

## Leg 3 – Cardigan Bay to Rhandirmwyn

**Length:** 40 miles










**Time to allow for cycling:** 5 hours 15 minutes



- 1 From the main entrance of the Camping and Caravanning Club at Cardigan Bay, turn left towards Cross Inn and the A486. Follow this road for 0.6 miles, past the Vale holiday village on your left, until you reach the junction with the A486.
- 2 At the crossroads, cross over the A486 and continue straight ahead up a narrow lane for 0.6 miles, then turn right. After 800 metres, you will reach a give way. Cross straight over and continue directly ahead for another 800 metres until you reach the junction with the B4342 at Gilfachrheda.
- 3 Cross straight over the main road and after approximately 10 metres, turn right (passing in between two white houses). After 30 metres, turn left, up a very narrow lane.
- 4 After approximately 100 metres, at the next junction, turn right and continue along this road for 1.5 miles until you reach the junction with the A487. Cross over the A487 towards Derwen-gam/Oakford, turning left after 10 metres up a narrow lane.
- 5 After approximately 1.3 miles you will reach a give way. Turn right and continue along this road for 0.6 miles until you reach Oakford. Turn right at the give way sign (signpost Llanarth), then turn immediately left.
- 6 Follow this lane for just under 1 mile, past Nine Oaks Angling Centre on your right, to another set of crossroads. Continue straight ahead. After 350 metres you will reach another intersection. Turn right here, passing a blue sign 'unsuitable for long vehicles'.







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-  After 1.5 miles you will reach the junction with the B4342 - turn left following the main road for just over 1 mile into Dihewyd, passing Tower Hill Farm on your right. In the centre of Dihewyd village the road bends around sharply to the right; continue around this bend following the B4342 - signpost Ystrad Aeron and Lampeter.
-  Go past Dihewyd School on your right, and approximately 50 metres after the school, immediately after the national speed limit gateway signs, turn right towards Cribyn.
-  After 400 metres turn left (where the road bends slightly to the right), following the signpost to Cribyn. Please note: the road straight ahead is also signposted Cribyn, but for this leg of the route, take the left-hand fork.
-  Follow this lane for just over 3 miles, cycling past Treberfedd Farm on your left and continuing forward to the junction of the B4337. Turn right onto the B4337 towards Cribyn, cycling past Ciliau Parc CP school on your right, and continuing forward for just over 0.5 miles until you reach a sharp right-hand bend (with Capel Cribyn on your left, and the old Cribyn Post Office on your right). Turn left here, down a country lane in the direction of Maestir.
-  After 3 miles you will reach a crossroads. Continue straight ahead in the direction of Lampeter for approximately 1.3 miles until you reach the A475 – Pontfaen Road. Turn left and follow this road for 700 metres into the centre of Lampeter until you reach a mini roundabout. Take the second exit in the direction of Llandovery and Carmarthen (A482).
-  Follow the A482 for approximately 800 metres passing the Co-operative supermarket on your left, and a 'Welcome to Carmarthenshire' sign, until you reach the intersection with the A485 (on your right). Continue straight ahead following the A482 to Llandovery.
-  Continue forward for another 800 metres, cycling past the junction with the B4343 on your left, and taking the third turning on your left immediately after the war memorial on your right.
-  Continue along this lane for just over 1 mile, turning right at the first main intersection. Then continue forward for approximately 1.5 miles until you reach the junction with the A482. Carefully cross the A482, continuing down a narrow lane following the signpost for Esgairdawe. There is also a blue sign indicating the route is unsuitable for lorries.
-  After 500 metres turn left and continue forward along this lane for approximately 3.5 miles until you reach the junction with the A482 at Pumsaint. (Just before you reach the junction with the A482 you will cross a bridge over a small river).
-  At the junction with the A482 turn right into Pumsaint, following the road for 800 metres past the Dolaucothi Arms Hotel and over a bridge until you reach a left turn – signpost Dolaucothi Gold Mines and Five Saints Riding Centre. Turn left here.



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-  After 250 metres you will reach a crossroads. Continue straight ahead, crossing the road and following the signpost to Caio and the Brunant Arms. Follow this lane for 1 mile until you reach a give way sign in the village of Caio. Turn left, over the bridge and past the school on your left. As you reach the church on your left and the Brunant Arms on your right, turn right at the intersection towards Porthyrhyd.
-  Exit the village of Caio, cycling uphill and following the road for just under 2 miles, continuing past the Caio forestry commission entrance on your left and into Aberbowlan. When you reach Aberbowlan, continue directly ahead for 1 mile until you reach the junction with the main road.
-  Turn left towards Porthyrhyd, following the road for 1.5 miles into Porthyrhyd and past the church on your left. After 300 metres, you will see a lane on your left (the main road will sweep around to the right). Turn left up the lane, following the signpost to Cilycwm.
-  Follow this lane for approximately 3.5 miles until you reach a give way sign. Turn left into Cilycwm, following the signpost to Llyn Brianne. Continue forward through Cilycwm and follow the road for just over 3 miles, passing Cwm-y-Rhaiadr forestry commission car park on your left en route. Take the next turning on your right towards Rhandirmwyn, following a lane which sweeps around to the left. Cross the river and turn right into the Camping and Caravanning Club at Rhandirmwyn.

