

**Ride:** Commutes from the northeast.

**Start:** Swansea Valley

**Finish:** City Centre

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

This is for commutes from such places as Bonymaen, Llansamlet and Clydach.

In most cases National Cycle Route 43 provides a pleasant route although you may prefer road alternatives, especially after dark. In any case you should have lights. Suitable LED lights are now available at a reasonable price.

With the new section of NCR 43 south from the motorway complete and the half mile north from the Liberty Stadium resurfaced, there is now a good off-road cycle route most of the way between Clydach and Swansea. (The picture shows some new art work on this route.) This would be a convenient route for most commutes from up the Swansea Valley. The B4603 from Pentrepoeth to the Hafod provides an on-road alternative.

For commutes starting in Bonymaen there is little choice but to follow the B5444 to its junction with the busy A4217. You can then either stay on this main road or leave it after 300m where there is a link to NCR 43.

For City Centre destinations cross the North Tawe Bridge. The recently constructed ramp provides access from the cycle path. For destinations along Swansea Bay or the docks (or in the not too distant future the Bay Campus) follow NCR 43 to its end by the South Tawe Bridge and cross Fabian Way by the Toucan crossing. Here for points west you can join NCR 4 and cross the Tawe by either the Sail or Trafagar Bridge.

If you are starting from further north, eg from Winsh Wen, and your destination is north of the City Centre, then a cycle link which goes under the A4217 to Atlantic Close is an attractive option. It is an asphalted path from the B5444 opposite Cwm Chapel Road.

To get to northerly destinations from NCR 43, where you need to leave the cycle path north of the Tawe Bridges, leave it at the Liberty Stadium. My preference here is to cross the A4067 using the Landore pedestrian crossing and then the footpath to take you through the Hafod. At lights turn left down Maliphant Street and then right onto the cycle path alongside the bus route. This ends near the Railway Station. Going the other way a bus lane on Neath Road which leads to a pedestrian crossing of the A4067 north of the big roundabout eases that crossing.



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