

**STAGE 5. MOAT to MONMOUTH – 8.1 Miles / 13.04 km**

A gpx file of this route is available at [www.fairwater-runners-cwmbran.org.uk/content/rack-raid](http://www.fairwater-runners-cwmbran.org.uk/content/rack-raid)

START TIME: 10.30AM

CUT-OFF TIME: 73 MINS

From MOAT turn left onto the main road. Continue along B4233. On entering Monmouth town go straight ahead at roundabout before turning left at next roundabout and proceed over the Monnow Bridge. Turn left opposite Waitrose (about 100 yards) and finish in bus stop near Somerfield supermarket. Monmouth Castle is visible straight ahead.

**Vehicles to use New River bridge downstream of Old Monnow bridge.**

