

Steps for Stephen

Spring / Summer 2021

**Welsh Tour
Mapbook**

MAIN EVENT SPONSOR – tbc

EST. 2007
**Redwood
events**

**DARBY
RIMMER**
MND FOUNDATION

Fundraising in
support of the
Darby Rimmer
MND Foundation

Welsh Tour



To Rodney Parade

To Parc y Scarlets

Supporting the Darby Rimmer MND Foundation

To Sophia Gardens

To The Gnoll

To the Principality Stadium





Walkers Rota

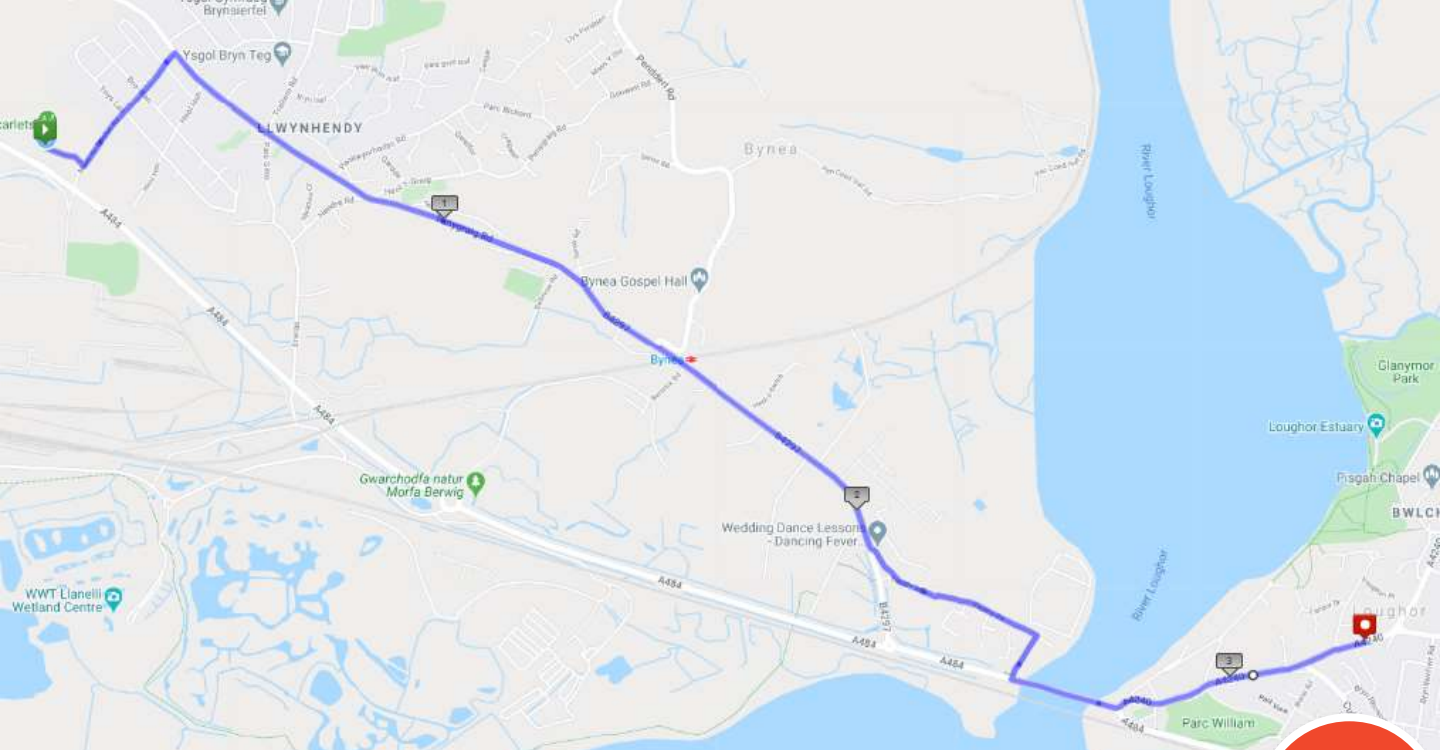
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Stage	From	To	Miles	Start Day	Start Time	End Day	End Time	Walkers		
1	Llanellt Scarlets	Loughor	3.28	Sat	12.00	Sat	12.59	Gary Speed	John Toshack	Tom James
2	Loughor	Cadle	3.26	Sat	12.59	Sat	13.58	Leigh Halfpenny	Steve Morrison	Ian Rush
3	Cadle	Swansea City / Neath Ospreys	3.21	Sat	13.58	Sat	14.56	Alan Wyn Jones	Andre Ayew	Dean Holdsworth
4	Swansea City / Neath Ospreys	Peniel Green	3.50	Sat	15.06	Sat	16.09	Dan Biggar	Gareth Bale	Gareth Edwards
5	Peniel Green	Neath FC / Neath RFC	3.68	Sat	16.09	Sat	17.15	Gary Speed	Steve Morrison	Dean Holdsworth
6	Neath FC / Neath RFC	Briton Ferry	3.09	Sat	17.25	Sat	18.21	Leigh Halfpenny	Andre Ayew	Gareth Edwards
7	Briton Ferry	Port Talbot FC	3.19	Sat	18.31	Sat	19.28	Alan Wyn Jones	Gareth Bale	Tom James
8	Port Talbot FC	Aberavon RFC	1.50	Sat	19.38	Sat	20.05	Dan Biggar	John Toshack	Ian Rush
9	Aberavon RFC	Parc Margam	3.37	Sat	20.15	Sat	21.16	Gary Speed	Leigh Halfpenny	Alan Wyn Jones
10	Parc Margam	Stormy Down	4.55	Sat	21.16	Sat	22.38	Dan Biggar	Gareth Bale	Andre Ayew
11	Stormy Down	Bridgend Ravens	4.11	Sat	22.38	Sat	23.52	Steve Morrison	John Toshack	Gareth Edwards
12	Bridgend Ravens	Coychurch Road	3.63	Sun	0.02	Sun	1.07	Dean Holdsworth	Ian Rush	Tom James
13	Coychurch Road	Dolau	3.86	Sun	1.07	Sun	2.16	Dan Biggar	Steve Morrison	Gary Speed
14	Dolau	Llantrisant RFC	3.69	Sun	2.16	Sun	3.22	Alan Wyn Jones	Ian Rush	Gareth Edwards
15	Llantrisant RFC	Pontypridd RFC	4.47	Sun	3.32	Sun	4.52	Leigh Halfpenny	Gareth Bale	Tom James
16	Pontypridd RFC	Treforest Industrial Estate	4.04	Sun	5.02	Sun	6.15	Dean Holdsworth	Andre Ayew	John Toshack
17	Treforest Industrial Estate	Coryton	3.98	Sun	6.15	Sun	7.27	Leigh Halfpenny	Steve Morrison	Ian Rush
18	Coryton	Glamorgan CCC	3.95	Sun	7.27	Sun	8.28	Dean Holdsworth	Dan Biggar	Tom James
19	Glamorgan CCC	Cardiff City FC	1.54	Sun	8.38	Sun	9.06	Alan Wyn Jones	Gareth Bale	John Toshack
20	Cardiff City FC	Princ'y Stadium / Cardiff Blues	1.82	Sun	9.16	Sun	9.49	Gary Speed	Andre Ayew	Gareth Edwards
21	Princ'y Stadium / Cardiff Blues	St Mellions	4.67	Sun	9.59	Sun	11.23	Dean Holdsworth	Gareth Bale	Ian Rush
22	St Mellions	Coedkernew	4.22	Sun	11.23	Sun	12.39	Leigh Halfpenny	Dan Biggar	Gareth Edwards
23	Coedkernew	Newport County FC / Dragons	3.71	Sun	12.39	Sun	13.46	Alan Wyn Jones	Andre Ayew	Steve Morrison
24	Newport County FC / Dragons	Celtic Manor Golf Club	2.97	Sun	13.56	Sun	14.49	Gary Speed	Tom James	John Toshack



Steps for Stephen





Stage 1 – Llanelli Scarlets to Loughor

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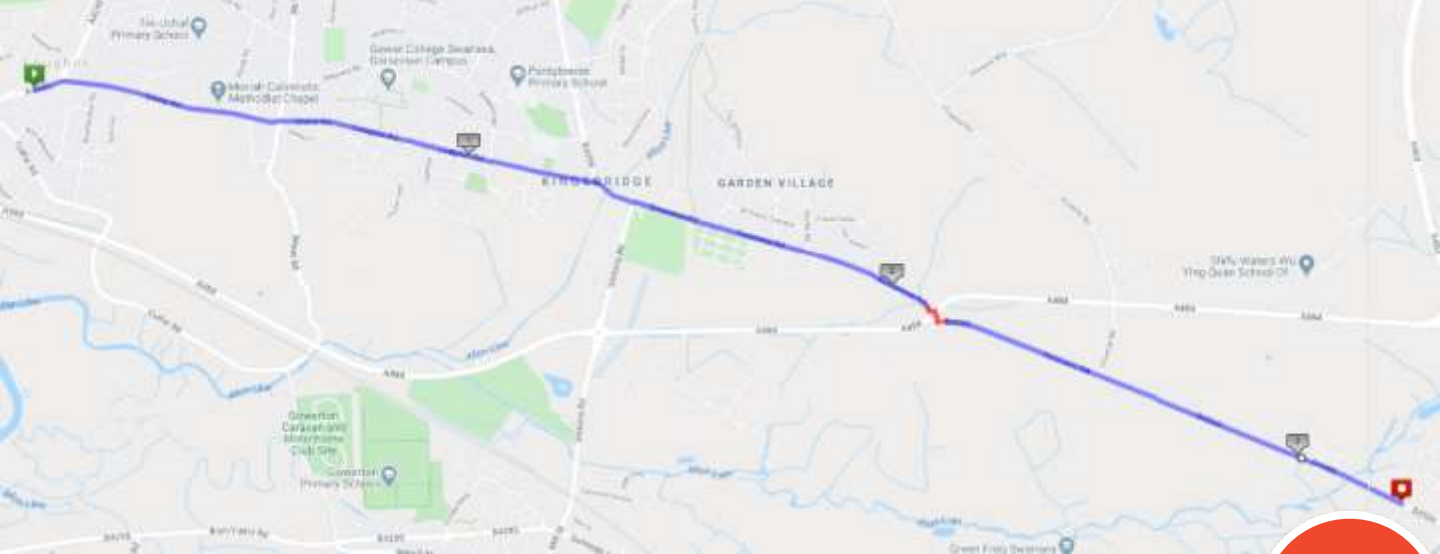


- 0.0 – Leave the car park heading South East and turn left on Maes-Ar-Ddafen Road
- 0.3 – At the end, turn right on Llwynhendy Road
- 1.3 – Pass the Bell Inn pub
- 1.6 – Pass Bynea Station
- 2.1 – Fort left up Hoel Yspitty just after NRJ Motor Company
- 2.2 – At the top, turn left staying on Hoel Yspitty
- 2.3 – Go straight on (2nd exit) at the mini roundabout
- 2.5 – Turn right after the houses and before the car park up the narrow lane
- 2.6 – Go up the steps and turn left across the River Loughor
- 2.8 – After the bridge, turn left (1st exit) at the roundabout towards Loughor
- 3.2 – Straight ahead (2nd exit) at the mini roundabout and handover at the layby on the right



Steps for Stephen

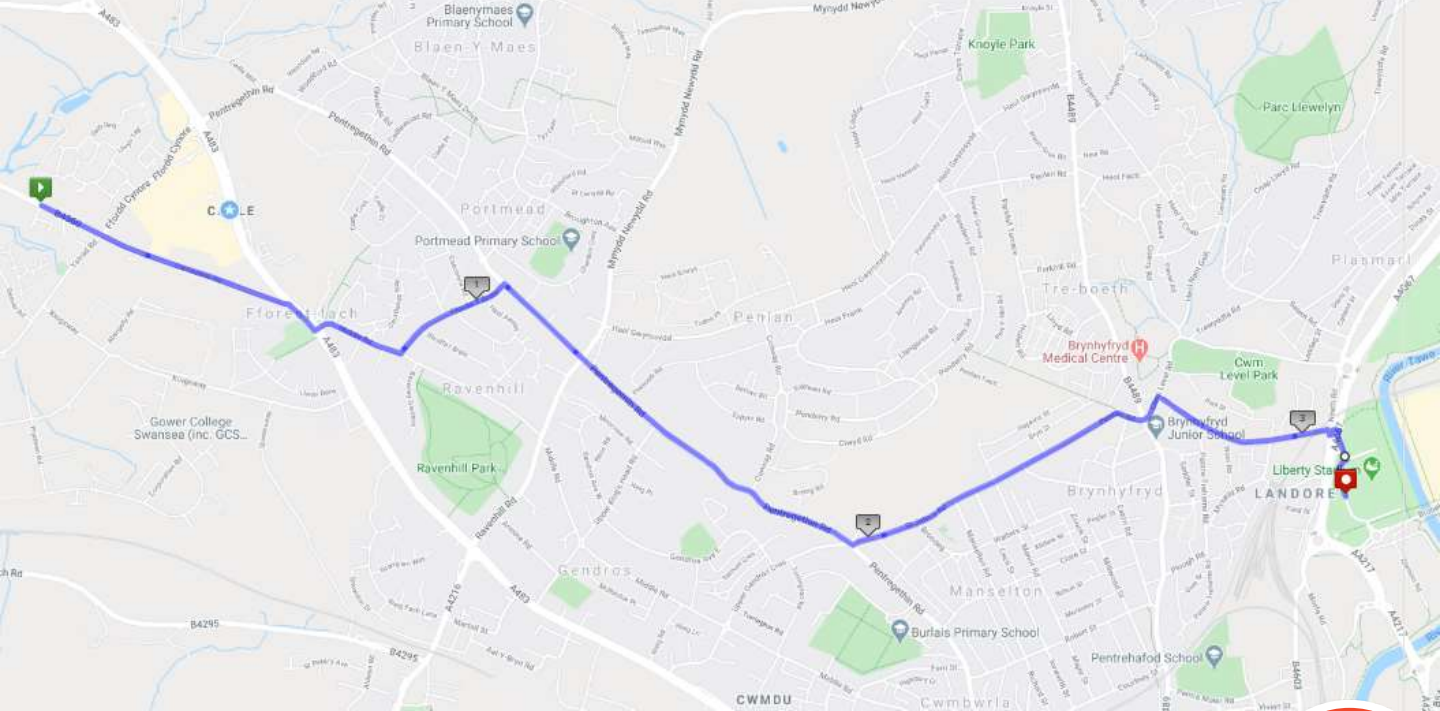




Stage 2 – Loughor to Cadle

- 0.0 – Carry on along Glebe Road
- 0.1 – At the roundabout, veer right (2nd exit) along Glebe Road
- 0.5 – Straight on (2nd exit) at the mini roundabout after the zebra crossing staying on Glebe Road
- 0.8 – Straight on (1st exit) at the mini roundabout and then straight on (1st exit) at the next mini roundabout
- 1.3 – Veer right (2nd exit) at the roundabout heading towards Swansea
- 1.4 – Straight on (1st exit) at the roundabout after the Kingsbridge pub
- 1.6 – Straight on (2nd exit) at the roundabout passing the Garden Village sign
- 1.8 – Straight on (2nd exit) at the roundabout onto Swansea Road
- 2.1 - Straight on (2nd exit) at the roundabout onto Swansea Road
- 3.3 – Handover in the turn off for Pant-Yr-Helyg on the right





Stage 3 – Cadle to Swansea City FC / Neath Ospreys

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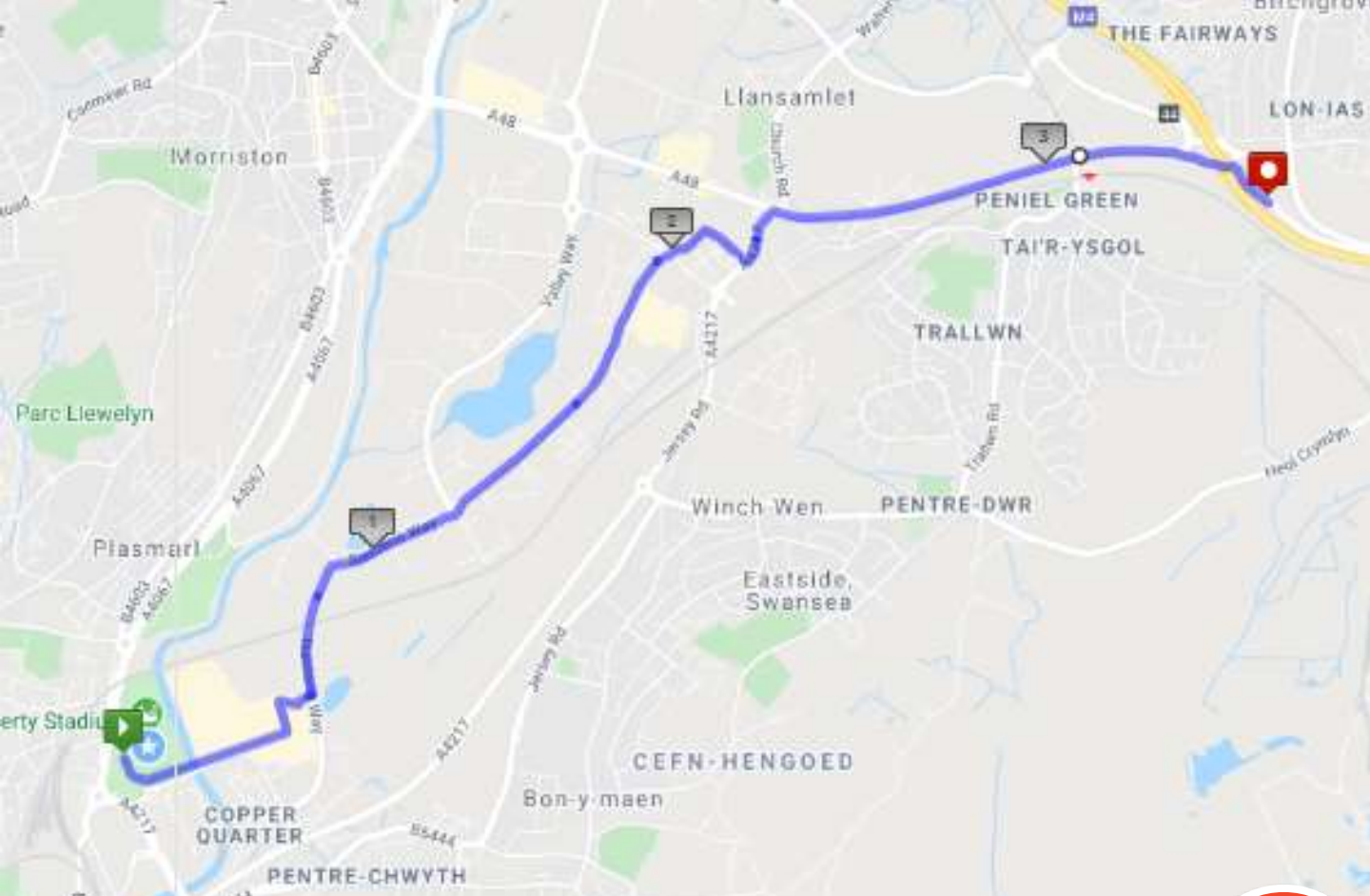


- 0.0 – Carry on along Carmarthen Road
- 0.2 – Straight on at the lights (no through road for vehicles)
- 0.7 – At the end, veer right at the lights and then turn left at the lights onto Middle Road
- 0.8 – Turn left up Ffordd Y Brain
- 1.0 – At the end, turn right on Pentregethin Road
- 1.2 – Straight on at the lights passing Coral Bookmakers
- 1.7 – Veer right (2nd exit) at the mini roundabout along Pentregethin Road
- 2.0 – Straight on (1st exit) at the mini roundabout then turn left (1st exit) at the mini roundabout onto St Johns Road
- 2.6 – Straight on at the lights by the NISA local store onto Cwm Level Road and take the first right onto Siloh Road
- 2.8 – Straight on where the road narrows (impassable for vehicles)
- 3.1 – At the end, use the crossing to cross over the main road, then turn right.
- 3.2 – Fork left to the stadium



Steps for Stephen





Stage 4 – Swansea City FC / Neath Osprey to Peniel Green

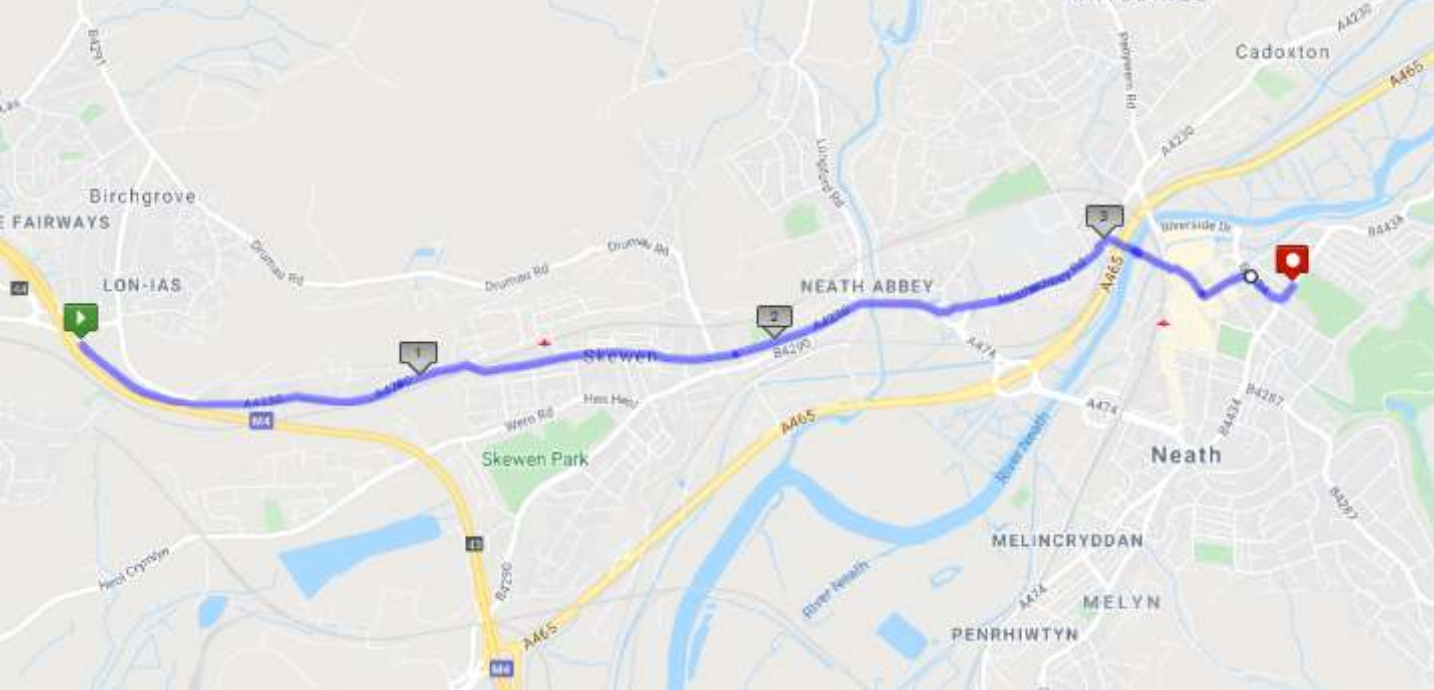


- 0.0 – Follow the perimeter of the stadium anti-clockwise then cross the footbridge over the River Tawe into the Retail Park
- 0.5 – Pass to the right hand side of Morrisons and turn left on Nantong Way
- 0.9 – Veer right (2nd exit) at the roundabout
- 1.2 – Straight on (2nd exit) at the roundabout passing the KIA showroom
- 2.0 – Take the path off the roundabout between the 2nd and 3rd exits and follow it round to the right
- 2.1 – At the end, turn left on Nantyffin Road and go straight through the lights by Tesco
- 2.3 – At the end at the lights, turn right and go straight through the next lights by the Smiths Arms
- 3.1 – Straight through the lights by the Sikh Community Centre
- 3.3 – At the roundabout, keep on the right hand pavement and follow the pavement over the M4
- 3.5 – After the motorway, turn right on Peniel Green Road and handover in the layby by the houses on the left



Steps for Stephen



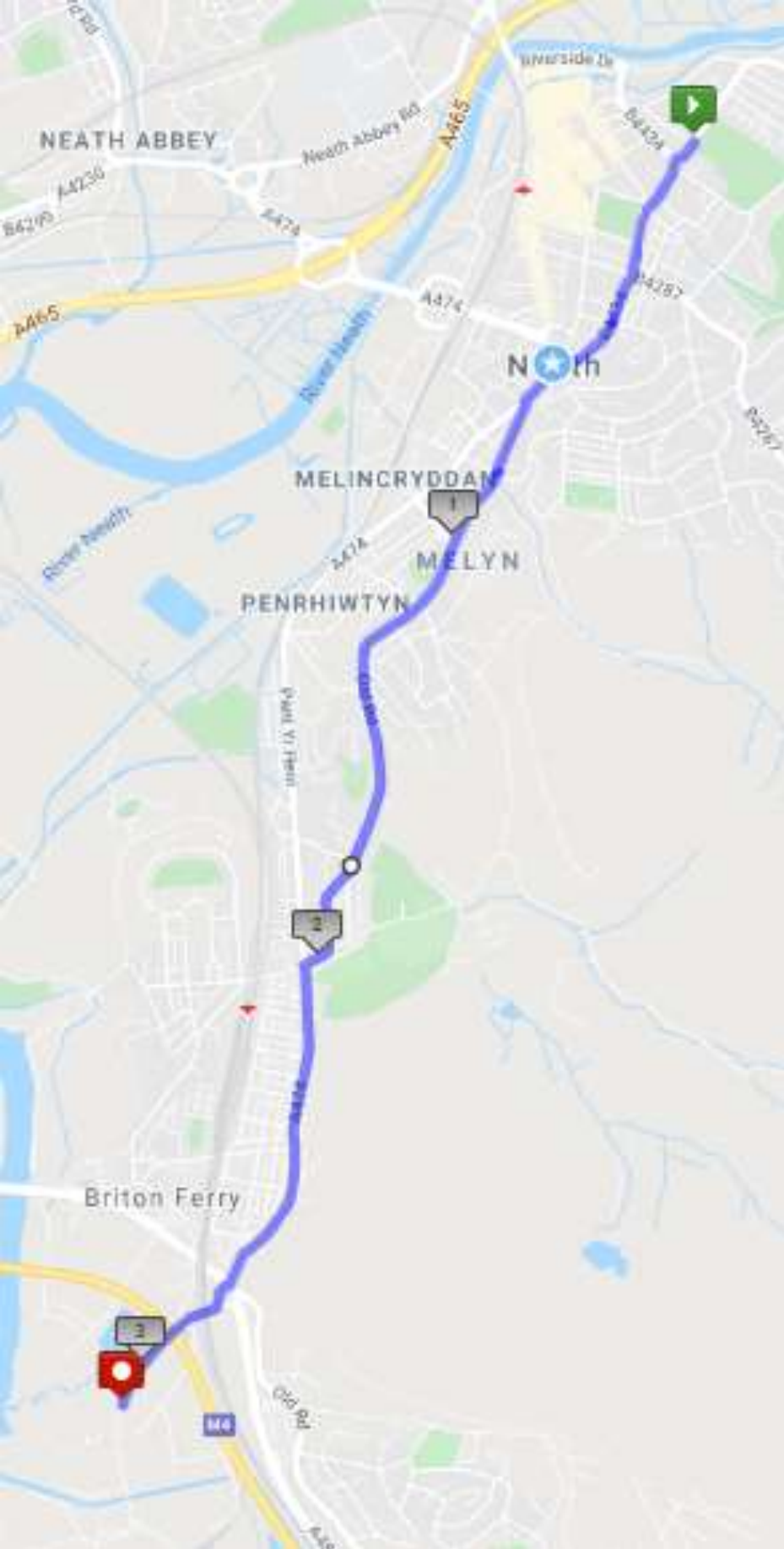


Stage 5 – Peniel Green to Neath RFC / Neath FC



- 0.0 – Carry on along Peniel Green Road
- 0.5 – Pass the Texaco garage
- 1.1 – Follow the road round to the right crossing over the railway line
- 1.5 – Pass the Baptist Church
- 2.3 – Straight on (2nd exit) at the roundabout then immediately straight on (1st exit) at the next roundabout
- 2.5 – Just before the roundabout, turn left on Stratton Way then fork right on the path towards the roundabout and follow straight on along the path towards the Ford garage
- 3.0 – Take the steps up to the footbridge and take the bridge to the right over the River Neath
- 3.1 – At the end of the bridge, carry straight on along Bridge Street
- 3.2 – At the end, turn right onto Croft Road by Morrisons, then turn left on Angel Street (pedestrianised) and follow it immediately round to the right through the shopping precinct.
- 3.3 – Turn left at the crossroads in the paths by Holland & Barrett and head past Greggs
- 3.5 – At the end, turn right on Prince of Wales Drive
- 3.6 – Turn left (1st exit) at the roundabout onto Gnoll Park Road and arrive at The Gnoll





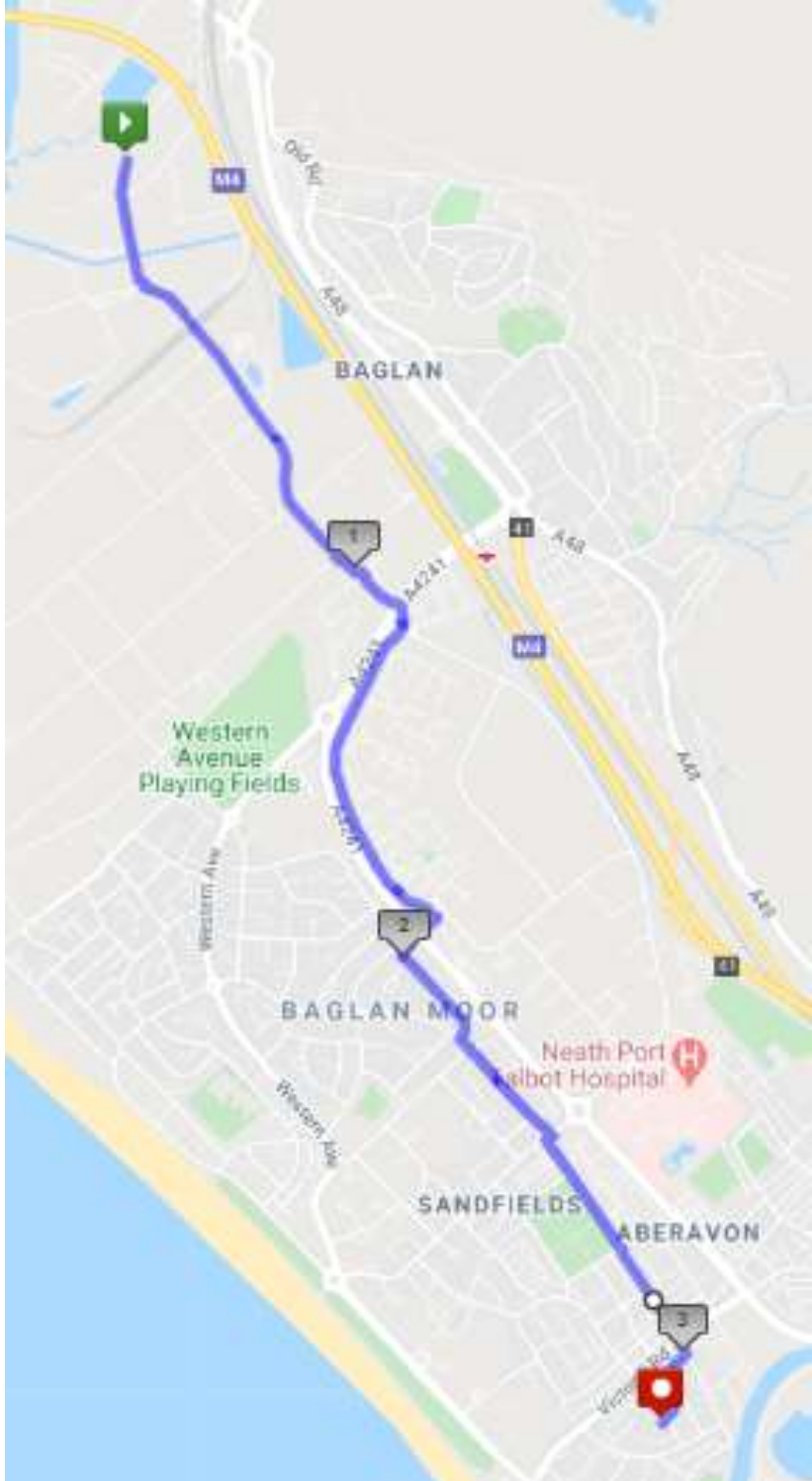
- 0.0 – Leave the Gnoll and head back towards Neath
- 0.1 – Turn left (1st exit) at the roundabout
- 0.6 – Straight on (2nd exit) at the roundabout passing the church on your left
- 0.7 – Fork left on Crythan Road
- 1.8 – Pass School
- 2.0 – Turn left at the lights onto Neath Road towards Port Talbot
- 2.8 – Straight over the roundabout with the A48 using the footbridge and head along Brunel Way
- 3.1 – Handover in layby on the left



Stage 6 – Neath FC / Neath RFC to Briton Ferry



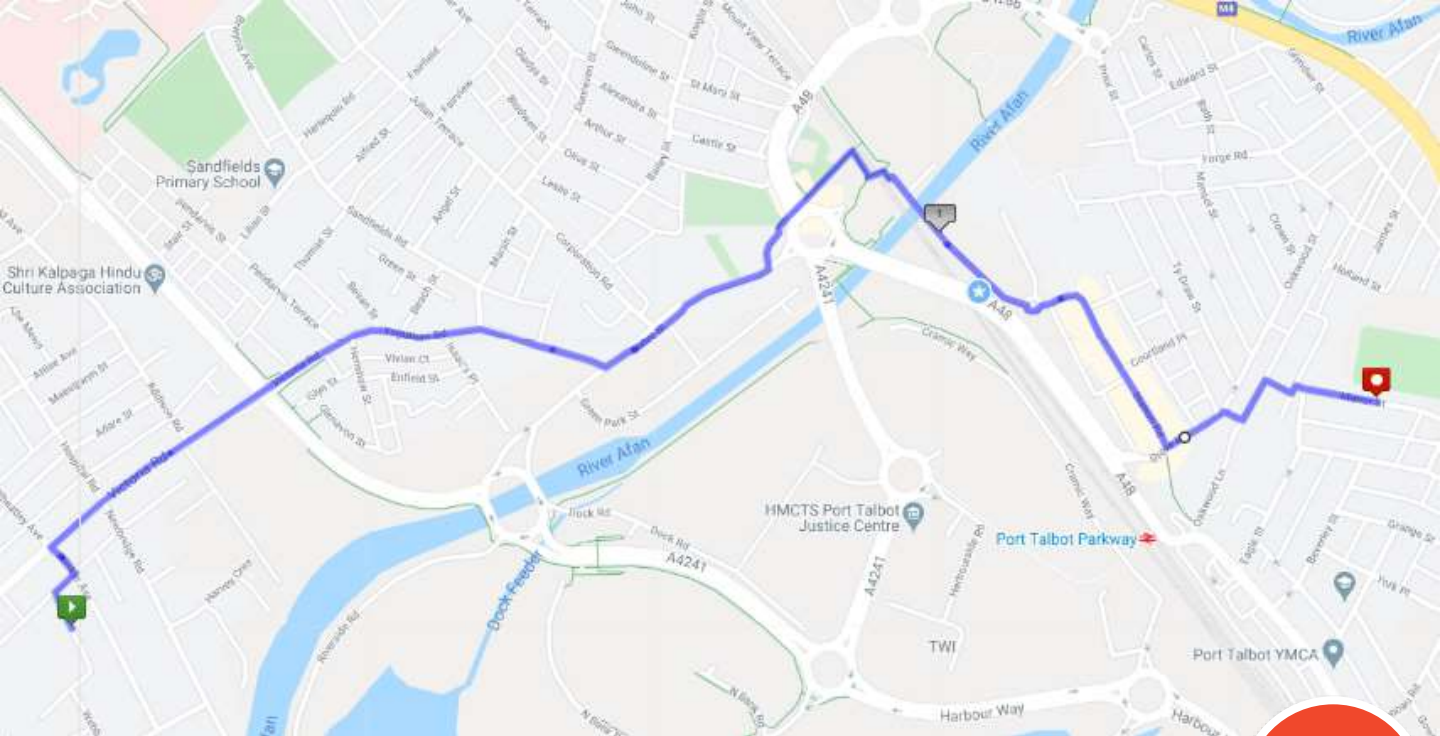
- 0.0 – Carry on along Brunel Way
- 0.3 – Straight on (2nd exit) at the roundabout and head on Central Avenue over the railway
- 1.0 – Straight on (2nd exit) on two consecutive roundabouts
- 1.2 – Turn right at the roundabout (3rd exit) keeping on the right hand pavement and the climb the steps to the footbridge crossing the dual carriageway
- 1.3 – At the end of the footbridge veer left from the bottom of the steps and carry on along Village Road
- 1.8 – Turn right (3rd exit) at the roundabout and cross over to Lidl
- 1.9 – Take the subway unto the centre of the next roundabout the veer left through the tunnel to leave the roundabout. At the end of the tunnel veer right and follow the path
- 2.0 – At the end, turn left on Arcadia Avenue
- 2.2 – At the end, turn left on Fairway, then go straight on (2nd exit) at the mini roundabout.
- 2.4 – Straight over the junction with Cove Road
- 2.5 – At the end, turn right on Dalton Road then immediately left on Vivian Park Drive



- 2.8 – Straight on (2nd exit) at the mini roundabout by Vivian Park onto Hospital Road
- 2.9 – At the lights, turn right on Victoria Road
- 3.0 – Take the first left on Ruskin Avenue and then the first right along the back road to the ground
- 3.1 – Turn left before the stadium into the ground
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Stage 7 – Briton Ferry to Port Talbot FC

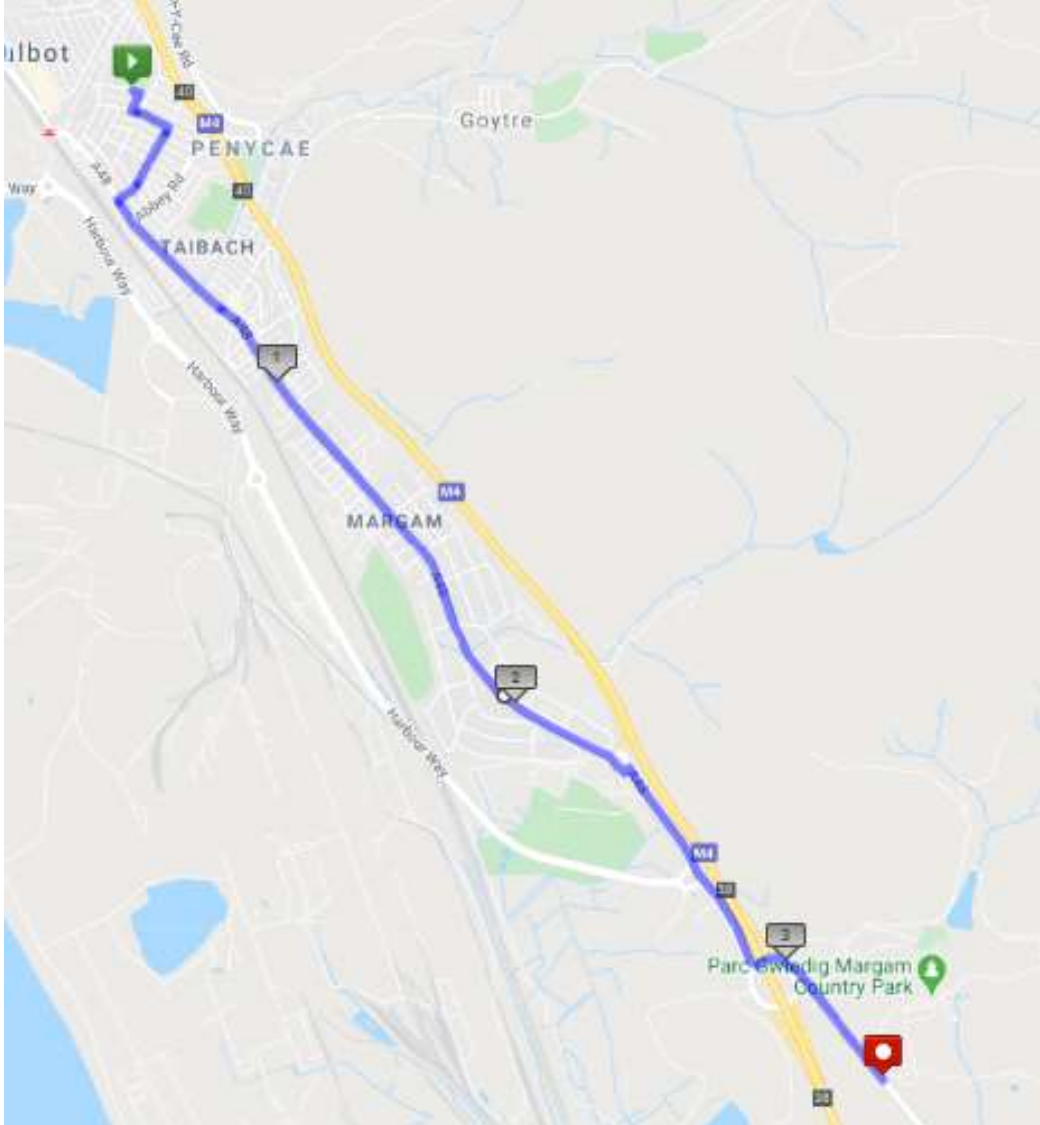




Stage 8 – Port Talbot FC to Aberavon RFC

- 0.0 – Leave the ground the way you arrived, turn right up the back road and left on Ruskin Avenue
- 0.1 – Turn right on Victoria Road and head through the lights with Hospital Road
- 0.3 – Take the footbridge over the dual carriageway and carry on up Victoria Road
- 0.6 – At the end, turn left following signs to the Town Centre
- 0.8 – Just before the roundabout, take the side road to the left and follow it round to the subway
- 0.9 – Head straight out of the subway and go straight on and pass under the subway by the St Mary’s Centre, turning right on exit
- 1.0 – After B&M Bargains, go straight on over the water
- 1.1 – Straight on (2nd exit) at the roundabout onto Station Road and follow it round to the right by Betfred
- 1.3 – As the road bend to the right at the end, turn left on Grove Place
- 1.4 – As the road bends to the left, turn right following the cycle route signs and at the end, turn left on Oakwood Lane
- 1.5 – Turn immediately right into Manor Street and arrive at Aberavon RFC



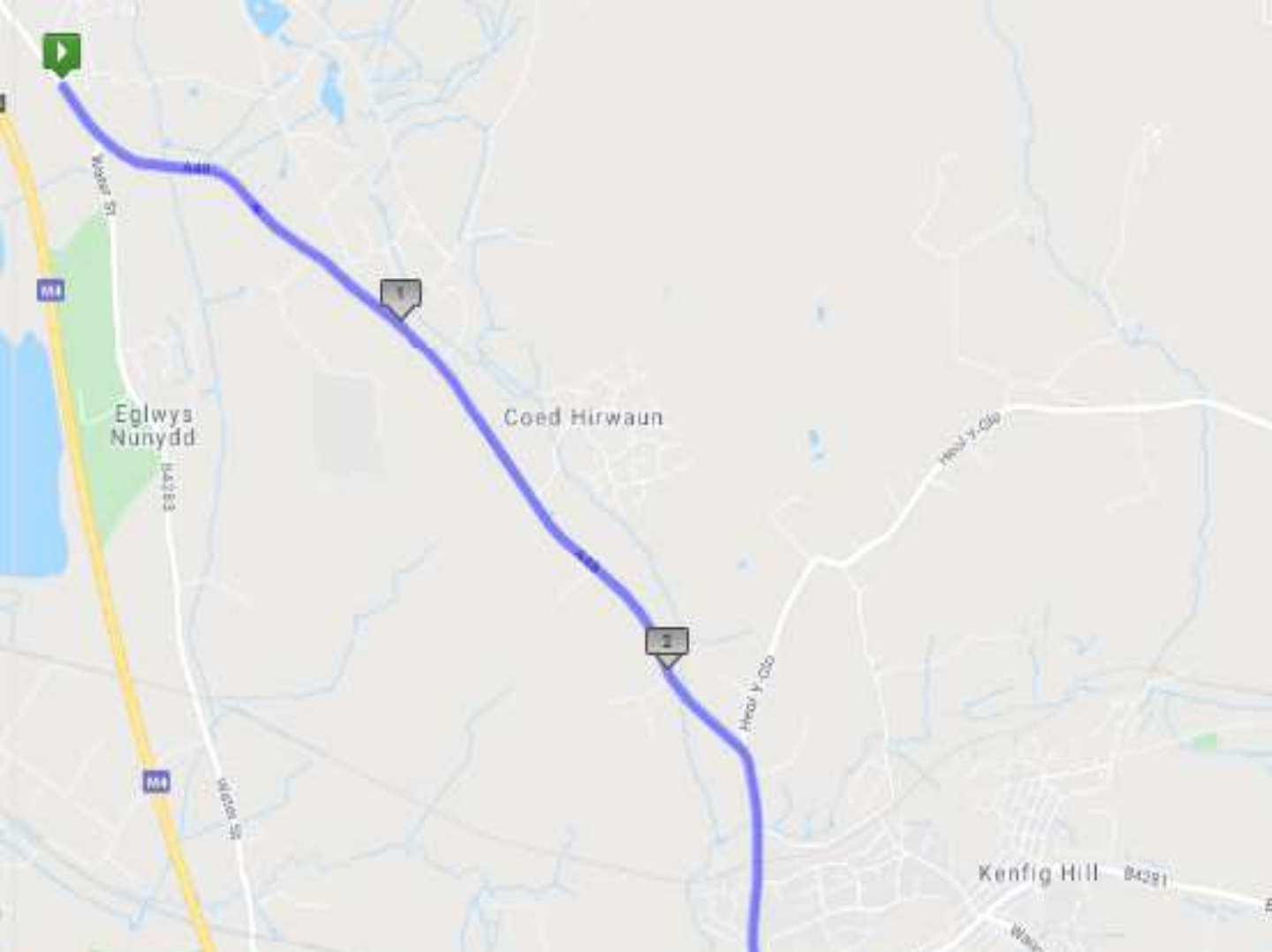


- 0.0 – At the end of Manor St, turn right on Dan-Y-Bryn Road
- 0.1 – At the end, turn left on Stryd-Tan-Y-Groes
- 0.2 – Turn right by the newsagent on Telcannau Road
- 0.4 – At the end, turn left on Talbot Road
- 1.3 – Pass the Roman Catholic Church
- 2.3 – Straight on (2nd exit) at the roundabout onto Margam Road (path on the right)
- 2.6 - Straight on (1st exit) along the A48 – pavement on right hand side of roundabout
- 2.9 – Straight on (2nd exit) over the M4 and onto the A48 – pavement again on the right and side of the roundabout
- 3.4 - Handover at the entrance to Parc Margam Park on the left

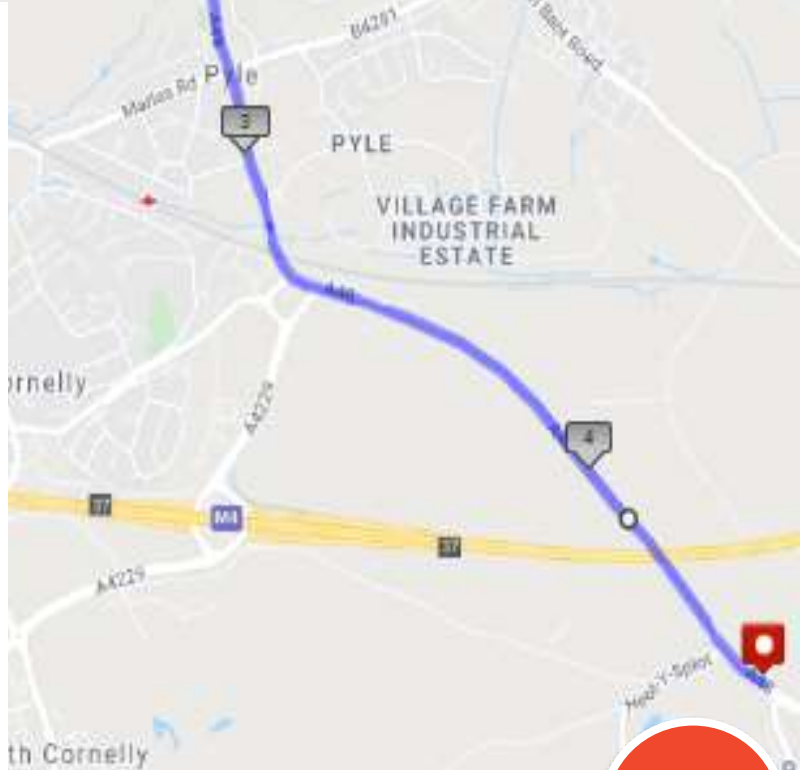


Stage 9 – Aberavon RFC to Parc Margam Park





- 0.0 – Continue along the A48 (pavement on right)
- 1.1 – Pass the turn-off for the Margam Discovery Centre
- 2.2 – Pass the turning for Pen-y-Bryn
- 2.8 – Straight through the lights by the Post Office
- 3.3 – Veer left (1st exit) at the roundabout onto the A48 – path goes behind the hedge on the left
- 3.4 – Cross over to pavement on right hand side of road
- 4.2 – Pass over M4
- 4.5 – Handover in turn-off with rocks on the left



Stage 10 – Parc Margam Park to Stormy Down





Stage 11 – Stormy Down to Bridgend Ravens RFC

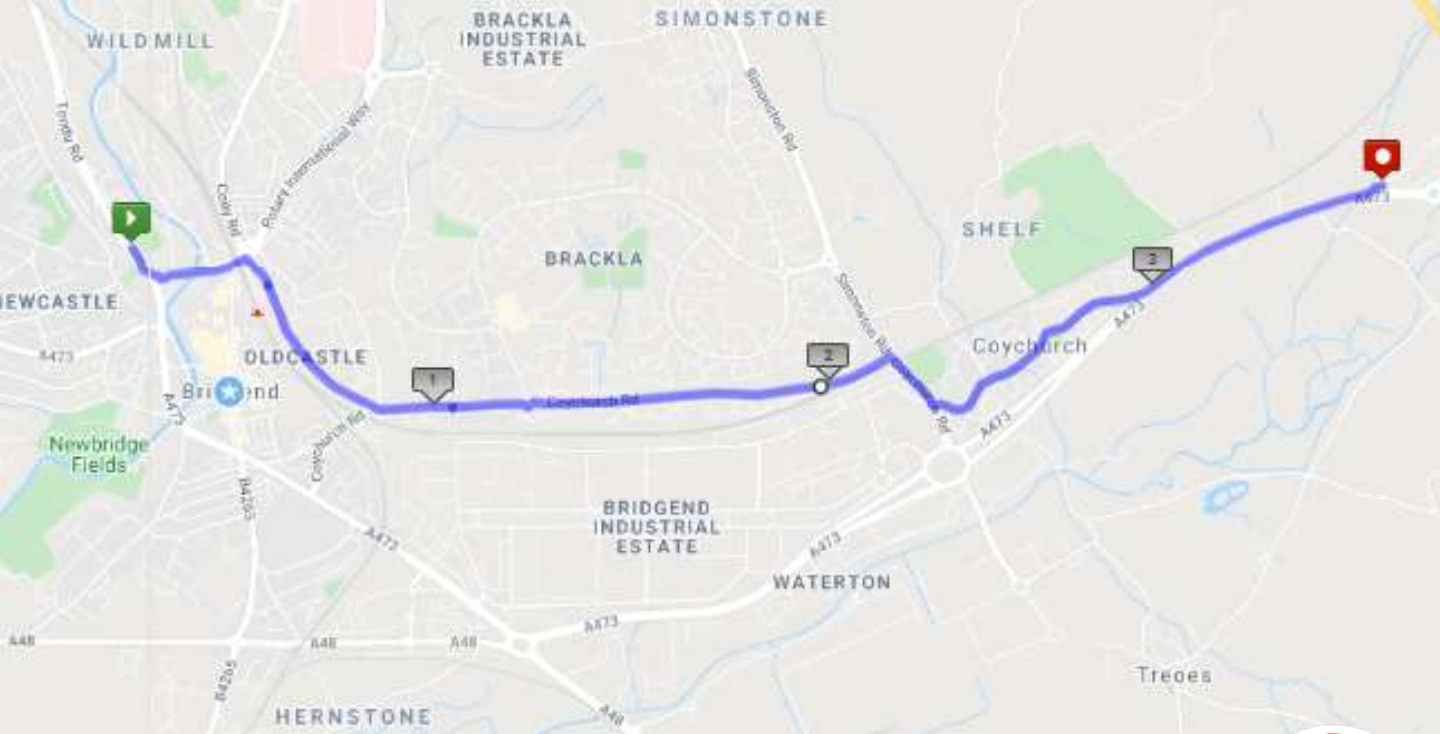
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- 0.0 – Carry on along the A48 towards Bridgend on the right hand pavement
- 1.0 – Follow the path behind the hedge on the right and join the parallel service road, carrying on adjacent to the main road
- 1.3 – Follow the path back to the roundabout and go straight on (1st exit) staying in the A48 – pavement on the right hand side
- 1.7 – Turn left (1st exit) at the roundabout onto High Street
- 1.9 – Straight on (2nd exit) at the roundabout staying on High Street
- 2.9 – Straight on at the lights
- 3.8 – Turn left at the lights onto Tondu Road heading towards the Bus Station
- 4.0 – Straight on (1st exit) at the roundabout staying on Tondu Road
- 4.1 – Arrive at Bridgend Ravens on the right



ps for Stephen





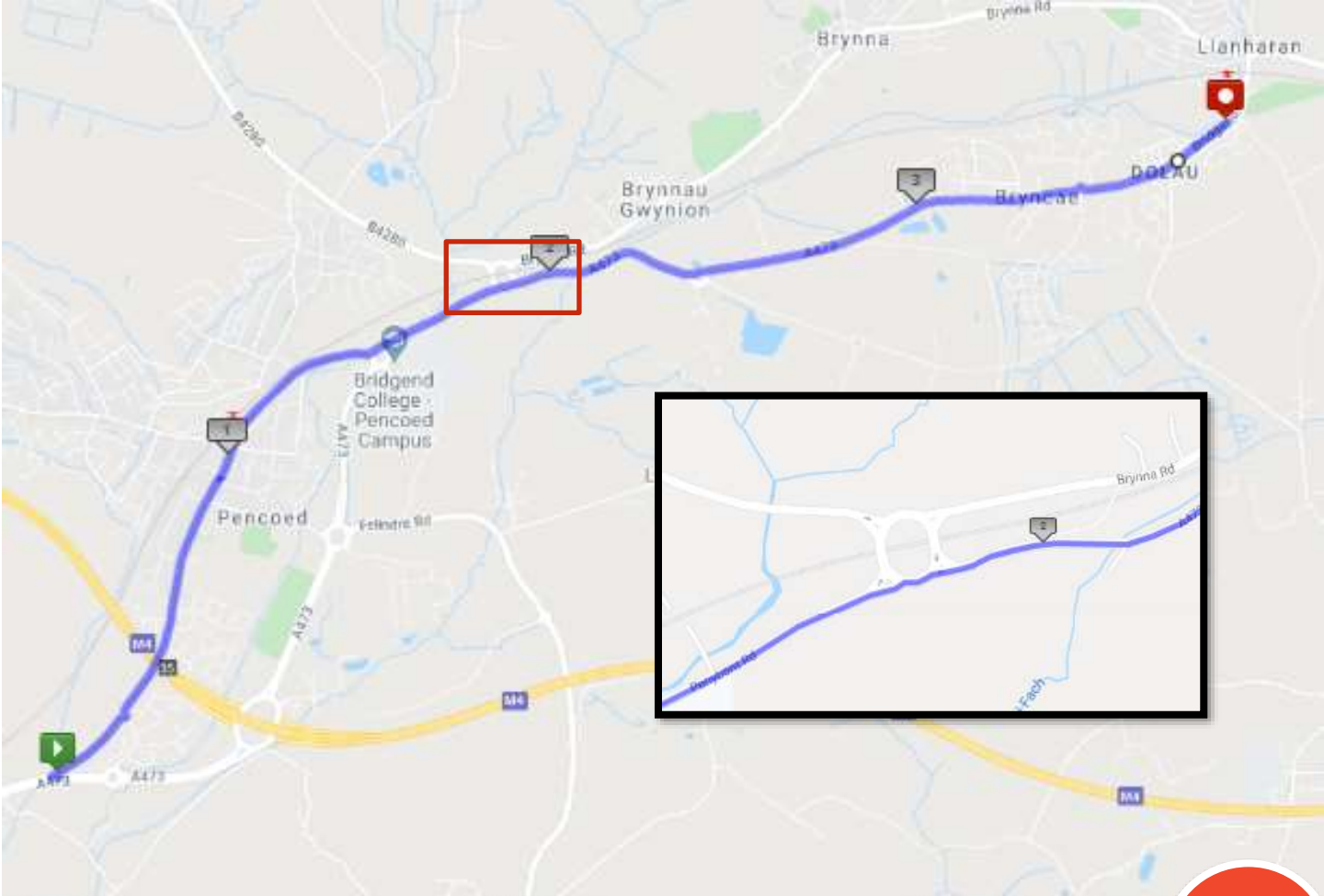
Stage 12 – Bridgend Ravens RFC to Coychurch Road

15



- 0.0 – Come back down Tondu Road and turn left (1st exit) at the roundabout onto Boulevard de Villenave D’Ormon, immediately crossing to the right pavement using the crossing
- 0.3 – Pass under the railway and turn right at the lights after the Coity Castle pub
- 0.8 – Straight on at the lights with the turning to Llantrisant
- 1.2 – Straight on (2nd exit) at the roundabout
- 2.1 – At the end, turn right on Coychurch Road and pass under the bridge
- 2.3 – Turn left onto Hawthorn Drive signposted to Coychurch only
- 2.7 – Pass the White Horse pub
- 3.0 – Merge with the dual carriageway
- 3.6 – Fork left up the cycle path by the roundabout sign and handover in the layby here





Stage 13 – Coychurch Road to Dolau

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- 0.0 – Continue along Coychurch Road
- 0.2 – At the end, turn left on Coychurch Road
- 1.1 – Pass the Co-operative store
- 1.5 - Veer left (1st exit) at the roundabout onto Penybont Road
- 1.9 – Straight on (3rd exit) at the roundabout – stay on the right hand pavement
- 2.3 – Veer left (1st exit) at the roundabout on Bridgend Road – follow the pavement on the right hand side of the roundabout
- 3.3 – Straight on (2nd exit) at the roundabout passing Greggs
- 3.4 - Straight on (2nd exit) at the roundabout
- 3.8 – Handover on left on David Place by Llanharan RFC



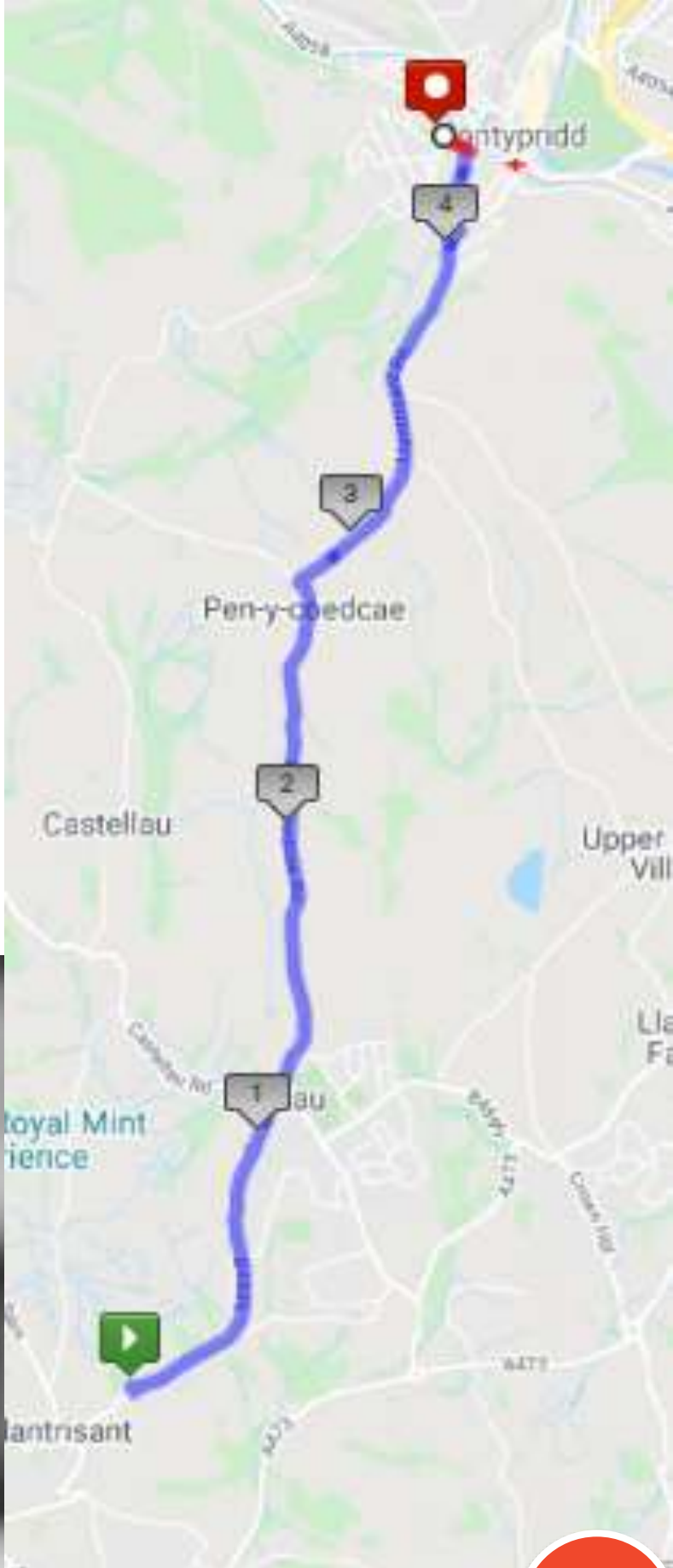
Steps for Stephen



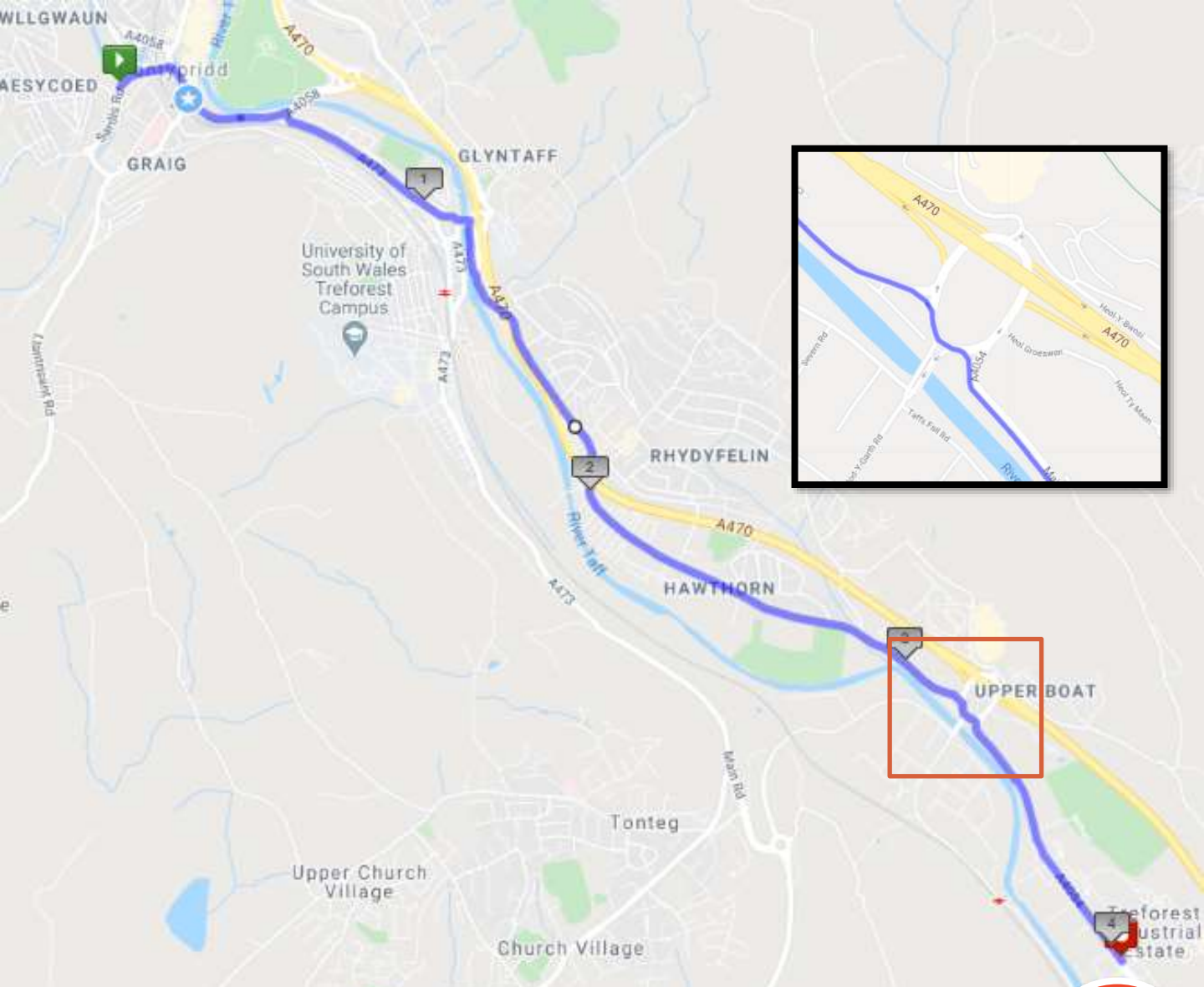
- 0.0 – Turn left out of St Davids Place and head up the B4595
- 0.9 – Straight on (1st exit) at the mini roundabout heading up Llantrisant Road
- 1.1 - Straight on (1st exit) at the clock tower roundabout heading up Penycoedcae Road

Extra care and support needed for 1.5 miles as no pavements present. Wear Hi Viz tabbards and walk face oncoming traffic.

- 2.7 - Follow road round to the right by the Queens Head
- 4.0 – Turn left down the hill on Factory Lane signposted towards Town Centre
- 4.2 – Turn right (2nd exit) at the roundabout onto Sardis Road
- 4.5 – Turn left into Pontypridd RFC opposite the grey wall for the Sardis Road Car Park



Stage 15 – Llantrisant RFC to Pontypridd RFC



Stage 16 – Pontypridd RFC to Treforest Industrial Estate

- 0.0 – Leave the ground and turn left on Sardis Road, on the right hand pavement
- 0.1 – Follow the pavement round the roundabout to the right, head under the railway then turn right again off the roundabout up the A4058
- 0.3 – Pass Pontypridd station staying on the A4058
- 0.5 – Turn right at the lights onto the A473 following the wall on the right.
- 1.0 – Take the first exit at the roundabout towards Cardiff and cross the River Taff
- 1.1 – After crossing the river, turn right and follow the path alongside the river heading down Cardiff Road
- 1.4 – Pass under the A470
- 2.0 – Pass under the A470 again
- 3.2 – On arriving at the roundabout, cross to the right hand pavement and take the 2nd anti-clockwise exit onto Main Avenue (see inset)
- 4.0 – Handover at the Texaco garage on the left





- 0.0 – Carry on down Main Avenue
- 0.5 – Approach the roundabout on the right hand pavement and take the footpath rising up and running parallel with the road
- 1.2 – Cross the bridge over the road then go down the steps to the road, turning left to follow the road south
- 2.3 – Straight on at the lights with the Park and Rode turning and carry on along Cardiff Road running parallel with the A470
- 2.5 – Straight on (1st exit) at the roundabout crossing over the A470 and join the A4054, following the footpath away from the road
- 2.7 - Footpath re-joins the A4054
- 3.4 – By the priority over oncoming vehicles sign, fort right up the footpath and cross the bridge over the roundabout



- 3.5 – Straight after crossing the roundabout turn onto the path on the left (see inset)
- 3.6 – Pass under the M4 and keep right at the fork in the paths and pass under the roundabout then turn right at the junction of paths
- 3.8 – turn left on reaching the A4054
- 4.0 – Handover at the Green Meadow Road turn-off



Stage 17 – Treforest Industrial Estate to Coryton

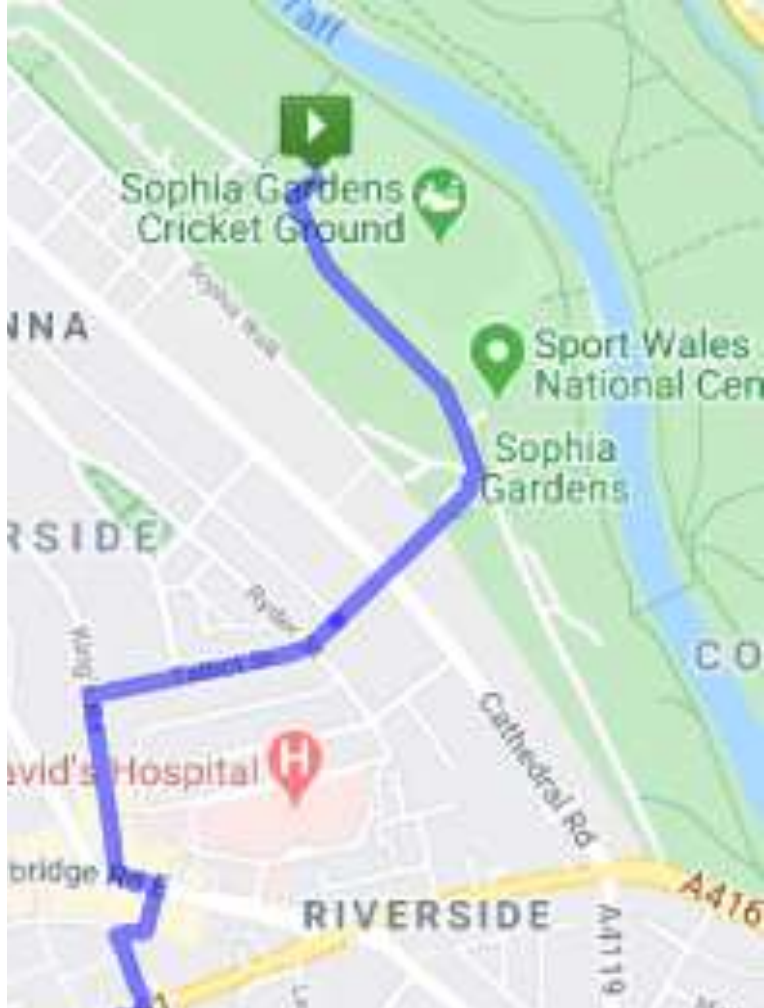




- 0.0 – Carry on along Pendwyallt Road towards Cardiff
- 0.8 – Turn right (3rd exit) at the roundabout onto Kelston Road crossing the zebra crossing
- 1.4 – Pass the Llandaff station sign
- 1.8 – Pass Lidl then fork right (2nd exit) at the mini roundabout
- 2.0 – Cross over the River Taff
- 2.3 – Veer left (1st exit) at the mini roundabout onto Bridge Street
- 2.6 – Pass the Black Lion pub
- 2.8 – Straight on at the lights with the A48 onto Cardiff Road
- 3.2 – Turn left at the lights onto Penhill Road
- 3.8 – Turn left into Dyfrig Street
- 3.9 – At the end go through the gates and cross over the gardens
- 4.0 – Turn right and arrive at the cricket ground

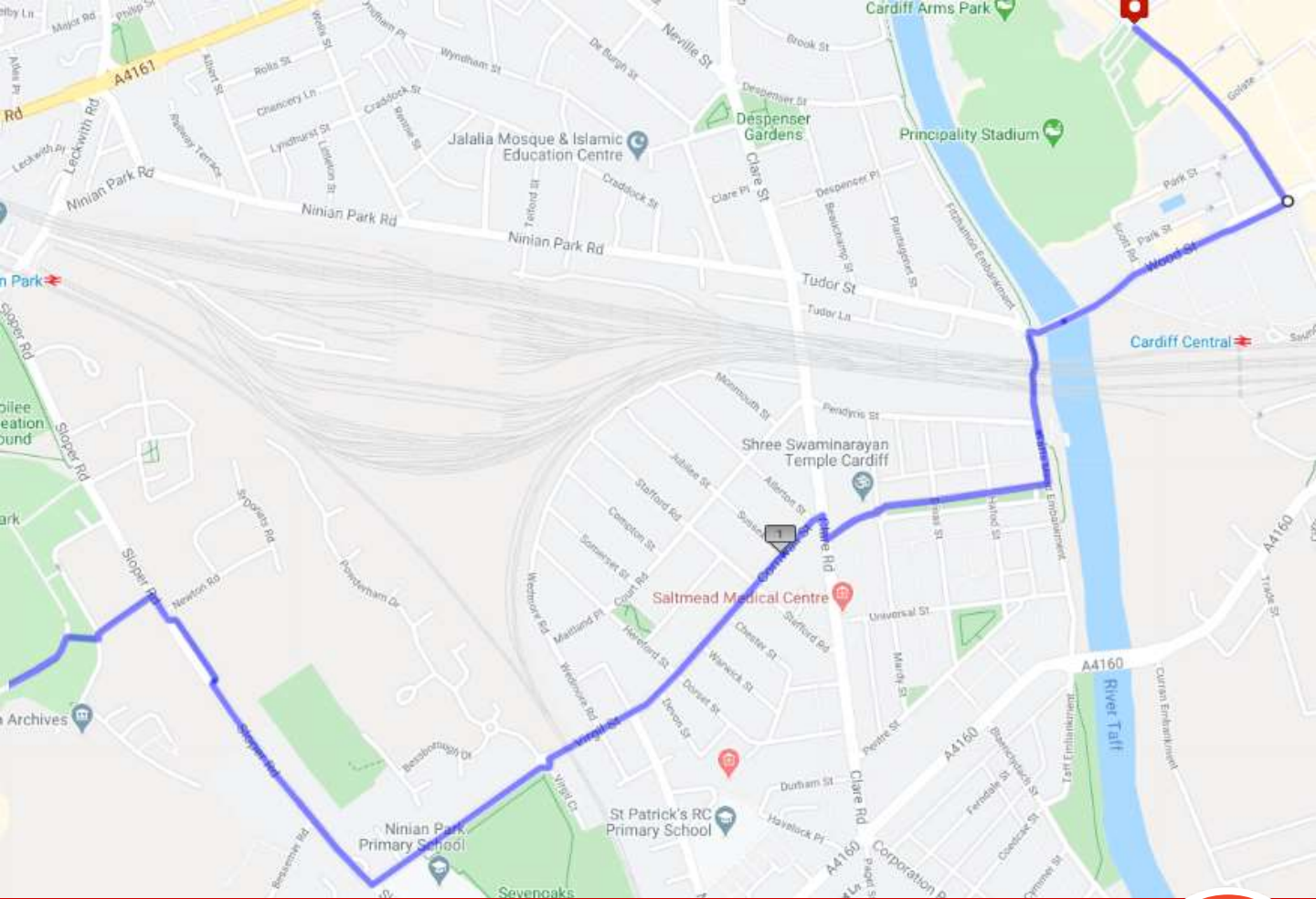


- 0.0 – Turn left out of the car park
- 0.2 – Turn right (3rd exit) at the roundabout by the pub heading along Sophia Close
- 0.3 – Cross over Cathedral Road into Talbot St and follow this to the end
- 0.5 – At the end, turn left on Kings Road
- 0.6 – At the end, turn left on Cowbridge Road East and then quickly right through the bollards by Castle Bingo onto Morgan Street, following it round to the right
- 0.7 – At the end turn left on Wyndham Place by the white garage door
- 0.8 – Turn right onto Wellington Street
- 1.0 – At the lights, veer right onto Leckwith Road
- 1,4 – Turn left between the Sand Martin pub and McDonalds
- 1.5 – Follow round the ground in an anti-clockwise direction and arrive at the entrance



Stage 19 – Glamorgan CCC to Cardiff City FC





Stage 20 – Cardiff City FC to the Principality Stadium

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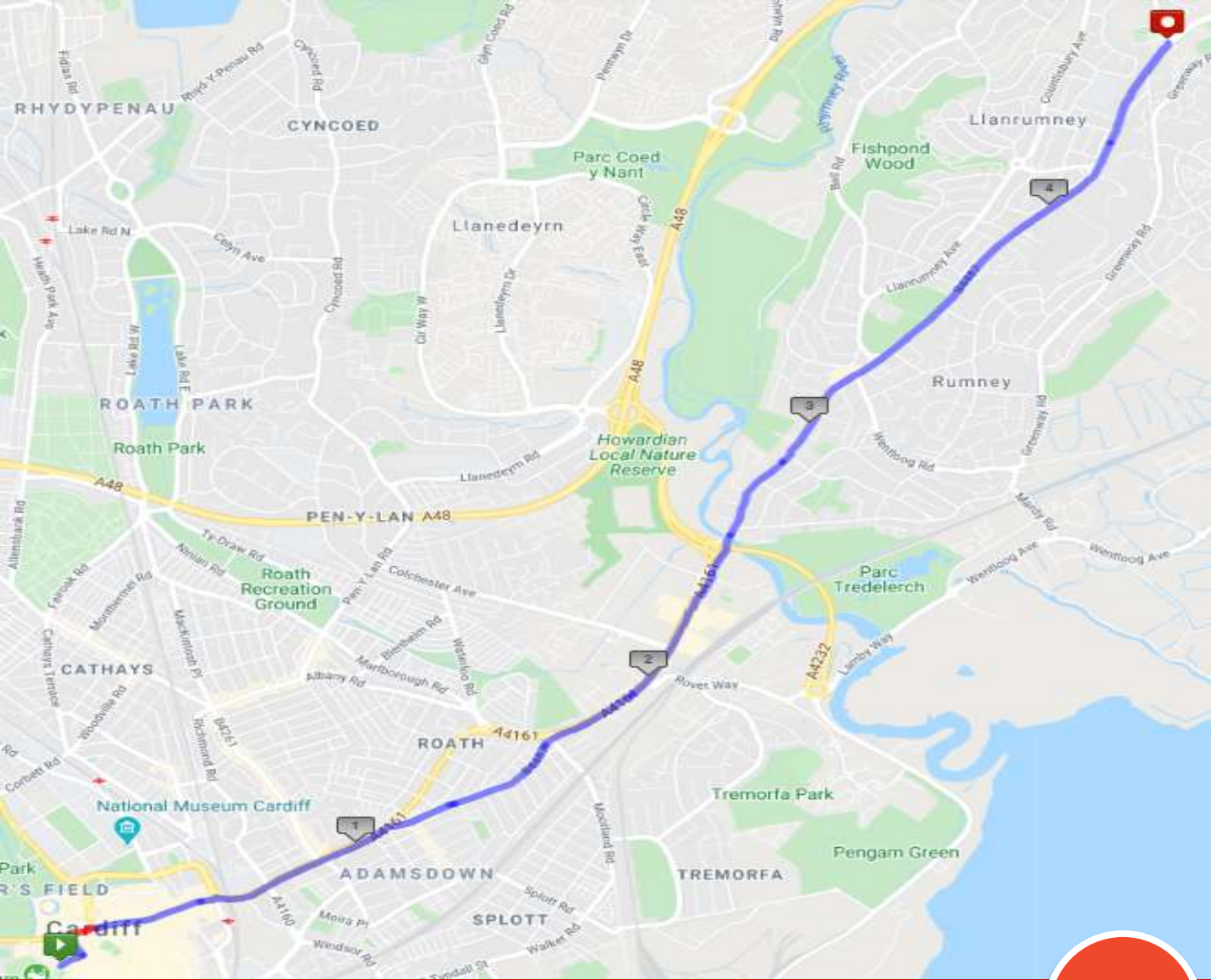
- 0.0 – Follow the stadium round and turn right on Sloper Road
- 0.4 – Turn left on Virgil Street after the Texaco garage
- 0.6 – Straight on (2nd exit) on Virgil Street and pass under the railway
- 1.0 – At the end, turn right on Clare Road and immediately left on Merches Place
- 1.1 – As the road turns to the left, go straight ahead through the bollards heading up Merches Gardens
- 1.2 – At the end, turn left on Taffs Embankment and pass under the railway
- 1.3 – Follow the path up to the road and turn right on Wood Street crossing the river
- 1.6 – Turn left on Westgate Street – no through road to vehicles
- 1.8 – Arrive at the Principality Stadium / Cardiff Arms Park

Longer stopover here as two stadia together



Steps for Stephen

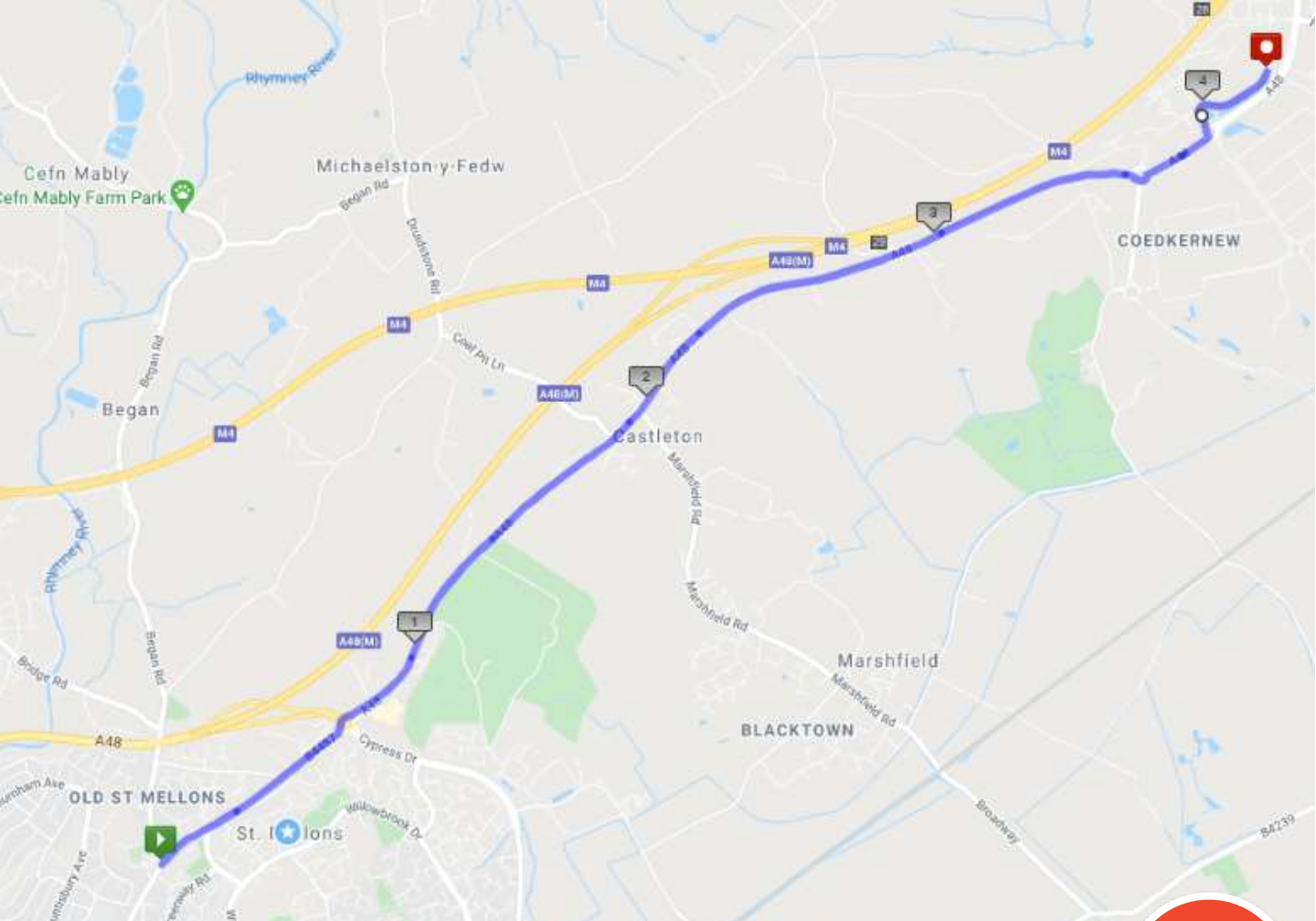




Stage 21 – Principality Stadium to St Mellions

- 0.0 – Head over Westgate Street into Quay Street passing the City Arms
- 0.1 – Turn right on High Street by the Coop Bank and at the end, turn right on Duke Street by the castle wall
- As the road follows the castle round to the left, go straight on along the pedestrianised Queen Street passing Santander
- 0.5 – At the junction by Sainsburys Local, go straight ahead on Newport Road passing under the railway
- 0.6 – Straight on at the lights passing the Mercure Hotel
- 1.1 – Fork right by the church onto Four Elms Road just before the Esso garage
- 1.6 – Turn right at the end by the Royal Oak onto Newport Road
- 2.2 – Straight on (2nd exit) at the roundabout staying on Newport Road
- 2.5 – Head straight on under the flyover on Newport Road
- 3.3 – Straight on at the lights after the Old Cross Inn
- 4.1 – Straight over the lights at the junction with Mount Pleasant Avenue
- 4.7 – Handover in the Blue Bell Inn car park





Stage 22 – St Mellons to Coedkernew

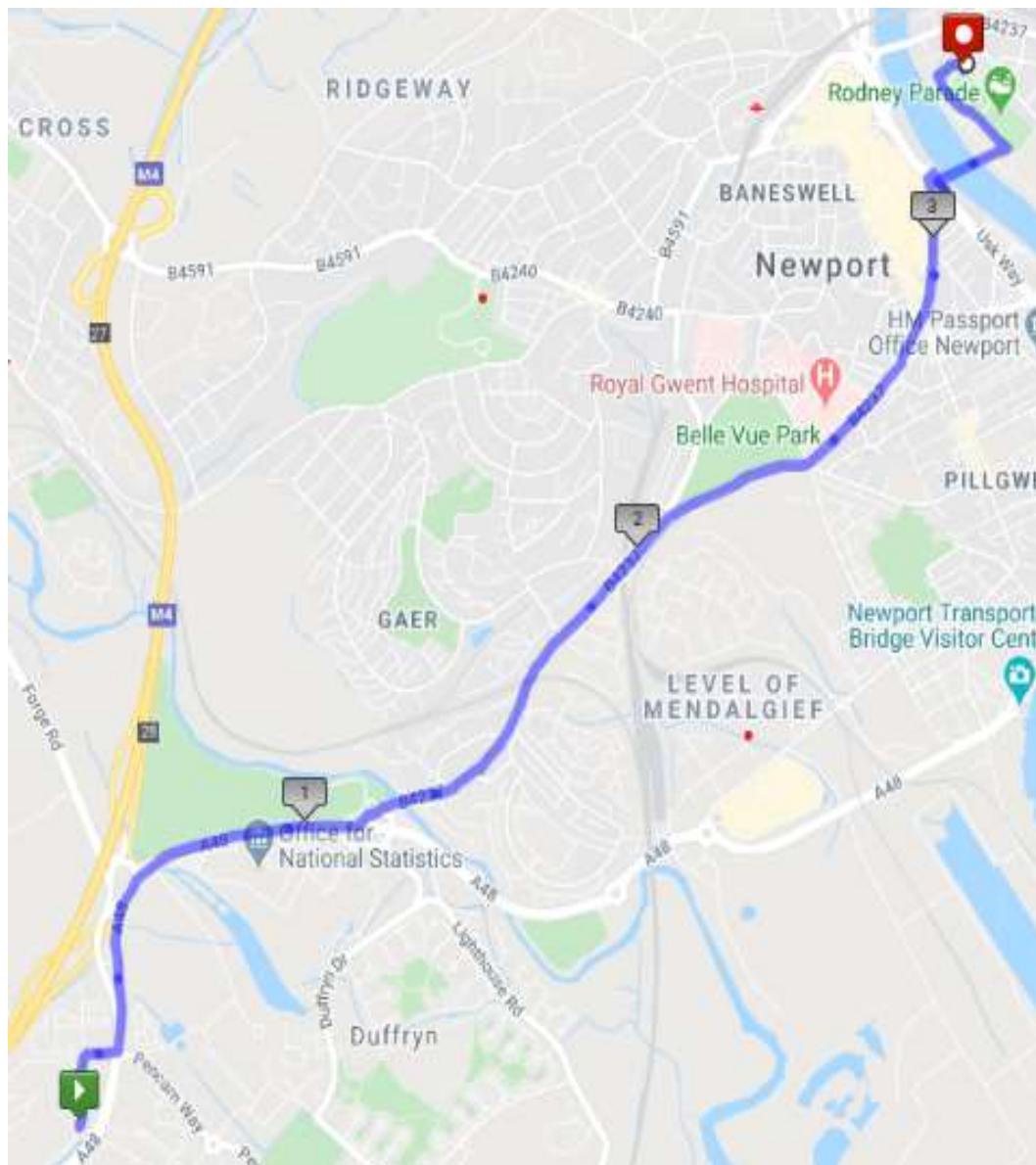
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- 0.0 – Carry on along Newport Road
- 0.1 – Straight on (2nd exit) on Newport Road
- 0.7 – Straight on (2nd exit) at the roundabout onto the A48 – Use the pavement to the right of the roundabout
- 2.0 – Pass under the footbridge
- 3.6 – Straight on (2nd exit) on the A48
- 3.9 – Turn left (1st exit) at the roundabout, then turn right (3rd exit) at the roundabout onto Lakeside Drive
- 4.2 – Handover at Greggs on the right



- 0.0 – Carry on along Lakeside Drive and go straight over (1st exit) at the roundabout by the Holiday Inn
- 0.1- Turn right (3rd exit) at the roundabout then at the lights with the A48, cross over and turn left towards Newport and the M4
- 0.5 – At the motorway junction, follow the path round to the right onto the Southern Distributor Road
- 1.1 – At the roundabout, take the first exit towards the city centre



- 2.0 - Cross over the railway
- 2.4 – Straight on at the lights on Cardiff Road passing the hospital
- 2.7 – Fork left on Cardiff Road towards the city centre
- 2.8 – Straight across the junction onto Kingsway by Halfords
- 2.9 – Straight on (2nd exit) at the roundabout by the Theatre and follow the road round to the right to Usk Way
- 3.1 – Turn left on Usk Way then right on the Footbridge over the river
- 3.3 – At the end of the bridge turn left on Rodney Parade
- 3.6 – After the ground, turn right on Grafton Street
- 3.7 -Arrive at Newport County FC

Stage 23 – Coedkernew to Newport County FC / Newport Gwent Dragons

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Stage 24 – Newport County FC / Newport Gwent Dragons to Celtic Manor Resort

- 0.0 – Leave the ground and continue east on Grafton Road and at the end, turn left on Corporation Street
- 0.1 – At the lights, turn immediately right on Chepstow Road
- 0.7 – Straight on at the lights with Wharf Road
- 1.3 – Straight on at the lights by the Cross Hands pub
- 2.2 – Pass the car wash on the left
- 3.0 – Handover at the entrance to the Celtic Manor Resort

