

STAGE 4. ABERGAVENNY to MOAT – 6.7 Miles / 10.78 km

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

START TIME: 9.44AM

CUT-OFF TIME: 61 MINS

Start on path alongside bus station car park. Go to end, turn right and proceed along B4233 towards Monmouth, through Llanvapley. In approximately 6.5 miles, turn left to the Moat.

