

STAGE 3. WHITE CASTLE to ABERGAVENNY – 7.51 Miles / 12.1 km

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

START TIME: 8.52AM

CUT-OFF TIME: 68 MINS

Start on green within White Castle. Return to B4521 along lane and turn left towards Abergavenny. On entering town bear left under bridge and keep left. On reaching T-junction turn left and then right after 100 yards into the park alongside the Gavenny River. Keep to left hand path and finish at end. The castle is visible to the right.

