



140

50

CARDIFF

BRISTOL CHANNEL

BRISTOL

START

FINISH

Abergavenny

Blaenavon

Pontypool

Usk

Newbridge

Llanbradach

Caerphilly

Newport

Monmouth

Brynmawr

Ebbw Vale

Tredegar

Blaina

Rhymney

Abertillery

Bargoed

Treharris

Ystrad Mynach

Cwmbran

Risca

Pontypridd

Chepstow

Caldicot

Portishead

Penarth

Clevedon