

## CARMARTHENSHIRE, CEREDIGION and PEMBROKESHIRE – May 2024

see *Wales*

### **The Dramway, Stepside to Saundersfoot**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/dramway-stepside-to-saundersfoot/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/dramway-stepside-to-saundersfoot/) for details

### **Swiss Valley Cycle Route - Llanelli**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/swiss-valley-cycle-route-llanelli/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/swiss-valley-cycle-route-llanelli/) for details

### **Millennium Coastal Path - Llanelli**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/millennium-coastal-path-llanelli/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/millennium-coastal-path-llanelli/) for details

### **Brunel Trail, Haverfordwest to Neyland**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/brunel-trail-pembroke/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/brunel-trail-pembroke/) for details

### **Ystwyth Trail, 20 ml cycleway, bridleway and footway linking Aberystwyth with Tregoran**

[www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberystwyth-to-llanilar-section-of-ystwyth-trail/](http://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberystwyth-to-llanilar-section-of-ystwyth-trail/) for details (5/24)

### **Ceredigion Walks and Rides, includes Trefeurig (Pen-bont Rhydybeddau), Lampeter (Allt Goch)**

[www.ceredigion.gov.uk/resident/coast-countryside/exploring-ceredigion/walks-and-rides/?s=&a=Mountain+Bike](http://www.ceredigion.gov.uk/resident/coast-countryside/exploring-ceredigion/walks-and-rides/?s=&a=Mountain+Bike) to download (5/24)

### **Cycle Pembrokeshire - cycle trails**

<https://www.pembrokeshire.gov.uk/cycle-pembrokeshire> for details (5/24)

### **Llys-y-Fran Country Park & Reservoir - cycling**

<https://llys-y-fran.co.uk/llys-y-fran-cycling> for details (5/24)

### **Cardigan Bay Cycle Maps & Routes, includes Cardigan Bay: Cardigan to Llangrannog & Aberystwyth to Devil's Bridge**

[www.cardigan-bay.com/cardigan-bay-cycle-routes-maps.php](http://www.cardigan-bay.com/cardigan-bay-cycle-routes-maps.php) to download (5/24)

### **Mountain Biking in Brechfa Forest, near Carmarthen (OS 146)**

[www.mbwales.com/agents/brechfa/](http://www.mbwales.com/agents/brechfa/) for details (5/24)

### **Bwlch Nant yr Arian Forest Mountain Biking Trails, near Aberystwyth (OS 161, GR 09 38)**

<http://naturalresources.wales/bwlchnantyrarian?lang=en> for details (5/24)

### **Cwm Rhaeadr Trail, 20 miles NE of Brechfa**

[www.mbwales.com/agents/cwm-rhaeadr/](http://www.mbwales.com/agents/cwm-rhaeadr/) for details (5/24)

### **Crychan Forest Trails**

[www.crychanforest.org.uk/](http://www.crychanforest.org.uk/) for details (5/24)