

## Tawe and Lakes Ride

A 4 mile figure of eight ride on bike paths, suitable for families with one short stretch of very quiet road/pavement and 2 road crossings – easy with plenty of lakeside picnic opportunities and duck feeding.(OS 1:50,000 sheet 159)

Park at B&Q near the Liberty Stadium and go to the footbridge over the Tawe (by KFC). Start at the other side of the bridge to follow the river past the Stadium, through woodland. Cross the river by the Mannesmann Bridge to go left. Look out for the brilliant flash of a kingfisher or a grey wagtail. Take the second minor path on the right leading to Beaufort Reach roundabout (Makro on the right). Straight on by a quiet road and before the main road take a left track to the lovely oasis of the Half Round Pond – water lilies, seats and fishermen. Keep left around the pond taking the grassy path to the left back to the main bike path. Turn right to shortly meet Valley Way. Cross with care and take the bike path right - around relaxing Vendrod Lake. At the far end cross a footbridge on the left to rejoin Valley Way. You can go left first to feed plenty of ducks, geese and swans before carefully crossing the road to the path on the left of Ferryboat Close. Along here there's a good view of the workings of the Recycling Centre before meeting Beaufort Bridge. Cross the Bridge, turn left and follow the river. At Mannesmann Bridge cross the river again and turn right noting that there's a steep climb under the railway viaduct to get back to the start by KFC.

Rhian Evans

