

STAGE 1. GROSMONT CASTLE to SKENFRITH CASTLE - 5.1 Miles / 8.23 km

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

START TIME: 7.30AM

CUT-OFF TIME: 46 MINS

Start on approach lane to Grosmont Castle. Proceed down lane and turn left onto B4347. In approximately 4 miles turn left along B4521 signposted "Ross/Skenfrith". On entering village take left turn for castle and finish.

