

No. 18 WELCOME TO THE VALLEYS

KM	Miles	Direction
0	0.0	From Bargoed railway station, turn left onto Station Road. Follow the road downhill, over the bridge & up the other side
0.7	0.4	At the traffic lights turn left (👉 Rhymney) then immediately right onto Cwm Road
1	0.6	Follow Commin Road uphill
2	1.3	At the four-way junction go straight over
9.3	5.8	At the T-junction turn left onto the B4256
12.2	7.6	At the T-junction in Rhymney cross straight over the main road (right then left) and follow the road to the right
12.7	7.9	Easy to miss! Turn left onto the cycle path (NCR 468)
12.9	8.1	At the end of the path turn right
13	8.1	At the T-junction turn right then immediately left on the road past the tennis courts
13.6	8.5	Turn left (👉 Old Brewery Lane)
13.7	8.6	At the end of the road turn left onto the cycle path (car park to your right)
14.4	9.0	Turn left onto Carno Street
14.5	9.1	At the roundabout turn right onto the cycle path beside the main road Butetown is on your right, after 15.2km total (i.e. 800 metres since last direction)
15.5	9.7	Just before the roundabout turn right by the large red iron sculpture
15.6	9.8	Rejoin the road
16.2	10.1	Turn right just before the bridge over the dual carriageway
16.8	10.5	Turn left and follow the NCR 46 into Parc Bryn Bach
17.4	10.9	Turn right off the road onto NCR 467 around the lake

KM	Miles	Direction
19.5	12.2	At the end of the cycle path turn right (👉 NCR 467)
19.6	12.3	Turn right onto Stockton Way
20.3	12.7	At the traffic lights and large junction go straight on and follow the road through the underpass
20.5	12.8	At the mini-roundabout go straight on Follow the road through the centre of Tredegar to the Circle
20.8	13.0	At the Circle, go straight on
21	13.1	Just after the Circle, turn left onto Bridge Street (for Bedwellty House, carry straight on along Morgan Street, it's on your right, then double back after your visit)
21.2	13.3	Follow the cycle path under the dual carriageway
21.3	13.3	Rejoin the road - Georgetown Hill
21.4	13.4	Turn left onto Thomas Ellis Way
22.4	14.0	Easy to miss! By a large layby on your right, turn right into the park and bear left along an unsurfaced path
23.2	14.5	At the end of the path turn right (or left to visit the Aneurin Bevan memorial stones)
24.5	15.3	At the crossroads go straight on (towards the antennae on the hill)
30.8	19.3	Fork left
34	21.3	Just after the caravan park, turn right (👉 Unsuitable for HGVs)
35.8	22.4	Turn right over the bridge
36.4	22.8	At the main road turn left then immediately right
36.8	23.0	At the T-junction turn right
37.6	23.5	At the cemetery, turn right
37.7	23.6	Just past St Sannan's church, turn left
38.6	24.1	At the T-junction turn left (👉 Bargoed)
39.3	24.6	At the traffic lights go straight on (Bedwellty Road)

LOST LANES WALES: 36 GLORIOUS BIKE RIDES
IN WALES AND THE BORDERS

KM	Miles	Direction
39.8	24.9	At the bottom of the hill, just before the bridge, turn left onto the cycle path (👉 Cyclepath)
40.1	25.1	Turn right over the bridge across the Rhymney river
40.3	25.2	Bargoed station is directly across the road

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