CYCLING ROUTE #5

Round Trip: Crickhowell to Abergavenny via Forest Coal Pit and Pantygelli - aka 'Hidden Valley Route with a Llanthony Valley Optional Detour

Starting at MAISON50 in Crickhowell's High Street, turn right up the High Street towards The Bear Hotel then cross the road and go up Standard Street directly ahead.

Keep going along here until you see a left turn to Llanbedr – ride down here to the village stopping at The Red Lion for coffee. Ride back up to the road back to the main lane as before, and carry on along here taking the right hand fork towards Forest Coal Pit.

At Forest Coal Pit again keep bearing right towards Abergavenny via Pantigelli.

You will get to a gorgeous pub with views of The Skirrid Mountain called The Crown. Stop here for a spot of lunch and a pint of Real Ale or local Cider - in fine weather enjoying the views from the sunny outdoors terrace.

At Pantygelli you have the option to take a detour; along the back roads to Llanthony Priory - via the Llanthony Valley, then retrace your steps back to Abergavenny, Otherwise, from The Crown Inn at Pantygelli, turn right and continue to Abergavenny along the back lane.

Travel through Abergavenny to Llanfoist, then go through - in turn - Govilon and Gilwern - either along the road or taking the canal if you wish – eventually arriving back in Crickhowell and a well earned soak in the bath at MAISON50!

MAISON50

MJ HEALTH & FITNESS