

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	0.2
!	!!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 \$ ABERGAVENNY 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	16.1
✏	INFO: ABERDYFI - Village Hall - see brevet 33km to next CONTROL	193.5	6.5
↑	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

57.6 kilometers. +719/-1070 meters

Type	Note	Dist	Next
←	LEFT rejoining road !!Bollards!!	203.7	2.9
←	LEFT @ T \$ Dolgellau A493	206.6	6.5
→	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 15km to next INFO. 40km to next CONTROL	226.6	0.0
📍	End of route	226.6	0.0

23.7 kilometers. +504/-401 meters

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
✍️	CONTROL: nr DOLGELLAU - Kings YHA 07:00-08:00 15km to next INFO. 40km to next CONTROL	0.0	0.0
➔	RIGHT @ T	0.0	1.4
➔	Sharp RIGHT onto A493	1.4	4.3
➡	LEFT (1ex) @ RBT \$ Portmadog !!A470!!	5.7	0.7
➔	1st RIGHT \$ ABERGEIRW	6.4	0.4
➔	1st RIGHT \$ ABERGEIRW	6.8	0.3
➡	Fork 1st LEFT \$ NCN82	7.1	3.8
➔	RIGHT @ T \$ ABERGEIRW	10.9	0.5
➡	Sharp LEFT @ X \$ ABERGEIRW	11.4	3.6
✍️	INFO: imm after bridge - Post Box - see brevet	15.0	10.3
⬆	RIGHT (SO) on LH bend \$ NCN82	25.3	3.5
➔	RIGHT @ T onto !!A470!!	28.8	9.5
➔	RIGHT \$ TAN-Y-BWLCH & RHYD B4410. PH on right	38.2	1.6

38.2 kilometers. +788/-883 meters

Type	Note	Dist	Next
➔	Sharp RIGHT into TAN-Y-BWLCH stn on Ffestiniog Railway	39.8	0.2
✍️	CONTROL: TAN-Y-BWLCH - Station Cafe 09:00-11:12 45km to next CONTROL	40.0	0.2
➔	RIGHT @ T exiting onto B4410	40.1	4.5
➔	RIGHT @ T \$ BEDDGELERT A4085	44.6	6.7
➔	RIGHT @ T \$ BEDDGELERT A498	51.3	17.0
➔	RIGHT. Mem on right	68.3	4.5
⬆	SO @ X \$ PENISARWAUN. Xing A4086	72.8	0.4
⬆	RIGHT (SO) @ T. PH on left	73.2	0.5
➡	LEFT on RH bend \$ Bethel then...	73.8	0.0
➔	Imm RIGHT. Salt bin on left	73.8	0.8
⬆	LEFT (SO) @ T	74.5	1.8
➔	RIGHT @ X onto B4366. PH on right	76.4	0.3
➡	1st LEFT \$ SEION	76.6	1.5

38.4 kilometers. +600/-595 meters

Type	Note	Dist	Next
➡	LEFT @ X onto B4547	78.2	1.6
➔	RIGHT @ T \$ Bangor B4547	79.8	0.6
➡	LEFT (1ex) @ RBT \$ Holyhead A487	80.4	1.0
➔	RIGHT (3ex) @ RBT \$ Bangor A487	81.4	0.4
⬆	SO (2ex) @ RBT \$ MENAI BRIDGE	81.9	1.7
➡	LEFT (1ex) @ RBT \$ MENAI BRIDGE A5	83.5	0.6
⬆	SO (1ex) @ RBT \$ Holyhead A5	84.1	0.2
✍️	CONTROL: MENAI BRIDGE - Menai Heritage Thomas Telford Centre 11:00-14:48 26km to next CHECKPOINT U-turn	84.3	0.1
⬆	SO (3ex) @ RBT \$ Bangor A5	84.4	0.6
➔	RIGHT (2ex) @ RBT \$ Caernarfon A487 - follow retracing to B4547	85.1	3.1
➔	RIGHT (3ex) @ RBT \$ Y FELINHELI B4547	88.1	0.8

11.5 kilometers. +121/-192 meters

Type	Note	Dist	Next
➡	1st LEFT \$ Llanberis B4547	88.9	2.7
⬆	SO (2ex) @ RBT \$ Llanberis A4244	91.6	4.8
➡	LEFT @ stg [x] \$ Caban	96.4	0.7
➔	RIGHT on LH bend imm after bridge - dead end \$	97.1	0.5
➔	!!Gates!! then sharp RIGHT following SP !!Pedestrains!!	97.6	0.1
➔	Sharp LEFT xing A4086 along SP \$ LLANBERIS !!Pedestrains!!	97.7	1.4
⬆	SO rejoins road	99.1	0.5
➡	LEFT @ T onto A4086	99.6	1.4
⬆	SO (1ex) @ mRBT along A4086	101.0	9.9
➡	LEFT @ T \$ Capel Curig A4086 then...	110.9	0.1
➡	LEFT into Pen y Gwryd Hotel 2nd car park	111.0	0.0
✍️	CHECKPOINT: PEN Y GWRYD HOTEL - 2nd car park 12:10-16:53 37km to next INFO. 63km to next CONTROL U-turn	111.0	0.0

22.8 kilometers. +508/-255 meters

Type	Note	Dist	Next
→	RIGHT onto A4086 becomes A498	111.0	12.1
←	LEFT @ T along A498	123.1	2.4
←	LEFT \$ MAENTWROG A4085	125.5	8.7
!	!!Oblique Level Xing!!	134.3	1.0
↑	SO @ X \$ HARLECH	135.2	0.1
←	LEFT @ T \$ HARLECH	135.3	1.8
→	RIGHT @ T \$ HARLECH A496	137.1	8.5
✎	INFO: HARLECH - see brevet 28km to next CONTROL	145.6	0.8
↑	LEFT (SO) @ T \$ BARMOUTH A496	146.4	16.9
→	RIGHT \$ NCN 8 & BARMOUTH BRIDGE SP !!Pedestrians - possible sand & slippery wooden bridge ahead!!	163.3	2.0
→	RIGHT rejoining road then...	165.3	0.0
←	Imm LEFT along road	165.3	0.4

54.3 kilometers. +588/-862 meters

Type	Note	Dist	Next
←	LEFT @ T onto A493. Mem opp	165.7	6.6
→	Fork RIGHT on LH bend \$ (KINGS) YHA	172.3	1.4
←	LEFT	173.7	0.0
✎	CONTROL: nr DOLGELLAU - Kings YHA D2 end 15:00-22:00 D3 begin 07:00-08:00 48km to next CONTROL	173.7	0.0
📍	End of route	173.7	0.0

8.4 kilometers. +198/-97 meters

Type	Note	Dist	Next
📍	Start of route	0.0	0.0
←	LEFT @ T	0.0	1.0
!	!!Gates ahead!!	1.1	1.1
←	LEFT @ T	2.2	5.0
↑	RIGHT (SO) @ T \$ NCN82	7.3	0.3
←	LEFT @ T into OWS	7.6	0.2
→	RIGHT \$ NCN8 - following OWS	7.8	0.2
←	LEFT \$ NCN8 - OWS ends	7.9	0.3
→	RIGHT \$ TABOR	8.3	3.9
←	LEFT @ T onto !!A487!! then...	12.2	0.0
→	Imm RIGHT @ T \$ Dinas Mawddwy !!A470!!	12.2	12.1
←	LEFT shortly before RBT \$. Mirror on right	24.2	1.5
↑	LEFT (SO) @ T onto !!A458!!	25.7	1.9
→	1st RIGHT @ [x] on bends	27.6	11.0
←	LEFT @ T onto A470. PH on left	38.6	3.8

38.6 kilometers. +759/-763 meters

Type	Note	Dist	Next
!	TL lane control !!SINGLE FILE - Lights may change against you as climbing!!	42.4	5.7
✍	CONTROL: CARNO - Aleppo Merchant Inn 09:00-11:50 49km to next CONTROL	48.1	6.3
←	LEFT \$ LLANWNOG & ABERHAFESP B4568	54.4	11.3
→	RIGHT (3ex) @ RBT \$ TOWN CENTRE B4568	65.6	0.7
→	RIGHT @ TL \$ Llandrindod Wells	66.4	0.4
←	LEFT @ TL \$ Llandrindod Wells	66.7	0.8
←	LEFT (1ex) @ RBT - 7.5T max \$	67.5	3.2
←	LEFT @ T onto !!A483!!	70.7	0.8
↑	Fork LEFT (SO) on RH bend \$ KNIGHTON B4355	71.5	27.5
←	LEFT @ T \$ town centre then...	99.1	0.1
←	Imm LEFT into Offa's Dyke Centre	99.2	0.0

60.6 kilometers. +669/-674 meters

Type	Note	Dist	Next
✍	CONTROL: KNIGHTON - Offa's Dyke Centre 11:00-15:55 56km to next CONTROL	99.2	0.0
←	LEFT exiting	99.2	0.6
→	Fork RIGHT \$ PRESTEIGNE B4355	99.8	2.8
→	RIGHT \$ WHITON & WALTON B4357	102.6	2.8
!	!!GW lane control on descent!!	105.4	0.1
↑	SO @ X \$ EVENJOB & WALTON B4357	105.5	8.1
←	LEFT @ T \$ Leominster !!A44!!	113.6	0.1
→	1st RIGHT \$ OLD RADNOR & DOLYHIR	113.8	2.1
←	LEFT @ T	115.9	0.2
→	RIGHT @ T \$ GLADESTRY & NEWCHURCH B4594	116.1	10.6
←	LEFT @ ^ [x] \$ CLYRO	126.8	6.8
↑	RIGHT (SO) @ T \$ Painscastle	133.6	0.4

34.4 kilometers. +700/-789 meters

Type	Note	Dist	Next
↑	SO @ X onto B4351	133.9	2.1
→	RIGHT @ T \$ Brecon B4350	136.0	0.6
←	LEFT \$ NCN 42 & CAPEL Y FFIN	136.6	13.0
!	!!Poor surface after Capel y Ffin and again after newly surfaced 'Landslip Corner'!!	149.6	5.4
→	RIGHT @ ^ opp Priory !!Gravel!! then...	155.0	0.0
✍	Imm CONTROL: LLANTHONY - Treat's Camping & Cafe - continue through gate 13:30-20:24 39km to next INFO. 62km to ARRIVEE	155.0	0.0
→	RIGHT rejoining road	155.0	9.7
←	LEFT @ T \$ Hereford. PH on right	164.7	0.3
←	LEFT @ T \$ Hereford !!A465!!	165.0	0.2
→	1st RIGHT \$ Grosmont	165.2	5.4
→	RIGHT \$ COLD ASH	170.6	4.5

37.1 kilometers. +746/-603 meters

Type	Note	Dist	Next
←	LEFT @ T \$ Skenfrith B4521	175.1	1.2
→	1st RIGHT @ [x] \$ MONMOUTH	176.3	2.9
→	RIGHT @ T \$ MONMOUTH onto B4347	179.3	6.2
↑	LEFT (SO) @ T onto B4233	185.5	1.8
↑	SO (1ex) @ RBT	187.3	0.6
↑	SO (2ex) @ RBT	187.9	0.3
↑	SO (1ex) @ RBT \$ Town centre	188.3	0.2
←	LEFT (1ex) @ RBT. PH on right	188.4	0.0
!	!!Pedestrians - Bollards!!	188.5	0.1
↑	LEFT (SO) @ T !!Bollards!!	188.6	0.7
→	RIGHT @ TL \$ Leisure Centre	189.3	0.2
←	LEFT on OWS \$ Leisure Centre	189.5	0.1
→	2nd RIGHT \$ Canoeing !!Easily Missed!!	189.6	0.1
→	RIGHT adjacent River Wye	189.7	0.2

19.1 kilometers. +96/-278 meters

Type	Note	Dist	Next
!	!!Dismount 25m!! & fork LEFT back to road	189.9	0.0
←	LEFT rejoining road onto A466 !!Take Care!!	189.9	0.2
→	RIGHT (2ex) @ mRBT \$ TINTERN & CHEPSTOW A466 - follow to A48 RBT	190.2	4.0
✍	INFO: REDBROOK - Village Stores & PO - see brevet 23km to ARRIVEE	194.2	21.5
↖	LEFT (2ex) @ RBT \$ Aust NCN4	215.7	0.6
↑	RIGHT then LEFT @ stg X into Maple Ave	216.3	0.4
←	LEFT \$ BULWARK COMMUNITY CENTRE	216.7	0.1
→	RIGHT @ T onto Laburnum Way	216.8	0.1
✍	ARRIVEE: CHEPSTOW - Bulwark Community Centre 16:00-02:00	216.9	0.0
📍	End of route	216.9	0.0

27.2 kilometers. +405/-367 meters