

Cymoedd Sir Fynwy
Saturday 13th April 2024

50.7 mile (81.6km) route description

This route description is designed to be used in conjunction with a map.
All distances and height ascent calculations taken from MemoryMap

Key:

T JCN – T Junction, TR – Turn Right, TL – Turn Left, BR – Bear Right, BL – Bear Left,
SO – Straight On, AHD – Ahead, RD – Road, TK – Track, X – Cross, FB – Footbridge,
ST – Stile, LMG – Large Metal Gate, LWG – Large Wooden Gate, SWG – Small Wooden Gate,
KGT – Kissing Gate, MCB – Magnetic Compass Bearing, FLD – Field,
YDS – Yards, LHS – Left hand Side, RHS – Right Hand Side, FPS – Footpath Sign,
WMS – Waymarker Sign, ODP (Offa's Dyke Path) BW (Beacons Way)

Stage 1: Guide Hall, Abergavenny to Cwmyoy Memorial Hall
6.7 miles (10.6km) & 1696 ft (517m) ascent

PLEASE OBEY INSTRUCTIONS OF EVENT MARSHALS AT KEY ROAD CROSSINGS

1. Leave Guide Hall & SO over car park to reach RD. X RD to pavement opposite & TR. Follow LHS pavement to reach 1st RD on LHS (Skirrid Rd). TL & follow LHS pavement to reach RD T JCN. X RD **CAREFULLY** to pavement opposite & TR. After 15 YDS (13m) BL with pavement. X RD **CAREFULLY** to pavement opposite & SO in same direction to reach RD T JCN. TR & remain on RHS pavement to reach pedestrian Xing. X RD & TR to reach 2nd pedestrian Xing. X RD & TL. After 10 YDS (9m) TR (Pen-y-Pound) & remain on RHS pavement. Shortly after 'National Derestriction' signs, pavement ends. SO uphill (308°) **(FACE ONCOMING TRAFFIC)** & after 160 YDS (146m) reach X RDs. **(GR SO 294 155)**
2. SO uphill & after 0.4 ml (0.6km) RD swings to R & L. Ignore turning to RHS (Upper House) & after 870 YDS (795m) in total reach end of RD & SWG. Thru & up sunken TK ignoring all turnings to L&R. After 600 YDS (548m) exit woodland & reach multipath JCN. **(GR SO 293 173)**
3. TL (320°) passing thru gorse bushes & after 130 YDS (118m) reach wall corner. BL to reach TK & follow wall on LHS. After 55 YDS (50m), wall becomes a fence. After 600 YDS (548m) reach T JCN. **(GR SO 290 178)** TL & after 260 YDS (237m) & as wall veers away to L reach Y JCN. SO (R fork) to reach X TKs. SO (340°) & TK will climb & levels out. After 640 YDS (585m) reach Y JCN. BR & after 370 YDS (338m) a TK joins from L. SO & after 330 YDS (301m) reach X TKs. **(GR SO 283 192)**
4. TR (2°), TK descends & after 380 YDS (347m) follow wall on RHS. SO & after 360 YDS (329m) reach wall corner. BR with wall & reach TK JCN. SO (22°) (leaving wall) descending & after 290 YDS (265m) reach fence corner & T JCN. TL with fence on RHS & descend TK passing ST on RHS to reach corner of fence. Remain on TK descending & follow fence to reach ST next to LWG (CW WMS). X ST & SO to reach RD. **(GR SO 288 204)**
5. TL **(FACE ONCOMING TRAFFIC)** & after 110 YDS (100m) reach RD JCN. TR & descend to RD T JCN. TL & after 10 YDS (9m) reach stone ST on RHS (CW WMS). X ST into FLD. BL (320°) & descend to reach ST (WMS). X ST into woods & descend thru woods & after 160 YDS (146m) reach ST (CW WMS). X ST & SO to reach stream & ST. X ST & SO to WMS, then SO (330°) to reach ST (FPS & CW WMS). **(GR SO 284 209)**

6. X ST to RD. TR to reach X RDs. X RD **CAREFULLY** & SO (45°) up RD (CW WMS) opposite & after 460 YDS (420m) reach green salt bins on the RHS. SO for 50 YDS (45m) to reach wide TK on the RHS. TR & after 70 YDS (64m) reach LMG. Thru & at path fork BL (R fork probably fenced off). TK will climb & swing to R (LMG on LHS). Remain on TK heading E & after 700 YDS (640m) reach LWG. Thru & after 20 YDS (18m) reach TK fork. BR & follow LH FLD edge to reach fence on the LHS. Remain on TK to reach LWG. Thru & SO to TK JCN. TR on TK to reach LMG. Thru & remain on TK as it descends (ignore TKS to the L&R) & after 700 YDS (640m) reach RD. TR & downhill for 10 YDS (9m) to reach FPS (partially hidden) & TK on LHS (Cwmyoy 1.7km). **(GR SO 304 221)**
7. TL onto TK (initially 20°) to reach wooden fence barrier (tree probably still down on barrier, therefore pass to the RHS of tree & regain path on the other side) & downhill (324°) & cross boggy area to reach forestry TK. TR & in 5 YDS sharply TL (WMS). Downhill (310°) & after 430 YDS (393m) reach ST (WMS). X ST into FLD. SO (325°) on sunken TK to reach farm TK with farmhouse opposite. TR & downhill to reach LMG & ST. X ST to RD. TR & after 60 YDS (54m) reach **Cwmyoy Memorial Hall. (GR SO 300 226)**

Cwmyoy Memorial Hall
Total Distance 6.7 miles (10.8km)
Opens 1130 Hrs – Closes 1310 Hrs

Stage 2: Cwmyoy Memorial Hall to Longtown Village Hall
9.5 miles (15.3km) & 1855 ft (565m) ascent

8. Leave CP & return to RD, TR & follow hedge on RHS for 40 YDS (36m). TR after wooden gates to ST (FPS Cwmyoy 0.8 Km). X ST & X FLD (010°) to LMG. Thru & SO for 40 YDS (36m) & BL (310°) to river, SMG & FB. Thru SMG & X FB to 2nd SMG. Thru & SO for 10 YDS (9m) & follow LH FLD edge (010°) to LMG & ST. X ST to RD & TL (FPS). **(GR SO 301 232)**
9. In 160 YDS (146m) reach T-JCN. TL to pass telephone box on LHS. SO on RD for 100 YDS (91m) to stone ST on LHS (FPS Llanthony). X ST & immediately TR. Descend on narrow path to meet fence coming in on L. BR & follow fence on LHS to ST (WMS), X ST & AH (330°) for 60 YDS (54m), X small stream to ST on LHS. X ST to reach SMG (WMS). Thru & X FLD (290°) to ST. X ST to RD (FPS Llanthony). **(GR SO 296 234)**
10. X RD to wide TK opposite & SO on TK. In 115 YDS (105m), when main TK BR, SO to LMG & ST (WMS). X ST & X FLD (330°) on faint TK. In 180 YDS pass LMG on the RHS. SO for a further 220 YDS & follow RHS FLD edge to reach LMG & ST (WMS). X ST & follow RH FLD edge to LMG. Thru & SO (345°) with hedge on RHS to LWG & ST (WMS). X ST & follow LH FLD edge to ST (WMS). X ST & follow LH FLD edge (river on LHS) to ST (WMS). X ST & descend to concrete TK. X TK to ST opposite (WMS), X ST & descend steps to wide TK (WMS Llanthony). TR on TK to pass house on RHS & X bridge to RD (FPS Llanthony). **(GR SO 290 243)**
11. X RD & TR **(REMAIN ON LHS OF RD)**. In 530 YDS (484m) reach 2 x LMG & ST on RHS **(GR SO 290 247)** (FPS Llanthony). X ST & X FLD (050°) to SMG, thru & X FB to 2nd SMG (FPS Llanthony). Thru & X FLD (035°) to ST. X ST (BL to avoid boggy ground) & X FLD (050°) to ST (WMS Llanthony). X ST & X FLD (050°) to LMG & ST (WMS). X ST & small stream & X FLD (050°) thru gap in hedge (FPS Llanthony). Ascend FLD (050°) to pass large tree on the LHS. SO (045°) to farm ruins (WMS Llanthony).

DIGITAL CONTROL ZONE 0 – GR SO 298 256

12. BR to pass thru ruins & BL on TK to X small stream (FPS Llanthony). X FLD (020°) to WMS (Llanthony), X small stream & X FLD (010°) to LMG & ST (FPS). X ST & TR for 5 YDS then TL to X small stream & X FLD (020°) to ST (WMS). X ST & ditch, X FLD & follow RH FLD edge (ignore LMG on RHS). X small stream & thru hedge into FLD (hidden WMS on RHS). Follow RH FLD edge to LMG & ST (FPS Llanthony (020°)). X ST & X FLD (000°) with sunken TK on RHS. At end of sunken TK ignore LMG on RHS. SO (020°) to farm on wide grassy TK to LMG & ST (FPS Llanthony). **(GR SO 299 265)**
13. X ST & SO (040°) with farm buildings on the LHS. SO on farm TK to reach ST next to LMG (FPS Llanthony). X ST & follow LH FLD edge to ST (FPS Llanthony). X ST & SO to LMG, thru to 2nd LMG & ST (WMS) (ignore LMG on the RHS). X ST & follow LH FLD edge, X small FB (ignore ST on LHS) & follow LH FLD edge to reach LMG & ST in FLD corner (WMS) (ignore ST & LMG higher up in FLD). X ST & small FB, keep fence on LHS to WMS on LHS (ignore ST on LHS). SO (320°), X small stream to ST (FPS). X ST & X FLD (310°) to LMG & ST (FPS). X ST & X small stream (**slippery**) into FLD & SO with large trees on RHS to fence (FPS Llanthony). SO to follow RH FLD edge down to muddy TK. BR & X small stream & SO on TK (320°) & ascend, X small stream to LMG & ST (WMS). **(GR SO 293 273)**
14. X ST & X FLD (310°) to join stony TK for 400 YDS (365m) to 2 x LMG's (FPS). Thru to RD. SO on RD (**FACE ONCOMING TRAFFIC**) for 270 YDS (246m) to reach blue Llanthony sign on LHS. SO along RD to reach entrance of Llanthony Priory. TR uphill on access RD & follow wall on LHS as it BL to SWG & LWG (FPS Hatterrall Hill). **(DRINKING WATER TAP AVAILABLE OUTSIDE TOILET BLOCK IN CAR PARK OFF TO THE R)** Thru SWG & TR on TK with wall & priory on RHS to LWG & SWG (FPS). Thru SWG & SO on wide TK (050°) then (080°) for 210 YDS (192m) to large tree stump (FPS All Routes). TL (330°) to SWG & LMG (FPS Hatterrall Ridge). Thru SWG & up FLD (355°) to open gateway (FPS Hatterrall Ridge). Thru & uphill (350°) to ST (FPS Hatterrall Ridge), X ST & small FB to 2nd ST. X ST & ascend (325°) to WMS & TK. X TK & SO (340°) to ST (FPS). X ST to notice board on LHS & up for 130 YDS (118m) (305°) then (355°) to a cluster of small trees on RHS. **(GR SO 287 287)**
15. BR at trees (045°) on wide path. In 40 YDS (36m) X remains of ruined wall & small stream. BL (350°) & SO on main path. In 100 YDS (91m) BL (290°) passing small gorse bush on the LHS & up for 50 YDS (45m) to join minor stream on LHS. BR (035°) & uphill for 300 YDS (274m). **(GR SO 288 291)**. BL (360°) for another 300 YDS (274m) where path becomes gravelled for a short period. SO for 230 YDS (210m) to a pile of stones. **(GR SO 289 296)** SO on gravelled path for 120 YDS (109m) to T JCN with pile of stones on LHS & small stone WMS on RHS passing thru

DIGITAL CONTROL ZONE 1 – GR SO 289 297

16. TR on TK (**now on ODP**) for 1.5 miles (2.4km) to trig point on LHS. **(GR SO 305 279)**. SO on main TK & after 1000 YDS (914m) reach X TK & small stone WMS passing thru

DIGITAL CONTROL ZONE 2 – GR SO 308 270

17. TL onto path, (**leaving ODP**) initially (050°), then BL to follow obvious path downhill (000°). In 600 YDS (548m) fence joins on RHS. Continue descent with fence on the RHS to reach TK. TL on TK & follow fence on RHS to fence corner. TR & descend to LMG & ST. **(GR SO 309 279)**

18. X ST & descend on enclosed path between fences. At fence corner on LHS, BL to LMG & ST. X ST & X FLD (030°) to join LH FLD edge downhill to reach ST in bottom LH corner (WMS). Thru & SO & follow LHS FLD edge to reach LMG. Thru & SO downhill & follow LHS FLD edge to reach LMG between breezeblock walls. Thru to reach 2nd LMG. Thru to reach 3rd LMG. Thru & SO thru farmyard (farmhouse on the RHS) to reach LH LMG. *(Permission granted by Cayo Farm owner for entrants to walk along concrete TK, thru campsite to stream)* Thru & downhill on concrete TK to reach cattlegrid. X & SO thru campsite to reach stream. SO & after 5 YDS TL up steps to SWG. Thru & BL up steps & follow RH FLD edge uphill to LMG & ST. X ST & X TK, SO to reach X TK. TR between houses to reach RD. TR & follow RD to reach **Longtown Village Hall. (GR SO 323 288).**

Longtown Village Hall
Total Distance 16.7 miles (26.9km)
Opens 1340 Hrs – Closes 1745 Hrs

Stage 3: Longtown Village Hall to Pandy Village Hall
5.8 miles (9.3km) & 652 ft (198m) ascent

19. From Checkpoint, TL to RD. TR & follow RD for 700 YDS (640m) **(FACE ONCOMING TRAFFIC)** to reach RD JCN on LHS. TL (Crown Pub on RHS) to reach RD JCN. TR & after 150 YDS (137m) reach LMG & ST on LHS (FPS). X ST & follow LH FLD edge to reach FB. **(GR SO 328 283)**
20. X FB to reach SWG. Thru & TR. X stream & BL up broad path to reach LMG. Thru and follow LH FLD edge (stream on LHS) ignoring LWG on RHS to reach LMG. Thru & uphill to reach LMG. **(GR SO 331 281)**
21. Thru & BR to enter FLD. On entering FLD BL (120°) uphill to reach large oak tree. SO uphill (110°) to reach LMG in top RH corner of FLD. Thru & after 10 YDS (9m) TR to reach double LMGs (WMS). Thru & uphill (initially 160°) & remain on TK & after 220 YDS (201m) reach LMG (WMS). Thru & after 30 YDS (27m) TL (WMS) uphill following LH FLD edge to reach LMG. **(GR SO 336 276)**
22. Thru to TK & TL & follow TK up & around bend to reach LMG (barn on LHS). Thru & remain on TK passing house. TK becomes metalled. When TK turns L (large wooden pylon) TR leaving TK to reach LMG (FPS) passing thru

DIGITAL CONTROL ZONE 3 – GR SO 341 271

23. Thru & follow LH FLD edge to reach LMG. Thru to LH LMG. Thru & follow LH FLD edge to reach LMG (WMS). Thru & follow LH FLD edge downhill to reach LMG. *(Permission granted by landowner to walk direct to the RD – This is not a right of way)* Thru & follow LHS FLD edge to reach gap in bottom LH corner of FLD. Thru & follow enclosed grassy TK to reach LMG. Thru to reach RD. **(GR SO 342 263)**
24. SO & follow RD **(FACE ONCOMING TRAFFIC)** to reach RD JCN. BL & follow RD to reach RD T JCN. TR & follow RD for 1.7 ml (2.7km) to reach bridge over river. **(GR SO 335 233)** X bridge & after 40 YDS (36m) reach ST in LH hedge. X ST & SO to reach FB. X FB to enter FLD. TR & follow RH FLD edge (river on RHS) to reach broken ST. X ST & follow RH FLD edge to reach TK. SO on TK (sewage station on the LHS) to reach RD (FPS). **(GR SO 335 226)**
25. TL **(FACE ONCOMING TRAFFIC)** & pass under railway bridge to reach main RD (A465) & pavement. TR & remain on pavement for 330 YDS (301m). At far end of row of cottages on

the RHS, BR into minor RD towards red telephone box. **(DO NOT STAY ON A465)** Follow lane **(FACE ONCOMING TRAFFIC)** for 500 YDS (457m) to reach RD JCN (A465). TR on RHS pavement and after 330 YDS (301m) reach bus stop. SO (RD JCN to Wern Gifford opposite) & after 120 YDS (109m) X main RD (A465) **VERY CAREFULLY** to KGT opposite. Thru to reach **Pandy Village Hall. (GR SO 332 213)**

Pandy Village Hall
Total Distance 22 miles (35.4km)
Opens 1450 Hrs – Closes 2025 Hrs

Stage 4: Pandy Village Hall to Guide Hall, Abergavenny
7.3 miles (11.2km) & 1299 ft (395m) ascent

26. Return to KGT. Thru to RD (A465). X RD **CAREFULLY** to pavement opposite & TL. After 150 YDS (137m) reach RD JCN (Rising Sun Pub on the RHS). X RD & SO along enclosed path & emerge to reach RD (cottages on the RHS). SO & after 35 YDS (32m) TL to reach RD (A465). X RD **CAREFULLY** & up steps set back in hedge (FPS) to reach SMG. Thru & after 5 YDS (4m) (WMS) reach path T JCN. BL & follow meandering path thru orchard generally downhill which then curves R (WMS off to the LHS) to reach WMS on the LHS. TL to reach FB. X FB (WMS) to reach path T JCN. **(GR SO 329 208)**
27. TR to reach path JCN (WMS). SO & follow LHS FLD edge to reach hard packed TK (WMS). SO to reach LWG (WMS). Thru & SO uphill (substantial wall on the LHS) *(now on BW)*. TK will BL uphill (substantial barn on the LHS). As TK BR (barn on the LHS), SO along enclosed path. Just before path starts to descend, BR to reach KGT (BW WMS). **(GR SO 328 202)**
28. Thru & SO (170°) to join & then follow LHS FLD edge to reach SMG next to LMG (WMS). Thru & SO & follow LHS FLD edge to reach SMG next to LMG. Thru & SO & follow LHS FLD edge to reach SMG next to LMG (WMS). Thru & SO to reach SMG next to LMG (WMS). Thru & SO (100°) & downhill to reach SMG (WMS). Thru & into woodland to reach FB. X FB & follow path thru woods to reach SMG (WMS). **(GR SO 334 196)**
29. Thru & BR (120°) uphill to join & then follow LHS FLD edge to reach FB. X FB to reach SMG (BW WMS). Thru & SO passing WMS to reach SMG next to LMG (BW WMS). Thru & SO (140°) uphill to eventually join & then follow LHS FLD edge passing BW WMS to reach SMG next to LMG (BW WMS & FPS). Thru to RD **(GR SO 337 192)**
30. TR & after 0.3 ml (0.5km) reach driveway of 'The Steppes' on the LHS. TL leaving RD to reach ST (BW WMS). X ST & BL into FLD. Follow RHS FLD edge to reach ST next to LMG (BW WMS). X ST & SO (100°) to reach ST next to LMG (BW WMS). X ST & TR uphill & follow RHS FLD edge to reach ST next to LMG & tree (BW WMS). X ST & SO uphill & follow RHS FLD edge to reach SWG next to LWG (BW WMS & FPS) **(GR SO 333 186)**
31. Thru & BL initially (140°) & after 30 YDS (27m) path will BR uphill (160°) & after 50 YDS (45m) reach path fork. Fork L (170°) with fence on the LHS. Path will level out between bracken to reach grassy X TKS. **(GR SO 334 183)**
32. TR (250°) steeply uphill to reach path T JCN (WMS). TL uphill steeply to reach path T JCN on Skirrid summit ridge. TR uphill to reach Skirrid summit.

DIGITAL CONTROL ZONE 4 – GR SO 330 183

33. Leave summit by retracing steps & follow spine of hill generally in a southerly direction & after 0.6 ml (1km) reach wooden fence. BL down steps & path will enter wooded area. Down cobbled section (**CAREFUL – SLIPPERY WHEN WET**) to reach path T JCN (WMS). BR downhill remaining on main path to reach SWG next to LMG in dry stone wall on the LHS (BW WMS). Thru & SO downhill to reach X TKs (WMS). SO downhill passing bench to reach X TKs. SO downhill to reach path T JCN (WMS). BL downhill to reach SWG next 2 x LWGs. Thru & SO along enclosed TK to reach gap in LH hedge close to end of TK. TL thru gap to reach car park. **(GR SO 328 164)**
34. SO to reach SWG next to LWG at far end of car park. Thru & SO & thru gap in hedge to reach RD (B4521). SO to reach Skirrid Farm entrance. X RD **CAREFULLY** to ST next to LMG (FPS). X ST & emerge into FLD & follow RHS FLD edge uphill to reach ST next to LMG. X ST & TL into enclosed path to reach RD (BW WMS & FPS). **(GR SO 332 160)**
TR & follow RD to its end. SO passing between national derestriction signs & down TK. As TK TR, SO to reach ST (WMS & FPS). *(Now entering golf course. Please give way to golfers as you X several fairways)* X ST & SO (240°) across fairway to reach BW WMS. SO into trees downhill to reach BW WMS. B slight L (220°) across fairway towards electricity pylon to reach WMS. Immed after shed, BL into trees to reach BW WMS. SO (200°) across fairway to reach WMS at end of line of trees passing thru

DIGITAL CONTROL ZONE 5 – GR SO 325 153

35. SO across fairway & enter trees via wide path (WMS) (**DO NOT ENTER CARAVAN SITE VIA GAP IN HEDGE**). Thru trees to reach ST next to LMG (FPS). X ST to reach RD **(GR SO 323 152)**
36. SO to reach ST (BW WMS & FPS). X ST & SO across fairway to reach BW WMS. Enter trees & SO passing BW WMS to reach 2nd BW WMS. BR (220°) & across fairway to reach BW WMS in trees. SO (220°) & across fairway to reach WMS. Thru trees to reach BW WMS & back of golf tee. SO to reach ST. X ST & TR to reach RD (FPS) *(now leaving golf course)*. SO along RD & follow RD for 0.9 ml (1.4km), ignoring RD JCNS & under RD subway & railway bridges & follow LHS pavement when available to reach RD T JCN. **(GR SO 308 150)**
37. TL & as pavement ends X RD to verge opposite & face oncoming traffic. Ignore Clifton RD JCN & pavement will start on the RHS *(now leaving BW)*. Follow pavement to reach RD T JCN & pedestrian Xing. **(GR SO 305 149)**
38. X RD to pavement opposite & TL. At 3rd RD JCN on the RHS (Park Ave), TR & X RD to LHS pavement. At 2nd RD JCN on the LHS (Park Lane) & immed before speed camera sign BL leaving RD to reach KGT. Thru & enter Bailey Park. SO & after 10 YDS (9m) reach path T JCN. BR & follow path past Abergavenny Petanque Club to reach path T JCN (green railings opposite). TL & follow path to reach band stand on the LHS. TR & X FB & immed TL thru green SMG into car park. BL to return to Guide Hall. **(GR SO 299 145)**

Guide Hall, Abergavenny
Total Distance 29.3 miles (47.1km)
Opens 1625 Hrs – Closes 2345 Hrs

Stage 5: Guide Hall, Abergavenny to Whistle Inn Camp Site **6.7 miles (10.9km) & 1733 ft (528m) ascent**

39. Leave Guide Hall & TL & walk across car park to reach RD & pedestrian Xing. X RD to pavement opposite & TR. After 50 YDS (45m) TL (Bush Health Care on the LHS) & X to RHS

pavement to reach RD T JCN. TR (ignore turning into private land permit holders only) & road will become pedestrianised to reach T JCN. TL to reach Y JCN (Mountain Warehouse AHD). TR & follow RD to reach RD T JCN (Kings Arms Hotel on the RHS). TR (Tudor St) & after 20 YDS (18m) X RD **CAREFULLY** & enter car park. BR to reach pay & display machine. BL down slope to reach 2nd pay & display machine. **(IF YOU HAVE PARKED YOUR CAR IN THIS CAR PARK, & DECIDE NOT TO VENTURE OUT ON LOOP 2, YOU MUST RETURN TO THE GUIDE HALL TO HAND IN YOUR GPS TRACKER. PLEASE DO NOT SIMPLY GET IN YOUR CAR & GO HOME)** BR across car park to reach bottom RH corner passing a notice board to reach KGT (Castle Meadows). Thru & SO along hard packed path. As hard packed path TL, SO along obvious path to reach copse of trees. Pass to the RHS of the trees & remain on path to reach KGT. Thru & up steps to reach pavement. TL & X River Usk via bridge. At far end of bridge X RD **CAREFULLY** & walk-up RD opposite (Llanfoist Cemetery). Pass the cemetery which is on the LHS. 60 YDS (54m) after end of cemetery & before RD starts to descend, TL thru gap to RHS of LMG (WMS). SO & thru subway to reach 2 x SWGs to RHS of LMG. Thru SWGs & SO & up RD (Garden Centre on LHS) to reach X RDs (B4246) (FPS). X RD **CAREFULLY** & SO uphill (church on LHS). As RD bends sharply to the L, BR up concrete path & thru tunnel **(BEWARE OF LOW HEADROOM AT FAR END)** & up steps. **(GR SO 285 130)** *(You will now walk on an old tram road that brought iron from Blaenavon down to the canal and thence to the world in the early 18th century until further notice)*

40. SO passing FPS & notice board & uphill to reach 1st ST. X ST & SO uphill steeply to reach 2nd ST (FPS). X ST & SO uphill steeply with fence on LHS to reach 3rd ST (WMS). X ST into FLD. SO & follow LH FLD edge uphill to reach ST (FPS). X ST & TR uphill & follow RH fence line to reach path T JCN. TR uphill *(now on Valleys 100 route but in reverse from 2014)* Path will level out & provide extensive views to the north & east. After 0.8 ml (1.3km) reach FPS. **(GR SO 270 128)**
41. SO & after 35 YDS (32m) reach 2nd FPS. BL uphill *(now leaving the historic tram road)* & ignore any paths to the L&R & passing a FPS to reach path T JCN (stone WMS). TR & after 0.8 ml (1.3km) reach wooden FB. X FB & BR (Keeper's Pond now on LHS) & follow path to reach RD (B4246). *(now leaving Valleys 100 route)* X RD **CAREFULLY** to verge opposite. TL to reach RD JCN. **(GR SO 254 107)**
42. *The next 2 sections will describe the route over a slag heap & historic mining area.* TR & after 40 YDS (36m) TL up path thru heather. Pass 2 x wooden posts & SO to reach wide X TKs. TR up onto slag heap. After 190 YDS (173m) reach remains of metal chain embedded in ground. SO & after 25 YDS (22m) TL (275°) downhill. After 130 YDS (118m) downhill to reach the start of 3 different paths. SO (270°) uphill on RHS path to reach X TKs before summit. TR (340°) & after 160 YDS (146m) at path JCN on LHS, TL (210°) and take the lower of 2 x paths. After 100 YDS (91m) the path BR (small pond on LHS) & after a further 100 YDS (91m) join larger path coming up from LHS. BR onto new path & after 0.5 ml (0.8km) & having already passed a red brick building, reach grassy X TKs (wooden pole on the LHS). **(GR SO 242 111)**
43. TL (230°) & descend gently *(The Dyne-Steel Incline)*, eventually passing thru a boggy area to reach an area with small tree. SO & after 15 YDS (13m) reach wooden post & large boulders nearby. SO & after 50 YDS (45m) pass to the LHS of a fenced off capped mine shaft. SO (265°) & after 30 YDS (27m) descend into gully & remain on path on the LHS of the gully as it descends. After 60 YDS (54m) emerge from gully & SO to reach TK. SO downhill (smallholding on the RHS) to reach a farm access TK. SO downhill to reach LMG. Thru & SO to reach RD (B4248). **(GR SO 232 103)**

44. X RD **CAREFULLY** & slight R to access path immed to the LHS of wooden fence. Follow path to reach FB. X FB & after 40 YDS (36m) BR & follow RHS FLD edge to reach tarmac path T JCN. TR into car park. BL thru car park to reach RD. TL & follow RD over bridge & TL into Whistle Inn Camp Site. **(GR SO 229 100)**

Whistle Inn Camp Site
Total Distance 36 miles (58km)
Opens 1800 Hrs – Closes 0240 Hrs

Stage 6: Whistle Inn Car Park to Cwmavon Village Hall
6.6 miles (10.6km) & 1101 ft (335m) ascent

45. Return to RD & TL. Tarmac Rd will become a stony TK & reach a ST next to LMG (probably open). X ST & after 80 YDS (73m) & as TK BL, SO to reach ST next to LMG (FPS). X ST & SO following RHS FLD edge. Path will BL to reach ST next to LMG. X ST & SO uphill to reach tarmac TK. X TK & SO uphill steeply to reach line of old iron fence posts. SO & path will level out & then gently descend to reach wire fence on the LHS. SO to reach path T JCN (with 2 x wind turbines opposite). **(GR SO 224 085)**
46. (*now on Valleys 100 route*) TL & follow path that becomes a TK. Ignore any turnings to L&R & after 1.2 ml (1.9km) reach X TK. (GR SO 230 067) TL (60°) onto stony TK (soon pass to LHS of white post). TK descends to X small stream. 20 YDS (18m) after stream, TR to reach ST (GR SO 234 066). X ST & SO (130°) & reach ruined building. SO (120°) to reach ST. X ST & SO (110°) to reach broken ST. X ST & SO (125°) to reach ST. X ST & SO (80°) to reach FB (FPS). X FB & up rough ground (80°) to reach FPS. SO (100°) & after 230 YDS (210m) reach FPS. **(GR SO 242 062)**
47. TR (185°) downhill to reach FB. X FB & follow narrow path with duckboards to enter wooded area. **(Steep drop on LHS & low branches from trees)** The path emerges from wooded area with ruined building & information board passing thru

DIGITAL CONTROL ZONE 6 - GR SO 247 056

48. SO & ignore paths to L&R & after 410 YDS (374m) reach stone TK (WMS & FPS). SO (140°) downhill. Follow very stony TK as it meanders downhill **(N.B. you might need to walk around a fallen tree if it hasn't been cleared)** to reach 3 x different sized wooden posts (WMS). TR to reach KGT next to metal barrier. Thru & SO to reach KGT next to barrier. Thru to reach RD. **(GR SO 257 047)** TL & after 460 YDS (420m) reach T JCN with LMG opposite. TL & after 35 YDS (32m) reach main RD. (B4246) **(GR SO 259 044)**. X RD **CAREFULLY** to pavement opposite & 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 metal barrier & SO. After 100 YDS (91m) BL onto tarmac cycle path passing thru

DIGITAL CONTROL ZONE 7 – GR SO 262 043

49. Follow cycle path for 1.4 miles (2.2km). Just before the 1st overhead bridge, TR leaving cycle path through metal barriers (GR SO 268 060). After 10 YDS (9m) reach TK JCN. SO downhill to reach tarmac lane. SO to reach T JCN. TL downhill to reach main RD. Remain on LH pavement & after 100 YDS (91m) reach Cwmavon Village Hall. **(GR SO 269 061)**

Cwmavon Village Hall

Total Distance 42.6 miles (68.5km)

Opens 1930 Hrs – Closes 0550 Hrs

Stage 7: Cwmavon Village Hall to Guide Hall, Abergavenny

8.2 miles (13.2km) & 1521 ft (456m) ascent

50. From CP, X RD **CAREFULLY** (A4043) & TR. After 80 YDS (73m) TL into Llanover Lane. Follow RD passing houses on both sides of RD. When RD ends, SO on path uphill. At X TK SO passing thru LMG. Uphill on concrete TK steeply at first which then eases later. (*now leaving Valleys 100 route*) Just past LMG on the RHS & when directly opposite a large grey electrical box halfway up a wooden pole on the RHS, TL leaving concrete TK onto broad grassy path (270°). Path will gently BR uphill to reach X TKs (2 x FPS). **(GR SO 277 066)**
51. SO & after 0.2 ml (0.3km) to reach Y JCN. BL (effectively SO) to reach grassy X TKs. SO towards gap in forestry ahead to reach LMG. Thru & SO to reach X TKs. SO (WMS) downhill (ignore TK into FLD) & follow RHS dry stone wall to reach SMG next to LMG. Thru & SO downhill to reach broad forestry X TKs. SO (WMS) & down on enclosed path to reach TK. BR downhill to reach green metal barrier (probably open). Thru to reach RD. **(GR SO 288 073)**
52. SO (ignore turning on the LHS) downhill to reach Goose & Cuckoo PH on the LHS. SO downhill & after 200 YDS (182m) reach LMG on the LHS (Blaenavon Rd FPS). Thru & SO downhill on TK to X stream and immed reach LMG. Thru & SO & follow TK as it BR to reach ST in the LHS fence. X ST & SO uphill (350°) to reach hedge. TR & follow LHS FLD edge to reach SWG next to ST. X ST & up enclosed path to emerge into FLD (WMS). TR & follow RHS FLD edge to reach ST (WMS). X ST & BR towards RHS FLD edge & then follow FLD edge to reach ST next to LMG (FPS) (ignore 1st ST & new LMG on the RHS). **(GR SO 294 084)**
53. X ST to reach RD. X RD & SO (Ty Celyn, Llanover Rd) along TK. As TK BR & downhill, SO on raised TK & uphill to reach TK T JCN. TR & follow as it descends to reach tarmac T JCN. TL & follow RD as it BR downhill immed after yellow grit bin. Downhill to reach X RDs. **(GR SO 294 092)**
54. SO & after 5 YDS (4m) reach ST on the LHS (FPS). X ST into FLD & SO & after 30 YDS (27m) BL into woodland to reach FB. X FB & follow meandering path & several WMSs to reach steep bank. BL down bank on steps to reach FB at bottom. X FB (WMS) & TL & after 15 YDS (13m) TR uphill to reach SMG (FPS). Thru to reach RD. TR & after 170 YDS (155m) reach white bungalow on the LHS. Immed after bungalow TL (FPS) & follow TK as it BR & then passes between fence on the RHS & house on the LHS. Remain on path & ignore turnings to L&R & after 0.8 ml (1.3km) reach LMG. Thru & SO to reach RD. **(SO 294 108)**
55. BR downhill passing yellow grit bins on the L & R to X canal bridge. Follow RD L & in 20 YDS (17m) reach LMG on the LHS. Thru & TR.
56. Follow towpath for 1.6 ml (2.6km) to reach bridge number 95A. SO underneath bridge & after 20 YDS (18m) TR down steps with black railings, leaving canal to reach concrete path T JCN. TL downhill to reach tarmac lane. BL downhill & follow to reach X RDs (B4246) (FPS). X RD **CAREFULLY** & SO downhill (Abergavenny Garden Centre on the RHS) to reach 2 x SWGs to LHS of LMG. Thru SWGs & SO, thru subway & up TK to reach gap to the LHS of LMG (WMS). Thru to RD & TR & follow to reach RD T JCN. **(GR SO 292 139)**
57. X RD **CAREFULLY** to pavement opposite & TL. X River Usk via bridge. At far end of bridge TR down steps to reach KGT. Thru & SO (100°) on path over FLD passing to the LHS of copse of trees. Follow LHS FLD edge to reach hard packed path. SO to reach KGT (notice board). Thru & after 5 YDS (4m) reach path Y JCN. BR uphill to enter car park. **(IF YOU HAVE PARKED**

YOUR CAR IN THIS CAR PARK, YOU MUST COME TO THE GUIDE HALL TO FINISH THE WALK & HAND IN YOUR GPS TRACKER. PLEASE DO NOT SIMPLY GET IN YOUR CAR & GO HOME)

SO across car park to reach pay & display machine. BL up path to reach small car park. BR to reach RD. X RD **CAREFULLY** to pavement opposite & TR. After 20 YDS (18m) TL (Kings Arms Hotel on the LHS). After 60 YDS (55m) SO along pedestrianised street to reach T JCN. BL (High St) & immed after Portico Lounge Café Bar, TR. When pedestrianised section ends, follow LH pavement ignoring 1st sharp LH turn & reach RD JCN (The Magic Cottage is in front of you). TL (car park on the LHS) & X to RH pavement to reach RD T JCN (Bush Health Care on the RHS). TR & after 50 YDS (45m) reach pedestrianised Xing. X RD & SO into car park to return to Guide Hall.

Guide Hall, Abergavenny
Total Distance 50.8 miles (81.6km)
Total Height Ascent – 9857 ft (3004m)
Opens 2210 Hrs – Closes 1000 Hrs

Congratulations on successfully finishing Cymoedd Sir Fynwy!