

APPENDIX C

ROUTE SHEET 2016

The route of the 2016 ride has been placed on the following map my ride link.

<http://www.mapmyride.com/routes/view/983348715>

We recommend that you study the maps along with this route sheet, to arm yourself with a basic understanding of the route.

The route is extensively signposted on route, so technically there is no need to know where you are going in advance, but one lapse of concentration causing a sign to be missed could turn the 100 mile day into a rather longer and more frustrating one.

The enclosed route sheet is a summary, but has tried to capture the “easy to miss” turns that could cause the (wasted) miles to be racked up. Please note the mileages are approximate. The route sheet has been created to fit on a single sheet of A4 so that it can easily be folded up in your pocket/saddlebag and referred to in times of doubt. Good Luck!

Please note – If you decide to deviate from the signed 2016 Carten100 Route, you will not be supported by the Carten100 Support Team, and you may not be covered by the ride insurance.

Mileage	Description
0	Turn left after start and left again onto A470. Stay on the road past Cardiff Castle and onto A4161 Lansdowne Road
2	1 st exit at Roundabout, onto A48
4	Culverhouse Cross Roundabout – 3 rd exit, staying on A48
	Pass through St. Nicholas, Bonvilston, By-pass Cowbridge
18	Large traffic controlled roundabout – 1 st exit onto A48. Through further roundabouts staying on A48.
24	Large roundabout. Take 3 rd exit onto A48 through Pyle.
28	Junction 38 roundabout. Take A48 to Margam, then take left at 1 st Roundabout onto Harbour Way (NOTE FOR THE VETERANS – THIS IS A NEW ROUTE AVOIDING GOING THROUGH MARGAM)
	You will go through 9 roundabouts on Harbour Way, becoming the A4241
34	1 st Exit at roundabout, rejoining A48.
	FEED STATION AT BAGLAN BOYS AND GIRLS CLUB
	For the next 10 miles there is a traffic free option, a cycle track running parallel with the road until Blackmill.
35	A48 crosses the river on the old M4 bridge. After bridge, left at traffic lights onto A483, Fabian Way, which runs into Swansea and along the sea front.
44	EASY TO MISS The entrance to Clyne Gardens cycle track is off a pelican crossing of the A483, immediately after the pitch and putt course. If you are on the A483, then look for the golf course on your left and then stop at the pelican crossing, cross the road, and you are at the start of the cycle track. If you are on the cycle track, fork right shortly after the golf course and you will come to the pelican crossing.
48	Emerge from the cycle track into a residential street. Turn left and follow the road to Woodfields Terrace. At the T-Junction, turn left onto the B4295.
48	EASY TO MISS Turn right at the traffic lights, onto B4296. You will immediately pass under a low railway bridge. If you miss this turn you will be in North Gower and have no option but to retrace your steps. If you see the village sign of Penclawdd, turn around, you've just added 6 miles to your day!
49	1 st exit at roundabout onto A484
51	1 st exit at roundabout onto A484, crossing Loughor Bridge
52	1 st exit at roundabout onto B4304. Continue over several roundabouts, staying on B4304. Pass North Dock
56	EASY TO MISS After North Dock, turn left onto the Millenium Coastal Path. If you reach a roundabout signposted A484, you've overshot the turn by some 200 metres.
60	BURRY PORT MARINA (FEED STATION) , Limited refreshments available in the harbour. Follow the access road to the roundabout at turn left onto the B4311 Ashburnham Road.
61	There are plenty of places to stop for food in Burry Port. Including, The Neptune opposite the station, The Ship Aground and The Red Lion in Pembrey Village. Continue along B4311.
61	At T-Junction turn left onto A484
	Stay on A484 through Pembrey, by- passing Kidwelly, through Idole and Pibwrlwyd.
74	At Roundabout junction with A48, take 1 st exit onto A48.
75	At next roundabout, turn left onto A40 – Take slip road and turn right onto B4312 – Llansteffan Road
75	EASY TO MISS 1 st Right onto Alltynap Road –Follow lane for 5 miles
80	Left at T-Junction, the Left at next T-junction 800 metres later. Now onto NCN4. Follow NCN4 until it hits the A40 dual carriageway (85 miles) and take the cycle track parallel to the A40.
87	Take the slip road signposted St. Clears. At top of slip road, turn right – A4066 High St. After 800m take the right turn after crossing the river bridge. After a further 400m turn right.
89	Turn left onto A477 in Llandowror. climb for 4 miles through the woods.
93	Turn right onto B4314 to Tavarnspite.
95	In Tavarnspite, take the 1 st left (no sign) ignore the immediate left turn opportunity when on the lane. (FEED STATION AT ALPHA INN)
97	Turn left at crossroads. After 1 mile, turn left at T-junction. Lane crosses A477.
99	Turn right at crossroads. Follow road through Stepside and join the A477.
102	Roundabout, take 1 st exit on A478
	Stay on A478
106	Tenby Sign plate fixed into stone on left hand side layby. Traditional stop off point for veterans of the ride for a photo opportunity!
106	Shortly after the Tenby Sign, turn left, staying on the A478. The A478 turns into the High Street, and you are being welcomed by the spectators in Tenby Square.
107	Tenby Harbour – You've made it!! - CONGRATULATIONS!!