

No. 16 THREE PEAKS

KM	Miles	Direction
0	0.0	Turn right out of Abergavenny train station and follow the cycle path through the garage
0.2	0.1	Continue onto Holywell Crescent
0.5	0.3	Turn right onto Holywell Road
0.6	0.4	Turn left onto Lower Monk Street
0.8	0.5	Turn right onto Ross Road
1.8	1.1	Turn right onto Tredillon Road (👉 NCR 42)
2.8	1.8	Turn left (👉 NCR 46 / Grosmont)
3.3	2.1	At the crossroads go straight on
4.2	2.6	Turn right (👉 Craft Centre)
5.3	3.3	Turn left (👉 NCR 46)
9.7	6.1	At the T-junction turn left (no 👉)
11.4	7.1	At the T-junction turn left (👉 NCR 46)
12.8	8.0	Taking care, cross the A465 and turn left on the shared use pavement path
12.9	8.1	Turn left
13.4	8.4	Turn right (👉 Cwmyoy)
15.4	9.6	Turn left (👉 Forest Coal Pit)
18.2	11.4	At the five-way junction take the second left (👉 Patricio)
18.4	11.5	For the short but hilly detour to the beautiful church and holy well at Patricio , turn right. Otherwise go straight on and rejoin the route at KM 22.3 below
19	11.9	Turn right up the hill
20.4	12.8	At Patricio church, turn around and go back down the lane you just climbed
21.7	13.6	Bear right (straight on)
22.3	13.9	At the T-junction turn right
23.3	14.6	At the T-junction turn right
		The next section is a winding, not too hilly detour up the beautiful Grwyne Fechan valley. If you wish to skip it, ignore the directions that follow until KM 35.8
25.4	15.9	Easy to miss! Turn right then right again (no 👉)

KM	Miles	Direction
30.3	18.9	At the T-junction turn left (or right if you want to visit the old ruined Hermitage just beyond where the road ends)
34.5	21.6	Turn left (👉 Llanbedr) Follow the road through Llanbedr
35.8	22.4	At the T-junction turn right
36.2	22.6	Turn left (👉 Llangenny)
36.5	22.8	Swimming spot is on your left, look out for the footpath sign, follow path through the woods to the tiny stone bridge
37.7	23.6	In Llangenny, follow the road across the bridge and along the river
39.5	24.7	At the A40 turn right then immediately left by The Bell pub
41.5	25.9	At the crossroads in Gilwern , go straight over (👉 Llanelly church)
41.8	26.1	Turn right onto the canal towpath and immediately turn right under the bridge Continue along the canal towpath. If you wish to avoid the ascent of the Bloreng, then carry on along the canal towpath, then the old railway cycle path at Govilon basin and back through Llanfoist to Abergavenny . Else...
42.6	26.6	Immediately after crossing beneath the dual carriageway, turn left off the canal towpath through a wooden gate, onto an unsurfaced path. Follow the path up through the construction works HQ.
42.8	26.8	Rejoin the road, on a lane heading uphill
43.9	27.4	At the T-junction turn right
44.1	27.6	Fork left
44.3	27.7	Turn left by the grass triangle
44.4	27.8	Turn right (👉 Single Track Road)
48.6	30.4	Turn right onto the B4246 then soon after, turn left towards the summit (two antennae)

KM	Miles	Direction
		Follow the road over the top and down the other side
52.8	33.0	At the T-junction turn left (no 🇬🇧)
55.2	34.5	Turn left onto the B4269 (take care, this road can sometimes be busy)
56.0	35.0	At the miniroundabout turn left
56.3	35.2	In Llanfoist turn right onto The Cutting
56.8	35.5	Taking care, cross the road and follow the cycle route across the stone bridge
57.1	35.7	At the far side of the stone bridge turn right into Castle Meadows (🇬🇧 NCR 46)
		Follow the path across the meadow towards the castle
57.9	36.2	At the foot of the castle, turn right on NCR 46.
57.2	35.8	Go straight on into Mill Street (🇬🇧 NCR 46).
58.2	36.4	Turn right onto the A40 then left onto Holywell Road
58.5	36.6	Turn right into Holywell Road East (🇬🇧 NCR 42)
58.7	36.7	Follow cycle route 42 along Holywell Crescent back to Abergavenny railway station

LOST LANES WALES: 36 GLORIOUS BIKE RIDES IN WALES AND THE BORDERS