

Shortest distance 207km, suggested route 210km.

A very lumpy day out, this is the area where Peter Coulson devised the Cambrian series of permanents.

Bwlch-y-Groes, Staylittle, Devils Bridge, Tregaron and a couple more rollers to Newcastle Emlyn. Roads generally quiet.

Backpackers hostel,

<http://www.hamiltonbackpackers.co.uk/>