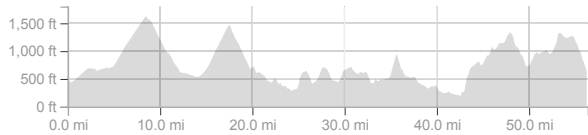


STRAVA VALLEYS VELO EPIC ROUTE

<https://www.strava.com/routes/10537>

56.3 mi **6,836 ft** **Road**
 Distance Elevation Gain Ride Type

Est. Moving Time: 4:20:09



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg speed of 13.0 mi/h over last 4 weeks

DIRECTION	DISTANCE (miles)
Proceed onto Monk Street	0.0
Left onto High Street	0.2
Proceed onto High Street	0.3
Left	0.4
Proceed	0.4
Continue on Gadlys Road	0.5
Proceed onto Gadlys Road	0.7
Continue on Hirwaun Road	0.7
Continue on Cemetery Road	1.2
Proceed onto Cemetery Road	1.3
Continue on Cwmdare Road	1.4
Proceed onto Cwmdare Road	1.9
Proceed onto A4059	1.9
Right onto Hirwaun Road	2.0
Proceed onto Hirwaun Road	2.1
Proceed onto Hirwaun Road	2.6
Proceed onto Hirwaun Road	3.2
Left	3.3

DIRECTION	DISTANCE (miles)
Proceed onto Heads of the Valleys Road	3.3
Proceed onto Heads of the Valleys Road	3.8
Proceed	4.1
Continue on Rhigos Road	4.1
Proceed onto Rhigos Road	4.2
Left onto A4061	4.8
Proceed onto A4061	4.8
Continue on Rhigos Road	8.5
Proceed onto Rhigos Road	11.6
Continue on Abertonnllwyd Street	12.1
Continue on Bute Street	12.3
Continue on Baglan Street	12.7
Continue on Ynyswen Road	13.0
Right onto Bute Street	13.6
Proceed onto Bute Street	13.9
Right onto Station Road	14.1
Proceed onto Station Road	14.2
Proceed onto Park Crescent	14.4
Proceed onto A4061	14.5
Proceed onto A4061	14.6
Right onto Bwlch-y-Clawdd Road	14.7
Proceed onto Bwlch-y-Clawdd Road	14.9
Proceed onto Bwlch-y-Clawdd Road	16.8
Proceed onto Bwlch-y-Clawdd Road	17.4
Continue on A4061	17.4
Proceed onto A4061	17.5
Proceed onto A4061	19.2
Proceed onto A4061	19.6
Continue on Pembroke Terrace	19.7
Proceed onto Pembroke Terrace	19.8
Proceed onto Pembroke Terrace	19.9
Proceed onto Bwlch-y-Clawdd Road	20.0
Proceed onto Bwlch-y-Clawdd Road	20.1
Proceed onto Bwlch-y-Clawdd Road	20.3
Continue on Ogwy Street	20.4
Continue on Aber Road	20.6
Proceed onto Aber Road	20.8

DIRECTION	DISTANCE (miles)	DIRECTION	DISTANCE (miles)
Proceed onto Aber Road	21.4	Proceed onto Penrhiwfer Road	31.0
Continue on Bethania Row	21.6	Proceed onto Penrhiwfer Road	31.0
Proceed onto Bethania Row	21.6	Right onto A4119	31.0
Continue on High Street	21.7	Proceed onto A4119	31.0
Proceed onto High Street	21.9	Proceed onto A4119	31.1
Continue on Bridge Street	22.0	Proceed onto A4119	31.4
Continue on Cemetery Road	22.1	Proceed onto A4119	31.9
Proceed onto Cemetery Road	22.1	Proceed onto A4119	32.4
Proceed onto Cemetery Road	22.4	Proceed onto A4119	32.5
Proceed onto Cemetery Road	22.6	Proceed onto A4119	32.5
Proceed onto Cemetery Road	22.8	Proceed onto A4119	32.8
Continue on Heol Pant-yr-Awel	23.3	Proceed onto Colliers Way	32.8
Continue on A4061	23.4	Proceed onto Colliers Way	33.1
Proceed onto A4061	23.9	Proceed onto A4119	33.3
Continue on Oak Ridge	24.0	Proceed onto A4119	33.4
Proceed onto Graig Terrace	24.2	Proceed onto Salem Terrace	33.5
Proceed onto Graig Terrace	24.5	Proceed onto Salem Terrace	33.6
Continue on A4093	24.7	Continue on Princess Louise Road	33.7
Proceed onto A4093	25.4	Proceed onto Partridge Road	33.8
Proceed onto A4093	26.2	Proceed onto Partridge Road	33.9
Proceed onto A4093	27.1	Proceed onto Partridge Road	34.0
Proceed onto A4093	27.7	Continue on Tyntyla Road	34.1
Proceed onto A4093	28.1	Proceed onto Tyntyla Road	34.2
Continue	28.4	Proceed onto Tyntyla Road	34.5
Proceed	28.4	Proceed onto Penrhys Road	34.7
Left onto Gilfach Road	28.4	Proceed onto Penrhys Road	34.8
Proceed onto Gilfach Road	28.5	Proceed onto Penrhys Road	35.0
Proceed onto Gilfach Road	28.7	Proceed onto Penrhys Road	35.3
Proceed onto Gilfach Road	28.9	Proceed onto Penrhys Road	35.5
Proceed onto Gilfach Road	29.1	Left onto B4512	35.6
Continue on B4278	29.2	Proceed onto B4512	35.6
Left onto Penrhiwfer Road	29.3	Proceed onto B4512	35.6
Proceed onto Penrhiwfer Road	29.4	Proceed onto Penrhys Road	35.6
Proceed onto Penrhiwfer Road	29.5	Proceed onto Penrhys Road	35.8
Proceed onto Penrhiwfer Road	30.4	Proceed onto Penrhys Road	36.0
Proceed onto Penrhiwfer Road	30.9	Proceed onto Penrhys Road	36.1
Proceed onto Penrhiwfer Road	31.0	Continue on East Road	36.2

DIRECTION	DISTANCE (miles)	DIRECTION	DISTANCE (miles)
Proceed onto A4233	36.2	Proceed onto Gelliwastad Grove	42.6
Proceed onto A4233	36.3	Proceed onto Gelliwastad Grove	42.7
Proceed onto A4233	36.3	Right onto Thomas Street	42.7
Proceed onto Pleasant View	36.3	Proceed onto Graigwen Place	42.7
Proceed onto Pleasant View	36.4	Proceed onto Graigwen Road	42.8
Continue on Ferndale Road	36.4	Proceed onto Graigwen Road	42.9
Proceed onto Ferndale Road	36.5	Proceed onto Graigwen Road	43.1
Proceed onto A4233	36.6	Proceed onto Graigwen Road	43.3
Proceed onto A4233	36.6	Continue	43.4
Proceed onto A4233	36.6	Proceed	43.5
Proceed onto A4233	36.7	Proceed	43.6
Proceed onto A4233	36.7	Proceed	43.8
Proceed onto A4233	36.8	Proceed	43.9
Proceed onto A4233	36.8	Proceed	44.0
Proceed onto A4233	37.5	Proceed	44.3
Proceed onto A4233	38.0	Proceed	47.1
Proceed onto A4233	38.8	Proceed	48.8
Proceed onto A4233	39.1	Continue on Blaenllechau Road	49.4
Continue on A4225	39.1	Proceed onto Commercial Street	49.6
Proceed onto A4225	39.5	Continue on Station Road	49.7
Left onto Coedcae Road	39.8	Proceed onto Station Road	49.8
Continue on Llwyncelyn Road	40.0	Proceed onto Station Road	49.9
Left onto A4058	40.1	Proceed onto Station Road	50.0
Proceed onto A4058	40.4	Proceed onto Station Road	50.1
Continue on Gyfeillon Road	40.9	Right onto North Road	50.1
Proceed onto Gyfeillon Road	41.2	Proceed onto North Road	50.2
Continue on A4058	41.5	Proceed onto North Road	50.3
Continue on Hopkinstown Road	41.5	Proceed onto North Road	50.4
Proceed onto Hopkinstown Road	41.9	Proceed onto The Parade	50.6
Continue on Rhondda Road	42.0	Proceed onto The Parade	50.8
Continue on A4058	42.3	Continue on Ffaldau Terrace	50.9
Proceed	42.3	Proceed onto Highfield	51.0
Proceed	42.4	Continue on Excelsior Terrace	51.3
Continue on Sardis Road Roundabout	42.4	Proceed onto Excelsior Terrace	51.3
Proceed onto Catherine Street	42.5	Continue on Glanville Terrace	51.4
Continue on Gelliwastad Road	42.5	Continue on Richard Street	51.5
Left onto Gelliwastad Grove	42.6	Proceed onto Richard Street	51.6

DIRECTION	DISTANCE (miles)
Continue on Maerdy Road	51.7
Proceed onto Maerdy Road	51.8
Proceed onto Maerdy Road	52.0
Right onto Station Road	52.0
Proceed onto Station Road	52.1
Proceed onto Station Road	52.2
Proceed onto Station Road	52.3
Continue on A4233	52.4
Proceed onto A4233	52.4
Proceed onto A4233	52.5
Proceed onto A4233	52.7
Proceed onto A4233	52.8
Proceed onto A4233	52.9
Proceed onto A4233	53.0
Proceed onto Maerdy Road	53.3
Proceed onto Maerdy Road	53.5
Proceed onto Maerdy Road	53.7
Proceed onto Maerdy Road	53.8
Proceed onto Maerdy Road	54.0
Proceed onto Maerdy Road	54.2
Proceed onto Maerdy Road	54.4
Proceed onto Maerdy Road	54.6
Proceed onto Maerdy Road	54.9
Proceed onto Maerdy Road	55.2
Proceed onto Maerdy Road	55.5
Proceed onto Maerdy Road	55.8
Continue on Craig Place	56.2
Arrive at Finish	56.3