

Leg 2 – Newport Conifers to Cardigan Bay

Length: 33 miles

Time to allow for cycling: 4 hours 30 minutes



- 1** From the main entrance of the Camping and Caravanning Club at Newport Conifers, turn left towards the coast, then right into Feidr Ganol. In 0.6 miles you will reach the junction with Parrog Road. Turn right, and after 30 metres turn left onto the A487 into Newport.
- 2** Continue along the A487 in the direction of Cardigan for approximately 500 metres until you reach a t-junction. Turn left into Feidr Pen-Y-Bont, in the direction of Trewyddel and Moylgrove. Continue along this road passing over the estuary bridge, and uphill through Berry Hill for 1.5 miles until you reach a right-hand turn. Turn right here into a narrow lane.
- 3** After 700 metres you will reach a sharp right-hand bend (a road will join from the left), continue around the right-hand bend, following the lane for a further 0.6 miles to a give way sign. Turn right, then after 20 metres at the next give way sign, turn left.
- 4** Follow this road for 1.5 miles until you reach a give way sign. Turn right at the junction towards Glanrhyd. Continue along this road for 1.3 miles following signs for Moylgrove to the next give way sign. At the intersection, cross over the road, and continue straight ahead.
- 5** Continue forward along this lane for just over 1 mile, past Trefaes Isa Farm on your right and onwards to the next junction. Turn left at the give way sign, then immediately right. As you enter this lane, there will be a blue sign on your left-hand side saying 'unsuitable for long vehicles'.









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- 6** Continue ahead along this lane for just over 2 miles, over a bridge and through a small village, then uphill to the next crossroads. Cross over the road, and continue straight ahead, following the signpost to Cilgerran. After 800 metres, take the first turning on your left, down a narrow country lane.
- 7** Follow this road for just under 1 mile, through a series of sharp 's' bends, past a church and church yard on your right. At the next junction, turn right into Cwmdegwel, following the lane for around 0.5 miles into the village of Llandudoch St Dogmaels and onwards to the junction with the main road – B4546, St Dogmaels Road.
- 8** Turn right towards Cardigan town centre, continuing forward along this road for just under 1 mile, until you reach a give way sign. (The Eagle Inn will be on your left, and the Cardigan Mercantile Company Ltd will be in front of you). Turn left here, towards the town centre.
- 9** Follow the road across the river, and continue around to the left, past The Grosvenor Free House and into the High Street. Continue forward along the High Street for approximately 350 metres, keeping left and continuing forward at the end of the High Street following the signpost for Aberystwyth (A487) and Gwbert (B4548).
- 10** Continue forward past the war memorial on your left, and after 150 metres turn left onto the B4548 towards Gwbert and Mwnt – B4548. In 0.5 miles, turn right towards Ferwig and Mwnt. After 600 metres, turn left towards Ferwig and continue along this road for just under 1 mile until you reach the village of Ferwig and the next intersection.
- 11** Turn right at the intersection onto the B4548, following signposts to Mwnt and Aberporth. After 0.7 miles, turn left towards Mwnt. Follow the lane for 1.3 miles, then turn left (around 50 metres after passing a caravanning and camping site).
- 12** After approximately 1 mile you will reach a sharp right hand bend. Follow this road around to the right and continue cycling uphill for 0.6 miles until you reach the junction with the main road. Turn left and follow the signs to Parcllyn, continuing for 1.3 miles until you reach a main intersection. Turn left towards Parcllyn and Aberporth.
- 13** Continue directly ahead for approximately 1.5 miles, passing through Parcllyn, the Trenchard Estate on your right, and Aberporth MOD base on your left. Immediately after the MOD base, turn left into Pennar Road, following the road downhill into the centre of Aberporth.
- 14** At the next junction, turn left onto the B4333 - Ffordd Yr Odyn, past the beach and into the town. After 400 metres you will reach a mini roundabout; take the third exit and continue straight ahead for approximately 350 metres, turning left into Ffordd Tresaith and following the signpost for Tresaith.
- 15** Continue along this road for just over 1 mile, past two caravan parks, and into Tresaith village. In the centre of the village, follow the road around to the right in the direction of Llangrannog. Continue directly ahead, uphill, for just over 1 mile when you will reach a give way sign at a crossroads. Turn left.



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-  Follow this road for approximately 1 mile, until you reach Maes Glas Caravan Park. Continue forward on the same road, around several sharp left-hand bends, proceeding forward for another 1.5 miles until you reach the next intersection (with the B4334).
-  Cross the B4334, continuing directly ahead and following the signpost for Llangrannog (route for caravans, lorries and buses). Follow this road for just over 1 mile into Pontgarreg village and the junction with the B4321.
-  Turn right onto the B4321 in the direction of Capel Ffynon, and after 350 metres, turn left (immediately after the national speed limit gateway signs, following the blue cycle sign). After 0.5 miles you will reach an intersection. Turn right in the direction of Blaencelyn and Llwyndafydd, then after 30 metres, turn immediately left towards Llangrannog B4321.
-  After 0.5 miles turn right towards Cwmtydu, continuing forward for just over 1 mile until you reach the next junction (immediately after a small bridge). Turn left, then immediately right, uphill, following a narrow lane, and after 500 metres at the give way sign, turn right.
-  Follow this road for just over 1 mile in the direction of Caerwedros until you reach a crossroads and give way sign. Continue straight ahead towards Gwenlli (Parsley and Thyme Craft Centre will be on your right), into Caerwedros village. In the centre of the village, at the crossroads, turn left towards Cross Inn and Gwenlli.
-  After 0.8 miles turn left, following the brown caravan sign into the Camping and Caravanning Club site at Cardigan Bay.

