

# Leg 1 - St David's to Newport Conifers

**Length:** 24 miles









**Time to allow for cycling:** 3 hours 15 minutes



- 1** From the main entrance of the Camping and Caravanning Club at St David's, turn right onto the A48. After 400 metres you will reach a crossroads, continue straight ahead.
- 2** In just under 1 mile, you will reach the village of Llanrhian and another set of crossroads. Continue straight ahead past the church, and proceed along this road following the signpost towards Trefin and Abercastell, following the line of the coast.
- 3** After 1.5 miles you will reach Trefin village. At the intersection in the centre of the village, turn right (away from the coast) in the direction of Croesgoch. Follow this road for approximately 1 mile, passing through Penparc village, until you reach the junction with the A487.
- 4** Turn left onto the A487 in the direction of Abergwaun and Fishguard. Cycle past the Square and Compass Inn on your left-hand side, following the main road, turning left approximately 350 metres after the Square and Compass, back towards the coast (just before national speed limit signs on the A487).
- 5** After 0.6 miles, take a sharp turning right and follow this road for 0.6 miles to a give way sign. Go straight over at the cross roads – signpost Abermawr.
- 6** Follow this road for 1.5 miles to the give way sign, then take a sharp left turn uphill, flanked by trees. At the top of the hill the landscape opens up and the sea will be visible on your left. After 0.6 miles you will reach a give way, at a crossroads. Continue straight ahead, following the brown sign post to Min Wlan egwynt/Woolen Mill (white sign post to Tremarchog and St Nicholas).
- 7** Follow this lane for 0.7 miles until you reach another give way sign at a crossroads. Continue straight ahead in the direction of Goodwick.



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-  After 2.5 miles you will reach a right turn - signpost Goodwick. Turn right here and continue downhill along this road for just over 1 mile into the village of Dyffryn. At the give way sign, at the junction of the A487, turn right.
-  After 400 metres turn left into a country lane (a black and white house will be on your right, on the corner) continue along this lane, bearing around to the left. Follow this road for approximately 1 mile, under the A40 road bridge to the junction with the A487.
-  Turn left onto the A487 following the main road into the centre of Fishguard. At the roundabout, continue straight ahead into Main Street (second exit) following the signpost for Cardigan. Barclays Bank and the Royal Oak pub will be on your left hand side.
-  After 30 metres, take the first turning on your right onto the B4313, and after 50 metres turn left into Park Street, following the B4313 and the signpost for Gwaun Valley.
-  After 2 miles you will reach Llanychaer village. Turn left at the Bridge End Inn towards Dinas. Cross over Llanychaer bridge and continue uphill for 600 metres until you reach a t-junction. Turn right here.
-  Follow this lane for 2 miles, over a cattle grid and onto open heath land, until you reach a give way sign. Turn right, following the signpost for Cwm Gwaun. Follow this lane for approximately 1.5 miles until you reach another give way sign and turn left onto Fford Bedd Morris road towards Trefdraeth and Newport.
-  Follow this lane for approximately 3.5 miles, over a cattle grid and onto open heath land again. Towards the next give way sign, you will descend from the heath land and see the coastline of Newport in front of you. At the give way sign with the A487, turn left.
-  Follow the A487 for approximately 550 metres until you reach a t-junction. Turn right towards Feidr Brenin. After 150 metres turn left into the campsite.

