

South WALES – May 2024

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/ to download (5/24)

The Ely Trail, Cardiff Bay to St Fagans

www.outdoorcardiff.com/wp-content/uploads/Ely-Trail-Leaflet.pdf to download (5/24)

The Taff Trail, Cardiff Bay to Brecon

www.outdoorcardiff.com/wp-content/uploads/Sports-Recreation-and-Leisure-along-the-Taff-Trail.pdf for details (5/24)

Cycling in Torfaen includes

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

Cycle Route Maps for North and South Torfaen

www.torfaen.gov.uk/en/LeisureParksEvents/WalkingCycling/Cyclelanesandroutess/Cycling-in-Torfaen.aspx for details (5/24)

Swansea Cycle Map

Neath Port Talbot Cycle Map

www.npt.gov.uk/6870 to download (5/24)

Monmouthshire & Brecon Canal

<http://canalrivertrust.org.uk/canals-and-rivers/monmouthshire-and-brecon-canal> for details (5/24)

Garwnant Visitor Centre – 3 Mountain Bike Trails (5m N Merthyr Tydfil, OS 160, GR 003 132)

www.visitwales.com/attraction/visitor-centre/garwnant-forest-visitor-centre-1843321 for details (5/24)

Afan Forest Park Mountain Biking & Cycling

<https://afanforestpark.com> for details (5/24)

Cwmcarn Forest Drive, 7ml circular Forest Drive (OS 171, GR 21 93)

www.cwmcarnforest.co.uk/en/activities/cwmcarn-forest-drive/ to download drive guide with map & opening times (5/24)

Caerphilly Cycle Trails

www.caerphilly.gov.uk/things-to-do/activities/cycle-trails for details (5/24)

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
to download/obtain (5/24)