



Valley To Coast - Cost Of Cancer 2018

ROUTE INFORMATION

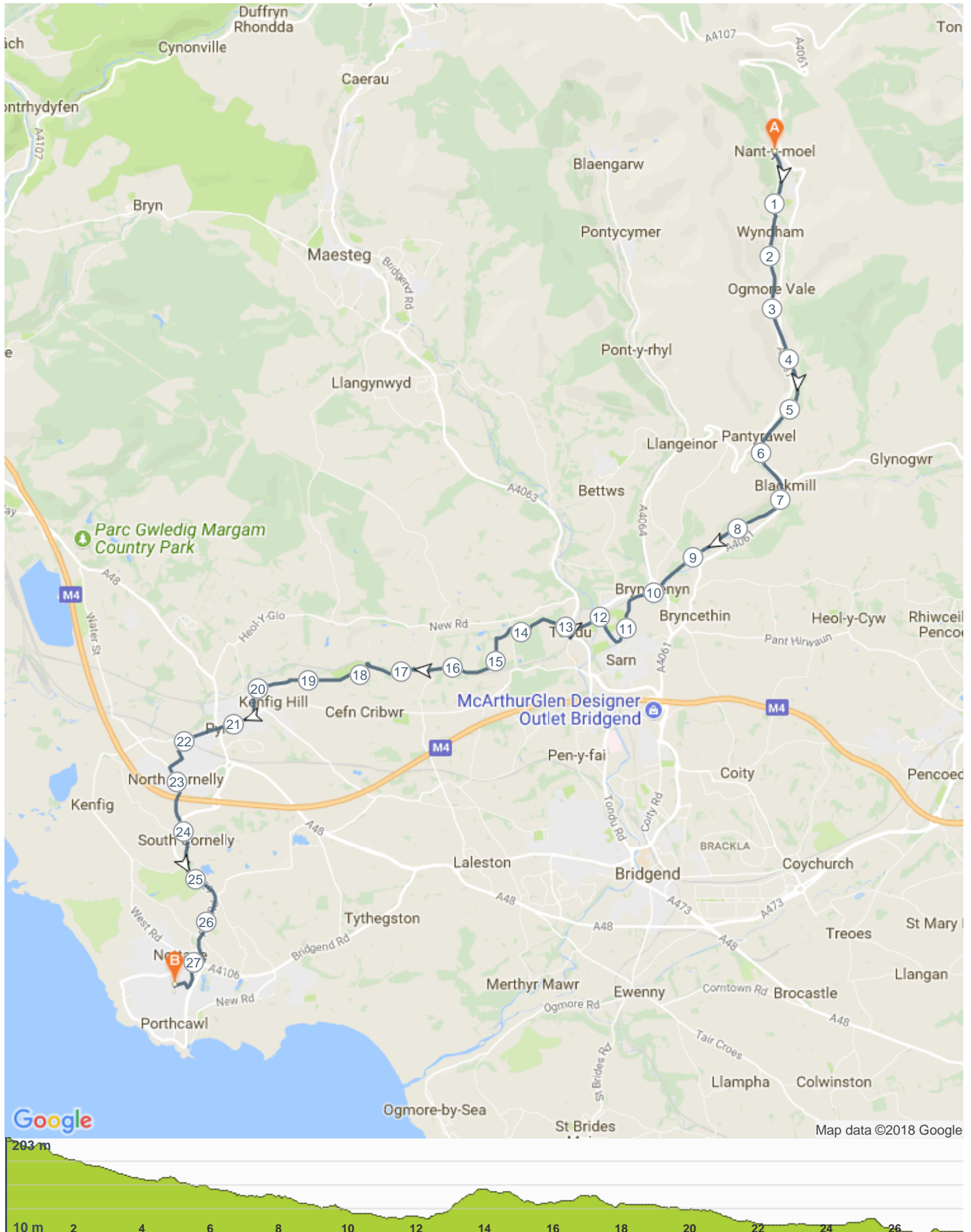


LENGTH 27.995 km
ASCENT 179 m
DESCENT 366 m
HILLS **↑** 26.4% | **↓** 52.4% | **→** 21.2%
TERRAIN Mixed **⚡**
START **LAT: 51.625770, LNG: -3.542240**





NOTES

Valley To Coast - Cost Of Cancer 2018 (27.995 km)



ROUTE DIRECTIONS

No	Km	Turn	Directions
1	0.000		Start near 1 Commercial St, Nant-y-moel, Bridgend CF32 7RA, (at the car Park behind the Londis Store)
2	0.309		 <p>Where possible, please follow signs for Cycle Track 4 - 883</p>
3	0.370		Follow the Cycle Track (Purple Arrows) for approx 11km
4	11.348	➔	Turn right onto Heol Yr Ysgol
5	11.361		Continue onto Heol-Yr-Ysgol
6	11.952	➤	Turn left onto Bryn Rd/A4065
7	12.084		Head southwest on Bryn Rd/A4065 toward Andrews Cl
8	12.393		Head west on Bryn Rd passed Tondu Cricket Club
9	12.690	➤	Cross carefully at the traffic lights and turn right onto Maesteg Road
10	12.912	➤	Turn left onto Cycle Path 4 - 883
11	12.920		Follow track to Parc Slip - Tondu Nature Reserve
12	14.210	➤	 <p>THIS IS A COMPULSORY WATER STOP ALL WALKERS MUST SIGN IN AT THIS POINT</p>
13	14.234		Head southwest
14	14.511		Head west
15	14.564	↶	Take a Left to rejoin the cycle Path 4 - 883
16	14.637		follow the cycle track to Bedford Road

No	Km	Turn	Directions
17	16.458		Turn right onto Bankers Hill
18	16.467	←	Turn left
19	17.757		follow the cycle track
20	17.764	↗	Continue onto Bedford Rd
21	17.952	→	Turn right to rejoin the cycle track 4 - 883
22	19.351	↖	Carefully cross the road and continue on the cycle track
23	20.291		Turn left onto Croft Coch Road,Fford Tyddyn Coch
24	20.299	↗	Turn right
25	20.528	↗	Head south on Baiden Ave toward Pisgah St/B4281
26	20.558	→	Continue down Pisgah Street on to Ffald road and to Pyle Traffic Lights
27	21.308		Cross safely at the traffic lights and continue on to Marlas Road
28	22.009		Continue on Marlas Road, and over Marlas Bridge
29	22.114	↗	At the bottom of Marlas Road, turn right on to Heol Y Parc
30	22.144		Head southwest on Heol-Y-Parc toward Gorslas
31	22.405	←	Turn Right onto Meadow St
32	22.642		Head southwest on Meadow St toward Heol Fach/B4283
33	22.701	←	Turn left onto Heol Fach/B4283
34	22.995		Head south on Porthcawl Rd and under the motorway bridge, onto Porthcawl Roundabout
35	23.767		Enter the roundabout
36	23.808	↗	Exit the roundabout onto Porthcawl Rd
37	24.373		Head south on Porthcawl Rd
38	24.562	↖	Slight left to stay on Porthcawl Rd
39	24.631	←	At the roundabout, take the 1st exit onto A4229
40	25.062		Head southeast on A4229 passed the Grove Golf Club
41	25.298		Continue southeast on A4229 toward Pyle Road, Passed the Cemetery
42	26.823	↗	At Porthcawl Roundabout, turn Right up Fulmar Road
43	27.163	←	at the top of the hill take a Left onto South Road (At Nottage Forge)
44	27.326	↗	Continue down South Road for approx 200 yards, the take a right onto Fitzhamond Road
45	27.724	↗	From here, you will be able to see Porthcawl RFC on your left.
46	27.995		