
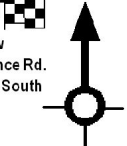
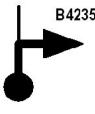

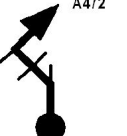
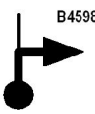
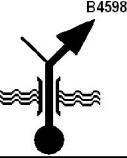
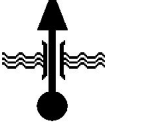
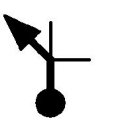
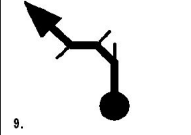
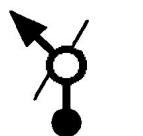




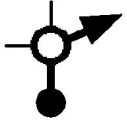


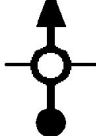
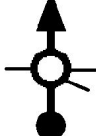
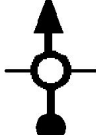
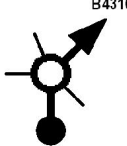


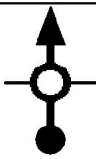
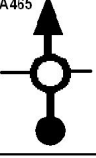

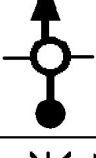
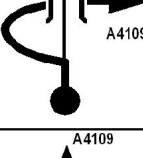
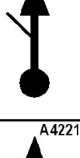

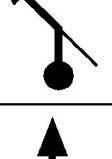
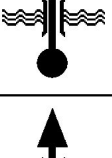
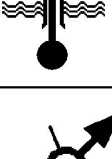


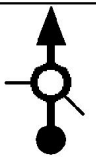


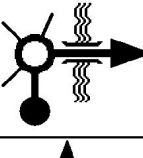



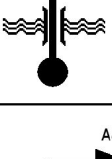
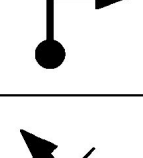
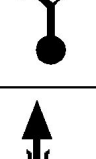
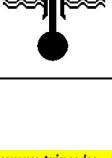



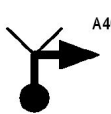

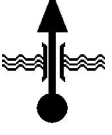
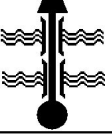

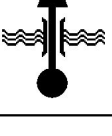
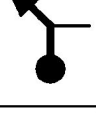






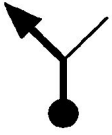





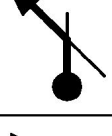
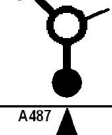
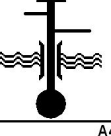
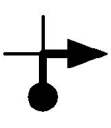
Miles Tot/Par	Image	Description
	 South & Mid Wales	
	More information & rides on www.thebestrides.co.uk www.tripy.eu	
0,0 0,0	START  Chepstow St Lawrence Rd. Direction South 1.	Chepstow A466 - Saint Lawrence Road Chepstow St Lawrence Rd.
0,0 0,0	 B4235 2.	Chepstow B4235
2,7 2,7	 B4235 3.	Shirenewton B4235 - Usk Road
9,0 11,7	 A472 4.	Slough A472
1,2 12,9	 B4598 5.	Usk B4598 - Porthycarne Street
3,6 16,5	 B4598 6.	Kemeys Commander B4598
2,1 18,6	 B4598 7.	Llanvihangel Gobion B4598
0,5 19,1	 B4598 8.	Llanvihangel Gobion B4598
3,4 22,5	 A40 9.	Mardy A40
0,2 22,7	 B4598 10.	Abergavenny A465 - Heads of the Valleys Road





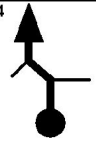
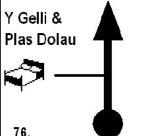

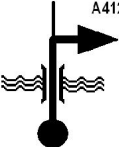
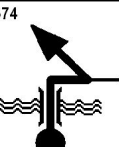

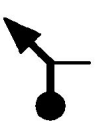

Miles Tot/Par	Image	Description
0,3 23,0	 11.	Llanfoist A465 - Heads of the Valleys Road
2,8 25,8	 12.	Govilon A465 - Heads of the Valleys Road
0,3 26,1	 13.	Gilwern A465 - Heads of the Valleys Road
1,4 27,5	 14.	Clydach A465 - Heads of the Valleys Road
2,6 30,1	 15.	Brynmawr A465 - Heads of the Valleys Road
2,0 32,1	 A465 16.	Rassau A465 - Heads of the Valleys Road
0,7 32,8	 17.	Ebbw Vale A465 - Heads of the Valleys Road
1,1 33,9	 18.	Dukestown A465 - Heads of the Valleys Road
0,9 34,8	 19.	Tredegar A465 - Heads of the Valleys Road
1,8 36,6	 20.	Llechrhyd A465 - Heads of the Valleys Road
1,9 38,5	 B4310 21.	Dowlais Top B4310
2,9 41,4	 22.	Cefn-Coed-y-Cymmer A465 - Heads of the Valleys Road






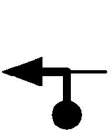

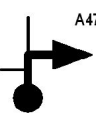




Miles Tot/Par	Image	Description
0,4 41,8		Cefn-Coed-y-Cymmer
0,0 41,8		Cefn-Coed-y-Cymmer A465 - Heads of the Valleys Road
1,6 43,4		Clwydyfagwyr A465 - Heads of the Valleys Road
3,1 46,5		Hirwaun A465
0,8 47,3		Hirwaun A465
4,5 51,8		Glyn-neath A4109
4,5 56,3		Banwen A4109
0,1 56,4		Dyffryn Cellwen A4221
2,7 59,1		Abercraf A4067
0,2 59,3		Abercraf A4067
0,9 60,2		Caer-Lan A4067 - Brecon Road
0,3 60,5		Penrhos A4067

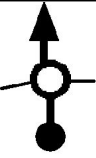

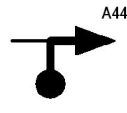

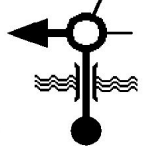
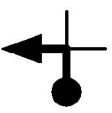


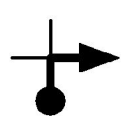

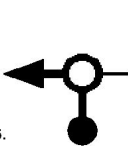
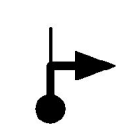
Miles Tot/Par	Image	Description
0,2 60,7		Penrhos A4067
2,2 62,9		Gurnos A4067
0,1 63,0		Gurnos A4067
0,8 63,8		A4067 - Glan yr Avon
2,2 66,0		Cilmaengwyn B4603 - Ynys-meudwy Road
0,1 66,1		Pontardawe B4603 - Ynys-meudwy Road
1,7 67,8		Pontardawe A474 - James Street
5,4 73,2		Gwaun-Cae-Gurwen A4069 - Brynamman Road
1,4 74,6		Brynamman A4069 - Station Road
0,3 74,9		Brynamman A4069 - Llandeilo Road
0,0 74,9		Brynamman A4069 - Mountain Road
10,5 85,4		Dyffryn Ceidrych A4069

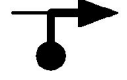
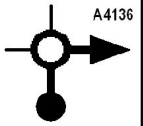


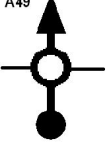
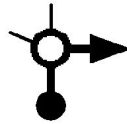
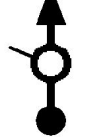


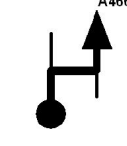
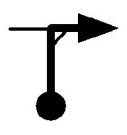
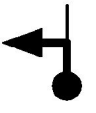
Miles Tot/Par	Image	Description
1,6 87,0	 47.	Llangadog A4069 - Church Street
0,1 87,1	 48.	Llangadog A4069 - Station Road
0,7 87,8	 49.	Ashfield A4069
0,2 88,0	 50.	Ashfield A40
2,3 90,3	 51.	Llanwrda A482
1,5 91,8	 52.	A482
0,5 92,3	 53.	A482
6,0 98,3	 54.	Pumsaint A482
1,0 99,3	 55.	Harford A482
6,1 105,4	 56.	Cwmann A482 - Treherbert Street
0,5 105,9	 57.	Cwmann A482
0,2 106,1	 58.	Lampeter A482

Miles Tot/Par	Image	Description
0,4 106,5	 59.	Lampeter A482 - College Street
0,4 106,9	 60.	Lampeter A482 - Pleasant Hill
0,2 107,1	 61.	Lampeter A482
11,8 118,9	 62.	Aberaeron A482 - Godre Rhiwgoch
0,2 119,1	 63.	Aberaeron A482 - Stryd Y Fro
0,4 119,5	 64.	Aberaeron A487
6,7 126,2	 65.	Llanrhystud A487
6,1 132,3	 66.	Llanfarian A487 - Antaron Avenue
1,4 133,7	 67.	Aberystwyth A4120 - Penparcau Road
0,1 133,8	 68.	Aberystwyth A487 - Penparcau Road
1,1 134,9	 69.	Aberystwyth A487 - Bridge Street
0,2 135,1	 70.	Aberystwyth A487 - Great Darkgate Street

Miles Tot/Par	Image	Description
0,2 135,3	71. 	Aberystwyth A487 - Northgate Street
0,2 135,5	72. 	Aberystwyth A44 - Llanbadarn Road
0,6 136,1	73. 	Aberystwyth A44 - Llanbadarn Road
0,2 136,3	74. 	Aberystwyth A44 - Llanbadarn Road
0,1 136,4	75. 	Aberystwyth A44
1,6 138,0	76. 	Comins Coch A44 Y Gelli & Plas Dolau
0,6 138,6	77. 	Capel Dewi A44
8,5 147,1	78. 	Ponterwyd A4120
3,1 150,2	79. 	Devil's Bridge B4574
3,3 153,5	80. 	Cwmystwyth
0,7 154,2	81. 	Cwmystwyth
0,7 154,9	82. 	Cwmystwyth

Miles Tot/Par	Image	Description
0,9 155,8	83. 	Cwmystwyth
0,6 156,4	84. 	
0,3 156,7	85. 	
5,8 162,5	86. 	
0,5 163,0	87. 	
4,8 167,8	88. 	Llansantffraed-Cwmdeudd wr B4518
0,2 168,0	89. 	Rhayader B4518 - Bridge Street
0,2 168,2	90. 	Rhayader A470 - South Street
6,2 174,4	91. 	A470
2,5 176,9	92. 	Newbridge-on-Wye A470
4,4 181,3	93. 	Llanelwedd A483
0,5 181,8	94. 	Llanelwedd A481

Miles Tot/Par	Image	Description
0,5 182,3	95. 	Llanelwedd A481
0,4 182,7	A481 96. 	Llanfaredd A481
8,9 191,6	97. 	Llanfihangel-Nant-Melan A44
9,9 201,5	98. 	Kington A44
0,3 201,8	99. 	Kington A44
8,8 210,6	A44 100. 	Sollers Dilwyn A44
2,0 212,6	101. 	Monkland A44 - Monkland Road
1,5 214,1	102. 	Ivington A44 - Baron's Cross Road
0,8 214,9	B4361 103. 	Leominster B4361 - Dishley Street
0,1 215,0	B4361 104. 	Leominster B4361 - Westbury Street
0,1 215,1	105. 	Leominster High Street
0,0 215,1	106. 	Leominster Etnam Street

Miles Tot/Par	Image	Description
0,3 215,4	107. 	Leominster Worcester Road
0,4 215,8	108. 	Leominster A4136 - Beech Avenue
1,1 216,9	109. 	Wharton A49
2,0 218,9	110. 	Newton
7,6 226,5	A49 111. 	Holmer A49 - Holmer Road
0,9 227,4	112. 	Hereford
0,5 227,9	113. 	Hereford A49 - Victoria Street
0,4 228,3	114. 	Hereford A49
0,2 228,5	115. 	Hereford A49 - Ross Road
4,5 233,0	116. 	King's Thorn A466
12,7 245,7	A466 117. 	Monmouth A466 - Saint James' Square
0,1 245,8	A466 118. 	Monmouth A466 - Wyebridge Street

