

Key:

T JCN – T Junction, TR – Turn Right, TL – Turn Left, BR – Bear Right, BL – Bear Left, SO – Straight On, RD – Road, TK – Track, X – Cross, FB – Footbridge, ST – Stile, LMG – Large Metal Gate, SMG – Small Metal Gate, LWG – Large Wooden Gate, SWG – Small Wooden Gate, KGT – Kissing Gate, (°) – Magnetic Compass Bearing, FLD – Field, YDS – Yards, LHS – Left hand Side, RHS – Right Hand Side, FPS – Footpath Sign, WMS – Waymarker Sign

 - Cold Drinks Only  - Hot & Cold Drinks  - Cold Food Only  - Hot & Cold Food

All distances are taken from a Garmin GPS62s that has been used to record the route on its highest setting. Other GPS devices may vary. The ascents and descents are taken from Memory Map. This route description should be used in conjunction with an ordnance survey map.

1. West Monmouth School to Cwmcarn Forest Drive

8.3 miles

Height Ascent – 1431 feet

Height Descent – 1466 feet

1.1 Leave school & X RD to pavement opposite & TR. After 100 YDS TL into Farm Rd. At end of RD TL to reach X RDS & TR. At end of RD, SO down footpath with fence on LHS. At end of fence TL down steps & SO along enclosed path to reach RD. TL & 20 YDS after green bus shelter, X RD to go up lane opposite. After 50 YDS lane turns sharp R. SO (210°) up lane. Ignore all turnings to L. The lane will become stony & arrive at lane T JCN. TR & follow lane to reach RD JCN. (Lamb Pub on LHS) TL & follow RD which bends to the R and then L. Shortly after L bend, BR off RD onto wide stony path. (GR ST 278 983)

1.2 Pass underneath electricity wires & SO. After 40 YDS BR onto grassy path. Ignore paths that lead to car park on L & arrive at stony TK next to FPS. TR & after 25 YDS TR (Initially 310° & then bearing left to 280°) onto grassy path that climbs steeply to a X TK. SO (large pile of stones on LHS) to join a wide TK that climbs uphill from R. TL onto this path & climb towards mast. SO (mast on RHS) for 0.8 miles on broad grassy path that becomes an earth path to reach path JCN. (GR ST 259 979)

1.3 TL sharply (130°). Follow path with trig point on LHS. Path will arrive at T JCN. TR. Ignore path on L after 35 YDS & SO. (195°) At X TK directly underneath pylons SO to arrive at major X TK. TL (180°). Follow major path on this bearing for 1.1 miles as it descends gently to an area with forestry on RHS. (GR ST 259 954)

1.4 SO keeping forestry on RHS. At first the forest will be mature but gradually becomes less so & eventually disappear (GR ST 254 942). Follow path for 1.8 miles generally on (220°). Path will gently descend & then gently climb to reach a KGT. (GR ST 244 927) Pass through & SO. Path will bend to the L & uphill before bending to the R. At the top, BR onto wooden steps that lead to the summit of Twmbarlwm. (GR ST 243 926)

1.5 From the summit, follow (275°) on obvious path towards the trig point. SO past trig point, & descend steeply to pass through KGT & emerge onto RD. SO & ignore both RDs on R. Arrive at footpath sign next to a 'Way Out' sign. Descend on path through woods to arrive at forestry TK. **(Be aware of pedal cyclists in woods as you descend the next section)** TR & join RD. Follow the lower RD for approx 50 YDS & BL onto footpath. SO to X TK & SO, still descending. Arrive at multi path JCN with fence on RHS. TL (335°) & descend to pass through SWG & arrive at RD. TL & follow RD as it crosses stream. Approx 75 YDS after crossing stream TL, X stream again & pass through

gap & TR. Follow path to emerge near small lake. BR to walk on RH path keeping lake on LHS to arrive at checkpoint. (GR ST 233 934)

CHECKPOINT 1 – CWMCARN FOREST DRIVE 
TOTAL MILEAGE – 8.3 MILES
Opens 1200 Hrs – Closes 1700 Hrs

2. Cwmcarn Forest Drive to Maesycwmmmer Village Hall
9.7 miles
Height Ascent – 1348 feet
Height Descent – 1296 feet

2.1 From CP walk across small FB & TR. Pass through KGT & SO (310°) through car park. Immediately after green building pass through metal barrier & TL through wooden barrier onto enclosed path. SO for 0.5 mile to reach KGT. **DO NOT** pass through, but BR to follow path with RD on RHS. SO to reach RD JCN. TL & remain on LHS pavement ignoring RD JCNS on LHS. After 0.3 mile RD bends to R & passes over canal via RD bridge. TL into Halls Road Terrace and BL to towpath keeping canal on LHS. Follow canal for 1 mile to reach a FPS (Waunfawr Park) on RHS. **This is 100 YDS before orange barriers & arched bridge ahead.** (GR ST 230 916)

2.2 TR & down steps to reach tarmac lane. TR & descend to railway line. **X carefully** & SO to reach RD (Medart St). SO, ignoring JCNS to R to reach main RD. (B4591) **X carefully** to pavement opposite & TR. Take 2nd L into Blackvein Rd. SO. Arrive at X RDS. X RD & SO (Blackvein Rd). X river & pass underneath dual carriageway. Follow RD around to the R (now Blackvein Mountain Rd). Stay on RHS to reach house on R & FPS (Full Moon). (GR ST 223 912)

2.3 TR. Ignore FP on R (signposted Waunfawr Park) & at next path JCN, SO Xing wooden plank (**Careful, can be slippery**). At next path JCN, SO (Country Park). After 970 YDS pass through wooden barrier & path will arrive very closely to a RD & building with toilets. (GR 210 912) **DO NOT** descend to RD. SO & follow path that climbs into woods. At next path JCN, SO, ignoring path that goes sharply uphill on L. At next path fork, SO uphill. At next path JCN with bench on R, SO uphill. Arrive at major forestry TK. TL & after 20 YDS TR onto path that climbs through trees. At next path JCN, ignore path to R & SO. The path will bend to the R sharply. At next path JCN, SO, ignoring path on R. Arrive at cattlegrid. (GR ST 204 906)

2.4 X cattlegrid to arrive at RD. SO to arrive at wide area & cattlegrid. X cattlegrid & after 20 YDS TL onto TK. Remain on this TK, ignoring all paths to the L & R for 1 mile to arrive at cattlegrid. (GR ST 185 906) X cattlegrid & SO (285°) to enter Mynydd y Grug Common. Remain on main TK & ignore all paths that tempt you to the L. The TK will bend around to the L & there will be forestry on RHS. Arrive at wide area. TR & keep forestry on RHS. The forestry will end & the TK will have a fence on RHS. Arrive at X TKS with green barriers on RHS & SO. (GR ST 173 914) The fence on the R will become a dry stone wall. Follow wall to arrive at RD. (**Walk carefully on minor road**) Descend on RD Xing cattlegrid. Then SO for 0.7 mile to TL through KGT next to 2 LMGs on LHS next to FPS. (GR ST 169 939)

2.5 Follow path to pass through KGT & SO to pass through KGT next to dry stone wall. Descend following stone wall & fence on RHS to pass through marshy area & climb to KGT. (GR 161 941) Pass through & SO (340°) for 550 YDS to arrive at KGT. Pass through & TL on path behind houses. At green barrier on RHS, TR between houses to reach RD. TL & follow pavement to reach T JCN. TL & when pavement ends BL through yellow SMG. Walk through playground to pass through yellow SMG & TL to arrive at Maesycwmmmer Village Hall. (GR ST 155 942)

CHECKPOINT 2 – MAESYCWMMER VILLAGE HALL 
TOTAL MILEAGE – 18 MILES
Opens 1430 Hrs – Closes 2030 Hrs

3. Maesycwmmmer Community Hall to Trallwn Community Centre
7.9 miles
Height Ascent – 1266 feet
Height Descent – 1509 feet

3.1 From CP, TL & walk to RD. TL & follow LH pavement which is raised at times to its end (Ignore side streets to L). SO passing National De-Restriction road signs to follow lane. **(Walk carefully on minor road)** At X TKS with bridleway sign TR downhill. Pass under disused railway bridge to arrive at SWG. Descend concrete steps & after 10 YDS BR to RD. **FAST BUSY RD (A469)**. (GR ST 149 934) **X BOTH CARRIAGEWAYS VERY CAREFULLY** to grass verge opposite & TR. Follow path as it bends to L. Pass yellow barrier to arrive at RD. X **carefully** to pavement opposite & TR. At pedestrian controlled traffic lights, X RD and SO. (Twyn Rd) When pavement ends, SO on RD passing under railway bridge. **(Walk carefully on minor road)**

3.2 Follow RD to arrive at 'Woodfields Nursery'. (GR ST 139 937) TR onto gravel TK & after 60 YDS continue SO on smaller path. Follow main path through woods ignoring paths to L & R to arrive at stream with metal pipe. TL (285°) & uphill to arrive at ST next to LMG. X ST and SO (200°) to ST in dry stone wall. X ST & BL (200°) & follow faint TK as it bends to the R. TK will go uphill with dry stone wall on LHS. X stone ST set back into dry stone wall & X 2nd stone ST opposite to emerge into FLD. BL (250°) downhill to X duckboards & arrive at ST. X ST & SO uphill on wooden boards. At end of boards SO uphill to arrive at TK & TR to arrive at 2 dry stone walls.

3.3 Immediately after large tree and before the 2 stone walls BL (210°) and walk uphill aiming just to the L of 2 large trees. Arrive at TK with dry stone wall in front & TR. TL through 2nd LMG on LHS & walk uphill to arrive at T JCN. TR through LMG towards farmhouse & immediately TL through LMG into enclosed path. Continue uphill to arrive at SWG next to ST. Pass through & continue along enclosed path to arrive at LWG. Pass through & SO following RH fence line to X ST & SO to gravel TK. Follow TK to reach RD. **(Walk carefully on minor road)** TL & after 220 YDS X cattle grid. (GR ST 126 938) SO leaving RD towards Eglwysilan Common. (185°) Remain on main gravel TK to arrive at X TKS just before RD. TL & after 50 YDS BR onto grassy path, initially on (170°). The grassy path bends uphill to the R & ascends for 0.6 miles to reach grass T JCN ignoring false summit on way. TL & after 30 YDS arrive at collapsed trig point at summit of Mynydd Eglwysilan. (GR ST 123 926)

3.4 Leave trig point on (280°) & after 100 YDS BL (250°) at Y JCN. Path will descend to a wide area after 620 YDS with a choice of paths. Follow the LH grassy path as it gently ascends. Arrive at path fork with WMS. BR (270°). After 50 YDS arrive at X TK & SO (270°). After 90 YDS BR (270°) at Y JCN. After 120 YDS TL onto RD. **(Walk carefully on minor road)** (GR ST 113 922) Follow RD for 320 YDS. As RD bends sharp L SO (250°) on TK. Follow gravel TK for 600 YDS curving left under line of pylons to meet a dry stone wall on LHS. Follow dry stone wall for 0.7 mile to arrive at LMG & KGT on LHS next to WMS. (GR ST 104 910)

THE NEXT PARAGRAPH WILL BE FLAGGED AS MOORLAND MAY BE HARD TO CROSS.

3.5 TR (210°) across rough ground. After 180 YDS join wide but faint path. SO, initially (230°). Path will bend to R. After 90 YDS BL (240°) off path & walk across rough ground & after 180 YDS arrive at brow of hill. At top, BR (280°) downhill & after 100 YDS arrive at wide TK. TL, initially (220°) & after 380 YDS when path stops climbing TR (250°) & walk across rough grass to trig point at summit of Cefn Eglwysilan. (GR ST 097 905)

FLAGGED SECTION ENDS.

3.6 Leave trig point (180°). Descend 80 YDS to WMS. From WMS, SO (160°) for 200 YDS to 2nd WMS. TR & descend rough ground to RD (270°). (GR 097 902) TR & follow RD to FPS on LHS. (Pontypridd Circular) TL & X ST. SO downhill with fence on R & X ST next to LWG & follow fence on RHS to dry stone wall. TL & follow TK & wall & pass through gateway to arrive at T JCN. TR downhill. After 50 YDS BL off TK & descend to X ST & descend to lane. SO down lane. **(Walk carefully on minor road)** 30 YDS after Hendre Farm TR on to FP into woods. X stream & pass through KGT into FLD. SO to X small FB. BR (280°) to arrive at KGT in dry stone wall.

SELF CLIP POINT A. (GR ST 090 896)

3.7 Pass through & BL downhill to reach ST. X ST & descend to KGT. Pass through & SO downhill. At X TK SO downhill to arrive at KGT next to LMG. Pass through & TL downhill. Arrive at lane. TR & descend to T JCN. (GR ST 083 898)

3.8 TR. Follow pavement to green railings. X RD to LH pavement & soon TL into park following tarmac path. At 1st path fork BL. Pass war memorial. At next path fork next to concrete bollards, BR down tarmac path to arrive at RD. TL & descend to X RDs. **Carefully** X RD & SO down RD opposite. X RD **Carefully** to RH pavement, pass offices & TR into Coedpenmaen Close. SO & follow path to L of Coedpenmaen Primary School to arrive at FB. TL onto FB & X A470 RD. Having X'd FB, SO (Ignore Newbridge Court on L) to arrive at T JCN & Trallwn Community Centre. (GR ST 078 908)

CHECKPOINT 3 – TRALLWN COMMUNITY CENTRE

TOTAL MILEAGE – 25.9 MILES

Opens 1630 Hrs – Closes 2315 Hrs

4. Trallwn Community Centre to Llanwonno

6.5 miles

Height Ascent – 1613 feet

Height Descent – 803 feet

4.1 Leave CP & TR. Follow pavement to reach X RDs with Chinese Takeaway adjacent. SO (Ralph St) to RD T JCN. TR & follow for 340 YDS to reach RD JCN on L. TL **carefully** & X bridge to reach RD T JCN. X RD **carefully** to pavement opposite & TL. After 180 YDS TR at green FP sign. TR uphill. **(Walk carefully on minor road)** SO under railway bridges. (GR ST 075 910)


4.2 20 YDS after bridges, BL up grassy bank keeping stream on LHS. At top of bank, BL over stream to reach old fence with concrete posts. Path will BR away from fence line and in 220 YDS arrive at T JCN. TR & after 35 YDS X FB. After 165 YDS climb wooden steps & in a further 80 YDS arrive at T JCN with WMS. TL uphill to climb flight of steps. Emerge into clearing & TR (330°). After 230 YDS arrive at T JCN & TL. After 25 YDS BR on lower path. After 10 YDS TR. After 440 YDS arrive at T JCN & TL. After 20 YDS arrive at Y JCN (WMS) & BR uphill (260°). After 220 YDS arrive at Y JCN (WMS). SO (240°) on lower path. Follow path to pass through KGT to reach RD. (GR ST 065 908)

4.3 X RD **carefully** to pass through KGT opposite & follow path for 0.25 miles as it descends to RD. **(Take care on emerging on to RD)** BR (270°) & continue downhill. After 100 YDS arrive at RD JCN & SO downhill. **(Walk carefully on minor roads)** Follow RD for 240 YDS to X RDS with stone house with red door called 'Hafod Cottage' on RHS. TR. (GR ST 058 908) Remain on RD for 1 mile to reach farm on RHS called 'Hafod Ganol Farm'. SO on RD for 520 YDS & 20 YDS short of summit, TR up stony TK with storm drain on LHS. Pass through SMG & SO to arrive at 2nd SMG.

SELF CLIP POINT B. (GR ST 040 917)

4.4 Pass through & SO (340°) uphill keeping sunken path on RHS & pass through SMG. SO keeping sunken path on RHS to arrive at SMG in top RH corner of FLD. Pass through & TR to X small stream, SO (340°) & X FLD to pass through SMG & arrive at TK. TR & after 40 YDS arrive at TK T JCN. TL (310°) Ascend TK & after 300 YDS arrive at T JCN with LMG on LHS. TR uphill. After 100 YDS arrive at a gateway in dry stone wall. (GR ST 036 924) **DO NOT** pass through gateway, & TL keeping wall on RHS to arrive at LMG. SO with wall on RHS to X ST next to LMG. SO & follow wall that becomes disjointed with fence on RHS for 0.7 miles to reach ST in wire fence next to white post. (GR ST 032 937)

4.5 X ST & SO (320°). Walk across rough ground for 540 YDS to reach gap in fence with two very large fence posts. Pass through gap & SO (300°) on grassy path. After 350 YDS pass through gap in fence. SO for 30 YDS to arrive at X TK. TR & after 550 YDS arrive at T JCN. TR & after 90 YDS X cattle grid next to LMG & SO. After 400 YDS BL off TK & pass to L of large pile of boulders to arrive at TK. (GR ST 029 948) SO (330°) for 620 YDS to reach path JCN on RHS. (WMS) TR (80°) & follow path to arrive at RD. (**Walk carefully on minor roads**) TL & follow RD to RD JCN. TR to arrive at Brynffynon Hotel & checkpoint. (GR ST 031 956)

CHECKPOINT 4 – BRYNFFYNON HOTEL, LLANWONNO 
TOTAL MILEAGE – 32.4 MILES
Opens 1820 Hrs – Closes 0130 Hrs

5. Llanwonno to Moriah Hall
4.9 miles
Height Ascent – 411 feet
Height Descent – 1199 feet

5.1 Leave CP & TR & after 30 YDS arrive at ST on RHS. X ST & follow obvious path (130°) to reach fence. TL keeping fence on RHS to reach fence corner. TL keeping fence on RHS & after 45 YDS arrive at ST. (Metal FPS on LHS) X ST & SO (100°) downhill to arrive at X TK. (WMS) SO & after 120 YDS arrive at T JCN & TR uphill. After 450 YDS path bends sharply to L. Ignore SMG in fenceline on RHS & after a further 10 YDS X ST on RHS. SO (150°) following fenceline on RHS to arrive at ST. X ST & SO (130°) & after 50 YDS pass through gap in wall. SO (120°) across large FLD to arrive at dry stone wall. BR keeping wall on LHS to arrive at LMG. SO (160°) keeping fence on LHS to arrive at ST next to LMG. X ST to arrive at TK & TL. Remain on TK for 0.4 mile to arrive at T JCN with black very LMG on LHS. (GR ST 048 950) TR & TK will become tarmac lane. Descend to RD T JCN. X RD **carefully** to pavement opposite & TR. Descend, with houses on LHS & TL down concrete steps near to RD JCN & arrive at RD. (GR ST 053 950)

5.2 TL & follow RD downhill. (**Walk carefully on minor roads**) 50 YDS after white house on LHS BR (120°) onto path. After 15 YDS, BR downhill to follow path with river on LHS. Path will leave river & follow railings to tarmac lane. TL & follow lane to RD. TL & follow pavement to its end. X RD **carefully** (B4273) to pavement opposite & TL. (Now on RHS pavement) After 260 YDS arrive at RD JCN on RHS. SO & after 40 YDS X RD **carefully** (B4273) & walk up RD opposite. After 90 YDS pass through green metal barriers. (GR ST 060 943)

5.3 SO & after 550 YDS arrive at X TK with boulders on either side of main TK. TL (130°) & follow path uphill metalled in parts for 0.7 miles, ignoring all side paths to arrive at metal barrier.

5.4 Pass through & SO (105°) across wide stony area to reach tarmac lane. Follow lane for 220 YDS to reach FPS on LHS. TL & after 60 YDS BL onto grass bank. Follow path keeping to LHS of & behind white house. Follow path for 0.3 mile passing through 2 KGTs to arrive at T JCN. TL & after 30 YDS, BR (15°) downhill. Follow path through woods & after 400 YDS, BR downhill off main TK following chain link fence on RHS to pass through KGT & arrive at RD. **If you arrive at a V**

shaped squeeze ST, you have gone 40 YDS too far. SO downhill keeping church on RHS to arrive at RD T JCN. (GR ST 078 946)

5.5 X RD **carefully** to pavement opposite & TL. Remain on RHS pavement and immediately after bus stop TR into 7th street on RHS. (Thurston St) Downhill to T JCN and TR to arrive at Moriah Hall & checkpoint. (GR ST 082 952)

CHECKPOINT 5 – MORIAH HALL 
TOTAL MILEAGE – 37.3 MILES
Opens 1930 Hrs – Closes 0345 Hrs

6. Moriah Hall to Gelligaer Community Centre
5.5 miles
Height Ascent – 699 feet
Height Descent – 231 feet

6.1 Leave CP & TL. Arrive at T JCN. X RD **carefully** to pavement opposite & TR. Follow it as it bends to L. X RD at pedestrian Xing & TR. SO into alleyway & emerge at RD. BL, keeping Valleys Commando motorcycle club on LHS to X river & arrive at T JCN. TL & after 50 YDS arrive at T JCN. TL & remain on LH pavement to arrive at T JCN with 'Celtic Carvery' opposite. (B4275) X RD **carefully** to pavement opposite & TL. After 150 YDS & immediately after Abercynon Fire Station, TR onto 'Taff Trail'. (GR ST 084 949) **(Walk carefully on minor road)** After 460 YDS BR off RD (If you pass underneath RD flyover you have gone 90 YDS too far) up bank to arrive at TK T JCN & TL. After 310 YDS TR (230°) sharply uphill & follow path to arrive at RD. TR & remain on pavement & after 270 YDS X RD (A4054) **carefully** to JCN opposite (White Hall Golf Club) & TL. X cattlegrid & after 110 YDS when RD bends sharply to R, SO keeping to L of concrete post on to obvious path. (GR ST 090 950)

6.2 SO ignoring all paths L & R to arrive at ST. X & SO ignoring all paths L & R to arrive at LMG. Pass through & SO. After 520 YDS TL down bank. **(THIS TURN WILL BE FLAGGED)** At the bottom of bank, BR (60°) stream on RHS & X FLD to arrive at KGT. Pass through to reach RD. X RD (A472) **carefully** to pavement opposite & TR. After 30 YDS X ST on LHS. SO (stream on LHS) to reach concrete FB. At end of FB TL to tree. X stream **carefully** & TR. After 15 YDS TL (20°) away from stream uphill to arrive at LMG. Pass through (10°) & uphill to arrive at ST in short dry stone wall on LHS. X ST & TR (14°) & X FLD to arrive at metal ST. X ST & TL (310°) & after 50 YDS X stream. TR (22°) & X FLD to arrive at ST. X ST & TL (red brick wall on RHS) & follow enclosed path to arrive at driveway. TL & after 15 YDS arrive at RD. (GR ST 103 958)

6.3 TL & after 20 YDS TR through white gate posts with black capstones. (Metal FPS) After 85 YDS arrive at LMG. Pass through & SO (27°) with hedgeline on RHS (Ignore LMG in dry stone wall) to arrive at rusty LMG. Pass through & SO (80°) to arrive at open gateway. BL (60°) & X FLD to arrive at ST. X ST & SO (52°) following hedgeline on LHS that later becomes dry stone wall to arrive at ST. X ST & TR (120°) keeping dry stone wall on RHS to arrive at LWG. Climb gate to reach RD. X RD & TL (facing oncoming traffic) **(Walk carefully on minor road)** to reach RD JCN (BT Motors Opposite). X RD **carefully** to pavement opposite & TL. After 300 YDS & approximately 20 YDS before the 'Welcome to County Borough of Merthyr Tydfil' sign, X RD **carefully** to FPS opposite. SO & after 15 YDS at T JCN, TL. (Now on Cycle Route 47) Follow cycle track for 0.9 miles to reach green, white & blue cycle route sign (Trelewis 1 mile & Ystrad Mynach 2 miles) on LHS. (GR ST 119 956)

6.4 TL & X ST. Follow obvious path & after 160 YDS arrive at ST. X ST & SO (60°) & after 110 YDS arrive at disused KGT. SO (72°) & X large FLD to reach KGT. Pass through & TL (60°) & uphill to reach ST. X ST & climb bank into FLD. BR (100°) & X FLD to arrive at KGT. Pass through & SO. X

small FB & TL (40°). Follow path uphill to arrive at ST. X ST & BR (110°). After 170 YDS arrive at T JCN & TL. After 40 YDS BR (dry stone wall on RHS) & pass through gateway into FLD. Follow hedge line on LHS. After 70 YDS SO (70°) as hedge line bears away to L & X FLD to arrive at KGT.

SELF CLIP POINT C. (GR ST 132 959)

Pass through & SO (25°). Arrive at KGT. Pass through & SO (10°). Keep houses on RHS & walk across scrubland to arrive at KGT. (GR ST 135 965)

6.5 Pass through to emerge onto pavement. TL & follow pavement eventually passing a rank of shops. Immediately after row of shops, X RD towards the 'Harp Inn'. TL, keeping 'Harp Inn' on RHS to arrive at Gelligaer Community Centre & checkpoint. (GR ST 135 969)

CHECKPOINT 6 – GELLIGAER COMMUNITY CENTRE

TOTAL MILEAGE – 42.8 MILES

Opens 2100 Hrs – Closes 0630 Hrs

7. Gelligaer Community Centre to Deri Community Centre

3.8 miles

Height Ascent – 486 feet

Height Descent – 469 feet

7.1 Leave CP & TL into alleyway to arrive at RD. TR to pedestrian Xing. X RD **carefully** to pavement opposite & TR. After 30 YDS (Ignore main gate), TL into church yard via black KGT. SO keeping church on LHS to arrive at path JCN. TR & arrive at T JCN. TL & after 15 YDS, leave tarmac TK, & SO along avenue of trees with wall on LHS to pass through KGT. SO. Ignore 1st KGT on LHS to arrive at 2nd KGT. Pass through & SO keeping dry stone wall on RHS to arrive at KGT. Pass through to emerge onto lane. Ignore driveway immediately on R, & TR along enclosed driveway. Pass through LWG (Dan-yr-Gaer House) & immediately TL to SWG. Walk to rear of barn to pass through KGT. SO to pass through SWG & SO following LH hedge line to pass through KGT. SO keeping hedge on LHS to arrive at KGT. **DO NOT PASS THROUGH KGT**, but SO through gap in hedge & BR (345°). X FLD to arrive at TK just to L of overgrown ST in FLD corner. (GR ST 131 975)

7.2 TR & after 110 YDS arrive at Y JCN. BL (10°) & after 50 YDS arrive at KGT on RHS. Pass through & X FLD (30°). Pass through KGT & X FB. SO following hedge line on RHS to X ST in FLD corner & TR. Follow hedge line on RHS to X ST & SO (50°). X ST & walk across FLD (8°) to X FB & arrive at KGT. Pass through & SO. After 50 YDS arrive at T JCN. (GR ST 133 983)

THE NEXT PARAGRAPH WILL BE FLAGGED AS MOORLAND MAY BE HARD TO CROSS.


7.3 TR, X stream & after 50 YDS and at the top of the rise, TL (10°) over rough ground to join main path. SO (0°) & after 180 YDS when main path bends sharp L continue SO (20°). Follow path as it meanders gently uphill, becoming indistinct at times as it crosses very rough ground & after 900 YDS arrive at broad stony TK. (GR ST 137 990)

FLAGGED SECTION ENDS.

7.4 TL & follow TK that is stony with fence on RHS & bends sharply to the R & then becomes grassy to pass through green metal barrier. (GR ST 139 996) Emerge on to RD. X RD **carefully** to dry stone wall opposite. TL & follow wall as it bends around to the R to arrive at cattle grid. X grid & SO. (**Ignore RD on LHS**) Pass through green barrier & SO (30°). (**Walk carefully on minor road**) After 490 YDS, the lane bends sharp L. Leave lane & SO to pass through 4 SWGs. Continue descending & ignore path on RHS to descend to X FB & follow path around to L. Path passes

underneath old railway line to arrive at T JCN. TR & after 20 YDS arrive at T JCN. TR on to cycle route. (GR SO 137 003)

7.5 Follow TK for 0.9 mile to reach green metal railings on both sides of cycle TK. TL through green metal barrier & arrive at path. TL & pass underneath bridge (**low headroom**) to pass through KGT & TL & follow path for 30 YDS to X ST. BL to arrive at Deri Community Hall & checkpoint. (GR SO 129 016)

CHECKPOINT 7 – DERI COMMUNITY HALL 
TOTAL MILEAGE – 46.6 MILES
Opens 2200 Hrs – Closes 0830 Hrs

8. Deri Community Centre to Butetown

5.7 miles

Height Ascent – 1006 feet

Height Descent – 687 feet

8.1 Leave CP & TR onto RD. Follow RD to T JCN, X RD **carefully** to pavement opposite & TL. After 15 YDS TR through wall onto cycle TK. Follow cycle TK for 0.5 mile to pass through barrier to arrive at RD & TR. (**Walk carefully on minor road**) Follow RD for 460 YDS & at brow of hill, BR off RD to arrive at LWG next to KGT. Pass through KGT & SO. After 200 YDS arrive at LMG & ST. X ST & after 5 YDS TL onto obvious path, initially on (270°) which then bends around to the R & climbs, eventually following the fence line on RHS to the top of the FLD. Pass between stone wall & fence. SO (330°) as fence diverges away from bearing. X FLD to fence corner. SO with forestry now on RHS to arrive at ST. (GR SO 119 034)

8.2 X ST & SO. After 220 YDS arrive at X TK. SO & X ST next to a green metal cage. Follow path through forestry. After 550 YDS, arrive at Y JCN with wooden pylon just after walls on RHS. BR uphill & follow path for 530 YDS to emerge from forestry. SO (330°) on obvious path for 0.5 mile to arrive at RD. (GR SO 111 052)

8.3 (Walk carefully on minor road) SO, downhill, & follow RD to X RDs. X RD carefully & SO downhill on RD. After 200 YDS TL onto TK. After 100 YDS arrive at Y JCN. BL & after 80 YDS the TK bends to the R as it crosses a stream. Leave the TK & SO (344°) for 35 YDS to arrive at metal sign. TR & follow path with lake on LHS. Follow path as it bends around the lake to the L. Now follow fence line on RHS to arrive at fence corner. (GR SO 110 065)

THE NEXT 3 PARAGRAPHS WILL BE FLAGGED.

8.4 At fence corner, SO (310°) on faint path uphill across rough ground with very small stream on LHS. Follow the faint path to the brow of the hill. From the brow of the hill, SO (335°) with faint ditch on LHS for 220 YDS to arrive at small stone cairn. (GR SO 104 070)

8.5 TL (310°) & follow very faint path across rough ground for 120 YDS to arrive at top of slope to small ravine. Descend on same bearing to X stream. Climb slope opposite on (10°), for 50 YDS across rough ground to arrive at boulder. Change to (352°) & follow on a very faint path at first & then finally passing through rushes for a total of 520 YDS to arrive at metal arched structure.

SELF CLIP POINT D. (GR SO 101 075)

8.6 Leave arched structure on (000°) & descend steeply for 110 YDS. Then TR (090°) & reach fence. TL & keep fence on RHS to descend to fence corner. TR & cross marshy area. Immediately after crossing marshy area, TL keeping marshy area on LHS. After 90 YDS, BR up slope to arrive at LMG. (GR SO 102 078)

FLAGGED SECTION ENDS.

8.7 Pass through LMG & follow fence on LHS. After 20 YDS, follow fence sharp L as it descends to arrive at LMG in corner. **DO NOT** pass through LMG. TR, keeping fence on LHS. Follow fence to pass through next LMG in fence on LHS & BR (10°). After 235 YDS, arrive at TK running from L to R downhill. TR downhill & follow TK as it bends to the L at the bottom of the hill with fence on RHS. Follow TK to arrive at LMG next to KGT. (GR SO 104 082)

8.8 Pass through LMG & follow TK to arrive at LMG. Pass through to arrive at LMG. Pass through to arrive at T JCN. TR downhill to arrive at RD JCN. TL, & after 90 YDS TR through SMG to emerge on to RD. (A 469) X RD **carefully** to pavement opposite & TL. At first RD JCN on RHS, TR into Butetown, X cattlegrid & TL to arrive at St. Aidens Church & checkpoint. (GR SO 104 092)

CHECKPOINT 8 – ST. AIDEN'S CHURCH, BUTETOWN 
TOTAL MILEAGE – 52.3 MILES
Opens 2350 Hrs – Closes 1100 Hrs

9. St. Aiden's Church, Butetown to Bedwellty House, Tredegar **3.4 miles** **Height Ascent – 527 feet** **Height Descent – 611 feet**

9.1 Leave cp & TL. At T JCN TL to reach end of RD with 'Windsor Arms' on LHS. TL & after 30 YDS TR. At the end of the RD, pass between white bollards following path. At Y JCN, BR. (Ignore FB on LHS) Follow path to X FB & arrive at path JCN. TL uphill to arrive at RD. (GR SO 109 090)

9.2 X RD **carefully** to KGT opposite. Pass through & SO. At the top of the flight of steps, TL (50°). After 90 YDS join a TK coming up from the RHS. SO & after 185 YDS arrive at KGT. Pass through & X FB. After 20 YDS TR (66°) at single fence post & walk uphill through trees for 70 YDS. Emerge from trees and change to (90°) & continue uphill to arrive at narrow ST. X ST & SO (120°) across rough ground to arrive at ST. X ST & SO (70°) across FLD to X FB. SO (100°) across FLD to arrive at ST. X ST to arrive at tarmac lane. (GR SO 116 093)

9.3 TR & after 300 YDS arrive at Y JCN. BR & X stone ST next to barrier. SO (95°) for 175 YDS to arrive at LMG. Ignore LMG & SO uphill keeping fence on RHS to arrive at ST in fence line. X ST & SO (110°) to arrive at fence corner with mast on LHS. BL keeping fence on LHS to arrive at fence corner. BR (initially 90°) away from fence & follow TK uphill for 370 YDS & follow TK as it bends L through large gap in fence on LHS. SO (100°) uphill. At the top of hill TL (40°) & after 50 YDS arrive at collapsed circular metal trig point. SO (initially 60°) on broad path for 750 YDS to arrive at T JCN with small cairn. (GR SO 132 090)

9.4 TL (0°) & after 80 YDS arrive at pond on the LHS. TR (100°) across rough ground to arrive at small boulder. SO for 20 YDS & TL (10°) on path through reeds to arrive at ST. X ST & TL. After 10 YDS arrive at fence corner & BR (16°) away from fence on raised path. Path bends to R & will X ditch to arrive at ST. X ST & TR (160°). X FB & SO keeping fence on RHS. Follow fence line as it descends & bends to L to arrive at open gateway (no gate). SO keeping fence on RHS. X small stone FB & after 70 YDS ignore ST in fence on RHS & descend on path that become enclosed to pass through SMG to reach RD. (GR SO 138 092)


9.5 (Walk carefully on minor road) TR downhill, ignoring RD at top of bank. Arrive at Y JCN with single garage opposite. BR with 'Oliver Jones Crescent' on RHS to reach T JCN. TR (Citadel Close) to arrive at T JCN with 'Give Way' signs. X RD **carefully** to pavement opposite & TR. Ignore all side RDs & immediately after Tredegar Hospital' on LHS & before 'No Entry' sign TL through LMG in stone wall to enter Bedwellty Park. SO downhill following line of black lamp posts. After 160 YDS

& at the 4th path JCN on RHS TR. Follow path downhill ignoring all paths to L & R & after 140 YDS arrive at T JCN. (5mph speed sign opposite) TR & after 70 YDS arrive at Bedwellty House & checkpoint. (GR SO 143 086)

CHECKPOINT 9A – BEDWELLY HOUSE
BAGGAGE STOP
TOTAL MILEAGE – 55.7 MILES
Opens 0100 Hrs – Closes 1245 Hrs

Bedwellty House, Tredegar to Georgetown Community Centre
0.7 miles
Height Ascent – 64 feet
Height Descent – 93 feet

9.6 From CP SO to corner of house & TR keeping house on the RHS & arrive at wide Y JCN. BR keeping house on RHS to arrive at X TKS with house on RHS. SO downhill following line of black lamp posts to leave Bedwellty Park via LMG set in stone wall. TR & follow pavement. Pavement will bend around to R. When opposite entrance to Tredegar Comprehensive School & Leisure Centre, X RD **carefully** & pass through LH gate. SO keeping school buildings on LHS. Immediately after Tredegar Leisure Centre & at end of building line, BL across car park (tarmac games pitch on RHS) to arrive at pavement. TR (fence to games area on RHS) & follow pavement across FB over RD. Descend to path T JCN with green metal railings. TL & X river on FB to arrive at lane. TR & after 100 YDS TL to arrive at RD. X RD **carefully** to climb steps opposite. X RD **carefully** & SO. After 80 YDS arrive at Georgetown Community Centre & checkpoint. (GR SO 148 080)

CHECKPOINT 9B – GEORGETOWN COMMUNITY CENTRE 
BREAKFAST STOP
TOTAL MILEAGE – 56.4 MILES
Opens 0100 Hrs – Closes 1245 Hrs

10. Georgetown Community Centre to Pen y Fan Pond
6.5 miles
Height Ascent – 1035 feet
Height Descent – 980 feet

10.1 Leave CP & TL & after 5 YDS TL. At RD T JCN, X RD **carefully** & SO up wide alleyway & steps to arrive at RD. BR (Ignore RD AHD) to pavement opposite & TR. After 125 YDS arrive at staggered X RDS. SO on LHS pavement (rusty metal railings on RHS). Pavement will end with forest on LHS (**Walk carefully on minor road**). After 250 YDS arrive at Y JCN (Rhyd Hall) & BR downhill. After 500 YDS arrive at T JCN. (GR SO 154 074)

10.2 X RD to pavement opposite & SO (**Walk carefully on minor road**). After 380 YDS & immediately after Bedwellty Gardens Housing Estate, pavement ends. SO on RD (**Walk carefully on minor road**). After 370 YDS arrive at Y JCN with yellow grit bin and post box on RHS. SO (houses on LHS) After 290 YDS RD ends at a wide area. BL up stony TK & after 20 YDS BR onto path (Wall on RHS) to reach SMG. Pass through & X stream & SO (180°). (GR SO 159 066)

10.3 The path will gradually climb. After 480 YDS, arrive at path fork. BL (125°) & follow main path uphill. After 350 YDS path will emerge from woodland onto open hillside. SO (150°) on grass path for 640 YDS and eventually level out to meet a fence corner. SO (120°), keeping fence on RHS. After 290 YDS, the fence line will bend away to the R. SO (120°) & after 185 YDS arrive at gravel TK. SO (115°) & after 40 YDS arrive at dry stone wall. Follow wall, keeping it on RHS for 360 YDS & path will meet RD near to FPS. (GR SO 172 053)


10.4 TL & X RD & SO (45°) up stony TK keeping fence on RHS. Follow for 410 YDS to arrive at path T JCN overlooking the Ebbw Valley near to a 'Coal Authority' sign. TR (140°). After 85 YDS arrive at Y JCN & BL (85°). After 310 YDS keep to the R of small collapsed concrete building. 30 YDS after the building arrive at Y JCN & BL (140°). Follow path for 420 YDS & just before ST & fence ahead, BL so that fence & collapsed dry stone wall are on RHS. X ST near to metal cross.

SELF CLIP POINT E. (GR SO 179 051)

10.5 TR (140°). **Steep drop on L, remain on path** Follow fence on RHS for 550 YDS to X ST & SO (195°). Follow fence for 430 YDS to arrive at ST in fence line. X ST & TL (150°) so that fence is now on LHS. After 210 YDS X ST & SO (140°). The path will become a sunken TK. Follow as it descends to RD. (GR SO 185 035)

10.6 TR & walk uphill. **(Walk carefully on minor road)** Follow RD for 510 YDS to RD T JCN & TL. After 480 YDS TL off RD to enter TK. After 510 YDS arrive at LMG (may be open). SO (ignore ST on LHS) with fence on LHS for 370 YDS to arrive at TK fork. BR (155°) uphill & follow TK for 0.7 miles passing through 2 LMG's to arrive at major TK JCN. (GR SO 195 014)

10.7 X ST opposite & follow faint path keeping small stream on LHS. After 385 YDS X stream on FB to pass through KGT & TR (200°). Follow fence line on RHS & after 270 YDS, the fence line will bend slightly away to the R. BL (165°) away from fence line. After 220 YDS pass through KGT & SO to reach tarmac path. TL & after 160 YDS pass through KGT to arrive at Pen Y Fan Pond & checkpoint. (GR SO 198 007)

CHECKPOINT 10 – PEN Y FAN POND 
TOTAL MILEAGE – 62.9 MILES
Opens 0310 Hrs – Closes 1630 Hrs

11. Pen y Fan Pond to Senior Citizens' Hall, Nantyglo **8 miles** **Height Ascent – 1419 feet** **Height Descent – 1308 feet**

11.1 From CP keep to the RHS of brick building to reach tarmac lane. SO & pass through green metal barrier. SO along lane to reach RD. X RD **carefully** & TL. 190 YDS after 30MPH sign & when on apex of bend to give the best visibility, X RD **carefully** to enter lane opposite with white house on RHS. After 140 YDS, TK forks. SO (90°). The TK will end near to a white house with stables. SO on path downhill ignoring STs on L & R to pass through LMG with built in steps. SO downhill ignoring ST's to L & arrive at lane. SO downhill & after 40 YDS arrive at main RD. (GR SO 207 015) X RD **carefully** to pavement opposite & SO down steps passing to RHS of bus stop to arrive at KGT. Pass through, SO & after 20 YDS arrive at KGT. Pass through and walk downhill, initially on grass verge & then RD to arrive at T JCN with 2 garages opposite. TL & follow RD to arrive at T JCN. TR downhill keeping to RHS pavement to reach RD T JCN. (GR SO 208 019)

11.2 TL & follow RD **(Walk carefully on minor road)** to reach RD T JCN. (A4046) X RD **carefully** to pavement opposite & TR. After 90 YDS TL & walk to green barrier & KGT. Pass through KGT & SO on forestry TK that climbs gradually. After 0.4 miles, arrive at TK fork. SO uphill (335°). After 0.8 miles, pass through LMG & SO. Walk uphill to arrive at wide T JCN. (GR SO 200 044)

11.3 TR & after 25 YDS TL onto TK (250°). After 150 YDS pass through green gate next to LMG & SO (260°). After 110 YDS reach double wooden posts. TR (350°) & follow dry stone wall on LHS. After 480 YDS wall bends to L (310°). After 330 YDS the wall ends as it turns sharply L. BR (10°) & after 40 YDS TL onto wide TK (330°). (GR SO 194 051)

11.4 Follow path for 1.2 miles to reach path JCN just after fencing on RHS. (GR 191 069) TR (30°). After 140 YDS arrive at old wooden pylon. SO (15°). Follow main path for 2.5 miles over hillside as it affords spectacular views to the east. The main path will descend to a TK that meanders through a golf course to arrive at a wide gravel area near cream buildings. (GR SO 186 103)

11.5 BR to X ST next to LMG & follow TK for 430 YDS to arrive at RD. TL & after 15 YDS TR into 'Roundhouse Close'. X RD **carefully** to LH pavement & continue in same direction. When opposite 'Market Rd', BL down slope to reach RD. X RD to pavement opposite & SO uphill to reach RD. TL & after 25 YDS arrive at pedestrian Xing. X RD **carefully** to arrive at Nantyglo Senior Citizens' Hall. (GR SO 192 108)

CHECKPOINT 11 – NANTYGLO SENIOR CITIZENS HALL 
TOTAL MILEAGE – 70.9 MILES
Opens 0530 Hrs – Closes 2015 Hrs

12. Senior Citizens' Hall, Nantyglo to Cwmavon Village Hall
8.8 miles
Height Ascent – 1353 feet
Height Descent – 1663 feet

12.1 Return to RD & TL. At 1st RD JCN on L, TL. Follow RD as it bends to R, & then goes uphill. At the top, the RD will bend to the R. Immediately after number 1 Twyngeryn Flats, TL. (GR SO 194 104) Follow RD uphill (**Walk carefully on minor road**). Immediately after 2nd RD on R, SO uphill into lane. Pass through LMG & continue on gravel TK. Follow main TK as it climbs hill. Do not deviate from the TK & after 0.5 mile, arrive at white house. (GR SO 204 100)

12.2 Remain on TK & keep house on RHS. TK becomes a grass path with a tall wire fence on RHS. Wire fence will become a small dry stone wall & small wire fence. The wall & fence will drop to the R away from the path. (GR SO 205 103) SO (40°) & after 130 YDS arrive at path JCN. SO (50°) & after 35 YDS arrive at boggy area. X boggy area & then follow main path, generally on (25°). 170 YDS after leaving the boggy area, the path will turn sharply to the R. (GR SO 208 106) Follow this path. Now on (130°). After 620 YDS, arrive at line of fence posts. SO & after 20 YDS arrive at T JCN. (GR SO 212 102)

12.3 TR & follow the main path (150°) as it gently ascends, then gently descends, ascends again & then descends again for 2.5 miles. At the bottom of the 2nd descent arrive at X TK. (GR SO 230 067)

12.4 TL (60°) onto stony TK (soon pass to LHS of white post). TK descends to X small stream. 20 YDS after stream, TR to X ST. (GR SO 234 066) SO (130°) & arrive at ruined building. SO (130°) & X ST. SO (110°) & X ST. SO (125°) & X ST. SO (80°) & X small FB. Arrive at WMS & SO (100°). After 230 YDS arrive at double FPS. (GR SO 242 062)


12.5 TR (185°). Descend & X FB & follow narrow path with duckboards to enter wooded area. **Steep drop on LHS.** The path emerges from wooded area with ruined building & information board. (GR SO 247 056)

SELF CLIP POINT F. (GR SO 247 056)

12.6 SO & after 410 YDS arrive at stone TK near to WMS. SO (140°) downhill. Follow very stony TK as it meanders downhill. After 0.7 mile, pass through KGT next to barrier. SO on TK & pass through KGT next to barrier to arrive at RD & TL. (GR SO 257 047) (**Walk carefully on minor road**) After 460 YDS arrive at T JCN with LMG opposite & TL. After 35 YDS, arrive at main RD. (B4246) (GR SO 259 044) X RD **carefully** & TR. At 1st RD JCN on L, TL into 'Pisgah Road'. At 1st RD JCN on R, TR.

Follow RD to end & BL between garages & SO to pass through metal barrier & SO. After 100 YDS BL onto tarmac cycle path. (GR SO 261 042)

12.7 Follow cycle path for 1.4 miles. Just before the 1st overhead bridge, TR off cycle path through metal barriers. (GR SO 268 060) After 10 YDS arrive at TK JCN. SO downhill. Arrive at tarmac lane. SO downhill on zig zag path to arrive at T JCN. TL downhill to arrive at main RD. Remain on LH pavement. After 100 YDS arrive at Cwmavon Village Hall. (GR SO 269 061)

CHECKPOINT 12 – CWMAVON VILLAGE HALL 
TOTAL MILEAGE – 79.7 MILES
Opens 0800 Hrs – Closes 0030 Hrs

13. Cwmavon Village Hall to Keepers Pond
4.3 miles
Height Ascent – 931 feet
Height Descent – 166 feet

13.1 From CP, X RD **carefully** (A4043) & TR. After 80 YDS TL into Llanover Lane. Follow RD passing houses on both sides of RD. When RD ends continue SO on path uphill. At X TK SO passing through LMG. Walk uphill on concrete TK. 20 YDS after 2nd telegraph pole on LHS reach WMS. 30 YDS after WMS TL (FPS on L). (GR SO 274 062) Follow path for 50 YDS to arrive at FPS. TR (55°) & follow path as it parallels the dry stone wall on LHS. After 160 YDS path diverges away from wall (10°). Follow faint path initially slightly sunken for 180 YDS to then join main path that joins from R. (WMS on RHS) SO (50°) for 175 YDS to arrive at X TK. (GR SO 276 065)

13.2 TL (325°) & follow path for 0.8 mile to arrive at RD. (GR SO 271 077) (**Walk carefully on minor road**) TR & follow RD for 230 YDS to arrive at metal post on LHS. TL, initially on (20°). Follow faint but clear path that becomes very broad for 2.1 miles as it gently ascends Mynydd – y – garn – fawr. Path has periodic WMS along its length. Arrive at RD next to two large masts. (GR SO 264 107)

13.3 TL (235°) & follow RD (**Walk carefully on minor road**) as it gently descends. Follow for 630 YDS & TR onto grass path. Follow path (305°) for 380 YDS to arrive at Keepers Pond & checkpoint. (GR SO 255 107)

CHECKPOINT 13 – KEEPERS POND 
TOTAL MILEAGE – 84 MILES
Opens 0920 Hrs – Closes 0230 Hrs

14. Keepers Pond to Llanellen Village Hall
5.5 miles
Height Ascent – 450 feet
Height Descent – 1858 feet

14.1 Leave CP & follow path keeping lake on RHS. Follow path to X FB & TR. Follow path for 0.8 miles ignoring all paths to L & R to reach path JCN with stone WMS 'Govilon & Llanfoist'. (GR SO 264 119) TL (20°). Follow descending path for 0.6 miles to reach T JCN with FPS.

SELF CLIP POINT G. (GR SO 269 127)

14.2 TR (70°). SO ignoring all paths to L & R for 0.9 miles to reach T JCN. (GR SO 280 126) TR (120°). Pass through SWG & SO for 0.7 miles to arrive at small lake (Punchbowl). SO keeping lake on R. At end of lake follow path uphill (135°) into trees (fence on L). Path climbs steeply to pass through SWG. TL (140°) & descend on path to pass through LWG & descend to R to RD. (**Walk**

carefully on minor road) TR & walk uphill. Follow RD (ignore 1st turn on R) for 0.4 miles to reach T JCN. (GR SO 289 107)

14.3 SO for 15 YDS & TL to X ST in corner next to FPS. SO for 230 YDS (100°) on faint path, following fence on LHS to X ST & SO for 120 YDS to arrive at path JCN with FPS. BR (100°) & walk downhill ignoring all turns to R & after 380 YDS arrive at tarmac lane & continue downhill. Follow lane for 0.5 miles in total, walking downhill steeply at times & crossing canal to eventually arrive at T JCN. **(B4269)** TR and face oncoming traffic **(Walk carefully on minor road)** eventually following wooden fence on RHS. At end of fence, X RD **carefully** to pavement & continue in same direction. After 260 YDS arrive at X RDS. TL & after 40 YDS arrive at Llanellen Village Hall. (GR SO 304 109)

CHECKPOINT 14 – LLANELLEN VILLAGE HALL 
TOTAL MILEAGE – 89.5 MILES
Opens 1100 Hrs – Closes 0500 Hrs

15. Llanellen Village Hall to Goytre Scout Hut
5.5 miles
Height Ascent – 374 feet
Height Descent – 244 feet

15.1 Leave CP & TR. At X RDs **carefully** continue SO. BR through black gates into churchyard. Follow path to leave churchyard via KGT. SO to arrive at RD & SO. At T JCN, TL. At 1st RD JCN on LHS, TL. As RD bends to L, SO on pavement with wall on LHS. Follow enclosed path to pass through KGT & SO uphill with fence on RHS to pass through KGT. Ignore steps opposite & emerge on canal towpath. TL & follow canal for 4 miles to arrive at Bridge 74. (GR SO 315 055)

15.2 BL through gap next to LMG to arrive at RD. SO for 0.5 mile **(Walk carefully on minor road)** to arrive at T JCN. (A4042) ***VERY FAST DANGEROUS ROAD CROSSING. PLEASE FOLLOW INSTRUCTIONS*** TL & follow narrow verge for 25 YDS. X RD **CAREFULLY** to open gateway opposite. Pass through to enter FLD. SO to reach RH hedge line & ST. X ST & SO with stream on RHS. **(Narrow path)** X 2nd ST & emerge into FLD. Follow hedge line on RHS to reach ST in hedge line. X ST to RD. TL & after 160 YDS arrive at Goytre Scout Hut. (GR SO 323 052)

CHECKPOINT 15 – GOYTRE SCOUT HUT 
TOTAL MILEAGE – 95 MILES
Opens 1230 Hrs – Closes 0730 Hrs

16. Goytre Scout Hall to Folly Tower Car Park
3.1 miles
Height Ascent – 772 feet
Height Descent – 104 feet

16.1 Leave CP & TR. **(Walk carefully on minor road)** Follow RD for 340 YDS to arrive at RD. ***VERY DANGEROUS ROAD CROSSING*** X RD (A4042) **CAREFULLY** to X ST opposite. SO (245°) to X ST in hedge. SO (245°) across FLD. Just before building & with small stream on RHS, BR uphill to arrive at ST in hedge. X ST to reach RD. **(Walk carefully on minor road)** TL & after 160 YDS TR at FPS to pass through SWG. (GR SO 318 049) After 90 YDS BL (225°) at 'Y' JCN with green bench. Remain on main path & ignore any paths to the R & after 250 YDS pass through SWG & TL onto canal towpath. (GR SO 316 047)

16.2 Follow towpath for 0.8 miles. Just before bridge number 67, BL off towpath up slope to X stone ST next to LMG to reach RD. (GR SO 311 038) **(Walk carefully on minor roads)** TL for ½ mile to reach T JCN. TL & follow RD uphill. Immediately before Star PH TR. After ½ mile, BR off RD

at yellow grit bin onto sunken cobbled TK. (GR SO 298 030) Follow very stony TK steeply uphill to pass through LWG & SO to reach RD. TL & after 150 YDS arrive at Folly Tower Car Park. (GR SO 292 026)


CHECKPOINT 16 – FOLLY TOWER CAR PARK 
TOTAL MILEAGE – 98.1 MILES
Opens 1330 Hrs – Closes 0900 Hrs

17. Folly Tower Car Park to West Monmouth School
2.1 miles
Height Ascent – 176 feet
Height Descent – 593 feet

17.1 Leave CP via KGT at rear of car park. Pass through & SO (110°). Follow grassy path keeping the Folly Tower on LHS. From tower, descend gently (170°). Pass through KGT & SO. After 580 YDS X ST next to LMG & SO. After 250 YDS X ST next to LMG & SO along TK. After 40 YDS arrive at TK JCN. (GR SO 295 015)

17.2 SO (165°). After 330 YDS BL (205°) at 'Y' JCN. (Gate on RHS) After 150 YDS pass through KGT next to LMG & SO. (190°) After 180 YDS pass to LHS of disused ST. SO (210°) & remain parallel to dry stone wall on R. After 140 YDS SO, but **DO NOT** descend into sunken ground on RHS. Walk downhill (205°) keeping sunken ground on RHS. After 150 YDS pass through gate entrance (No gate) & SO (220°) downhill with sunken ground still on RHS. After 160 YDS TR into sunken ground & follow wire fence downhill to KGT. Pass through & descend on path through woods to pass through KGT & arrive at RD. (GR SO 291 005) TR & follow RH pavement passing 'Esso' garage on R to arrive at a major X RDs. SO **carefully** using pedestrian Xing.

17.3 Pass underneath RD bridge & follow pavement as it bends around to the R to X RD **carefully** via pedestrian Xing. SO along tarmac path for 90 YDS to arrive at RD. TL (School View) & follow RD to the end. Leave RD on footpath & after 10 YDS arrive at RD. X RD **carefully** & TR. Follow pavement uphill to reach 1st JCN on L. (St. Matthews Rd) SO but remain on LH pavement. 40 YDS after railings, TR & X RD **carefully** to pavement opposite. TL & follow pavement to upper school entrance & the finish. (GR SO 284 002)

THE END – WEST MONMOUTH SCHOOL 
TOTAL MILEAGE – 100.2 MILES
15,361 FT ASCENT