

STAGE 12. PENHOW to CAERLEON AMPHITHEATRE - 6.64 Miles / 10.7km

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

START TIME: 5.20PM

CUT-OFF TIME: 60 MINS

Start on footpath on right hand side of main A48 opposite previous stage finish. Keep to footpath on **RIGHT HAND SIDE** of road. In just over 1 mile turn right signposted "Tregarn Road" and right again into "Old Roman Road". Take right turn signposted "Usk" and left under the dual carriageway. On entering Caerleon turn right opposite the Bell Inn identified by "No Entry" signs (support vehicles take right turn at next T-junction). On reaching junction take a sharp right through the car park of the Ship Inn and cross footbridge. After bridge cross to left hand side and proceed into Caerleon. Take left turn after the Bull Inn signposted "Municipal Golf Course" and "Heritage Trail". On reaching the car park take left turn into Amphitheatre site. Skirt round the right hand side of the arena and enter over ramp at the far end and finish in middle.

