.9At the roundabout, take the 2nd exit44.727.8Turn left onto Scation Road, B429834.421.4Turn left onto Scation Road, B429834.421.4Turn left onto Scation Road, B429834.529.1At the roundabout, take the 2nd exit47.727.8Turn left onto NCR 4/ 47 just past tato Carmarthen47.929.3At the roundabout, take the 2nd exit47.929.3Turn left onto NCR 4/ 47 just past tato armarthen47.929.8Turn left onto NCR 4/ 47 just past tato armarthen47.929.8Turn left onto NCR 4/ 47 just past tato armarthen30.129.8 <td>Turn right down the hill B4316</td> <td>4.0</td> <td>2.5</td>	Turn right down the hill B4316	4.0	2.5
unnels, coastal cycle track5.93.7Turn right to rejoin road7.54.7Turn right to rejoin road10.06.2Turn left SP Ludchurch10.56.5Turn right (second right SP Tavernspite)12.07.5Turn right to join B4314 (in Tavernspite)17.010.6Tavernspite)17.110.6Turn right to join B4314 (in Tavernspite)17.010.6Tavernspite)17.110.6Turn right to join B4314 (in Tavernspite)17.010.6Turn right CP Old Rectory Restaurant)25.015.5Turn left at T in Llanddowror24.816.7Turn right (SP Old Rectory Restaurant)28.617.8Turn left onto Bridge Street,A406627.417.0Turn left onto Station Road, B429929.118.1Turn right at traffic lights Xroad, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.427.5At the roundabout, take the 2nd exit onto A424244.927.9At the roundabout, take the 2nd exit onto Af24247.229.3Turn right orto NCR 4/ 47 just past station47.529.5Turn right orto NCR 4/ 47 just past station47.929.8Turn left onto Capel Dewi Road (A7.749.030.5Turn left onto A47649.030.5Turn left onto A47649.030.5 <td></td> <td>5.8</td> <td>3.6</td>		5.8	3.6
Turn left SP Ludchurch 10.5 6.5   Turn right (second right SP Tavernspite) 12.0 7.5   Turn right to join B4314 (in Tavernspite) 17.0 10.6   Take 2nd left onto small road SP Llanddowror 17.1 10.6   Turn left at T in Llanddowror 24.8 15.4   Turn left at T in Llanddowror 24.8 15.4   Turn left at T grassy triangle 26.8 16.7   Turn left at T grassy triangle 26.8 17.8   Turn left onto Stdies Street, A4066 27.4 17.0   Turn left onto Station Road, B4299 29.1 18.1   Turn left onto Station Road, B4298 34.4 21.4   Turn left onto Station Road, B4298 34.4 27.5   At the roundabout, take the 2nd exit 44.7 27.8   Turn left onto St Clears Rd/B4312 46.9 29.1   Into Carmarthen 44.9 29.3   At the roundabout, take the 2nd exit 47.5 29.5   Turn right onto NCR 4/ 47 just past 21.9 21.1   At the roundabout turn left (Ist exit) onto A4242 47.5 29.5   Turn right onto NCR 4/ 47 just past	tunnels, coastal cycle track		
Turn right (second right SP Tavernspite)12.07.5Turn right to join B4314 (in Tavernspite)17.010.6Turn right to join B4314 (in Tavernspite)17.010.6Turn right of onto small road SP Llanddowror17.110.6Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T in Llanddowror24.816.7Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A406627.417.0Turn left onto Stidge Street, A406627.417.0Turn left onto Station Road, B429929.118.1Turn right at traffic lights Xroad, B429934.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.427.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit44.929.1At the roundabout, take the 2nd exit47.229.3At the roundabout, take the 2nd exit47.529.5Turn right onto NCR 4/ 47 just past station47.529.5Turn right onto NCR 4/ 47 just past station47.529.8Herge left onto Capel Dewi Road (A7.7)48.029.8Merge left onto Capel Dewi Road (A7.7)48.029.8At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn right onto A47649.030.5At the roundabout, continue straight on	Turn right at X roads	10.0	6.2
Tavernspite)12.07.5Turn right at X roads SP Tavernspite14.18.8Turn right to join B4314 (in Tavernspite)17.010.6Take 2nd left onto small road SP Llanddowror17.110.6Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A406627.417.0Turn left onto Bridge Street, A406627.417.0Turn left onto St Clears28.617.8Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.427.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431246.929.1Into Carmarthen44.927.9At the roundabout, take the 2nd exit47.229.3Turn right over the pedestrian crossing, cross the bridge aross the bridge on NCR 4748.029.8Merge left onto Capel Dewi Road 47.749.020.5Turn left onto A4069into A47649.030.5Turn left onto A4069 into Llangadog Liangadog81.650.7Turn left onto A4069 into Llangadog Llangadog81.650.7	Turn left SP Ludchurch	10.5	6.5
Turn right to join B4314 (in Tavernspite)17.010.6Take 2nd left onto small road SP Llanddowror17.110.6Turn left at T in Llanddowror24.815.4Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A4066 B429927.417.0Turn left onto Bridge Street, A4066 B429927.417.0Turn left onto St Clears Turn left onto Station Road, B429928.817.9Turn left onto Station Road, B4298 Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto St Clears Rd/B4312 Into Carmarthen44.727.8Turn left onto St Clears Rd/B4312 into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto A424247.229.3Turn right onto NCR 4/ 4727.529.5Turn right onto NCR 4/ 4729.830.1Turn right onto NCR 4/ 4729.830.1Turn left onto Capel Dewi Rd/B430048.530.1Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn light onto A4069 into Llangadog Langadog81.650.7Turn right onto High St/A4069 in Llangadog81.650.7		12.0	7.5
Tavernspite)17.010.6Take 2nd left onto small road SP Llanddowror17.110.6Turn left at T in Llanddowror24.815.4Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A406627.417.0Turn left onto Bridge Street, A406627.417.0Turn left onto St Clears28.617.8Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429844.727.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto A424247.229.3Turn right onto NCR 4/ 47 just past station47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Langadog81.650.7Turn right onto High St/A4069 in Llangadog81.650.7	•	14.1	8.8
Llanddowror17.110.6Turn left at T in Llanddowror Nerstaurant)24.815.4Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left at T grassy triangle26.817.0Turn left at T grassy triangle28.817.9Turn left noto Bridge Street, A4066 B429929.118.1Turn right at traffic lights Xroad, B429929.118.1Turn left onto Station Road, B4298 Turn left onto Station Road, B429834.4 40.725.3Turn left onto Cycle track by A40 Turn right at T44.227.5At the roundabout, take the 2nd exit onto Morfa Ln/B431244.929.1At the roundabout, take the 2nd exit onto A424247.229.3Turn right over the pedestrian tration47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left enton A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Langadog81.650.7Turn right onto High St/A4069 in Llangadog81.650.7	Tavernspite)	17.0	10.6
Turn right (SP Old Rectory Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A4066 Turn left into St Clears B429927.4 28.617.8 28.6Turn right at traffic lights Xroad, B429928.817.9Turn left onto Station Road, B429929.118.1Turn right onto Station Road, B429834.4 40.725.3Turn left onto Station Road, B429834.4 27.527.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B4312 into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431247.229.3At the roundabout turn left (1st exit) onto A424247.229.3Turn right onto NCR 4/ 47 just past station Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left onto A47649.0 49.730.5 43.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.6 80.750.7		17.1	10.6
Restaurant)25.015.5Turn left at T grassy triangle26.816.7Turn left onto Bridge Street, A406627.417.0Turn left into St Clears28.617.8Turn right at traffic lights Xroad, B429928.817.9Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.425.3Turn left onto cycle track by A4041.025.5Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431246.929.1At the roundabout, take the 2nd exit onto Morfa Ln/B431247.229.3Turn right over the pedestrian crossing, cross the bridge Turn right onto NCR 4/ 47 just past station47.529.5Turn left onto Capel Dewi Rd/B430048.530.1Turn left onto A47649.030.5At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7		24.8	15.4
Turn left onto Bridge Street, A4066 Turn left into St Clears Turn right at traffic lights Xroad, B429927.4 28.617.8 28.8Turn right at traffic lights Xroad, B429928.817.9Turn left onto Station Road, B429929.118.1Turn right onto Station Road, B429834.4 40.725.3Turn left onto Station Road, B429840.725.5Turn left onto cycle track by A4041.0 44.227.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B4312 into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout turn left (1st exit) onto A424247.229.3Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn light onto High St/A4069 in Llangadog81.650.7		25.0	15.5
Turn left into St Clears28.617.8Turn right at traffic lights Xroad, B429928.817.9Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429840.725.5Turn left onto cycle track by A4041.025.5Turn left onto cycle track by A4041.025.5Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit44.929.1Onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto Morfa Ln/B431247.229.3Turn right onto NCR 4/ 47 just past station47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left endobut, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Langadog81.650.7Turn right onto High St/A4069 in Llangadog81.650.7	Turn left at T grassy triangle	26.8	16.7
B429928.817.9Turn left onto Station Road, B429929.118.1Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429834.421.4Turn left onto Station Road, B429840.725.3Turn left onto Station Road, B429841.025.5Turn left onto cycle track by A4041.025.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit66.929.1At the roundabout, take the 2nd exit47.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left et under bridge on NCR 4749.030.5At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7			
Turn right onto Station Road, B429834.421.4Turn left onto B429840.725.5Turn left onto cycle track by A4041.025.5Turn right at T44.227.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431244.927.9At the roundabout, take the 2nd exit46.929.1At the roundabout, take the 2nd exit66.929.1At the roundabout, take the 2nd exit47.229.3Onto Morfa Ln/B431247.229.3Turn right onto NCR 4/ 47 just past station47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left b4300 Capel Dewi Road con, Bethiehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1		28.8	17.9
Turn left onto B429840.725.3Turn left onto cycle track by A4041.025.5Turn right at T44.227.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B4312 into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge Turn right onto NCR 4/ 47 just past station47.529.5Turn right onto NCR 4/ 47 just past station48.530.1Turn left B4300 Capel Dewi Rd/B430048.530.1Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn light onto High St/A4069 in Llangadog81.650.7Turn right onto High St/A4069 in Llangadog81.650.7	Turn left onto Station Road, B4299	29.1	18.1
Turn right at T44.227.5At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B4312 into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout, take the 2nd exit onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge Turn right onto NCR 4/ 47 just past station47.529.8Turn night onto NCR 4/ 47 just past station48.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Rd/B430048.530.5Turn left bridge on NCR 4749.030.5At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1			
At the roundabout, take the 2nd exit44.727.8Turn left onto St Clears Rd/B431244.927.9Into Carmarthen44.929.1At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout turn left (1st exit) onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Rd/B430048.530.5Turn left betonto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1			
into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout turn left (1st exit) onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Road on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn left onto High St/A4069 in Llangadog82.251.1			
into Carmarthen44.927.9At the roundabout, take the 2nd exit onto Morfa Ln/B431246.929.1At the roundabout turn left (1st exit) onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Road on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn left onto High St/A4069 in Llangadog82.251.1	Turn left onto St Clears Rd/B4312		
onto Morfa Ln/B431246.929.1At the roundabout turn left (1st exit) onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Road Turn left onto A47649.0 69.730.5 43.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7 50.7		44.9	27.9
onto A424247.229.3Turn right over the pedestrian crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Rd/B430049.030.5Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1		46.9	29.1
crossing, cross the bridge47.529.5Turn right onto NCR 4/ 47 just past station47.929.8Turn hard left under bridge on NCR 4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left 84300 Capel Dewi Road Turn left onto A47649.0 69.730.5 43.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7 50.7		47.2	29.3
station47.929.8Turn hard left under bridge on NCR48.029.84748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left B4300 Capel Dewi Rd/B430049.030.5Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1		47.5	29.5
4748.029.8Merge left onto Capel Dewi Rd/B430048.530.1Turn left B4300 Capel Dewi Road Turn left onto A47649.0 69.730.5 43.3At the roundabout, continue straight on, Bethiehem Rd70.844.0Turn left onto A4069 into Llangadog Turn right onto High St/A4069 in Llangadog81.650.7 51.1		47.9	29.8
Turn left B4300 Capel Dewi Road49.0 69.730.5 43.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog81.650.7 1100000000000000000000000000000000000		48.0	29.8
Turn left onto A47669.743.3At the roundabout, continue straight on, Bethlehem Rd70.844.0Turn left onto A4069 into Llangadog81.650.7Turn right onto High St/A4069 in Llangadog82.251.1	Merge left onto Capel Dewi Rd/B4300	48.5	30.1
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 right onto High St/A4069 in Llangadog 82.2 51.1		70.8	44.0
Llangadog 82.2 51.1		81.6	50.7
		82.2	51.1
Iurn left onto Broad St/A40 91.1 56.6	Turn left onto Broad St/A40	91.1	56.6

LLANDOVERY CONTROL	КМ	MILES
Continue on Broad Street/A40	91.1	56.6
Turn right onto New Rd/A483	91.4	56.8
Turn left onto Cilycwm Rd	91.9	57.1
Turn left over bridge SP Porthyrhyd	93.3	58.0
Turn right at T onto A482	102.2	63.5
Turn (fork) left	104.4	64.9
Turn left onto B4302, then right	106.3	66.1
Turn right at T onto B4337 in Llansawel	110.3	68.6
Turn left in Rhydcymerau Go straight on at the Xroads	116.2	72.2 74.5
Turn left onto A485, then quickly right B4336	126.3	78.5
At the roundabout, take the 1st exit left onto A486	134.2	83.4
Turn right onto B4335 in Pentre Cwrt	137.0	85.1
Turn right at T onto A484	140.5	87.3
Turn left onto B4332 in Cenarth	151.3	94.0
Turn left on B4332 just past Boncath	160.1	99.5
Turn left at T onto A478	161.3	100.2
CRYMCH CONTROL	165.3	102.7

	KM	MILES
CRYMCH CONTROL	165.3	102.7
Continue on A487 past Clunderwen, Narberth and Templeton		
At New Hedges roundabout, turn left, then right B4316	200.6	124.7
Turn left onto A478	201.6	125.3
At the roundabout, take the 2nd exit into Tenby TENBY CONTROL DENNIS	203.0	126.2
CAFÉ	204.7	127.2