

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		R onto Clare Road, A4119	0.3
0.4		R onto Dispenser Street	0.2
0.6		Slight L	0.0
0.6		L	0.1
0.7		L	0.0
0.7		R onto Coldstream Terrace	0.2
0.9		Sharp R	0.1
0.9		Keep L	0.7
1.6		L onto North Road, A4161	0.0
1.6		L	0.0
1.7		R	0.1
1.7		L	0.0
1.8		Continue	0.1
1.9		R	0.0
1.9		L	0.1
2.0		Keep R	0.1

2.0 kilometers. +13/-6 meters

Dist	Type	Note	Next
2.0		Keep R	0.2
2.2		Keep L	0.0
2.3		R	0.0
2.3		L onto North Road, A470	0.4
2.6		R	0.0
2.6		L	0.2
2.8		R	0.0
2.8		Sharp L onto Colum Road	0.0
2.8		R onto North Road, A470	0.2
3.0		L onto Marlborough Terrace	0.1
3.1		R	0.6
3.7		Sharp R onto Llys Tal y Bont Road	0.3
4.0		L	0.4
4.4		Sharp R	0.0
4.4		Sharp L onto North Road, A470	0.7
5.1		Keep L onto Merthyr Road, A470	0.3

3.1 kilometers. +21/-5 meters

Dist	Type	Note	Next
5.4		R onto Birchgrove Road	0.0
5.5		Sharp L	0.0
5.5		L	0.0
5.5		R onto Manor Way, A470	0.1
5.6		L onto Heol Dolwen	0.0
5.6		R	0.9
6.5		Keep L	0.1
6.5		Sharp R	0.0
6.5		L onto Manor Way, A470	0.2
6.7		Sharp R onto Old Church Road	0.0
6.8		Sharp L	0.5
7.3		L onto Curlew Close	0.0
7.3		R onto Northern Avenue, A470	0.7
8.0		L onto Pantmawr Road	0.0
8.0		R	0.6
8.6		R	0.2

3.5 kilometers. +32/-4 meters

Dist	Type	Note	Next
8.8		Keep L	0.4
9.2		Keep R	0.1
9.3		Slight L onto Merthyr Road, A4054	0.8
10.1		R	1.0
11.1		L	0.0
11.1		R onto Cardiff Road, A4054	2.9
14.1		Make a U-turn onto Oxford Street, A4054	0.0
14.1		L	0.2
14.3		Keep L	1.7
15.9		L	0.2
16.2		L onto Cardiff Road, A4054	3.2
19.3		At Glyntaff Interchange, continue straight onto National Cycle Rte 8/Nat'l Cycle Rte 4/Pentrebach Rd/ A4054	1.6
20.9		Continue onto Merthyr Road, A4054	11.4
32.4		Slight L onto Wesley Pl	0.1

23.8 kilometers. +246/-150 meters

Dist	Type	Note	Next
32.5	➡	R onto Gray's Pl/B4285	0.1
32.6	⬅	L onto Belle Vue Terrace	1.9
34.5	⬅	Slight L onto Cardiff Rd/ A4054	3.6
38.1	⬆	Make a U-turn	2.1
40.3	⬅	Slight L	0.4
40.6	➡	R onto National Cycle Rte 8/ Penry St/A4054	0.0
40.6	⬅	L onto Penry St	0.0
40.7	⬆	Continue onto Ave De Clichy/A4054	0.2
40.8	➡	R onto Bethesda St/A4102	0.2
41.0	⬅	L onto Brecon Rd	0.4
41.4	⬆	Continue onto The Grawen	0.6
42.0	↗	Slight R onto Brecon Road, A4054	0.0
42.0	⬅	L onto Brecon Road, A4054	2.8
44.9	➡	R onto A470	12.9
57.7	ⓐ	Story arms	7.7

25.4 kilometers. +430/-144 meters

Dist	Type	Note	Next
84.5	↖	Keep L	0.0
84.5	↘	Sharp R	0.0
84.5	↖	Slight L onto B4520	1.5
86.0	↖	Keep L onto B4519	10.3
96.2	⬅	L	4.1
100.3	⬅	L	0.6
100.9	↖	Keep L	3.9
104.9	↖	Keep L onto Station Road	1.1
105.9	ⓐ	Llanwrtyd Wells	0.0
105.9	↖	Slight L onto Ffoss Road, A483	0.3
106.2	⬅	L onto 43	3.2
109.4	➡	R	5.1
114.5	⬅	L	0.6
115.1	↗	Keep R	2.9
118.0	↗	Keep R	7.4
125.4	↖	Keep L	3.3
128.7	↗	Keep R	0.2

57.3 kilometers. +776/-812 meters

Dist	Type	Note	Next
65.5	↖	Slight L onto A470	2.1
67.5	↘	Sharp R	0.0
67.5	➡	R onto A470	1.5
69.1	⬆	At the roundabout, take the 3rd exit onto B4601	1.4
70.5	↗	Keep R onto Ship Street, B4601	0.2
70.6	ⓑ	Brecon	0.0
70.7	➡	Slight R onto Church Ln	0.1
70.8	➡	R onto Wheat St	0.0
70.8	⬅	L onto Ship St	0.1
70.9	➡	Slight R onto Watergate	0.1
70.9	⬆	Continue onto Kensington	0.1
71.0	➡	Slight R onto The Avenue	0.1
71.2	➡	Slight R onto Dainter St	0.1
71.3	➡	Slight R onto Maendu St	0.1
71.4	⬆	Continue onto St Johns Terrace	0.0
71.4	⬅	L onto Priory Hill/B4520	13.1

13.7 kilometers. +29/-62 meters

Dist	Type	Note	Next
128.9	↖	Slight L onto A40	3.6
132.5	↖	Keep L	0.0
132.6	↘	Sharp R	0.0
132.6	↖	Slight L onto A40	0.1
132.7	➡	R	0.7
133.4	⬅	L	2.3
135.7	➡	R onto A4067	0.4
136.2	⬅	L onto A4215	1.4
137.6	➡	R	1.3
138.9	↗	Keep R	0.8
139.7	↖	Keep L	0.5
140.2	↗	Keep R	0.8
140.9	⬅	L	0.5
141.4	➡	R	3.0
144.4	⬅	L onto Sarn Helen	1.2
145.6	⬅	L to stay on Sarn Helen	6.4
151.9	⬅	L	4.7

23.2 kilometers. +391/-343 meters

Dist	Type	Note	Next
156.6	➡	Slight R onto A4059	5.2
161.8	⬅	L onto Rhigos Rd	0.5
162.4	➡	R onto Brecon Rd	0.0
162.4		Hirwaun	0.3
162.7	⬅	L onto Tramway	0.3
162.9	➡	R to stay on Tramway	0.1
163.0	➡	R onto Cynon Terrace	0.1
163.2	⬅	L onto Brecon Rd	0.2
163.4	⬆	At the roundabout, take the 1st exit onto A4059	3.0
166.4	⬅	L onto Cemetery Rd/B4275	1.6
167.9	⬆	At the roundabout, take the 2nd exit onto High St/A4233	0.5
168.4	⬅	Keep L to continue on Cardiff St/A4233	1.4
169.8	⬅	L onto Lewis St	0.2
170.1	⬅	L onto Park Rd	0.1
170.1	➡	R	0.1
170.2	➡	R	0.8

18.3 kilometers. +42/-203 meters

Dist	Type	Note	Next
171.0	➡	Slight R towards A4059	0.1
171.1	⬅	Slight L onto A4059	0.4
171.4	⬆	At the roundabout, take the 2nd exit onto Canal Rd/A4059	5.6
177.1	➡	R towards New Rd	0.0
177.1	⬆	Continue onto New Rd	0.5
177.6	➡	R	1.9
179.5	➡	R onto B4275	0.1
179.6	⬅	L onto Park Rd	0.5
180.1	➡	R to stay on Park Rd	0.0
180.1	⬅	L to stay on Park Rd	0.4
180.4	⬆	Continue onto River Row	0.2
180.6	⬅	L onto B4275	0.4
181.0	➡	R onto Martin's Terrace/ National Cycle Rte 47/ National Cycle Rte 8	0.1
181.0	⬅	Slight L to stay on Martin's Terrace/National Cycle Rte 47/National Cycle Rte 8	0.1

10.8 kilometers. +68/-96 meters

Dist	Type	Note	Next
181.2	➡	R onto National Cycle Rte 47/National Cycle Rte 8	4.2
185.3	➡	R onto Coedpenmaen Rd/ National Cycle Rte 8	0.6
185.9	➡	R onto Ralph St	0.2
186.1	⬆	Continue onto Central Square	0.1
186.2	⬅	L onto National Cycle Rte 8/ The Parade	0.3
186.5	➡	R onto Fish Ln/National Cycle Rte 8	0.2
186.7	⬅	Slight L onto National Cycle Rte 8	0.6
187.3	⬅	L onto National Cycle Rte 8/ Nat'l Cycle Rte 4	0.5
187.8	⬅	Slight L to stay on National Cycle Rte 8/Nat'l Cycle Rte 4	0.1
187.9	➡	Sharp R onto National Cycle Rte 8/Nat'l Cycle Rte 4/ Pentrebach Rd/A4054	0.5
188.4	⬅	L onto Cemetery Rd/ National Cycle Rte 8	0.2
188.6	⬅	L	0.0

7.6 kilometers. +59/-79 meters

Dist	Type	Note	Next
188.7	➡	R	0.1
188.8	➡	R	0.3
189.1	➡	R	0.3
189.5	➡	R onto Tennyson Cl	0.0
189.5	⬅	L towards Nat'l Cycle Rte 4/ Taff Trail	0.1
189.6	➡	R towards Nat'l Cycle Rte 4/ Taff Trail	0.0
189.6	⬅	L onto Nat'l Cycle Rte 4/Taff Trail	0.5
190.1	⬅	Slight L to stay on Nat'l Cycle Rte 4/Taff Trail	1.5
191.6	➡	R	0.2
191.8	⬅	Sharp L	0.6
192.3	➡	Slight R towards Upper Boat Interchange	0.0
192.4	⬆	At Upper Boat Interchange, take the 4th exit onto Main Ave/A4054	2.3
194.6	➡	Slight R onto Oxford St/ A4054	0.0
194.7	➡	R	1.5

6.0 kilometers. +37/-69 meters

Dist	Type	Note	Next
196.2	↑	Continue onto Clos Llewellyn	0.3
196.4	➡	R onto Ffordd Bleddyn	0.4
196.8	↑	At the roundabout, take the 2nd exit	0.3
197.1	↑	Continue onto National Cycle Rte 8	0.2
197.4	←	L onto Cardiff Rd/National Cycle Rte 8/A4054	1.4
198.8	➡	R onto Iron Bridge Rd/National Cycle Rte 8	0.3
199.1	➡	R to stay on Iron Bridge Rd/National Cycle Rte 8	0.1
199.1	←	L to stay on Iron Bridge Rd/National Cycle Rte 8	0.5
199.6	➡	R to stay on National Cycle Rte 8	1.8
201.4	➡	Slight R to stay on National Cycle Rte 8	0.1
201.5	➡	R to stay on National Cycle Rte 8	0.5
202.0	➡	R onto National Cycle Rte 8/Ty-Mawr Rd	0.6
202.5	➡	R onto National Cycle Rte 8	1.5

7.9 kilometers. +43/-61 meters

Dist	Type	Note	Next
204.0	➡	R to stay on National Cycle Rte 8	2.1
206.1	➡	R onto Blackweir Bridge/National Cycle Rte 8	0.1
206.2	←	L onto National Cycle Rte 8	1.8
208.0	➡	Slight R to stay on National Cycle Rte 8	0.2
208.2	←	L to stay on National Cycle Rte 8	0.1
208.3	➡	R onto Dispenser St/National Cycle Rte 8	0.2
208.5	←	L onto Clare St/A4119	0.3
208.8	➡	R onto Tudor St	0.1
208.9	📍	End of route	0.0

6.3 kilometers. +17/-26 meters