

Seven traffic-free bike rides in South Wales



Suitable for all abilities

Easy and enjoyable rides

From stylish city cycling around Cardiff Bay to a scenic ride along the River Wye, cycle-friendly Wales offers a diverse range of landscapes and colourful history to explore.

As custodian of the **National Cycle Network** we've put together some of our favourite traffic-free bike rides to inspire your next adventure and explore the valleys, coast and canals of South Wales.

Key to route maps:



Bike Hire



Pub



Café



Restaurant



Routes Menu

Tap on a desired route below or scroll

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Route one – Pembrokeshire

The Brunel Trail



Route two – Carmarthenshire

Millennium Coastal Path



Route three – Swansea

Clyne Valley Country Park



Route four – the Gower

Swansea Bike Path



Route five – Cardiff

Cardiff Bay Trail



Route six – Newport

Monmouthshire & Brecon Canal



Route seven – Monmouthshire

Peregrine Path



Top Tips



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Route one

The Brunel Trail, Pembrokeshire



The Brunel Trail

Named after the Victorian engineer Isambard Kingdom Brunel, the cycle path passes through peaceful Pembrokeshire countryside to the shores of the Milford Haven Waterway. From Johnston, the gentle descent alongside the old Great Western Railway makes for easy pedalling to the Westfield Pill Nature Reserve, a sanctuary for birds and rare plants. The skyline soon gives rise to the tall masts of moored yachts as you ride along the water's edge to the path's end at Brunel Quay.



Key route information:

Start: Haverfordwest

Finish: Neyland

Time: 1 - 2 hours

Length of ride: 9.5 miles



Start

Haverfordwest

Haverfordwest
train station,
Haverfordwest,
SA61 2LZ

[GPS: 51.8024802,
-4.961052](#)

Finish

Brunel Quay

Neyland
Milford Haven
SA73 1PY

[GPS: 51.7078457,
-4.9439809](#)

Terrain, gradients and access

Undulating tarmac path with several gates, road crossings and quiet on-road sections around Merlin's Bridge and Brunel Quay.

Ideas for things to do:

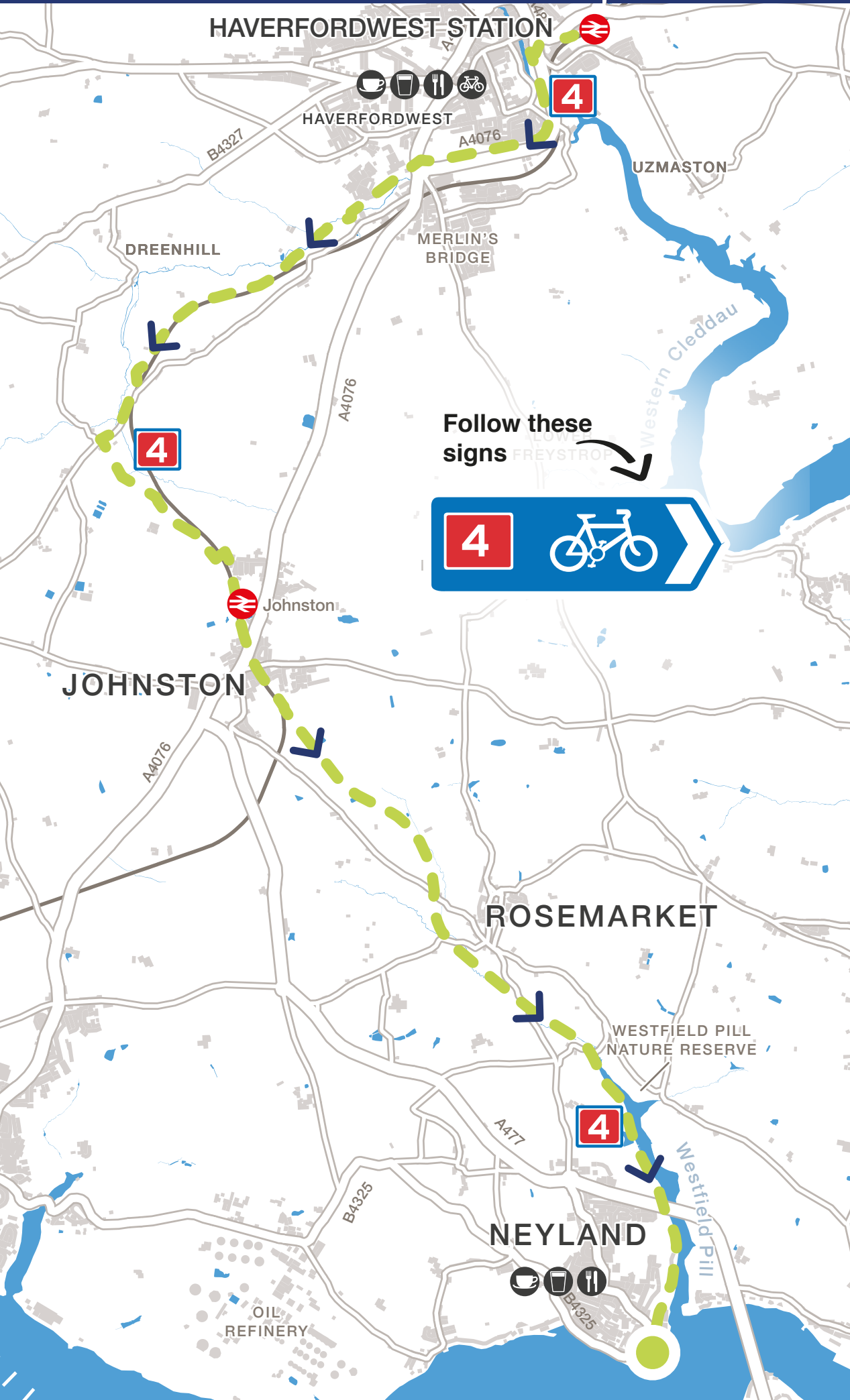
- Visit the 12th-century Haverfordwest Castle
- Keep an eye out for the electric-blue flash of a kingfisher in Westfield Pill
- At Westfield Pill follow National Route 4 over Cleddau Bridge to visit Pembroke Castle, or head west and follow the traffic-free link to Milford Haven.

Route one

The Brunel Trail, Pembrokeshire



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Follow these
signs





Route two

Millennium Coastal Path,
Carmarthenshire



Millennium Coastal Path

A tranquil green corridor combining stunning coastline with beautiful woodland. From the pines trees of Pembrey Country Park the landscape opens up to the sea, sky and sand offering superb (and often breezy) views of the Gower Peninsula. Skirt round the edge of the pretty harbour town of Burry Port and weave inland through flower-rich grasslands before re-joining the seafront for the last few miles.



Key route information:

Start:	Pembrey
Finish:	Llanelli
Time:	1 hour
Length of ride:	6.5 miles

Route two

Millennium Coastal Path, Carm.

MENU



Start

Pembrey Country Park

Pembrey
Burry Port
Carmarthenshire
SA16 0EJ

[GPS: 51.6833459,
-4.3173282](#)

Finish

Go Wake Llanelli

North Dock
Traeth Ffordd
Llanelli
Carmarthenshire
SA15 2LF

[GPS: 51.6750607,
-4.1721497](#)

Terrain, gradients and access

The coastal path is comprised of a flat, wide tarmac path and fine gravel track. In Pembrey Forest there are numerous bike tracks and cycleways with varying terrain to explore.

Ideas for things to do:

- Explore Pembrey Forest – one of Britain's only sand dune forests
- Take advantage of the cycle parking to explore the North Dock Dunes Local Nature Reserve near Llanelli
- Extend your ride east to the WWT National Wetland Centre Wales or west to the mighty castle of Kidwelly

Route two

Millennium Coastal Path, Carm.



MENU





Route three

Clyne Valley Country Park,
Swansea



Clyne Valley Country Park

This short ride passes through Swansea's only country park, winding through woodland trails, crossing the Clyne River several times before settling alongside it and following its course between the oak, birch and beech trees of Clyne Wood. At the end of the ride, the tranquil Clyne Gardens are definitely worth exploring.



Key route information:

Start: Gowerton

Finish: Swansea Bay

Time: 30 mins - 1 hour

Length of ride: 5 miles

Route three

Clyne Valley Country Park, Swansea

MENU



Start

Gowerton train station

Gowerton,
Swansea
SA4 3AJ

[GPS: 51.6488252,
-4.0356197](#)

Finish

Black Pill

Swansea Bay
SA3 5BS

[GPS: 51.595484899999999,
-3.996219](#)

Terrain, gradients and access

A gentle descent along tarmac path with a short, on-road section at Gowerton and a road crossing at Black Pill.

Ideas for things to do:

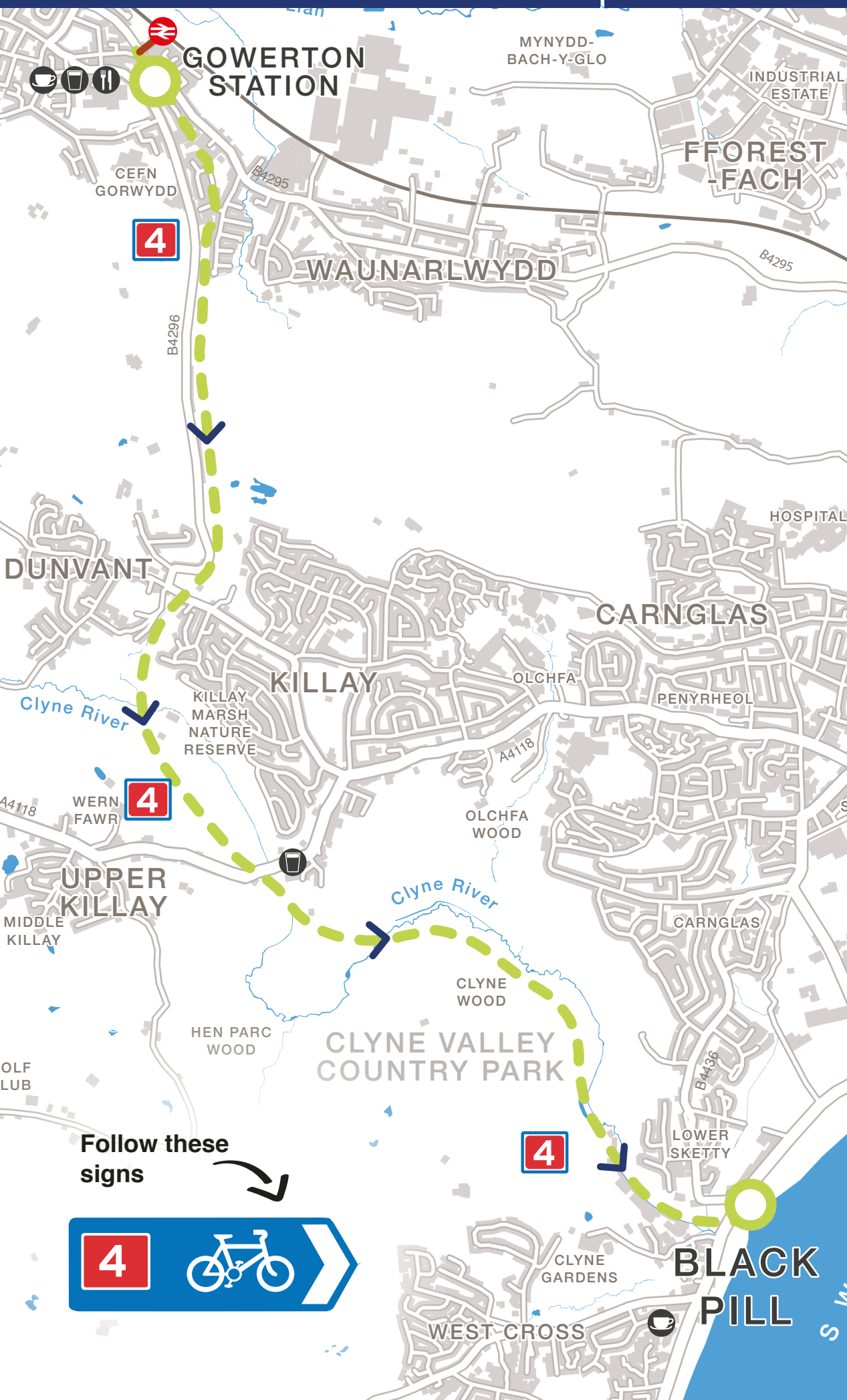
- Join the traffic-free Swansea Bike Path at Black Pill (Route four in this guide)
- Wander the beautiful Clyne Gardens, at their best in May when the vivid pink flowers of their famed rhododendrons are in bloom
- Picnic in the thick woodland of Clyne Wood

Route three

Clyne Valley Country Park, S'Sea



MENU



Follow these signs





Route four

Swansea Bike Path, the Gower



Swansea Bike Path

A fantastically scenic ride hugging the golden arc of Swansea Bay on the route of the old Mumbles Railway. Starting in Swansea's Maritime Quarter, the flat tarmac path sweeps along the coastline to the Victorian resort town of The Mumbles with its copious cafes, restaurants and pubs. At the start of the ride, the tall square clock tower of Swansea Guildhall dominates the skyline before the pretty coloured houses of The Mumbles come into view.



Key route information:

Start: Swansea

Finish: The Mumbles

Time: 30 mins - 1 hour

Length of ride: 6 miles



Start

National Waterfront Museum

Oystermouth Road,
Swansea
SA1 3RD

[GPS: 51.6165168,
-3.9385843](#)

Finish

Mumbles pier

The Mumbles
Swansea
SA3 4EN

[GPS: 51.5693319,
-3.9799825](#)

Terrain, gradients and access

Flat tarmac path. Be aware this ride is along the coastline and is therefore prone to breezy conditions, which will helpfully assist your ride at times but stubbornly push against you at others.

Ideas for things to do:

- Feeling energetic? Why not cycle the full 24 miles of the traffic-free path from Swansea to Kidwelly Castle
- Take a detour inland to the majestic hilltop Oystermouth Castle
- Enjoy an ice cream in one of The Mumbles' popular parlours
- Delve among the rock pools in Bracelet Bay near Mumbles Pier

Route four

Swansea Bike Path, the Gower



MENU





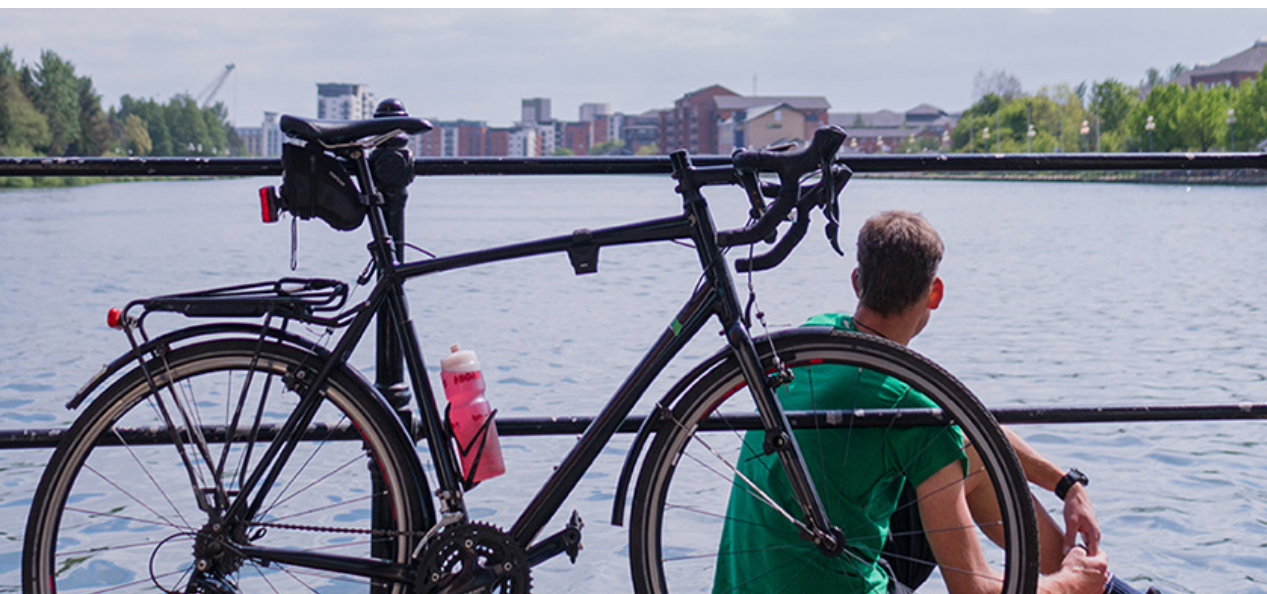
Route five

Cardiff Bay Trail, Cardiff



Cardiff Bay Trail

A circular ride that takes in Cardiff Bay's fusion of contemporary and classic features and the charming seaside town of Penarth. The route is rich in heritage, passing many iconic and historic buildings. From the nature haven of the Cardiff Bay Wetlands to the vibrant waterfront cafés of Mermaid Quay, this ride has it all. Make sure to schedule plenty of extra time to explore the many family-friendly attractions along the way.



Key route information:

Start / Finish: Roald Dahl Plass,
Cardiff Bay

Time: 1 - 2 hours

Length of ride: 6 miles



Start / Finish

Roald Dahl Plass, Cardiff Bay

Cardiff Bay

GF10 5AL

[GPS: 51.4640408, -3.16407679999999753](https://www.google.com/maps/place/51.4640408,-3.16407679999999753)

Terrain, gradients and access

A flat paved path with small on-road sections mid-route, and some road crossings and gates. Sections of this route may be busy with pedestrians. Please remember to use the path in a way that is considerate to the comfort and safety of others.

Ideas for things to do:

- Watch the thundering rapids at the Cardiff International White Water
- Take your pick and visit one of the many attractions en route including the interactive Techniquest Science Centre and the Wales Millennium Centre
- Join the intersecting and traffic-free Ely Trail to St Fagans National History Museum at the International Sports Village

Route five

Cardiff Bay Trail, Cardiff



MENU



Follow these signs

Follow these signs





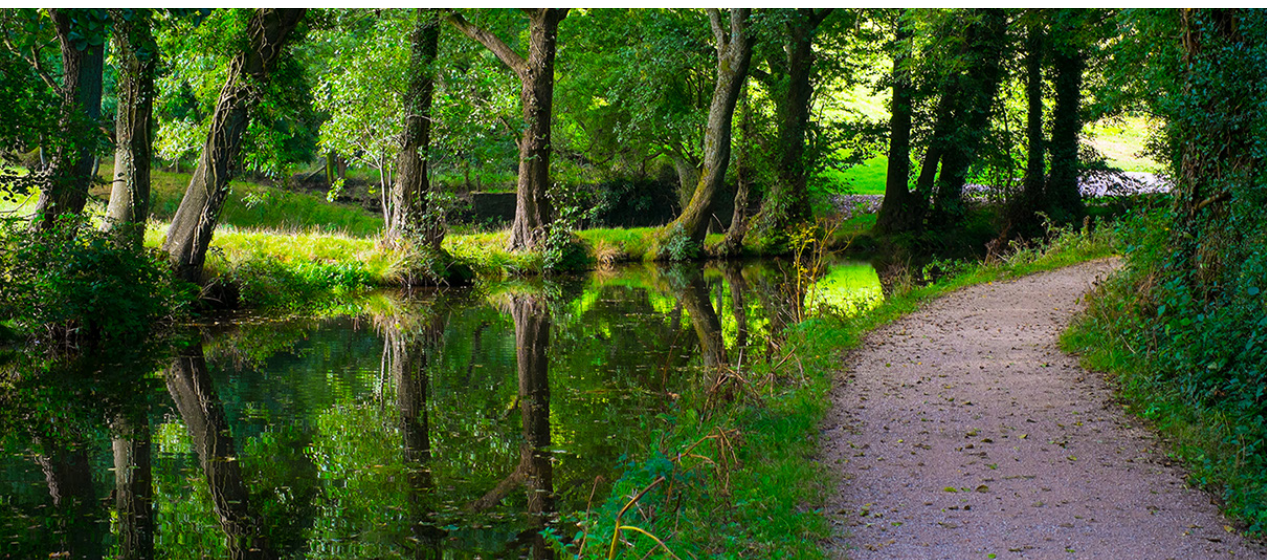
Route six

Monmouthshire & Brecon Canal
(Crumlin Arm)



Monmouthshire & Brecon Canal (Crumlin Arm)

This pleasant ride climbs gently from the banks of the River Usk in Newport to the southern tip of the Brecon Beacons. Leaving the city behind, the path follows the Monmouthshire & Brecon Canal along a tranquil green corridor. There are several locks along this stretch which makes for a few short hill bursts. However, there are plenty of scenic spots to stop and rest. A perfect path for a leisurely family day out.



Key route information:

Start:	Crosskeys
Finish:	Newport
Time:	1 – 2 hours
Length of ride:	8 miles



Start

Waunfawr Park

Crosskeys

Newport

NP11 7PH

[GPS: 51.6172611,
-3.124116](#)

Finish

Newport

train station

Newport

NP20 4NP

[GPS: 51.5889691,
-3.001370](#)

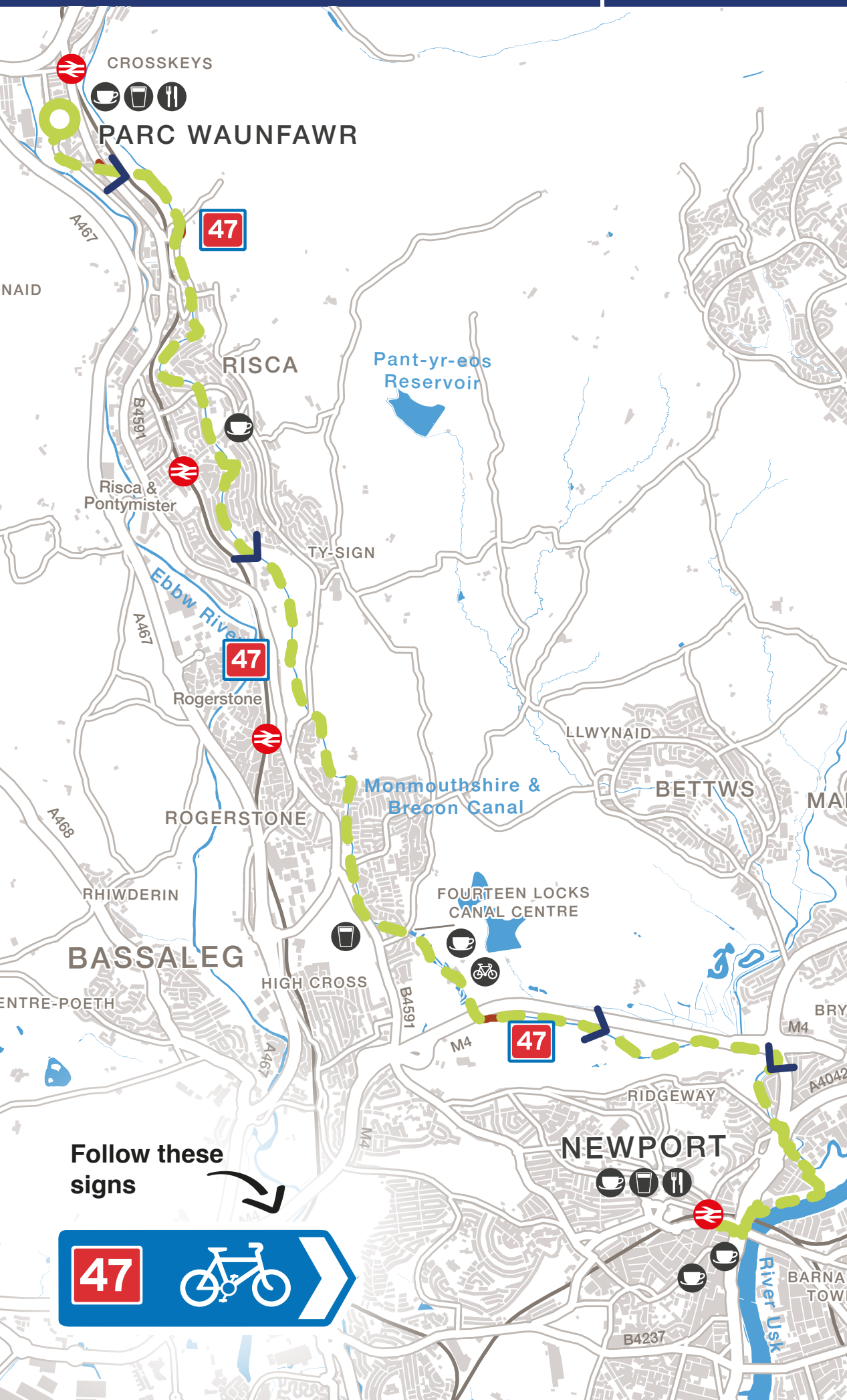
Terrain, gradients and access

Largely flat on tarmac path and stony trail with a steep descent past Fourteen Locks near the route's end. Some road crossings throughout, with on-road sections leaving Crosskeys and through Risca. Take care passing beneath low bridges close to the water's edge.

Ideas for things to do:

- Join the traffic-free link from Crosskeys into Cwmcarn Forest where there are family-friendly cycling routes among the popular mountain biking trails
- Visit the tearooms at the idyllically placed Fourteen Locks Canal Centre at the top of the impressive Cefn flight
- Learn about Newport's history and culture at the Newport Museum and Art Gallery

Monmouthshire & Brecon Canal





Route seven

Peregrine Path, Monmouthshire



Peregrine Path

This gentle ride straddles the Wales/England border through fairytale woodland following the curves of the spectacular Wye Valley. Ending in the historic town of Monmouth – the birth place of Henry V – this trail is straight out of a children’s story book with castle ruins, rope swings and picnic spots aplenty. We highly recommend bookending your ride with a short detour up to the famous viewpoints of Symonds Yat Rock and the Kymin. The panoramic views are well worth the leg effort.



Key route information:

Start:	Symonds Yat East
Finish:	Monmouth
Time:	30 mins - 1 hour
Length of ride:	5.5 miles



Start

New Weir car park

Symonds Yat East
Ross-on-Wye
HR9 6BY

GPS: 51.8409127,
-2.63860

Finish

Shire Hall

Agincourt Square
Monmouth
NP25 3DY

GPS: 51.8122383,
-2.7158506

Terrain, gradients and access

Flat stony trail with an on-road section from Hadnock to Monmouth and through Monmouth town centre.

Ideas for things to do:

- From Symonds Yat East continue along National Route 423 on-road to visit Goodrich Castle
- Climb the hill to Symonds Yat Rock to spot the peregrine falcons that nest on the limestone cliffs in summer
- Visit the ruins of Monmouth Castle – the birthplace of Henry V

Route seven

Peregrine Path, Monmouthshire



MENU



Follow these
signs



SYMONDS
YAT EAST



NEW WEIR
CAR PARK

SYMONDS
YAT WEST

GREAT
DOWARD

CROCKER'S
ASH

LEAPING STOCKS
NATURE RESERVE



River Wye

LORD'S
WOOD

BIBLINS
BRIDGE

LADY PARK
WOOD



River Wye

HIGH MEADOW
WOODS

HADNOCK
COURT

REDDING'S
INCLOSURE

STAUNTON

HAYES
COPPICE

NEWTON
COURT

A4136

HIGH CROSS

MONMOUTH



KYMIN

MAY HILL

WYESHAM

A40

A4136

A466

River Monnow

B4295

River Wye

River Wye



Bike ride checklist

You don't need special or expensive equipment to enjoy a short bike ride but here are some items you'll certainly find useful.

For you:

- A hat and suncream if it's sunny
- Waterproofs and extra layers of clothing
- Bike helmet – it's not compulsory to wear one in the UK but a well-fitted helmet is especially recommended for children
- Snacks and drinks to keep energy levels up
- Mobile phone and money

For your bike:

- Water bottle
- Puncture repair kit and pump
- Tyre levers, a bike 'multi-tool' or Allen keys and adjustable spanner
- Spare inner-tubes (saves you having to repair a puncture immediately)
- Bike lights
- Bike lock
- Bike bell – when on a shared-use path a friendly tinkle will let people know you're approaching.



Keep it safe and fun

Here are some tips to keep in mind when out on your ride:

- Let the slowest rider in your group set the pace for your ride.
- Ride in line on busy paths with any children in the middle of the adults. If there's only one adult, ride at the rear so you can keep an eye on everyone in front.
- Take extra care along any on-road sections and at road crossings. You may prefer to push your bike, especially with younger children or less experienced riders.

Plan your route



The routes in this guide are signed and easy to follow – just look out for the National Cycle Network blue signs. You can also check out your route in detail on our online map.

Check your bike



Before you set off on your ride, check your bike is in good condition. We've put together a guide to help you safety check your bike in 11 easy steps.

Fix a puncture



Thankfully, punctures don't happen often and are easy to fix yourself. All you need is a pump, puncture repair kit and a set of tyre levers. Watch our video to learn how to repair a puncture.



Please be aware that routes in this guide may not be accessible to everyone.

One of our top priorities is making the National Cycle Network accessible to everyone.

But not everyone can easily access the Network.

We work hand in hand with communities to find the best ways to remove and redesign barriers.

This is to help everyone experience the benefits of walking, wheeling and cycling in their local area.

Improving accessibility



As custodians of the National Cycle Network, we're committed to making it safe and accessible for everyone.

We deal with restrictive barriers at a local level, working with communities, local groups and landowners to design alternative solutions together.

How we remove barriers



Find out how our team go about removing barriers.

Enjoyed your ride on the National Cycle Network?

Donate to Sustrans



Please help us to look after and improve the National Cycle Network for everyone to enjoy.

Buy the guide

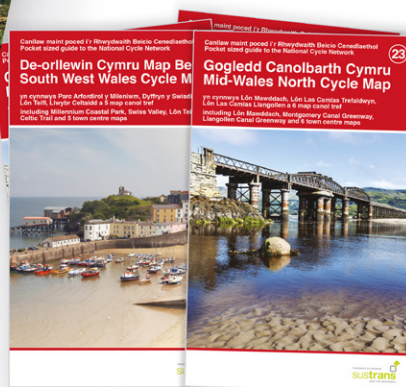
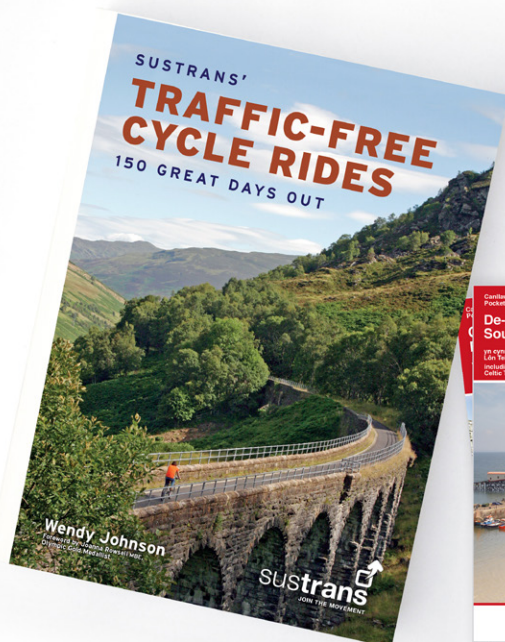


For more inspiring bike ride ideas buy our Traffic-Free Cycle Rides guidebook. It includes 150 hand-picked routes across the UK to help you plan the perfect day out.

Buy a regional map



Find and explore every local route and mile of the National Cycle Network in the UK with one of our pocket-sized regional cycle maps.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Find out more at
www.sustrans.org.uk

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The rides in this guide have been suggested by Sustrans to help you enjoy traffic-free routes on the National Cycle Network. Cycle routes change over time, which may affect this collection of rides. Weather conditions may also affect path surfaces. Please use your own judgement when using the routes based upon the weather and the ability, experience and confidence levels of riders in your group.

Sustrans accepts no responsibility for any accidents or injury resulting from following these routes.

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