

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	DEPART: FRENCHAY - Gary Harris Cycles 07:30 61km to next CONTROL	0.0	0.1
←	LEFT @ T	0.2	0.3
←	LEFT @ T \$ M32 & Frenchay	0.5	0.3
←	LEFT @ T \$ HAMBROOK & WINTERBOURNE onto B4058	0.8	0.2
↑	SO @ TL \$ WINTERBOURNE B4058 !!Busy!!	1.0	0.6
←	LEFT (SO) on RH bend \$ Rudgeway B4427	1.6	1.5
←	LEFT @ TL then...	3.1	0.1
→	Imm RIGHT @ TL \$ Vantage Park B4427. PH opp	3.2	5.6
↑	RIGHT then LEFT @ stg X \$ TYTHERINGTON	8.8	3.6
→	RIGHT @ T \$ Cromhall. PH on right	12.5	1.4
←	LEFT (SO) on RH bend	13.9	2.9

13.9 kilometers. +95/-77 meters

Type	Note	Dist	Next
←	LEFT @ X \$ Charfield	16.8	0.3
←	LEFT \$ LEYHILL & TORTWORTH	17.1	0.2
←	LEFT \$ LEYHILL	17.3	1.6
→	Fork RIGHT. Tortworth Ct on left	18.9	0.4
←	SO @ X \$ DAMERY	19.3	1.6
!	!!Steep descent!!	20.9	0.3
→	RIGHT @ T \$ North Nibley	21.2	4.8
↑	RIGHT then LEFT @ stg X \$ BERKELEY Castle xing A38	26.0	1.3
←	LEFT @ T \$ BERKELEY B4066	27.3	0.2
↑	SO (1ex) @ RBT \$ BERKELEY	27.5	1.4
↑	SO (2ex) @ RBT \$ WANSWELL	28.9	1.5
→	RIGHT \$ Halmore	30.4	1.8
←	LEFT @ grn \$ Halmore	32.2	0.2
→	1st RIGHT \$ Gossington	32.4	3.4

18.6 kilometers. +115/-162 meters

Type	Note	Dist	Next
←	LEFT \$ Slimbridge	35.8	0.7
←	1st LEFT !!Easily missed!!	36.6	1.0
←	LEFT @ T	37.6	0.8
→	RIGHT imm after bridge \$ NCN41 - follow !!Pedestrians - gates - open water!!	38.4	3.1
→	RIGHT \$ NCN41	41.5	1.9
←	LEFT @ stg X \$ SAUL	43.3	5.4
←	LEFT @ T \$ ELMORE	48.7	6.4
←	LEFT \$ Stonebench & Gloucester	55.1	1.7
←	LEFT imm before weak bridge onto canal path. Follow to historic docks !!Water on right!!	56.9	4.2
←	LEFT @ T rejoining road \$ OVER & HIGHNAM	61.1	0.1
→	RIGHT \$ OVER & HIGHNAM	61.2	0.3

28.8 kilometers. +103/-99 meters

Type	Note	Dist	Next
✍️	CONTROL: GLOUCESTER - DeliGreek in Lock Warehouse 10:30-14:00 52km to next CONTROL	61.5	0.0
←	LEFT onto SP \$ Quedgeley imm before swing bridge !!Dismount on footbridge!!	61.5	0.2
←	LEFT \$ OVER & NCN45	61.8	0.1
←	LEFT \$ NCN45 imm before ticket machine !!Width restrictions ahead!!	61.9	1.4
←	LEFT onto old road NCN45	63.2	0.1
→	RIGHT \$ NCN45	63.3	0.4
←	LEFT \$ NCN42 imm before bridge to go up OVER BRIDGE	63.7	0.3
←	LEFT thru gate onto shared path adj A40	64.0	1.4
→	RIGHT using pedestrian xing and rejoining road \$ HIGHNAM & TIBBERTON B4215 !!Busy - xing A40!!	65.4	0.7
↑	SO (1ex) @ mRBT \$ Newent B4215	66.1	3.3

4.9 kilometers. +30/-10 meters

Type	Note	Dist	Next
←	LEFT \$ TIBBERTON	69.4	2.5
→	RIGHT \$ KENT'S GREEN	72.0	4.2
↑	RIGHT then LEFT @ stg X \$ CLIFFORD'S MENSE. Xing B4216	76.1	2.2
←	LEFT @ ▲ T \$ Glasshouse	78.3	0.6
!	!!Poor surface - debris!!	78.9	1.3
←	LEFT @ T \$ ASTON CREWS & LEA B4222	80.2	1.6
→	RIGHT \$ ASTON CREWS	81.8	2.0
→	RIGHT @ TL \$ Ross on Wye A40	83.8	2.6
←	LEFT on RH bend after bus stop \$ PONTSHILL !!Sharp turn!!	86.3	5.4
←	LEFT @ T \$ Goodrich B4234	91.7	2.8
→	RIGHT \$ Goodrich B4229	94.6	3.0
→	RIGHT @ T \$ Hereford A4137	97.6	0.2
←	LEFT @ ▲ & T \$ Ross imm after bridge then...	97.8	0.1

31.7 kilometers. +327/-312 meters

Type	Note	Dist	Next
→	Imm RIGHT into Old Ross Rd !!imm before A40!!	97.8	1.0
←	Left @ T. PH on right then...	98.9	0.0
→	Imm RIGHT \$ Symonds Yat W B4164	98.9	0.2
→	RIGHT on LH bend imm after bridge \$ CROCKERS ASH	99.1	2.2
↑	SO following road \$ MONMOUTH	101.2	0.3
←	LEFT @ T joining !!A40 - Busy dual carriageway for 3km!!	101.6	3.0
→	RIGHT (3ex) \$ MONMOUTH A466	104.6	0.7
↑	SO (2ex) @ mRBT	105.3	0.4
↑	SO @ TL \$ MONMOUTH TOWN CENTRE	105.7	0.8
→	RIGHT after LH bend. PH on left corner	106.4	0.0
←	LEFT @ T onto Monnow Bridge !!Bollards & shared space!!	106.5	0.1

8.7 kilometers. +89/-100 meters

Type	Note	Dist	Next
→	RIGHT (2ex) @ RBT onto B4233. PH opp	106.6	0.2
←	1st LEFT \$ NCN 423	106.7	1.1
←	LEFT \$ WONASTOW	107.8	2.6
←	LEFT \$ Raglan	110.4	0.5
→	RIGHT @ T	110.9	4.0
←	LEFT into Services - no signage	114.9	0.1
✍	CONTROL: MONMOUTH N SERVICES [free] - collect receipt 12:06-16:42 U TURN return to road the way you came in. 15km to next INFO. 52km to Arrivee	115.0	0.1
←	LEFT @ T exiting Services	115.1	1.3
←	LEFT \$ KINGCOED. Bus shelter opp	116.4	3.7
!	!!Poor surface - debris - worse at bottom of descent approaching next point!!	120.1	1.0
→	RIGHT @ T	121.1	0.7
←	LEFT @ X \$ LLANSOY	121.9	1.8

15.4 kilometers. +221/-198 meters

Type	Note	Dist	Next
→	RIGHT \$ Llangwm !!Road debris ahead!!	123.7	3.2
↑	SO @ X \$ Unsuitable for HGVs !!George's Delight ahead!!	126.9	1.6
←	LEFT (SO) @ T (unmarked)	128.5	0.0
→	Imm fork RIGHT (unmarked) after LH bend	128.6	0.6
←	LEFT @ T (unmarked)	129.2	0.7
→	RIGHT @ grn T ▲\$ GAERLLWYD	129.8	0.5
✍	INFO: GAERLLWYD - X Roads - see brevet 35km to ARRIVEE	130.3	0.0
←	RIGHT @ X \$ CHEPSTOW B4235	130.3	9.4
→	RIGHT @ T \$ Newport & Bristol A466. Shop on right	139.7	0.8
↑	SO @ TL along A466	140.5	0.5
↑	SO (3ex) @ RBT \$ Bristol A466 !!BUSY!! Alternatively use cycle path adjacent if desired - take LEFT (2ex) @ RBT and join on right	141.0	1.8

19.2 kilometers. +293/-289 meters

Type	Note	Dist	Next
←	LEFT (2ex) @ RBT imm before M48 slip onto shared path over Severn Bridge \$ Cycles & no motor vehicles !!Busy!!	142.8	0.1
←	LEFT onto shared path imm before M48 slip	142.9	4.4
→	RIGHT @ T rejoining road \$ Avon cycleway	147.3	0.1
←	LEFT (1ex) @ RBT \$ Thornbury B4461	147.4	0.1
!	!!Use cycle lane on left!!	147.4	0.1
←	LEFT (SO) along B4461 using cycle lane	147.6	1.5
→	RIGHT on LH bend \$ OLVESTON & TOCKINGTON	149.1	3.2
→	RIGHT \$ Almondsbury	152.3	2.0
→	RIGHT @ T \$ Bristol A38 !!Busy!!	154.2	0.3
←	LEFT @ TL \$ Hortham Ln	154.6	0.4
←	LEFT along Hortham Ln	155.0	3.1

13.9 kilometers. +121/-74 meters

Type	Note	Dist	Next
→	RIGHT @ T \$ Frampton Cotterell onto B4427 !!Blind left!!	158.1	3.7
←	LEFT @ TL then...	161.8	0.1
→	Imm RIGHT @ TL \$ HAMBROOK B4427	161.9	1.5
→	RIGHT @ T \$ Bristol & FRENCHAY B4058	163.5	0.5
↑	SO @ TL \$ FRENCHAY B4058 !!Xing A4174!!	164.0	0.2
←	1st LEFT \$ FRENCHAY	164.1	0.6
↑	RIGHT (SO) on LH bend \$ FRENCHAY VILLAGE	164.7	0.3
←	Fork LEFT - Unsuitable for HGVs \$	165.0	0.1
→	LEFT (SO - 2ex) at dbl junc keeping wall on RH side	165.1	0.2
↑	SO past grn square	165.3	0.0
↑	Continue onto Westbourne Terrace	165.4	0.1
✎	ARRIVEE: FRENCHAY - White Lion 14:06-20:42	165.4	0.0
📍	End of route	165.4	0.0

10.5 kilometers. +42/-55 meters