

CARTEN100 - 2018 Route Plan

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	1st 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. 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 3 roundabouts on B4304
54	(NEW ROUTE) – 3 rd exit at roundabout onto B4304/The Avenue. Follow Duathlon diversion signs.
55	Turn left onto Heol Copperworks/Marine Street. 3 rd exit At roundabout. Rejoin B4304
56	3 rd exit at roundabout, staying on A484. Cross one more roundabout on A484
59	1 st exit at roundabout onto B4311 to Burry Port. Stay on B4311 over next 5 roundabouts.
60	BURRY PORT MARINA (FEED STATION) , Burry Port RNLI will have food available to supplement the Feed Station. Follow the access road to the roundabout at turn left onto the B4311 Ashburnham Road.
61	Continue along B4311. 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 – (NEW FEED STATION) Carmarthen Athletic Rugby Club 200m). 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 Llanddowror. climb for 4 miles through the woods.
93	Turn right onto B4314 to Tavarndspite.
95	In Tavarndspite, 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 "Size of Wales" Finishers Marquee – You've made it!! - CONGRATULATIONS!!

CARTEN100 Route - <http://www.mapmyride.com/routes/view/983348715>

Please note – If you decide to deviate from the signed 2018 Carten100 Route, you will not be supported by the Carten100 Support Team, and you may not be covered by the ride insurance.