

Giant's Tooth 500km 2022

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	DEPART: EASTON   21:00   72km to next CONTROL	0.0	0.1
➔	RIGHT @ T onto Stapleton Rd A432	0.1	0.3
➡	LEFT @ TL along Stapleton Rd	0.4	0.1
⬆	SO @ island using shared path with road on right !!Skateboarders!!	0.5	0.3
⬆	SO xing road following shared path on opposite side !!Side roads!!	0.7	0.2
⬆	SO xing road before RBT !!RBT exit!!	0.9	0.0
➡	LEFT @ Ped xing	0.9	0.0
⬆	SO @ ped xing rejoining road on RBT \$ SOUTHMEAD onto B4469	1.0	0.1
➔	Fork RIGHT @ TL \$ SOUTHMEAD along B4469 - follow SO to A38	1.1	2.4
➔	RIGHT @ TL \$ Gloucester A38 - follow SO to M5 RBT	3.5	6.8

3.5 kilometers. +78/-16 meters

Type	Note	Dist	Next
⬆	SO (2ex) @ RBT \$ Thornbury A38 !!M5 junc!!	10.3	1.9
⬆	SO @ TL along A38	12.2	0.3
➡	1st LEFT \$ TOCKINGTON & OLVESTON	12.5	1.9
⬆	Fork LEFT (SO) on RH bend \$ AUST	14.4	0.1
➡	LEFT @ T \$ AUST	14.5	3.1
⬆	LEFT (SO) @ T onto Redhill Ln B4461	17.6	1.7
➔	RIGHT imm before RBT using shared path round opp side	19.2	0.1
➡	Cross SERV road & LEFT onto Severn Bridge Path	19.4	4.5
➡	LEFT xing road and cont. LEFT \$ NCN4	23.8	1.7
➡	LEFT @ end of path rejoining road	25.5	0.1
➔	RIGHT (3ex) @ RBT \$ Tintern A466 !!Busy!! - follow to ST ARVANS	25.6	3.6

22.1 kilometers. +120/-122 meters

Type	Note	Dist	Next
➡	Fork LEFT on RH bend \$ DEVAUDEN. Becomes B4293	29.2	7.5
➡	Fork LEFT \$ LLANSOY & RAGLAN	36.8	10.0
➡	LEFT @ X. CH on right	46.7	0.3
➔	RIGHT (3ex) @ RBT \$ CLYTHA !!Xing A40!! Becomes B4598	47.1	12.9
➡	LEFT @ T \$ all traffic then...	60.0	0.0
➔	Imm fork RIGHT following OWS. Looks like RBT	60.0	0.3
➔	RIGHT (3ex) @ RBT \$ ABERGAVENNY A40	60.3	1.9
➡	LEFT @ TL \$ Breacon A40 - follow to CRICKHOWELL	62.1	10.0
✍️	CONTROL: CRICKHOWELL - Spar   23:52-02:02   100km to next CONTROL then...	72.2	0.0
➡	Imm LEFT \$ Llangattock	72.2	0.6
➔	RIGHT @ TL & LLANGYNIDR & TALYBONT-O-U	72.8	19.0

47.2 kilometers. +450/-497 meters

Type	Note	Dist	Next
➡	LEFT \$ Brecon !!A40 - Dual carriageway for 5.5km!!	91.8	1.2
➡	LEFT (1ex) @ RBT \$ Llandovery !!A40!!	92.9	3.9
⬆	SO (3ex) @ RBT \$ Llandovery !!A40!!	96.9	17.4
➡	LEFT \$ Llanddeusant. PH opp	114.3	18.1
➔	RIGHT @ T \$ Llandagod A4069. TB opp	132.3	2.0
➡	LEFT \$ BETHLEHEM. PB opp	134.3	3.0
➡	LEFT @ T \$ FFAIRFACH	137.3	7.2
⬆	SO (2ex) @ mRBT \$ Llanelli & LLANARTHNE A476	144.5	1.0
➔	RIGHT \$ LLANARTHNE & Carmarthen B4300	145.6	21.4
⬆	SO (2ex) @ RBT \$ TOWN CENTRE A484 !!Xing A40 dual carriageway!!	167.0	0.3
➔	RIGHT (2ex) @ RBT \$ TOWN CENTRE A484	167.3	0.3
➡	LEFT @ TL \$ A40 West - follow to	167.5	0.9

94.7 kilometers. +746/-873 meters

Type	Note	Dist	Next
↑	SO (2ex) @ RBT \$ Fishguard !!A40 - dual carriageway for 4km!!	168.4	3.8
→	RIGHT before Serv on opp side then...	172.2	0.0
←	Imm LEFT joining SP	172.2	0.1
✍	CONTROL: A40 - Tenby Rd Serv   03:52-09:02   51km to next INFO. 68km to next CONTROL [Breakfast]   Follow SP west	172.3	0.6
→	RIGHT @ T rejoining road	172.9	0.1
←	LEFT \$ cycles	173.0	0.9
→	RIGHT @ T rejoining road onto B4298	173.9	0.3
→	RIGHT \$ MEIDRIM B4298	174.2	6.7
↑	RIGHT (SO - 2ex) \$ Llanboidy imm after bridge. PH on right	180.9	3.7
↑	SO @ X \$ Llanboidy	184.5	2.0
↑	SO @ X \$ Llanboidy	186.5	1.5
→	RIGHT \$ CWMFELIN MYNACH	188.0	1.2

20.4 kilometers. +398/-312 meters

Type	Note	Dist	Next
←	LEFT @ T \$ LLANGLYDWEN	189.2	1.8
↑	SO @ X \$ LLANGLYDWEN	190.9	0.5
↑	RIGHT (SO) @ T \$ LLANGLYDWEN	191.4	6.7
→	RIGHT \$ GLANDY CROSS	198.1	0.7
↑	SO (2ex) @ X \$ Maenclochog. Xing A478. PH on right	198.8	0.9
→	RIGHT @ T \$ Llangolman	199.7	1.1
→	RIGHT \$ Maenclochog	200.9	3.3
→	RIGHT. PB on left	204.2	0.8
←	LEFT @ T \$ NCN47	205.0	2.7
→	RIGHT @ T \$ FISHGUARD B4313	207.7	2.1
↑	SO @ X \$ FISHGUARD B4313	209.8	13.6
→	RIGHT @ X \$ NCN47. PH right	223.4	0.1
✍	INFO: FISHGUARD - see brevet   17km to next CONTROL [Breakfast]	223.5	0.0

35.5 kilometers. +548/-622 meters

Type	Note	Dist	Next
→	RIGHT @ T onto A487	223.5	11.6
←	LEFT @ [x] \$ Molygrove	235.1	1.9
→	1st RIGHT	237.0	1.9
→	RIGHT @ T then...	238.9	0.1
←	Imm LEFT @ T	238.9	0.9
✍	CONTROL: N of NEVERN - Steve's House   06:36-13:47   18km to next INFO. 38km to next CONTROL	239.9	1.1
→	RIGHT @ T \$ Glanrhyd	241.0	2.1
←	LEFT @ X	243.1	1.6
→	RIGHT @ T \$ ST DOGMAELS	244.7	3.3
→	RIGHT @ T \$ ST DOGMAELS	248.0	3.6
↑	RIGHT (SO) @ T \$ CARDIGAN B4546	251.6	1.6
←	LEFT @ T \$ TOWN CENTRE	253.2	0.7
↑	SO. End of OWS	253.9	0.4
←	LEFT \$ GWBERT B4548	254.3	3.7

30.7 kilometers. +510/-546 meters

Type	Note	Dist	Next
✍	INFO: GWBERT - see brevet   20km to next CONTROL	258.0	8.7
←	LEFT @ T \$ ABERPORTH	266.7	1.6
←	LEFT on RH bend after MOD gates	268.3	1.1
←	LEFT @ T onto B4333	269.5	0.5
→	RIGHT (3ex) @ mRBT along B4333. PH on right	269.9	0.3
←	LEFT @ [x] \$ TRESAITH. BS on left	270.3	3.5
←	LEFT @ X \$ LLANGRANNOG	273.8	1.9
←	LEFT \$ Morfa Isaf Farm	275.6	2.6
✍	CONTROL: LLANGRANNOG - Siop Glynafon or anywhere open collect receipt. Toilets on right   08:07-16:26   45km to next CONTROL	278.2	1.9
←	Fork LEFT \$ Llwyndafydd	280.1	2.7
↑	RIGHT (SO) on LH bend \$ Pentregat	282.8	2.3
→	RIGHT @ T	285.1	0.9

30.9 kilometers. +612/-468 meters

Type	Note	Dist	Next
↑	SO @ X. Xing A487	286.0	0.4
←	LEFT @ T	286.4	2.2
←	LEFT @ T onto A486 then...	288.6	0.1
→	Imm RIGHT \$ MYDROILYN	288.8	2.2
↑	SO @ X \$ MYDROLLYN. Xing B4338	291.0	4.2
→	RIGHT @ X \$ MYDROLLYN B4342	295.2	9.2
→	RIGHT @ T \$ Lampeter A482	304.4	0.7
←	LEFT @ [x] onto B4342. BS on right	305.1	1.6
←	LEFT @ T \$ Taisarn B4337 then...	306.8	0.1
→	Imm RIGHT \$ ABERMEURIG	306.8	5.4
↑	LEFT (SO) @ T \$ Llangeitho	312.2	0.3
→	1st RIGHT \$ Olmarch	312.5	5.3
→	RIGHT @ T \$ Lampeter B4578	317.8	0.6

32.7 kilometers. +433/-483 meters

Type	Note	Dist	Next
←	LEFT @ T \$ TREGARON A485	318.3	5.0
→	RIGHT @ X \$ Llanddewi Brefi B4343	323.3	0.1
✍	CONTROL: TREGARON - collect receipt   09:55-19:35   87km to next CONTROL then...	323.4	0.0
↑	Imm LEFT (SO) on RH bend. Follow mountain road to ABERGWESYN	323.4	22.3
→	RIGHT @ T \$ LLANWRTYD WELLS	345.7	8.2
→	RIGHT @ X \$ Landoverly A483	353.9	0.3
←	LEFT \$ CEFY GORWYDD	354.2	3.2
→	RIGHT @ X \$ TIRABAD	357.4	5.1
←	LEFT \$ LLYWEL	362.5	0.6
→	RIGHT \$ LLYWEL !!MOD ranges - obey signage and instructions!!	363.1	13.8
←	LEFT @ T onto A40	376.9	6.2
→	Sharp RIGHT onto Defynnog Rd. Shop on left	383.1	0.6

65.3 kilometers. +1222/-1178 meters

Type	Note	Dist	Next
→	RIGHT @ T \$ Merthy Tydfil A4067	383.7	0.6
←	LEFT \$ Libanus onto A4215	384.3	1.5
→	RIGHT \$ HEOL SENNI	385.8	3.3
←	LEFT @ T \$ Libanus	389.1	0.5
→	RIGHT \$ Ystradfellte	389.6	10.5
←	LEFT \$ PENDERYN	400.1	4.7
→	RIGHT @ T onto A4059	404.8	5.2
←	LEFT \$ HIRWAUN	410.0	0.5
↑	LEFT (SO) on RH bend into High St	410.5	0.2
✍	CONTROL: HIRWAUN - PO ATM collect receipt   13:24- 01:40   43km to next CONTROL	410.7	1.9
↑	RIGHT then LEFT @ stg X !!Xing A465!!	412.6	3.5
↑	RIGHT (SO) on LH bend \$ NCN46	416.1	0.4
←	LEFT @ T onto B4276	416.5	0.0
→	RIGHT @ X \$ MERTHY TYDFIL !!A465 - BUSY!!	416.5	2.4

33.4 kilometers. +577/-422 meters

Type	Note	Dist	Next
→	RIGHT (3ex) @ RBT \$ MERTHYR TYDFIL !!A470 - dual carriageway!!	418.9	1.6
←	LEFT (1ex) @ RBT \$ TOWN CENTRE A4102 - follow to A4060 RBT. 24hr MDs opp	420.5	3.5
↑	SO (2ex) @ RBT !!Xing A4060!!	424.0	3.6
→	RIGHT @ T	427.6	1.8
↑	RIGHT (SO) @ T	429.4	4.2
→	RIGHT @ T. Fish & Chip shop opp	433.6	2.4
→	RIGHT @ T onto A469	436.0	0.7
←	LEFT @ T after viaduct	436.7	0.4
↑	SO @ TL \$ BEDWELLY B4511	437.1	0.7
→	RIGHT \$ BEDWELLY	437.8	0.7
→	RIGHT @ T. PB on left	438.5	0.2
←	1st LEFT	438.8	0.5
←	Fork 1st LEFT (unmarked)	439.3	0.8

22.8 kilometers. +385/-328 meters

Type	Note	Dist	Next
←	Sharp LEFT @ T onto A4048. BS opp then...	440.1	0.0
→	Imm fork RIGHT	440.1	0.2
→	Sharp RIGHT. Cem on left	440.3	1.3
←	LEFT @ stg [x] onto B4251	441.6	0.9
→	RIGHT (3ex) @ RBT \$ CRUMLIN B4251	442.5	0.8
←	LEFT @ TL \$ CRUMLIN B4251	443.3	1.9
→	RIGHT @ TL \$ Pontypool A467	445.2	0.1
←	LEFT @ TL \$ Pontypool A472	445.4	2.9
←	LEFT onto Crumlin Rd	448.3	4.2
←	LEFT @ T \$ PONTYPOOL	452.5	0.4
↑	SO (2ex) @ RBT \$ town centre. Xing A4043	452.9	0.1
→	RIGHT (3ex) @ RBT \$ Griffithstown	453.0	0.8
←	LEFT @ TL \$ NEW INN	453.8	0.1

14.5 kilometers. +215/-306 meters

Type	Note	Dist	Next
✍	CONTROL: PONTYPOOL - ESSO collect receipt   15:07-04:41   61km to ARRIVEE	453.8	0.5
→	RIGHT (2ex) @ RBT \$ NEW INN	454.3	2.3
←	LEFT on RH bend - dead end \$	456.7	0.6
↑	Cont SO	457.3	1.1
←	LEFT @ T	458.4	6.3
←	LEFT @ T	464.8	0.3
→	1st RIGHT \$ CROES-LLYWARCH	465.1	1.2
↑	RIGHT (SO) @ T \$ TREDUNNOCK	466.3	2.1
←	LEFT @ T	468.4	2.6
→	RIGHT @ ▲ on LH bend	470.9	3.4
←	LEFT \$ NCN42	474.3	3.6
→	RIGHT \$ SHIRENEWTON NCN42	478.0	2.9
↑	RIGHT (SO) @ ▲ T \$ SHIRENEWTON NCN42	480.9	1.8

27.2 kilometers. +486/-412 meters

Type	Note	Dist	Next
←	Fork LEFT \$ NCN42. PH opp	482.7	0.3
→	RIGHT (SO) on LH bend \$ NCN42	483.0	2.5
←	Fork LEFT on RH bend \$ NCN42	485.5	1.0
←	LEFT (1ex) @ RBT \$ NCN42	486.4	1.4
→	RIGHT @ T onto A466	487.8	0.4
←	LEFT (2ex) @ RBT \$ AUST NCN4	488.2	0.2
→	RIGHT onto SP \$ NCN4 - follow across Severn Bridge	488.4	6.1
→	RIGHT @ T rejoining road \$ Avon cycleway	494.5	0.1
←	LEFT (1ex) @ RBT \$ Thornbury B4461	494.6	0.1
!	!!Use cycle lane on left!!	494.7	0.1
←	LEFT (SO) along B4461 using cycle lane	494.8	1.5
→	RIGHT on LH bend \$ OLVESTON & TOCKINGTON	496.3	3.2

15.4 kilometers. +80/-224 meters

Type	Note	Dist	Next
→	RIGHT \$ Almondsbury	499.5	2.0
→	RIGHT @ T \$ BRISTOL A38 - follow 9km !!Busy!!	501.5	8.9
←	LEFT @ TL \$ EASTVILLE B4469 - follow to M32 RBT	510.4	2.5
→	RIGHT (3ex) @ RBT \$ EASTON !!M32 Junc - Busy!!	512.9	0.2
←	Exit RBT \$ Mosque !!imm before M32 slip!!	513.1	0.5
→	RIGHT @ TL onto A432	513.7	0.1
←	LEFT into St Marks Rd. PH opp	513.8	0.2
→	RIGHT @ [x] into Berwick Rd. Garden of Easton on right	513.9	0.0
✍	ARRIVEE: EASTON - 19 Berwick Rd   17:33-08:57   Bang on the door or give me a call (number in brevet)	514.0	0.0
📍	End of route	514.0	0.0

17.6 kilometers. +149/-159 meters