

Ride: Crymlyn Circuit

Start/Finish: Sail Bridge

Distance: 15 miles (2 hours)

Terrain: One moderate climb.

Map: OS 1:50,000 Sheets 159 *Swansea & Gower* and 170 *Vale of Glamorgan*.

This circuit first takes you through the Enterprise Zone to Llansamlet then along cycle paths close to the motorway to Llandarcy (circling the new Coed Darcy development) returning to Swansea via Jersey Marine, the Tennant Canal and National Cycle Route 4.

It is almost entirely on cycle paths or minor roads, the exception being a short stretch on the A48 and an awkward crossing of M4 Junction 44. It goes right round Crymlyn Bog, avoiding the cycle-unfriendly Crymlyn Road.

From the Sail Bridge follow NCR 43 up the east side of the Tawe to Morfa, Here cross the river on the cycle/pedestrian bridge. Continue north past the Liberty Stadium to the first bridge, ie the Mannesman Bridge. This half mile section is much improved having recently been renovated, Cross this bridge and follow the cycle path NE, across Valley Way and along the east side of Fendrod Lake to Fendrod Way. Cross over, turn left and then right along Valley Way to the A48. A couple of miles on road now follow.

Cycle east on the A48 (Here it's Samlet Road.) for half a mile to lights then turn left up Church Road which becomes Walters Road. At the first roundabout turn right and then right again at the last roundabout before the motorway. Climb steeply to the Junction 44 gyratory. Use this to cross the motorway and take the second exit left onto Peniel Green Road. This runs alongside the motorway. After half a mile, just past a Texaco station on your right, turn right onto a cycle path. This path follows the motorway for half a mile to Crymlyn Road. Cross over the motorway on this road and rejoin the path now on the other (SW) side for a further half mile to the B4290. The picture is looking north at a high point near the south end of this path.

Turn right onto the B4290 and follow it up to Jersey Marine. It crosses the Junction 43 slip road where you may need to wait for a gap in the traffic. In Jersey Marine turn right off the road to join the cycle path along the Tennant canal. This joins NCR 4 in Port Tennant which takes you the remaining mile to the Sail Bridge.



Evening Post: 8 March 2014