

Stage 1 - Chepstow to Pontypool 35.1km

Dist	Dir	Instruction	Next
0.04	←	L \$ OW & FOLLOW OWS	0.48
0.52	→	R@T \$ TOWN CENTRE	0.07
0.59	←	L \$ PEDESTRIAN ZONE	0.34
0.93	→	R No \$, (PHARMACY), (LHB), Then	0.02
0.95	←	IMM L \$ OW, [Mounton Rd]	0.66
1.61	↑	SO@STGX \$ NCN 4/42, (MOUNTON 1m)	1.39
3.00	↗	2E mRBT \$ NCN 42, (SHIRENEWTON 2m)	1.00
4.00	→	R@T \$ NCN 42, (GW)	2.48
6.48	↑	BL@T \$ NCN 42, (SHIRENEWTON) (Eff SO)	0.27

35.1km Distance +612m / -510m

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Stage 1 - Chepstow to Pontypool (Cont) 35.1km

Dist	Dir	Instruction	Next
6.75	→	R@STGX \$ NCN 42, (EARLSWOOD 1m)	1.80
8.55	↖	BL \$ NCN 42, (EARLSWOOD 1m) (TRI)	2.94
11.49	←	L@T \$ NCN 42, (WENTWOOD 3m)	3.65
15.14	→	R@STGX \$ NCN 42	7.97
23.11	↑	1E RBT \$ NCN 42, (Eff SO)	0.07
23.18	←	L@T \$ NCN 42, (PONTYPOOL 7m)	4.56
27.74	←	L \$ GLASCOED VILLAGE 1m, [Glascoed Ln]	4.99
32.73	→	R No \$, [Golf Rd]	0.71
33.44	↑	SOX \$ GW [Golf Rd]	0.20

35.1km Distance +612m / -510m

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Stage 1 - Chepstow to Pontypool (Cont) 35.1km

Dist	Dir	Instruction	Next
33.64	→	R@T No \$, [The Highway]	0.95
34.59	←	L \$ NCN 49, (CW - PONTYMOILE BASIN 0.5km), JOIN CW	0.20
34.79	←	L@T \$ NCN 49, (JOIN CANAL CW)	0.23
35.02	↖	BL \$ NCN 49, (TWRDS BRIDGE), Then	0.01
35.03	→	IMM R \$ PONTYPOOL 2.5m, (OVER BRIDGE)	0.06
35.09	☑	CONTROL - PONTYPOOL	0.04

35.1km Distance +612m / -510m

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Stage 2 - Pontypool to Beaufort 24.2km

Dist	Dir	Instruction	Next
35.13	←	L@T No \$, (EXIT CP), (EXIT CW)	0.32
35.45	←	L@T No \$, (Opp ESSO), Then	0.04
35.49	↗	IMM KR No \$, Then	0.02
35.51	→	IMM R@LT No \$	0.72
36.23	→	3E RBT \$ TOWN CENTRE	0.49
36.72	↖	CAUTION - WALK BL \$ OW, (PEDESTRIAN ZONE)	0.15
36.87	↖	BL No \$, (TRI), (Eff SO)	0.09
36.96	↖	BL No \$, (CURVES), (Eff SO)	0.14
37.10	↖	BL \$ NCN 46, (UNDER BRIDGE), (JOIN CW)	0.04

24.2km Distance +432m / -187m

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Stage 2 - Pontypool to Beaufort (Cont) 24.2km

Dist	Dir	Instruction	Next
37.14	↑	SO@ISLAND \$ NCN 492	4.51
41.65	↑	SO No \$, (STAY ON CW)	7.96
49.61	↑	SO STGX \$ NCN 492, (GARN LAKES 1K), (Nr Big Pit)	0.89
50.50	→	R@T \$ NCN 492, (EXIT CW)	0.09
50.59	←	L \$ NCN 492, (GARN LAKES), (JOIN CW)	0.56
51.15	↗	BR No \$, (EXIT LAKE 1)	0.36
51.51	→	R@T No \$, (Nr \$ Weak Bridge), (NRM), (EXIT CW)	0.21
51.72	←	L@T \$ GW	1.44
53.16	↑	CAUTION - CATTLE GRID SO@CG No \$, Then	0.01

24.2km Distance +432m / -187m

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Stage 2 - Pontypool to Beaufort (Cont) 24.2km

Dist	Dir	Instruction	Next
56.39	←	L \$ NCN 46	0.20
56.59	←	L@T No \$, (Opp PUBLIC LIB)	0.23
56.82	→	3E RBT \$ BEAUFORT 1m, (B4228)	0.21
57.03	←	L \$ NCN 46, (Welfare Pk)	0.89
57.92	↑	SO \$ NCN 46, (JOIN CW)	0.65
58.57	↑	SO \$ CYCLISTS REJOIN ROAD, (EXIT CW)	0.30
58.87	↑	2E MRBT \$ mRBT	0.38
59.25	→	R@T No \$	0.07
59.32	☑	INFO CONTROL - BEAUFORT	0.03

24.2km Distance +432m / -187m

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Stage 2 - Pontypool to Beaufort (Cont) 24.2km

Dist	Dir	Instruction	Next
53.17	→	CAUTION - STOP - LOOK IMM R No \$, (JOIN CW)	0.46
53.63	↑	CAUTION - MULTI CG's - 2K	1.97
55.60	↖	BL@T \$ BRYNMAWR ½m, (NCN 46), (NRM)	0.10
55.70	↖	R/L \$ NCN 46, (EXIT CW), (Eff SO)	0.21
55.91	→	R \$ NCN 46, [Old Blaen Afon Road]	0.17
56.08	←	L \$ NCN 46, (JOIN CW), Then	0.01
56.09	↗	IMM BR No \$, (OVER BRIDGE)	0.10
56.19	↑	R/L \$ NCN 46, (EXIT CW), (Eff SO)	0.08
56.27	←	L@STGX \$ NCN 46, [Greenland Rd]	0.12

24.2km Distance +432m / -187m

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Stage 3 - Beaufort to Crickhowell 12.7km

Dist	Dir	Instruction	Next
59.35	↑	R@T No \$, Then IMM L \$ Llangynidr 5m	1.51
60.86	↑	CAUTION - CATTLE GRID SO@CG No \$	4.06
64.92	→	CAUTION - BUSY - LOOK R \$ CRICKHOWELL 5m	2.89
67.81	↑	CAUTION - CATTLE GRID SO@CG No \$	2.53
70.34	←	L@T \$ CRICKHOWELL 1m	0.87
71.21	←	L@T \$ GW	0.08
71.29	→	R@TL \$ CRICKHOWELL ½m	0.63
71.92	→	R@T \$ Abergavenny A40	0.13
72.05	→	R No \$, (MONUMENT), [High St]	0.02

12.7km Distance +191m / -468m

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Stage 3 - Beaufort to Crickhowell (Cont) 12.7km

Dist	Dir	Instruction	Next
72.07	☑	INFO CONTROL - CRICKHOWELL	0.02

12.7km Distance +191m / -468m

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Stage 4 - Crickhowell to Tumble Summit 15.8km

Dist	Dir	Instruction	Next
72.09	→	R \$ CAFE@BOOKISH, (JOIN CW)	0.08
72.17	↑	SO No \$, (EXIT CW)	0.07
72.24	←	L@T \$ Stop	0.47
72.71	←	L@BRIDGE \$ Gilwern 3m, (A4077)	1.38
74.09	→	CAUTION - BUSY - LOOK R \$ Bunkhouse	0.43
74.52	↖	BL No \$, (NRM)	2.23
76.75	↗	BR No \$, (CHURCH, TRI)	0.05
76.80	↖	BL No \$, (CHURCH, TRI)	0.06
76.86	↗	BR \$ CHURCH RD, (TRI)	1.23

15.8km Distance +674m / -279m

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Stage 4 - Crickhowell to Tumble Summit (Cont) 15.8km

Dist	Dir	Instruction	Next
78.09	↑	SOX \$ GW	0.20
78.29	←	Sharp L@T \$ GW, Then	0.04
78.33	↗	IMM BR No \$, (JOIN BRIDGE), (JOIN CW)	0.29
78.62	←	BL No \$, (OVER BRIDGE)	0.09
78.71	→	R@T No \$, (EXIT CW), (NRM)	0.32
79.03	↖	BL No \$, (BRIDGE), (RHB)	0.47
79.50	↗	BR \$ NCN 46	1.02
80.52	↖	KL No \$, (TRI)	1.73
82.25	→	R No \$	0.17

15.8km Distance +674m / -279m

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Stage 4 - Crickhowell to Tumble Summit (Cont) 15.8km

Dist	Dir	Instruction	Next
82.42	↖	' BL No \$	0.51
82.93	→	' R@T No \$, (BRIDGE)	0.03
82.96	←	L@T No \$	0.22
83.18	↑	SO@T No \$	0.46
83.64	→	R@T \$ GW	4.21
87.85	☑	INFO CONTROL - TUMBLE SUMMIT	0.01

5.83km Distance +674m / -279m

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Stage 5 - umble Summit to Abergavenny 8.6km

Dist	Dir	Instruction	Next
87.86	←	L No \$, (TRI)	3.93
91.79	←	L@T \$ 3T, (NRM)	2.28
94.07	←	L@T No \$	0.82
94.89	→	2E mRBT \$ GW	0.18
95.07	↑	2E RBT \$ Brecon B4143	0.34
95.41	→	3E RBT \$ ABERGAVENNY 1m	0.34
95.75	→	2E RBT \$ CP	0.33
96.08	→	R \$ Museum, [Tudor St]	0.36
96.44	←	L No \$	0.03

8.6km Distance +69m / -490m

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Stage 5 - Tumble Summit to Abergavenny (Cont) 8.6km

Dist	Dir	Instruction	Next
96.47	☑	FREE CONTROL - ABERGAVENNY	0.05

8.6km Distance +69m / -490m

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Stage 6 - Abergavenny to Pontypool 20.3m

Dist	Dir	Instruction	Next
96.52	→	R@T No \$, [Tudor St]	0.36
96.88	←	L@X \$ GW	0.29
97.17	←	1E RBT \$ LLANFOIST A4143	0.30
97.47	↑	1E RBT No \$	0.34
97.81	↑	2E RBT No \$	0.20
98.01	←	1E mRBT \$ Llanellan B4269	0.82
98.83	↗	CAUTION - BRHB - LOOK BR No \$, (BRHB)	0.34
99.17	→	R \$ NCN 49, (THUR GATE), Then	0.02
99.19	←	IMM L@T No \$, (JOIN CANAL CW)	17.47

20.3km Distance +239m / -192m

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Stage 6 - Abergavenny to Pontypool (Cont) 20.3m

Dist	Dir	Instruction	Next
116.66	↖	BL \$ NCN 49, (TWRDS BRIDGE), Then	0.01
116.67	→	IMM R \$ Pontypool 2.5K, (OVER BRIDGE)	0.05
116.72	☑	CONTROL - PONTYPOOL	0.03

20.3km Distance +239m / -192m

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Stage 7 - Pontypool to Nr Hewelsfield 38.6km

Dist	Dir	Instruction	Next
116.75	↑	RETRACE OVER BRIDGE, Then	0.01
116.76	←	IMM L \$ NCN 49, (CW - PONTYPOOL 0.8m), (RETRACE)	0.25
117.01	↗	BR \$ NCN, (EXIT CANAL CW), (RETRACE)	0.19
117.20	→	R@T \$ NCN 49, (CW - Pontypool 0.8m), (EXIT CW)	1.75
118.95	←	L \$ LLANDUGUETH RES, [Jerusalem Ln]	0.33
119.28	→	R \$ LLANDUGUETH RES 2m, [Sluvad Rd]	3.54
122.82	←	L \$ GLASCOED VILL 2½m, - Obscured	5.12
127.94	←	L@T \$ NCN 423	0.77
128.71	→	R@T \$ NCN 432, (Newport 12½m)	0.45

38.6km Distance +867m / -770m

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Stage 7 - Pontypool to Nr Hewelsfield (Cont) 38.6km

Dist	Dir	Instruction	Next
129.16	→	R \$ PARKING, [Twyn Sq]	0.07
129.23	↖	1E RBT No \$, (CLOCK), (Eff SO)	0.70
129.93	→	R \$ Llantrissant 3½m, - Obscured	1.56
131.49	←	L \$ Obscured	1.80
133.29	→	R@T No \$	3.76
137.05	↖	BL \$ WOLVESNEWTON 2m	6.76
143.81	↑	SO@STGX \$ TINTERN 4m - Obscured	1.68
145.49	→	R@T \$ Parkhouse 1½m, (NRM)	1.18
146.67	→	R@T \$ TINTERN 1½m	3.54

38.6km Distance +867m / -770m

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Stage 7 - Pontypool to Nr Hewelsfield (Cont) 38.6km

Dist	Dir	Instruction	Next
150.21	←	L@STGX \$ GW	2.01
152.22	→	R \$ BROCKWEIR ¼m	1.25
153.47	↗	BR No \$, (TRI)	1.34
154.81	→	R@T No \$	0.55
155.36	→	R@T \$ Chepstow 6m, Then IMM	0.01
155.37	☑	INFO CONTROL - NR HEWELSFIELD	8.58

38.6km Distance +867m / -770m

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Stage 8 - Nr Hewelsfield to Chepstow 10km

Dist	Dir	Instruction	Next
163.95	→	3E 2xmRBT \$ 7.5T	0.96
164.91	↑	SO@CHEPSTOW BRIDGE & Follow OWS	0.37
165.28	←	L No \$	0.05
165.33	🏠	CONTROL - FINISH - CHEPSTOW	🏠

10km Distance +83m / -283m

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	Cue Sheet Key		Cue Sheet Key
IMM	Immediately	L or R	Turn Left or Right
Thru or Twrds	Through or Towards	BL or BR	Bear Light or Right
Opp	Opposite	(B)LHB or (B)RHB	(Blind) Left- or Right-Hand Bend
Eff	Effectively	L/R	Left then IMM Right or R IMM L
NRM	No Road Markings		
\$ or No \$	Signed or Not signed at Cue Point	T	T-junction
\$ NCN	National Cycle Network Route	X	Crossroads
\$ GW	Give Way	STGX	Staggered Crossroads
\$ (x)T	Weight Limit Sign	SO	Straight On
\$ UFHGV	Unsuitable for Heavy Goods Vehicles	SOX	Straight on at Crossroads
\$ UFWV	Unsuitable for Wide Vehicles		
\$ HL	Height Limit		
\$ OW	One Way		
RBT	Roundabout	PB	Post Box
mRBT	Mini-Roundabout	SS	Service Station
TL	Traffic Lights	CP	Car Park
CW	Cycle Way/Path, Traffic Free	TB	Telephone Box
LC	Level Crossing	CG	Cattle Grid
TRI or (TRI)	@ Triangle or Twrds Triangle	PH	Public House
1E / 2E / 3E	Take 1st, 2nd or 3rd Exit	CAPITALS BOLD	Go Through Place
BBRP	Beristol Bath Railway Path		
() or []	Additional Info / Street Name		

