

West to East Run. June13-15th2025.

Start point Cardigan Castle Car Park Day1

Start time1030

Turn right onto High street/NorthRoad/Aberystwyth road. B4548.

Fuel up at Tesco petrol stn.

From there short distance to;

A487 North bound towards Aberaeron, follow past Llanrhystud Rhydyfelin;

A487 (Southgate) 2nd exit on Roundabout to A4120 Heol-y-bont over river (afon Rheidol) to next roundabout 3rd Exit into McDonalds carpark.

toilet and meeting place 40miles

Approx 1hr Arrival 1110 depart 1130

Back to A4120 follow to double roundabout with A44 at second one, 2nd exit (south bound Llangurig).

Follow A44 to LLangurig and roundabout with A470; 2nd exit South A470. Follow to Rhayader.

At junction with A44 with 3 pubs again turn left Towards Leominster 10 miles approx 20 mins.

Follow A44 to Kington

Follow A44 to Leominster through Leominster on A44.

14 miles approx 25 mins

At roundabout with A49 OK Diner

tea break and meeting point

Refuelling should it be required.

Follow A49 south to the next roundabout 1st exit A44 towards Worcester 27 miles approx 45 mins. Arrival 1300 depart 1400

Follow A44 over Worcester river bridge (River Severn).
At this point the A44 splits to a kind of contra flow.
We will turn left and follow to a triangulated junction (roundaboutish!)
Take right (1st exit) follow to traffic lights and right, next set left onto Deansway.
At 2nd set of traffic lights turn right into Copenhagen street carpark.

Meetingpoint

And a short way to the Cathedral on the river. 26 miles approx 45mins.
Arrival 14.45. Depart 15.30

Turn right on leaving and follow A44. This is the main road through Worcester and is to London. But changes to Wittington road.

At Swineshead roundabout takes 1st exit A440 Signed Evesham and Stratford.
At next roundabout 3rd exit A44 again over the M5.

At next roundabout 2nd exit this is now the A422.

Follow A422 through another Kington**

At Alcester roundabout take 3rd exit A435 south to Overslay mill roundabout 1st exit A46 Stratford road. Then Alcester road which at next roundabout becomes A422 again 2nd exit.

On entering Stratford town a one-way system is in force and we take the A3400 left then follow round to right, over the river (Avon).

Turn left onto Tiddington Road B4806. This becomes Main Street.

At the fork take right Wellesbourne Road.

Take next left onto Church Lane.

YHA on the left. 28 miles approx 45mins. Arrival 16.15.
