

# CYCLING ROUTE #3

CYCLING ROUTE -

CHALLENGING/INTERNATIONAL LEVEL

DISTANCE - 24 MILES

There & Back route: Crickhowell to Keepers Pond, Blaenavon via The Tumble and back to Crickhowell – aka.... 'Tackle The Tumble'

Starting at MAISON50 in Crickhowell's High Street, turn right up the High Street towards The Bear then turn left at the T Junction.

Turn left down New Road opposite the Shell garage. Head down the road through the traffic lights and over the river bridge. At the T turn left towards Gilwern.

At Gilwern head towards Govilon and travel through towards the turn right sign posted Blaenavon.

From here is the 6km winding push up The Tumble. At the top there is a lake on the left called Keepers Pond for a rest up and well deserved lunch break!

When you are ready to return, whizz back down the hill taking in the majestic mountain views and say 'hello' to the sheep.

At the bottom of the hill turn left back through Govilon and follow through back to Gilwern and onwards to Crickhowell. Relax! ...you've made it!



MAISON50

 **HEALTH  
& FITNESS**