

## South WALES – May 2020

see *Wales*

### **Three Parks Trail (NCN 47)**, Cross Keys to Taff Bargoed

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/three-parks-trail/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/three-parks-trail/) to download (5/20)

### **The Ely Trail Cycle Map**, Cardiff Bay area to St Fafans Cycle Map

<https://cardiffbybike.wales/2016/07/17/ely-trail-st-fagans/> for details (5/20)

### **The Taff Trail**, Cardiff Bay to Brecon

[www.outdoorcardiff.com/wp-content/uploads/Sports-Recreation-and-Leisure-along-the-Taff-Trail.pdf](http://www.outdoorcardiff.com/wp-content/uploads/Sports-Recreation-and-Leisure-along-the-Taff-Trail.pdf) for details (5/20)

### **The Lasgarn Wood Trail**

[www.visitblaenavon.co.uk/en/VisitBlaenavon/PlanYourVisit/Publications/TheLasgarnWoodTrail-Horseriding.pdf](http://www.visitblaenavon.co.uk/en/VisitBlaenavon/PlanYourVisit/Publications/TheLasgarnWoodTrail-Horseriding.pdf) to download (5/20)

### **Afon Lwyd Trail, Cwmbran to Blaenavon (NCN 49,492)** 16 mls

[www.torfaen.gov.uk/en/RoadsTravelParking/WalkingCycling/Cyclelanesandroutest/Afon-Lwyd-Trail.aspx](http://www.torfaen.gov.uk/en/RoadsTravelParking/WalkingCycling/Cyclelanesandroutest/Afon-Lwyd-Trail.aspx) for details (5/20)

### **Swansea Cycle Map**

#### **Neath Port Talbot Cycle Map**

[www.swansea.gov.uk/cycling](http://www.swansea.gov.uk/cycling) to download (5/20)

### **Monmouthshire & Brecon Canal**

<http://canalrivertrust.org.uk/canals-and-rivers/monmouthshire-and-brecon-canal> for details (5/20)

### **Garwnant Visitor Centre - Cycling** (OS 160, GR 003 132)

[www.naturalresources.wales/garwnant?lang=en](http://www.naturalresources.wales/garwnant?lang=en) for details (5/20)

### **Afan Forest Park Mountain Biking & Cycling**

[www.afanforestpark.co.uk/default.aspx?page=323](http://www.afanforestpark.co.uk/default.aspx?page=323) for details (5/20)

### **Guide to the Ogmere Valley Community Route**, from Nantymoel (OS 170, GR 93 93) 11 mls

[www.bridgendbites.com/media/9750/ogmore\\_valley\\_community\\_route.pdf](http://www.bridgendbites.com/media/9750/ogmore_valley_community_route.pdf) to download

### **Guide to the Tondy to Pyle Community Route**, Tondy to Frogpond Wood (OS 170, GR 89 84/84 82) 7 mls

[www.bridgendbites.com/media/9752/tondy\\_to\\_pyle\\_community\\_route.pdf](http://www.bridgendbites.com/media/9752/tondy_to_pyle_community_route.pdf) to download (5/20)

### **Cwmcarn Forest Drive**, 7ml circular Forest Drive, open Mar/Oct; Nov/Feb Sat/Sun only (OS 171, GR 21 93)

<http://your.caerphilly.gov.uk/cwmcarnforest/content/welcome> for details (5/20)

### **Ride, Hike or Bike, Loops & Links (NCN 47)**

[www.caerphilly.gov.uk/loopsandlinks/english/info.html](http://www.caerphilly.gov.uk/loopsandlinks/english/info.html) for details (5/20)

### **Cardiff Cycling and Walking Map FREE** (FourPoint Mapping)

[www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/Walking-and-cycling/Pages/Walking-and-cycling.aspx](http://www.cardiff.gov.uk/ENG/resident/Parking-roads-and-travel/Walking-and-cycling/Pages/Walking-and-cycling.aspx) to download/obtain (5/20)