



TR Register Shropshire Group

The Brecon Beacons Run

Tuesday 10th July 2018



Summary

We will drive from Ludlow Food Centre to the West End of the Beacons National Park through Knighton, Llandrindod Wells and Llangadog. After Llangadog, we cross the Beacons by the Black Mountain. We then drive East along the fading industrial areas South of the Beacons until we turn North and re-cross the Beacons under Pen-y-Fan, the highest of the Beacons. Lunch is as we drop into Brecon. A buffet has been arranged at the Tair Bull Inn in Libanus on the A470. It is £8.95 per person. After Lunch we return along part of the Wye valley and Leominster.

This longer distance run is arranged differently compared to our normal social runs. The itinerary shows cumulative running time rather than expected arrival/leaving times. The start time is fixed and Lunch is arranged for 1:30 which means you have almost an extra hour before lunch to take any comfort/tea/coffee/photo stops you wish to make on route. There are no pre-arranged stops before lunch, a list of possible tea break stops is on the last page. This means we will be running individually or in small groups and we will not be running a "sweeper" at the back because people will be stopping in their own time. If you run into trouble please phone one of the organisers.

Itinerary:

Running Time	Meet at Ludlow Food centre for 9:30 start
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Ludlow to the Brecon Beacons National Park.	
0 mins	Leave Ludlow Food Centre crossing the A49 to take the A4113 towards Knighton and Leintwardine
	After leaving Leintwardine turn right to stay on the A4113 to Knighton
24 mins	As you arrive in Knighton, turn left onto the A488 signposted Llandrindod Wells.
	Stay on the A488 for 28km until Penybont
	At Penybont turn right onto the A44 towards Crossgates.
	At Crossgates take the A483 towards Llandrindod Wells
48 mins	As you arrive in Llandrindod Wells, take a right at a roundabout towards Rayadar. This bypasses the centre of town. If you wish to stop in town, you can also turn right in the town over the railway crossing.

	As you leave Llandrindod wells take the A4081 towards Rayadar.
	After 3km, bear left to take the B4358 towards Newbridge-on-Wye
	At Newbridge-on-Wye turn right onto the A470 then left to stay on the B4358 to Beulah
	In Beulah turn right onto the A483 towards Llandovery
	Llanwtryd Wells PETROL on the right entering the village
	In Llandovery first turn left onto the A40 towards Brecon and then right on to the A4069 to Llangadog
	1 mile after Llandovery is Owls Nest Tea Rooms on the right hand side.
104 mins	In Llangadog, turn sharp left in front of a pub to stay on the A4069 towards Brynamman. If you miss the turning and find yourself leaving Llangadog, you will need to turn around, there are no other roads that join the A4069!
Crossing the Brecon Beacons	
	Enjoy the views from the A469 as it first approaches and then crosses the Brecon Beacons National park by the Black Mountain
130 mins	In Brynamon, left at the roundabout onto the A4068 towards Ystalyfera
	In Ystradgynlais turn left at a roundabout onto the A4067 towards Brecon
	1.3miles after Ystradgynlais PETROL on the right hand side
	Turn Right in Abercrave onto the A4221 and later the A4209 towards Glyn-Neath
	In Glyn-Neath, join the A465, Heads of the valley Road towards Merthyr
	At Hirwaun leave the A465 taking a left at the roundabout onto the A4059 towards Brecon
	Stay on the A4059 and after descending above the Cantref Reservoir, join the A470 towards Brecon just before it finishes climbing to Storey Arms. At Storey Arms, Pen-y-Fan, the highest of Beacons, is on the right
181 mins 1:30 pm	Descend towards Brecon on the A470. As you enter Libanus stop at the Tair Bull Country Inn. This is our Lunch stop. Park as best you can in the road parallel to the A470 on the left. The first 6 or 7 should be able to park in the pub car park.

Returning Home

	Leave the Tair Bull and continue on the A470 towards Brecon.
	As you approach Brecon, turn right at the roundabout and take the A40 to bypass Brecon.
	At the other side of Brecon, turn left at a roundabout to re-join the A470 towards Builth Wells
	Continue straight onto the A438 towards Leominster where the A470 turns left
222 mins	Follow the 438 until the T junction at Willersley, follow the signs to Leominster turning left at the T junction onto the A4111, and then right after $\frac{1}{2}$ mile onto the A4112.
	Continue straight at the end of the A4111 onto the A44 to Leominster

	Stay on the A44 and take the A49 towards Shrewsbury as you leave Leominster
268 mins	Stay on the A49 until you arrive at the Ludlow Food Centre.

This is a non-competitive run for likeminded participants where there is no other purpose than the camaraderie of motoring in company to a predetermined point. Consideration for other road users must be shown and speed limits complied with.

Possible Tea/Coffee stops

Before Lunch:

Beulah, The Trout at the junction as you turn right onto the A483

Llanwrtyd Wells, Drivers Rest Tearooms, on the right as you drive through.

Llandoverly, West End Café. It is on the left of the A40 just past the A4069 junction.

After Lunch:

Felinfach, The Felin Fach Griffin, on the left of the A470

Contacts:

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TR Black Mountain Tour4

Directions from Ludlow Food Centre, Bromfield to Ludlow Food Centre, Bromfield

- A** Ludlow Food Centre, Bromfield
- B** 1 Bridge St, Knighton LD7, UK
- C** A483, Llandrindod Wells LD1 6RD, UK
- D** Llangadog
- E** Rhosamman
- F** Penderyn Distillery Visitor Centre, Pontpren, Penderyn, Aberdare
- G** Tair bull inn
- H** A438, Brecon LD3, UK
- I** Ludlow Food Centre, Bromfield

