

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	DEPART: CHEPSTOW - Nellie's Coffee Shop 07:00 74km to next CONTROL	0.0	0.0
←	LEFT @ T	0.0	0.3
←	LEFT (1ex) @ RBT \$ Motorway	0.3	0.3
→	RIGHT onto ISLAND imm before RBT - follow NCN4	0.5	1.7
←	LEFT rejoining road	2.2	0.1
→	RIGHT (3ex) @ RBT \$ Tintern A466 !!Xing A48!!	2.3	0.5
←	1st LEFT @ [x] \$ NCN42	2.9	1.4
→	RIGHT (2ex) @ RBT \$ SHIRENEWTON NCN42	4.2	1.0
↑	RIGHT (SO) @ T \$ NCN42	5.3	2.5
↑	LEFT (SO) @ T \$ NCN42	7.7	0.3
→	RIGHT @ X \$ EARLSWOOD NCN42	8.0	1.8
←	Fork LEFT @ ▲ \$ EARLSWOOD, W. END & NCN42	9.8	2.9

9.8 kilometers. +238/-77 meters

Type	Note	Dist	Next
←	LEFT @ T \$ PENCAEMAWR & NCN42	12.7	3.6
→	RIGHT @ stg X \$ USK & NCN42	16.4	0.3
!	!!Poor surface on descent!!	16.6	7.7
↑	SO (1ex) @ RBT	24.4	0.1
←	LEFT @ T \$ Abergavenny A472	24.4	0.1
→	1st RIGHT \$ ABERGAVENTNY onto B4598	24.5	7.3
←	LEFT imm after Llanfair Cilgedin \$. PB opp	31.8	1.7
↑	SO @ X \$ LLANELLEN	33.5	4.6
↑	SO @ X. Shop opp !!Xing A4042!!	38.1	0.1
→	RIGHT @ X onto B4269	38.2	3.0
←	LEFT (1ex) @ mRBT \$ GOVILON B4246	41.1	3.7
↑	SO (2ex) @ RBT \$ GILWERN & CRICKHOWELL A4077 !!A465 slips!!	44.8	1.5

35.0 kilometers. +364/-438 meters

Type	Note	Dist	Next
→	RIGHT \$ CRICKHOWELL A4077 - OWS then...	46.3	0.0
←	Imm LEFT along A4077 - OWS ends	46.3	5.1
→	RIGHT @ TL \$ CRICKHOWELL A4077	51.4	0.6
←	LEFT @ T \$ BRECON !!A40 - busy!! Serv opp	52.0	2.5
→	RIGHT \$ TALGARTH A479. PH on right	54.6	7.2
←	1st LEFT after Waun Fach \$. TB opp !!Gates ahead!!	61.8	3.7
→	1st RIGHT after summit !!Sharp - easily missed!!	65.5	2.5
←	LEFT @ ▲ T	67.9	2.3
←	LEFT @ T onto !!A479!!	70.2	1.6
→	RIGHT (2ex) @ RBT \$ BRONLLYS A479	71.8	1.6
↑	SO (2ex) @ RBT \$ BRONLLYS	73.4	0.4
→	RIGHT @ T. PH on right	73.8	0.4
←	Fork LEFT imm before T then...	74.1	0.1

29.3 kilometers. +414/-384 meters

Type	Note	Dist	Next
✍️	Imm CONTROL: BRONLLYS - Honey Cafe 09:57-12:55 71km to next CONTROL	74.2	0.1
←	LEFT @ T then...	74.2	0.1
←	Imm LEFT @ T \$ Builth Wells A479	74.3	0.5
←	1st LEFT \$ Builth Wells A479 - follow becomes A470	74.9	3.8
→	RIGHT \$ BOUGHROOD onto B4350. PH on right	78.7	0.3
←	1st LEFT \$ Painscastle	79.0	7.3
←	LEFT @ T \$ Aberedw onto B4567	86.3	9.2
←	LEFT @ T \$ Builth Wells A481 - follow to A483	95.5	1.5
←	LEFT @ T \$ RHAYADER A483	97.0	0.7
↑	SO (2ex) @ RBT \$ RHAYADER A470	97.7	1.8
→	RIGHT onto old road !!Gate!! imm before Left junc	99.6	0.5
→	RIGHT @ T	100.1	3.5

26.0 kilometers. +263/-244 meters

Type	Note	Dist	Next
←	LEFT @ T	103.6	1.9
↑	Fork LEFT (SO) on RH bend onto SP !!Pedestrians!!	105.5	0.2
↑	LEFT (SO) rejoining !!A470!!	105.6	13.4
↑	SO @ X \$ Aberystwyth A470	119.1	0.2
→	1st RIGHT \$ SANT HARMON B4518	119.2	18.8
→	RIGHT @ T \$ TOWN CENTRE onto B4518	138.0	0.5
←	LEFT (1ex) @ RBT \$ Staylitttle B4518	138.5	0.1
←	1st LEFT \$ Staylitttle B4518	138.7	3.2
←	LEFT \$ LLYN CLYWEDOG	141.9	2.8
→	Fork RIGHT into OWS @ Llyn Clywedog \$	144.7	0.1
✍	CONTROL: LLYN CLYWEDOG - Caffi Clywedog 12:48-18:36 38km to next INFO. 81km to next CONTROL	144.8	0.6
→	Sharp RIGHT @ ^ T - OWS ends	145.3	2.1

45.2 kilometers. +852/-718 meters

Type	Note	Dist	Next
!	!!Cattle grid on descent before corner!!	147.5	5.1
→	RIGHT @ T \$ MACH' & NCN8	152.6	4.1
←	LEFT @ T \$ MACH' B4518	156.7	1.4
←	LEFT \$ MACH'	158.1	17.5
←	LEFT @ X \$ NCN8 onto A489	175.6	0.5
→	RIGHT @ T \$ Dolgellau A487	176.2	0.6
←	LEFT - dead end \$	176.8	0.5
!	!!Bollards!!	177.3	0.1
←	LEFT rejoining road A493 !!Bollards!!	177.4	22.6
↑	LEFT (SO) on RH bend into Idris Villas - dead end \$	200.0	0.7
→	Fork RIGHT imm before Level Xing	200.8	2.1
!	!!Bollards on bridge!!	202.9	0.8
←	LEFT rejoining road !!Bollards!!	203.7	2.9
←	LEFT @ T \$ Dolgellau A493	206.6	6.5

61.3 kilometers. +787/-1075 meters

Type	Note	Dist	Next
→	RIGHT. BS opp !!Gates ahead!!	213.2	11.3
←	2nd LEFT after Cregennan Lakes turning - missing \$!!Gate - more ahead!!	224.4	2.2
→	RIGHT	226.6	0.0
✍	CONTROL: nr DOLGELLAU - Kings YHA D1 end 16:02-01:05 D2 begin 07:00-08:00 40km to next CONTROL	226.6	0.0
→	RIGHT @ T	226.7	1.4
→	Sharp RIGHT onto A493	228.0	4.3
←	LEFT (1ex) @ RBT \$ Portmadog !!A470!!	232.3	0.7
→	1st RIGHT \$ ABERGEIRW	233.0	0.4
→	1st RIGHT \$ ABERGEIRW	233.4	0.3
←	Fork 1st LEFT \$ NCN82	233.7	3.8
→	RIGHT @ T \$ ABERGEIRW	237.5	0.5
←	Sharp LEFT @ X \$ ABERGEIRW	238.0	13.9

31.4 kilometers. +590/-519 meters

Type	Note	Dist	Next
↑	RIGHT (SO) on LH bend \$ NCN82	251.9	3.5
→	RIGHT @ T onto !!A470!!	255.4	9.5
→	RIGHT \$ TAN-Y-BWLCH & RHYD B4410. PH on right	264.9	1.6
→	Sharp RIGHT into TAN-Y-BWLCH stn on Ffestiniog Railway	266.4	0.2
✍	CONTROL: TAN-Y-BWLCH - Station Cafe 09:00-11:12 45km to next CONTROL	266.6	0.2
→	RIGHT @ T exiting onto B4410	266.8	4.5
→	RIGHT @ T \$ BEDDGELERT A4085	271.3	6.7
→	RIGHT @ T \$ BEDDGELERT A498	277.9	17.0
→	RIGHT. Mem on right	294.9	4.5
↑	SO @ X \$ PENISARWAUN. Xing A4086	299.4	0.4
↑	RIGHT (SO) @ T. PH on left	299.9	0.5
←	LEFT on RH bend \$ Bethel then...	300.4	0.0

62.4 kilometers. +699/-900 meters

Type	Note	Dist	Next
→	Imm RIGHT. Salt bin on left	300.4	0.8
↑	LEFT (SO) @ T	301.2	1.8
→	RIGHT @ X onto B4366. PH on right	303.0	0.3
←	1st LEFT \$ SEION	303.3	1.5
←	LEFT @ X onto B4547	304.8	1.6
→	RIGHT @ T \$ Bangor B4547	306.4	0.6
←	LEFT (1ex) @ RBT \$ Holyhead A487	307.1	1.0
→	RIGHT (3ex) @ RBT \$ Bangor A487	308.1	0.4
↑	SO (2ex) @ RBT \$ MENAI BRIDGE	308.5	1.7
←	LEFT (1ex) @ RBT \$ MENAI BRIDGE A5	310.2	0.6
↑	SO (1ex) @ RBT \$ Holyhead A5	310.8	0.2
✂	CONTROL: MENAI BRIDGE - Menai Heritage Thomas Telford Centre 11:00-14:48 26km to next CHECKPOINT U-turn	310.9	0.1

10.5 kilometers. +123/-226 meters

Type	Note	Dist	Next
↑	SO (3ex) @ RBT \$ Bangor A5	311.1	0.6
↘	RIGHT (2ex) @ RBT \$ Caernarfon A487 - follow retracing to B4547	311.7	3.1
→	RIGHT (3ex) @ RBT \$ Y FELINHELI B4547	314.8	0.8
←	1st LEFT \$ Llanberis B4547	315.6	2.7
↑	SO (2ex) @ RBT \$ Llanberis A4244	318.3	4.8
←	LEFT @ stg [x] \$ Caban	323.0	0.7
→	RIGHT on LH bend imm after bridge - dead end \$	323.8	0.5
↘	!!Gates!! then sharp RIGHT following SP !!Pedestrains!!	324.2	0.1
↙	Sharp LEFT xing A4086 along SP \$ LLANBERIS !!Pedestrains!!	324.3	1.4
↑	SO rejoins road	325.8	0.5
←	LEFT @ T onto A4086	326.3	1.4
↑	SO (1ex) @ mRBT along A4086	327.7	9.9

16.7 kilometers. +264/-171 meters

Type	Note	Dist	Next
←	LEFT @ T \$ Capel Curig A4086 then...	337.5	0.1
←	LEFT into Pen y Gwryd Hotel 2nd car park	337.6	0.0
✂	CHECKPOINT: PEN Y GWRYD HOTEL - 2nd car park 12:10-16:53 63km to next CONTROL U-turn	337.6	0.0
→	RIGHT onto A4086 becomes A498	337.6	12.1
←	LEFT @ T along A498	349.7	2.4
←	LEFT \$ MAENTWROG A4085	352.2	8.7
!	!!Oblique Level Xing!!	360.9	1.0
↑	SO @ X \$ HARLECH	361.9	0.1
←	LEFT @ T \$ HARLECH	362.0	1.8
→	RIGHT @ T \$ HARLECH A496	363.8	9.3
↑	LEFT (SO) @ T \$ BARMOUTH A496	373.1	16.9

45.4 kilometers. +436/-649 meters

Type	Note	Dist	Next
→	RIGHT \$ NCN 8 & BARMOUTH BRIDGE SP !!Pedestrains - possible sand & slippery wooden bridge ahead!!	389.9	2.0
→	RIGHT rejoining road then...	391.9	0.0
←	Imm LEFT along road	391.9	0.4
←	LEFT @ T onto A493. Mem opp	392.4	6.6
→	Fork RIGHT on LH bend \$ (KINGS) YHA	399.0	1.4
←	LEFT	400.3	0.0
✂	CONTROL: nr DOLGELLAU - Kings YHA D2 end 15:00-22:00 D3 begin 07:00-08:00 48km to next CONTROL	400.4	0.0
←	LEFT @ T	400.4	1.0
!	!!Gates ahead!!	401.5	1.1
←	LEFT @ T	402.6	5.0
↑	RIGHT (SO) @ T \$ NCN82	407.6	0.3
←	LEFT @ T into OWS	407.9	0.2

34.9 kilometers. +318/-319 meters

Type	Note	Dist	Next
→	RIGHT \$ NCN8 - following OWS	408.2	0.2
←	LEFT \$ NCN8 - OWS ends	408.3	0.3
→	RIGHT \$ TABOR	408.6	3.9
←	LEFT @ T onto !!A487!! then...	412.5	0.0
→	Imm RIGHT @ T \$ Dinas Mawddwy A470	412.6	12.1
←	LEFT shortly before RBT \$. Mirror on right	424.6	1.5
↑	LEFT (SO) @ T onto !!A458!!	426.1	1.9
→	1st RIGHT @ [x] on bends	428.0	11.0
←	LEFT @ T onto A470. PH on left	438.9	3.8
!	TL lane control !!SINGLE FILE - Lights may change against you as climbing!!	442.8	5.7
✍	CONTROL: CARNO - Aleppo Merchant Inn 09:00-11:50 49km to next CONTROL	448.5	6.3
←	LEFT \$ LLANWNOG & ABERHAFESP B4568	454.7	11.3

46.8 kilometers. +812/-686 meters

Type	Note	Dist	Next
→	RIGHT (3ex) @ RBT \$ TOWN CENTRE B4568	466.0	0.7
→	RIGHT @ TL \$ Llandrindod Wells	466.7	0.4
←	LEFT @ TL \$ Llandrindod Wells	467.1	0.8
←	LEFT (1ex) @ RBT - 7.5T max \$	467.9	3.2
←	LEFT @ T onto A483	471.1	0.8
↑	Fork LEFT (SO) on RH bend \$ KNIGHTON B4355	471.9	27.5
←	LEFT @ T \$ town centre then...	499.5	0.1
←	Imm LEFT into Offa's Dyke Centre	499.6	0.0
✍	CONTROL: KNIGHTON - Offa's Dyke Centre 11:00-15:55 56km to next CONTROL	499.6	0.0
←	LEFT exiting	499.6	0.6
→	Fork RIGHT \$ PRESTEIGNE B4355	500.2	2.8
→	RIGHT \$ WHITON & WALTON B4357	503.0	2.8

48.3 kilometers. +667/-453 meters

Type	Note	Dist	Next
!	!!GW lane control on descent!!	505.8	0.1
↑	SO @ X \$ EVENJOB & WALTON B4357	505.9	8.1
←	LEFT @ T \$ Leominster !!A44!!	514.0	0.1
→	1st RIGHT \$ OLD RADNOR & DOLYHIR	514.1	2.1
←	LEFT @ T	516.3	0.2
→	RIGHT @ T \$ GLADESTRY & NEWCHURCH B4594	516.5	10.6
←	LEFT @ ^ [x] \$ CLYRO	527.1	6.8
↑	RIGHT (SO) @ T \$ Painscastle	533.9	0.4
↑	SO @ X onto B4351	534.3	2.1
→	RIGHT @ T \$ Brecon B4350	536.4	0.6
←	LEFT \$ NCN 42 & CAPEL Y FFIN	537.0	13.0
!	!!Poor surface after Capel y Ffin and again after newly surfaced 'Landslip Corner'!!	550.0	5.4

47.0 kilometers. +1067/-940 meters

Type	Note	Dist	Next
→	RIGHT @ ^ opp Priors !!Gravel!! then...	555.3	0.0
✍	Imm CONTROL: LLANTHONY - Treat's Camping & Cafe - continue through gate 13:30-20:24 39km to next CHECKPOINT. 62km to ARRIVEE	555.4	0.0
→	RIGHT rejoining road	555.4	9.7
←	LEFT @ T \$ Hereford. PH on right	565.1	0.3
←	LEFT @ T \$ Hereford !!A465!!	565.4	0.2
→	1st RIGHT \$ Grosmont	565.6	5.4
→	RIGHT \$ COLD ASH	571.0	4.5
←	LEFT @ T \$ Skenfrith B4521	575.5	1.2
→	1st RIGHT @ [x] \$ MONMOUTH	576.7	2.9
→	RIGHT @ T \$ MONMOUTH onto B4347	579.6	6.2
↑	LEFT (SO) @ T onto B4233	585.9	1.8
↑	SO (1ex) @ RBT	587.7	0.6

37.7 kilometers. +377/-576 meters

Type	Note	Dist	Next
↑	SO (2ex) @ RBT	588.3	0.3
↑	SO (1ex) @ RBT \$ Town centre	588.7	0.2
←	LEFT (1ex) @ RBT. PH on right	588.8	0.0
!	!!Pedestrians - Bollards!!	588.9	0.1
↑	LEFT (SO) @ T !!Bollards!!	589.0	0.7
→	RIGHT @ TL \$ Leisure Centre	589.7	0.2
←	LEFT on OWS \$ Leisure Centre	589.9	0.1
→	2nd RIGHT \$ Canoeing !!Easily Missed!!	590.0	0.1
→	RIGHT adjacent River Wye	590.1	0.2
!	!!Dismount 25m!! & fork LEFT back to road	590.3	0.0
←	LEFT rejoining road onto A466 !!Take Care!!	590.3	0.2
→	RIGHT (2ex) @ mRBT \$ TINTERN & CHEPSTOW A466 - follow to A48 RBT	590.6	4.0

2.9 kilometers. +14/-15 meters

Type	Note	Dist	Next
✍	CHECKPOINT: REDBROOK - Village Stores & PO - use stamp in box on left 23km to ARRIVEE	594.6	21.5
↖	LEFT (2ex) @ RBT \$ Aust NCN4	616.1	0.6
↑	RIGHT then LEFT @ stg X into Maple Ave	616.7	0.4
←	LEFT \$ BULWARK COMMUNITY CENTRE	617.1	0.1
→	RIGHT @ T onto Laburnum Way	617.2	0.1
✍	ARRIVEE: CHEPSTOW - Bulwark Community Centre 16:00-02:00	617.3	0.0
📍	End of route	617.3	0.0

26.7 kilometers. +356/-322 meters