

STAGE 11. CALDICOT CASTLE to PENHOW – 8.3 Miles / 13.4km

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 4.25PM

CUT-OFF TIME: 1HR 15MINS

Start in car park area adjacent to Caldicot Castle. Proceed along approach lane to T-junction and turn right.

Bear right at roundabout through housing estate and continue for approx. 1 mile to sign for village of

Caerwent passing over motorway. At 1.35 miles take left turn, and continue past golf course. At 2 miles, turn

right to Highmore Hill. At 3.8 miles turn left at the crossroads. At 4.7 miles turn left at the T-junction towards

Magor. At 6.1 miles turn right, then follow this lane to the finish, in residential lane on left adjacent to main

road, next to the Groes Wen public house. All vehicles to TURN OFF THE COURSE AT THE MARSHAL POINT and

use the A48 to proceed to The Groeswen.

