

No. 17 IRON MOUNTAIN

KM	Miles	Direction
0	0.0	Turn right out of Pontypool and New Inn station
0.4	0.3	At the junction turn right onto The Highway, across the bridge
0.7	0.4	At the bottom of the hill, turn left onto the canal towpath
1.4	0.9	After crossing under the dual carriageway overpass turn right across the canal bridge and right again onto the old railway line cycle path
1.5	0.9	At the roundabout rejoin the road, and cross straight over (👉 Upper Race). You can ride on the shared use path on the right side of the road if preferred
1.9	1.2	At the roundabout go straight on (if riding on the shared use path, follow the signs across the footbridge)
2	1.3	At the roundabout, follow the cycle path to the right (👉 NCR 492)
2.9	1.8	Follow the cycle path as it negotiates the roundabout by Tesco (👉 NCR 492)
3.9	2.4	Cross the road and continue along the cycle path (👉 NCR 492) Continue to follow the railwayline cycle path all the way to Blaenavon, crossing roads where necessary (👉 NCR 492)
16	10.0	For Big Pit , turn left and under the iron railway bridge, otherwise continue straight on (actually right then immediately left)
17	10.6	Turn right onto the road then soon after, turn left onto the cycle path (👉 NCR 492) Follow NCR 492 all the way to the Blaenavon Road / B4248
19.3	12.1	Cross Blaenavon Road / B4248 and continue on the lane on the other side
19.7	12.3	When the lane ends continue along the cycle path

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		The next section is subject to diversions caused by the major works on the A465 and will be updated as necessary, there may be diversions in place. The aim is to connect with NCR 46 heading east towards Llanfoist
21	13.1	Turn right off NCR 492, following the Diversion signs to NCR 46 Continue on NCR 46, heading east towards Clydach and Llanfoist
26.5	16.6	At the end of the cycle path, turn sharp left down the hill
26.2	16.4	Turn sharp right up the hill (👉 NCR 46)
27.7	17.3	Rejoin the cycle path (👉 NCR 46)
30.7	19.2	Just before the cycle path crosses over the canal turn right onto the canal towpath (and ride towards the marina basin) Continue along the canal towpath all the way back to Pontypool (if you prefer not to cycle back then the train bail-out option is from Abergavenny, which is about 2 miles from the canal at Llanfoist , and it's almost all on signed cycle routes.
50.8	31.8	Immediately after passing under Bridge 53 turn left on the path off the canal towpath and turn right onto The Highway
51.3	32.1	Turn left into Pontypool and New Inn station (👉 Station)