

# Directions to Llain from Bristol, Cardiff, Swansea & The South West.

From: Pont Abraham Services,  
nr Carmarthen  
To: SA47 0PZ, Llanarth  
Via: Llandysul, Cerdgn  
Total Distance: 45.4 miles  
Total Time: 1 hr 8 min



Acc.	Dist	Route	Directions
0.00	0.00	<b>A48</b>	Start out at Pont Abraham Services, Carmth Follow signs Carmarthen A48
3.80	3.80	<b>A48</b>	Cross Hands (Junction with A476) Travelodge (Llanelli - Cross Hands) At roundabout take 3rd exit
14.90	11.10	<b>A40</b>	Junction with A40/A484 (Carmarthen) At roundabout take 3rd exit A40 (signposted Town Centre)
15.40	0.50	<b>A40</b>	Junction with A484/B4300 At roundabout take 3rd exit
16.80	1.40	<b>A485</b>	Junction with A485 At roundabout take 1st exit A485 (signposted Lampeter)
17.10	0.30	<b>A485</b>	Junction for Cardigan At roundabout take 2nd exit
18.70	1.60	<b>A485</b>	Peniel
20.10	1.40	<b>A485</b>	Rhydargaeau
21.40	1.30	<b>A485</b>	Pontarsais
23.50	2.10	<b>A485</b>	Alltwalis
24.60	1.10	<b>B4459</b>	Junction with B4459 Turn left B4459 (signposted Pencader, Llandysul B4336)
26.40	1.80	<b>B4459</b>	Pencader (post office)
27.70	1.30	<b>Uncl.</b>	Junction for Llandysul (to left) Turn left unclassified (signposted Llandysul)
29.20	1.50	<b>B4336</b>	Junction with B4336 At T-junction turn left B4336
30.40	1.20	<b>A486</b>	Junction with A486 Turn right A486 (signposted New Quay)
30.50	0.10	<b>A486</b>	Junction with one-way system Keep left (one-way) (signposted New Quay)
30.80	0.30	<b>A486</b>	Arrive at Llandysul
-	-	-	Section time 0:45, Total time 0:45
30.80	0.00	<b>A486</b>	Start out at Llandysul, Cerdgn Follow signs New Quay A486

32.90	2.10	<b>A486</b>	Horeb
34.40	1.50	<b>A486</b>	Croeslan
35.60	1.20	<b>A486</b>	Bwlch-y-groes
36.50	0.90	<b>A486</b>	Ffostrasol
37.70	1.20	<b>A486</b>	Capel Cynon
39.80	2.10	<b>A486</b>	Post Bach Bear left
41.40	1.60	<b>A487</b>	"Synod Inn" At T-junction turn right A487 (signposted Aberystwyth) In 1.6 miles descend (12%)
43.90	2.50	<b>A487</b>	Llanarth
44.76	0.86	<b>Uncl.</b>	Turn left by brown tourist signs for Llain A.C. and shout 'hurrah'
45.42	0.66	<b>Uncl.</b>	Finish at SA47 0PZ,Llanarth
-	-	-	Section time 0:23, Total time 1:08