

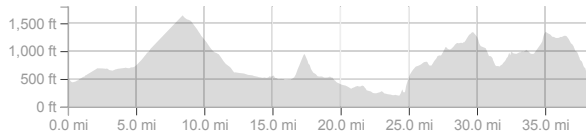
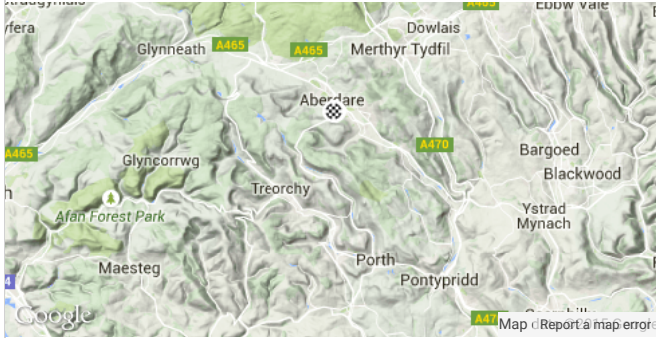


# VALLEYS VELO STANDARD ROUTE

<https://www.strava.com/routes/9267>

**38.1 mi**      **4,527 ft**      **Road**  
 Distance      Elevation Gain      Ride Type

Est. Moving Time: 2:55:59



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
Proceed onto Monk Street	0.2
Left onto High Street	0.2
Left	0.4
Proceed	0.4
Continue on Gadlys Road	0.5
Continue on Hirwaun Road	0.7
Continue on Cemetery Road	1.2
Continue on Cwmdare Road	1.4
Left onto A4059	1.9
Proceed onto Hirwaun Road	2.0
Left	3.3
Proceed onto Heads of the Valleys Road	3.3
Continue	4.1
Continue on Rhigos Road	4.1
Proceed onto Rhigos Road	4.1
Left onto A4061	4.8
Proceed onto A4061	4.8

DIRECTION	DISTANCE (miles)
Continue on Rhigos Road	8.5
Continue on Abertonllwyd Street	12.1
Proceed onto Abertonllwyd Street	12.2
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
Continue on High Street	14.1
Continue on Carne Street	14.6
Proceed onto Carne Street	14.6
Continue on Llewellyn Street	14.7
Continue on Ystrad Road	15.1
Right onto Church Road	15.3
Proceed onto Church Road	15.3
Right onto Ystrad Road	15.3
Continue on William Street	15.9
Proceed onto William Street	16.1
Continue on Gelligaled Road	16.2
Left onto Penrhys Road	16.4
Proceed onto Penrhys Road	16.5
Left onto B4512	17.3
Proceed onto B4512	17.3
Continue on Penrhys Road	17.3
Proceed onto Penrhys Road	17.4
Continue on East Road	17.9
Continue on A4233	17.9
Proceed onto A4233	17.9
Proceed onto A4233	18.0
Continue on Pleasant View	18.0
Proceed onto Pleasant View	18.0
Proceed onto Ferndale Road	18.1
Proceed onto Ferndale Road	18.2
Proceed onto A4233	18.2
Proceed onto A4233	18.3
Proceed onto A4233	19.2
Proceed onto A4233	19.3

<b>DIRECTION</b>	<b>DISTANCE (miles)</b>	<b>DIRECTION</b>	<b>DISTANCE (miles)</b>
Proceed onto A4233	19.3	Proceed onto Commercial Street	31.3
Proceed onto A4233	19.3	Continue on Station Road	31.5
Proceed onto A4233	19.4	Proceed onto Station Road	31.5
Proceed onto A4233	19.6	Proceed onto Station Road	31.6
Proceed onto A4233	20.6	Proceed onto Station Road	31.8
Continue on A4225	20.8	Proceed onto North Road	31.9
Proceed onto A4225	21.4	Proceed onto North Road	32.0
Left onto Coedcae Road	21.5	Proceed onto North Road	32.1
Continue on Llwynceilyn Road	21.7	Proceed onto The Parade	32.3
Left onto A4058	21.8	Continue on Ffaldau Terrace	32.6
Continue on Gyfeillon Road	22.6	Continue on Highfield	32.7
Proceed onto Gyfeillon Road	22.9	Continue on Excelsior Terrace	33.0
Continue on A4058	23.2	Continue on Glanville Terrace	33.1
Continue on Hopkinstown Road	23.2	Continue on Richard Street	33.2
Proceed onto Rhondda Road	23.7	Continue on Maerdy Road	33.4
Continue on A4058	24.0	Proceed onto Station Road	33.8
Proceed	24.0	Proceed onto Station Road	33.8
Proceed	24.0	Proceed onto Station Road	34.1
Continue on Sardis Road Roundabout	24.1	Continue on A4233	34.1
Continue on Catherine Street	24.1	Continue on Maerdy Road	35.0
Proceed onto Catherine Street	24.2	Proceed onto Maerdy Road	35.5
Continue on Gelliwastad Road	24.2	Continue on Craig Place	37.9
Proceed onto Gelliwastad Grove	24.3	Arrive at Finish	38.0
Proceed onto Gelliwastad Grove	24.4		
Right onto Thomas Street	24.4		
Proceed onto Graigwen Place	24.4		
Proceed onto Graigwen Road	24.5		
Proceed onto Graigwen Road	24.6		
Proceed onto Graigwen Road	24.6		
Continue	25.1		
Proceed	25.2		
Proceed	25.5		
Proceed	25.9		
Proceed	26.1		
Proceed	29.3		
Continue on Blaenllechau Road	31.1		
Continue on Commercial Street	31.3		