

Dist	Type	Note	Next
0.0	←	L	0.0
0.0	→	R	0.0
0.0	→	Sharp R	0.3
0.3	→	Keep R to stay on Pendwyallt Rd/A4054	0.0
0.3	→	Slight R	0.6
0.9	→	R	0.1
1.0	←	Slight L onto Merthyr Rd/A4054	1.3
2.3	←	Slight L to stay on Merthyr Rd/A4054	0.0
2.3	↑	Enter Taffs Well Interchange	0.1
2.4	↑	Exit the roundabout onto Cardiff Rd/National Cycle Rte 8/A4054	5.2
7.7	↑	Enter Upper Boat Interchange	3.4
11.0	↑	Enter Glyntaff Interchange	0.1
11.1	↑	Exit the roundabout onto Pentrebach Rd/A4054	0.0
11.2	←	L to stay on Pentrebach Rd/A4054	6.0

11.2 kilometers. +74/-77 meters

Dist	Type	Note	Next
17.2	←	L onto National Cycle Rte 47/National Cycle Rte 8/B4275	0.1
17.3	→	R onto National Cycle Rte 47/National Cycle Rte 8/B4275	0.6
17.9	→	R onto River Row	0.1
18.0	↑	Continue onto Park Rd	0.4
18.4	→	R to stay on Park Rd	0.0
18.4	←	L to stay on Park Rd	0.5
18.9	→	R onto B4275	0.5
19.4	←	L onto New Rd/A4059	5.3
24.6	↑	At the roundabout, take the 2nd exit	0.3
24.9	↑	Continue onto New Rd/A4059	2.1
27.0	↑	At the roundabout, take the 1st exit onto A4059	0.5
27.5	↑	At the roundabout, continue straight to stay on A4059	1.9
29.4	↑	At the roundabout, take the 2nd exit onto Cardiff St/B4275	0.4

18.2 kilometers. +116/-100 meters

Dist	Type	Note	Next
29.8	←	L onto Victoria Square/A4233	0.1
29.9	→	Slight R to stay on Victoria Square/A4233	0.4
30.2	↑	At the roundabout, take the 2nd exit onto Gadlys Rd/B4275	1.6
31.9	→	R onto Hirwaun Rd/B4275	3.0
34.9	↑	At the roundabout, take the 2nd exit onto Brecon Rd	0.9
35.8	←	L onto Rhigos Rd	0.5
36.3	→	R onto A4059	5.2
41.5	←	Slight L	4.7
46.2	→	R onto Sarn Helen	6.4
52.6	→	R to stay on Sarn Helen	1.2
53.7	→	R	3.0
56.8	←	L	0.5
57.2	→	R	3.3
60.6	←	L onto A4215	1.5
62.0	→	R onto A4067	0.6

32.6 kilometers. +510/-431 meters

Dist	Type	Note	Next
62.6	←	L onto Defynnog Rd	0.0
62.7	→	R to stay on Defynnog Rd	0.4
63.0	←	L towards High St/A40	0.1
63.1	←	L onto High St/A40	19.5
82.6	A	West end cafe	0.7
83.3	→	R	0.6
83.9	↑	Continue onto Bryn Y Coed	0.7
84.6	←	L	8.2
92.8	→	R	4.2
97.0	←	L onto Church St	0.1
97.2	↑	Continue onto Rhiw'r Cyrph	1.9
99.1	→	R onto A482	2.6
101.7	→	Slight R onto Sarn Helen	3.5
105.2	→	R	12.3
117.5	→	R	1.1
118.6	←	L onto 82/B4343	4.8
123.4	←	L onto 82/Dewi Rd/B4343	0.5

61.4 kilometers. +1034/-1067 meters

Dist	Type	Note	Next
123.9	←	L onto 82/B4343	0.1
123.9		Commercial control (spar shop)	0.0
123.9	←	L onto B4343	0.1
124.0	→	R to stay on B4343	3.2
127.2	←	L	0.0
127.3	→	R	5.2
132.5	←	L towards B4340	0.0
132.6	←	L onto B4340	0.8
133.3	→	R	0.8
134.2	←	L	1.5
135.7	→	R	2.7
138.4	←	L onto B4343	2.0
140.4	→	R onto National Cycle Rte 81/B4343	0.1
140.5	→	Slight R onto National Cycle Rte 81	1.4
141.9	←	L	0.0
141.9	→	R	1.3

18.5 kilometers. +260/-240 meters

Dist	Type	Note	Next
143.3	←	L towards B4574	0.0
143.3	←	L onto B4574	1.3
144.6	→	Sharp R	0.1
144.7	←	L	0.0
144.8	↑	Cross the road	0.0
144.8	→	R towards B4574	0.1
144.9	←	Sharp L onto B4574	1.9
146.8	→	Slight R onto National Cycle Rte 81/B4574	1.2
148.0		Record information	22.2
170.2	←	L	1.7
171.9	←	L	1.1
173.0	→	R onto National Cycle Rte 81	0.0
173.0	←	Slight L	2.9
175.9	→	R towards National Cycle Rte 81	0.0
175.9	←	L onto National Cycle Rte 81	2.8

34.0 kilometers. +667/-667 meters

Dist	Type	Note	Next
178.7	→	Sharp R	0.6
179.3	→	Slight R	0.2
179.5		Elan valley visitor centre	0.3
179.8	↑	Cross the road	0.6
180.4	→	R	0.1
180.4	←	L	3.2
183.7	→	R	3.6
187.3	←	L	0.9
188.1	→	R onto A470	15.4
203.6	→	Slight R to stay on A470	0.0
203.6	↑	At the roundabout, take the 1st exit onto Station Rd/ A470/A483	0.5
204.1	←	L onto Castle St/A470	18.3
222.4	↑	Continue onto A479	0.8
223.2	→	Slight R to stay on A479	2.5
225.6	→	Slight R to stay on A479	0.0
225.7	→	R to stay on A479	1.0

49.7 kilometers. +505/-602 meters

Dist	Type	Note	Next
226.6	↑	At the roundabout, take the 1st exit and stay on A479	1.0
227.6		Talgarth information	0.6
228.1	↑	At the roundabout, take the 1st exit onto B4560	12.8
241.0	→	R to stay on B4560	0.0
241.0		Bwlch information	0.0
241.0	→	Slight R onto A40	3.0
244.0	←	L towards Station Rd	0.2
244.2	→	R onto Station Rd	1.1
245.3	→	R onto B4558	0.4
245.7	←	L	12.1
257.8	←	L	1.7
259.5	→	R	4.5
264.0	→	R	1.2
265.2	←	L onto Pontsarn Rd	1.8
267.0	←	L to stay on Pontsarn Rd	0.2
267.2	↑	Continue onto Bryniau Brg	0.1

41.5 kilometers. +749/-548 meters

Dist	Type	Note	Next
267.3	↑	At the roundabout, take the 2nd exit onto Galon Uchaf Rd	1.1
268.4	↑	Continue onto Gwaunfarren Rd/Hirwaun Terrace	0.2
268.6	←	L onto Alexandra Ave	0.0
268.6	→	R towards Alexandra Rd	0.0
268.6	↑	Continue onto Alexandra Rd	0.4
269.0	→	R onto High St/A4102	0.3
269.3	←	L onto Penyard Rd	0.0
269.4	→	R onto Tramroadside N	0.5
269.8	→	R onto Church Street	0.0
269.9	←	L onto Tramroad Side North	0.3
270.2	↑	At roundabout, take exit 2 onto Court Street	0.2
270.4	↱	Keep L	0.1
270.5	←	L onto High Street	0.0
270.5	G	Merthyr Tydfil	0.1
270.6	↱	Slight L onto Plymouth Street	2.1

3.4 kilometers. +0/-158 meters

Dist	Type	Note	Next
272.6	↑	At Pentrebach Roundabout, take the 3rd exit and stay on A4054	5.8
278.4	↑	Make a U-turn	4.9
283.3	↑	At the roundabout, take the 2nd exit onto A4054	6.1
289.4	↑	Continue onto A4054	1.4
290.8	←	L onto Cemetery Road	0.2
291.0	→	R	0.0
291.0	↱	Keep L	0.0
291.0	↱	Keep L	5.7
296.7	↗	Slight R onto Heol Y Gors	0.1
296.8	←	L onto Heol-y-Dderwen	0.0
296.9	←	L onto Graig View	0.0
296.9	→	R	1.3
298.2	↱	Keep L	0.3
298.5	↱	Keep L	0.5
299.0	↗	Keep R	0.6
299.6	←	L	0.2

29.1 kilometers. +226/-342 meters

Dist	Type	Note	Next
299.8	↗	Slight R	0.0
299.9	←	L	1.0
300.9	←	L onto Merthyr Road	0.8
301.7	↗	Keep R	0.1
301.8	↑	Continue	0.3
302.2	↗	Keep R	0.0
302.2	↗	Keep R	0.2
302.4	→	R	0.1
302.5	→	R	0.0
302.5	←	L	0.0
302.6	→	R	0.0
302.6	↱	Keep L	0.1
302.7	↱	Keep L	0.0
302.7	📍	End of route	0.0

3.1 kilometers. +45/-22 meters