

**Ride:** Commutes from the northwest

**Start:** Swansea Valley

**Finish:** City Centre

**Map:** *Swansea A-Z*.

This article is for commutes from places such as Morriston, Llangyfelach, Penllergaer and Gorseinon. This is a difficult area for commuters due to the hills barring the northern approaches to the City Centre. Because there are so many possibilities I will limit my descriptions to a few cycle links which might form part of your commute.

If you are starting from the lower parts of Morriston Neath Road (B4603) provides a direct route to the City Centre. National Cycle Route 43 is a pleasant if slightly longer alternative, that is if you can get onto it. It can be accessed from Clase Road (A48) under which it passes. But to get there you will need to negotiate the busy roundabout over the A4067– not for the faint hearted!

A useful link between the B4603 and Morriston Hospital is Chemical Road. At the top of it you can cross the M4 either by carrying straight on over the road bridge or by turning left up Maes-y-Gwernon Road and using the footbridge.

There is an off-road route south from Tircanol between the B4603 and A4067. It is a bit tortuous and involves crossing Clase Road (A48), but it might be worth exploring if your route lies that way.

A useful cycle route from Llangyfelach to the Park Tawe area which avoids the difficult Dyffaty junction is as follows: Descending Llangyfelach Road, just past the railway underpass, turn left at a mini-roundabout onto Cwm Road. This goes under Neath Road (pictured). A little further on there's a footway on your right which connects with the nearby New Cut. Take this, and then on New Cut go under the railway and on to Park Tawe.

To get to the City Centre from Penllergaer you have a Hobson's choice: Carmarthen Road (A483) is direct; the parallel less heavily trafficked roads to the north, such as Middle Road, are hilly. A pleasant alternative to the A483 between Penllergaer and Cadle is the gravel, but cycleable, path through the woods. It passes a lovely waterfall.

From north of Gorseinon, or even from Gorseinon, the Lliw Valley cycle path is an attractive route. It goes from a turning off the B4296 just north of Grovesend to Kingsbridge, ending at the *Urban Cyclery* on the north side of Swansea Road (B4620).

