

### **Directions for cyclists from Abergavenny railway or bus station**

Take a left down Station Road until you reach the A40. Right along the A40. Just before the left bend turn left and then immediately right into Mill St industrial estate. Past car crash repair garage on rhs and 3 lines of units on left, towards castle. At the rh corner turn left, follow to end and pick up cycle path across meadows.

[From the bus station go out main entrance and right onto A40. First left into Mill St and straight to cycle path at the bottom.]

Follow the main path roughly diagonal across the meadows [first straight towards river, then right along river bank]. Ascend ramp to access the footpath and turn left over the bridge and up to the Waitrose roundabout.

[The route for cars involves a stretch along busy Gypsy Lane with no pavement which is hazardous for bikes, then a very steep climb up to bridge 95 on the canal. We recommend a safer, mostly off-road and gentler route].

So, if traffic is light you can cross with care over to Waitrose entrance, otherwise use light-controlled crossing further up and come back on the other side. Pass Waitrose entrance and petrol station on your left. You can now cycle or push bike up the slip road towards the A465 but very soon take the foot/cycle path off to the left and follow this through the A465 underpass and up The Cutting to junction with the B4246 Merthyr Road in the village of Llanfoist.

You are aiming to get onto the canal towpath up ahead of you and there are two ways. The shorter route involves a few steep steps as you reach the canal beside the boatyard. Ok if you are not heavily laden but otherwise turn right onto B4246 and cycle almost to the chicane at the end of the village. Turn right there [entrance to garden centre], then immediately left into the little car park. Keep straight onto the cycle path and follow it gently up. After you cross over the B4246 look for the Zig-Zag path off to the left which will take you onto the canal towpath without steps. Turn left and follow it for about one mile to Bridge 95 [there is just one other over-bridge before it at the Llanfoist boatyard]. Take gateway off just before the bridge and turn right up the lane.

The more direct route from The Cutting crosses the Merthyr Road diagonally and up Kiln Lane. At T-junction take a right then after the churchyard left onto the steep lane. Push or cycle up private lane to boatyard and just before the canal, take the steps on rhs to the towpath. Turn left under the bridge and cycle to next bridge no 95.

It is a little more than 1 Km from the bridge to Middle Ninfa, less steep than below the canal. Beware the [very occasional] car or bicycle coming down too fast, or horses even. Over the little rise at Rushmore Cottage, then up again. It gets steeper near the top, then at a left bend the gradient eases and you see the whitewashed Lower Ninfa ahead. Just a few more metres now to the foot of the drive which Lower and Middle Ninfa share [big new sign]. Take the left fork and come up into our yard. Park out of the way and ring the ship's bell outside the front door. If nobody comes, there are sketch maps and directions to pitches and toilets in a cabinet on the wall of our house. You can give us a ring on 01873 854662 if you don't see us, also look for a note pinned to the post with the rain gauge.