

No. 19 SEASIDE SEDUCTION

This ride begins at Gowerton railway station, but if coming by car, I would suggest starting from the car park at the KM 5.3 mark, as the route from Gowerton is not particularly inspiring. Alternatively, if riding with small children, you could start at the Millennium Coast Discovery centre, as the section from there to Burry Port is probably the highlight of the ride, and very popular with families.

KM	Miles	Direction
0	0.0	From Gowerton station ride along Station Road
0.1	0.1	At the traffic lights turn right and use the shared use cycle/walking path on the right side of the road if you prefer (👉 Gorseinon)
0.4	0.3	At the traffic lights cross straight over
0.9	0.6	At the roundabout continue straight over
1.3	0.8	At the traffic lights turn right (👉 NCR 4)
2.9	1.8	Just after passing under the dual carriageway turn left onto the cycle path (👉 NCR 4)
3.4	2.1	Follow NCR 4 onto Ferndale Drive
3.6	2.3	Follow NCR 4 into Parc Williams
3.9	2.4	Follow NCR 4 onto Station Road
4	2.5	At the T-junction turn left
4.2	2.6	Follow the road across the bridge using the shared use pavement on the right side
4.5	2.8	At the end of the bridge follow the cycle path to the right down the ramp
4.6	2.9	Turn left and rejoin Yspitty road
5.1	3.2	At the miniroundabout go straight on
5.3	3.3	At the main road cross straight over onto the cycle path through the car park**
5.3	3.3	Turn left onto the cycle path
5.6	3.5	Follow NCR 4, over the dual carriageway, along the shore and through the National Wetlands Centre Follow NCR 4 all the way to Llanelli
14.5	9.1	At the roundabout, follow the cycle path to the left towards the Millenium Coast visitor centre

KM	Miles	Direction
14.8	9.3	When you reach the seashore, turn right and follow the coastal path, keeping the sea to your left
21.5	13.4	In Burry Port , follow the cycle path around the harbour, across the two small harbour bridges (walk bikes)
21.7	13.6	Turn left towards the sea, and then right by the Lighthouse Cafe
21.8	13.6	Rejoin the official NCR 4 (turn left)
24.5	15.3	At the far end of the sand dunes and marshes, rejoin the road (turn right)
25	15.6	At the T-junction turn right then take the cycle path that runs beside the road
26	16.3	Turn left onto the Forestry Commission track through the woods
27.2	17.0	Rejoing the road
27.7	17.3	Turn right towards the railway level crossing
27.9	17.4	Cross the main road (take care)
29.4	18.4	At the T-junction turn left
30	18.8	Cross the main road and turn right onto the cycle path
31.8	19.9	Bear left at the roundabout (stay on the cycle path)
32.3	20.2	Rejoing the road (or use the shared use pavement) and continue into Kidwelly
33	20.6	In the centre of Kidwelly , turn left for the railway station (👉 Station) or go straight on for the castle, signposted a few hundred yards further on the right. Retrace the entire route back to Gowerton or take the train.

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