

Shortest distance 203km, suggested route 206km.

Lanes past Preseli are quite easy to follow, aiming for Llanboidy.

A few lumps on B roads over to Pontarddulais where the A48 is useful (although rather close to the M4) getting you to Neath.

After St Athan use a bit of the Taff Valley trail to get to Caerphilly.

The Van road cuts time spent on the A468, although more up and down.

Not stayed here ( train home) but,

<http://www.jdwetherspoon.co.uk/home/hotels/the-queens-hotel>.

<http://www.travelodge.co.uk/hotels/399/Newport-Central-hotel>.