

The 2010 Route (V4)

The route can be examined online at: <http://www.gmap-pedometer.com/?r=3689254> Mileages are approximate (as those that have previously completed Carten 100 know - the route is a smidgeon over 100 miles on the day – more if you go the wrong way!) also, everyone's cycle computer will measure fractionally differently so use the numbers as a guide only.

Please study the route. Google Streetview is your friend, although the camera van appears to have had lunch in the car park at one of the critical turns (Clyne Gardens, Swansea) and doesn't cover the road as well as we would have liked at that point.

Remember the aim is for everyone who starts the ride to finish it! Please help other riders in whatever way you can.

There should be some signs up at critical junctions, but it is not unknown for 'Jokers' to move them or alter the arrows. You should have a good idea of where to go and where the critical turns are.

This is the 'Official Route' and is the one supported by the Emergency Vans. There are a couple of 'alternate routes' that 'locals' might know - they aren't any shorter but might be 'nicer' roads. If you follow someone on one of those routes make sure that they are actually on the Carten – I had a 6 mile 'detour' once for assuming that the person in front knew where they were going!

The vans will be of limited benefit on the 'cycle only' bits of the route – Clyne Gardens and the Millennium Cycle Path – as mentioned elsewhere, you should be prepared to get yourself out of trouble (spare inner tubes, pump, tyre levers etc.) Remember each van is intended for Emergencies only and can only assist one person at a time.

Differences for 2010

- The start is now at Sophia Gardens, just off Cathedral Road. Parking (just for unloading and during the start) is at the back between the Building and the SWALEC Stadium. If you need to leave your car all day then you should either park on Cathedral Road (Free) or in one of the Pay and Display areas.
- Part of the route is now on the Millennium Cycle Path – this should be more pleasant and safer than the roads and opens up several possible lunch stops.

The Route in words

Mileages are approximate and will get more approximate the further into the ride you go, embedded links take you to the general area, you will need to scroll a bit and might have to change the zoom.

***** Pay Attention! ***** indicates places where people have taken wrong turns in the past and done more miles than necessary.

***** Extreme Caution ***** is for a really nasty road crossing (e.g. M4 Junction 41 Off slip). Please take care.

Part One – Cathedral Road to Margam (29 miles)

Miles	Description	Km
0.0	Start in Sophia Gardens, Registration from 7:10, Departure 7:45 Exit Sophia Gardens and Turn Right at the Traffic Lights – you are aiming for the A48 At traffic lights go straight over onto Pencisely Road to Waungrun Road and then cut off the corner to join the A48 Western Avenue.	0.0
2.0	Roundabout. Take Second Exit onto A48 Eastern Avenue Follow A48 up the (gentle) hill to Culverhouse Cross Roundabout	3.2
4.2	Culverhouse Cross Roundabout. Take third exit and continue up the A48 .	6.8
6.0	Pass through St Nicholas, stay on A48	10.0
11.0	Start of Cowbridge By-Pass, Stay on A48	18.0
16.0	Golden Well Oriental Restaurant is at the bottom of the Hill, Keep on A48	26.0
17.8	Large traffic light controlled roundabout. Take First Exit (A48) onto By Pass road. Keep going straight through traffic lights and roundabouts, keeping to the A48	28.5
23.0	The A48 crosses over the M4	37.0
24.0	*** Pay Attention! *** Big roundabout, Take last exit (A48) on the Pyle Road	38.5
27.8	Big Roundabout, Jn 38 of M4 Stay on the A48 which runs alongside (Left of) the M4 for a while	44.6
29.0	Express Cafe and Twelve Knights [LINK] – Margam The Cafe knows we are coming, but with so many riders this year, might be stretched. The Twelve Knights is next door to the Express Cafe and will be doing Breakfast Rolls and tea/coffee. Subject to there being no emergencies, it is likely that one of the Vans will be here with Water etc. to enable you to re-fill your bottles.	46.5

Part Two – Margam to Lunch (31 Miles)

Miles	Description	Km
29.0	Tollgate, Margam, Continue down A48	46.5
31.1	Roundabout stay on A48 (3 rd Exit)	50.0
31.3	*** Extreme Caution Required *** Roundabout, stay on A48 which immediately crosses the M4 (Jn 41) off slip under a bridge. BE VERY CAREFUL crossing the slip road. *** Extreme Caution Required ***	50.5
33.0	Roundabout stay on A48 (3 rd Exit)	53.0
34.5	Cross the old bridge over the river – please use the cycle path to cross the bridge At the end of the bridge turn left adjacent to the A483 (Fabian Way) there are cycle paths here which cross to the opposite side of Fabian Way. If you are following the route on http://www.gmap-pedometer.com/?r=3689254 click on the OSM button in top right hand corner of the map to show the cycle paths.	55.0
37.0	Cycle path ends, join the road	59.5
38.5	Rather than stay on the main road, you could make your way through the bay/dock area and along the sea-front cycle path. This is a much nicer route.	62.0
42.8	*** Pay Attention *** Entrance to Clyne Gardens is on the other side of the Main Road and is easy to miss. Look for the pitch and putt golf course. If you are on the cycle path then the golf course is on your right, if you are on the road then it is on the left. Turn right and cross at the pelican crossing and make your way up the old tramway. *** Pay Attention ***	68.8
46.7	Emerge from tramway into middle of housing estate, continue to follow the cycle path/roads along to Woodlands Terrace [Link] there is a local shop (SPAR?) at the end of Woodlands Terrace which is a good place to get a sugar fix if you need it.	75.3
47.0	Rejoin main road	76.1
47.5	*** Pay Attention *** Turn Right onto B4296 , you should almost immediately pass under the railway line. If you miss this junction you will be the wrong side of the water and will have to re-trace your route.	76.5
48.0	Roundabout take first exit onto the A484	77.5
50.0	Still on A484 cross over the water Stay on A484 crossing numerous roundabouts	80.5
54.7	Roundabout (Sandy Roundabout) [Link] take first exit onto B4304 and then a short way down turn right to join the track leading to the cycle path. The Sandpiper Pub should be on the opposite side of the road (though there isn't an entrance on the B4304. Partway along the cycle path there is the pavilion cafe which is one of the places you could stop to get lunch.	88.2
58.5	Marina follow the access road to the roundabout on the B4311 (Ashburnham Road)	94.2
59.0	Pembrey Lunch stops include the Neptune, The Ship Aground, and the Red Lion and The Pembrey Inn in Pembrey village. Also a hotel just before the Ship Aground, the Ashbarnhum Hotel. It is worth a look on Google [LINK]	95.0
59.7	The Ship Aground	96.0

Part Three – Lunch to Red Roses (28 Miles)

Miles	Description	Km
59.7	B4311 (Ashburnham Road)	96.0
60.1	Turn Left onto the A484	97.0
63.2	Roundabout, stay on A484	97.4
70.7	Junction with B4309, Stay on A484	114
72.8	Roundabout Join A48 going over the bridge	117
73.2	Roundabout turn left onto A40 Stay on the A40	118
82.0	Large Roundabout take A477 to Tenby (First Exit) This road will shortly lead you to the 'Red Roses Climb' it is a good idea to top up your sugars before you start. The climb isn't steep, but it is long. The road is fairly narrow and is also used by buses and lorries. The Sporting Chance awaits you at the end.	132
87.6	Top of Red Roses, The Sporting Chance	141

Part Four –Red Roses to Tenby (13 Miles)

Miles	Description	Km
87.6	Leave the Sporting Chance and head downhill on the A477 towards Tenby	141
94.0	Roundabout, take first exit onto A478	151.5
97.0	Roundabout, stay on A478 Narbeth Road	156
98.2	TENBY SIGN on left hand side of road. REGROUP HERE for mass ride to the Finish.	158
98.4	Keep Left on A478 Narberth Road.	158.5
100 (ish)	Finish on the High Street in front of the Church - Please do not block the road as this is a Public Highway and is used by Cars. Well done! After the photos etc. There are some refreshments at The Crown Inn, Lower Frog Street.	160

Ride safe, take spare inner tubes etc. and lots of energy bars/fluids. The greatest two greatest threats to not finishing are:

- **Running out of energy** (you need to top up well before you think you might run out). While the google pedometer route claims almost 16,000 calories we believe it will be about 7 to 8 thousand for most people. If in doubt eat something! You've earned it!
- **Mechanical failure**

This is the most detailed route we have ever produced, If you have any feedback/suggestions please let us know and we will try to incorporate them into the next version/next year's route.

The aim – everyone who starts makes the finish. Have fun and enjoy yourself!

Phil