

**West to East Run . June 13-15th 2025.**

**Start point Cardigan Castle Car Park Day 1**

**Start time 1030**

Turn right on to High street /North Road /Aberystwyth road B4548..Fuel up at Tesco petrol stn . From there short distance to ;

A 487 North bound to wards 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\* **40 miles Approx 1 hr**

**Arrival 1110- depart ..1130**

Back to A 4120 follow to double roundabout with A44 ..at second one, 2nd exit (southbound 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 **10miles 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 Dinner** \*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 contraflow .. we will turn left and follow to a triangulated junction ( roundabout ish!) take right (1 st exit) follow to traffic lights and right , next set left onto Deansway ..At 2nd set of traffic lights turn right into Copenhagen street Car park ..\*Meeting point \* and a short way to the Cathedral on the river.

**26 miles approx 45 mins.**

**Arrival 1445 ..depart 1530**

Turn right on leaving and follow A44 ..this is the main road through Worcester and is London ..but Changes to Wittington road .

At Swineshead roundabout takes 1st exit A4440 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 1 st 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 on to 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 45 mins .**

**Arrival . 16 15.**