

GT & GT+ Route Information

Gwentrek is a varied route that involves both uphill and downhill sections. The route will require teams to pay close attention to the map. In certain places there are multiple route choices and teams are reminded that they should not follow other teams as they may not be using the same route. It is important to be careful of the lanes and roads as some sections of the route unavoidably follow them. You must stick to public rights of way or access land as marked on the map, except where indicated within this document or by a member of the event team en-route.

There are 3 types of grid references provided, all should be shown on the route card and trace. All should be used in your route

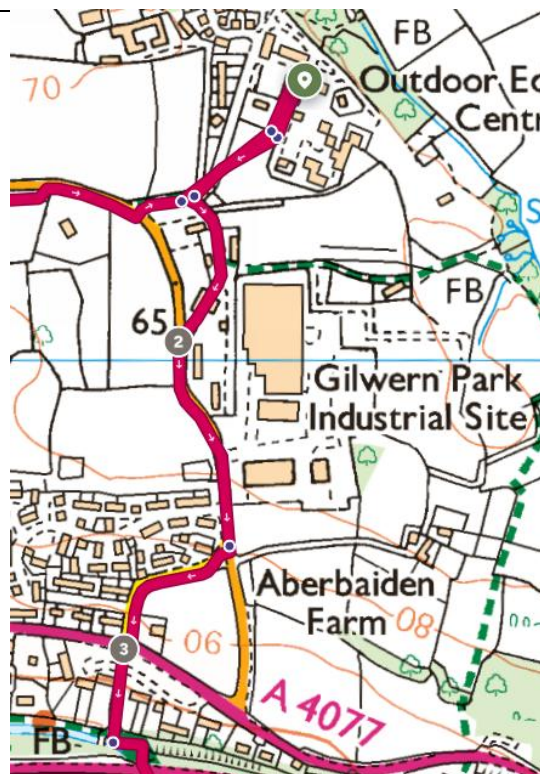
- **RC XXX** – These are manned Road Crossings, teams must use these where provided and will be checked through but a volunteer. Teams should not allow anytime at these points and move away from the road crossing as soon as possible
- **CP XXX** – These are manned Checkpoints, teams must check in / out at these points. These are timed locations and count towards your competition score
- **WP XXX** – These are unmanned Waypoints, used to ensure teams take a safe route around the course. They are not necessarily manned, but competition team marshals may be in the area to check teams are passing through the Waypoints

SO 2561 1536

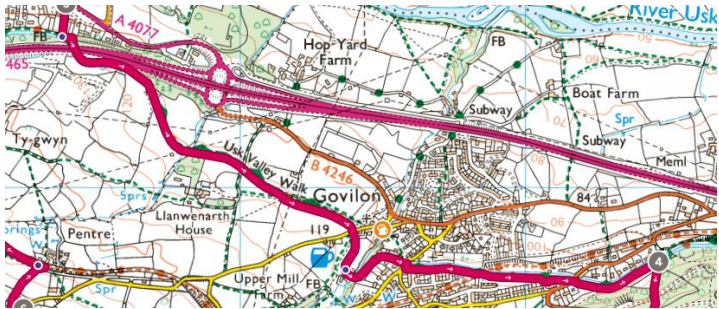
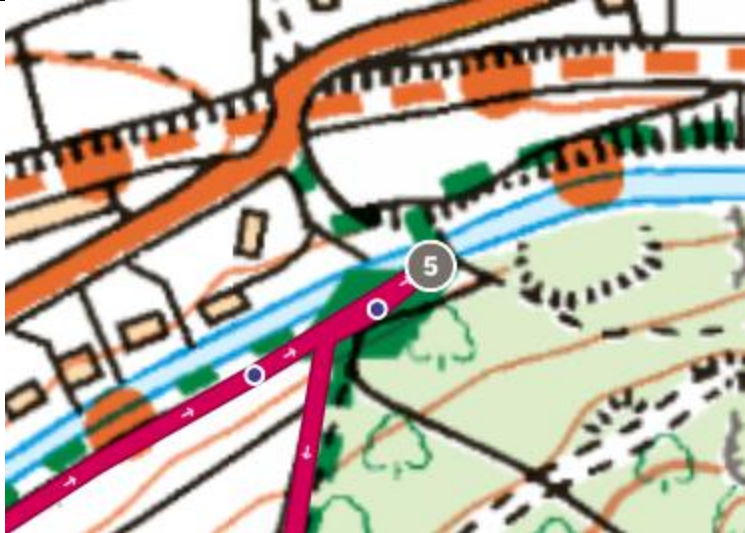
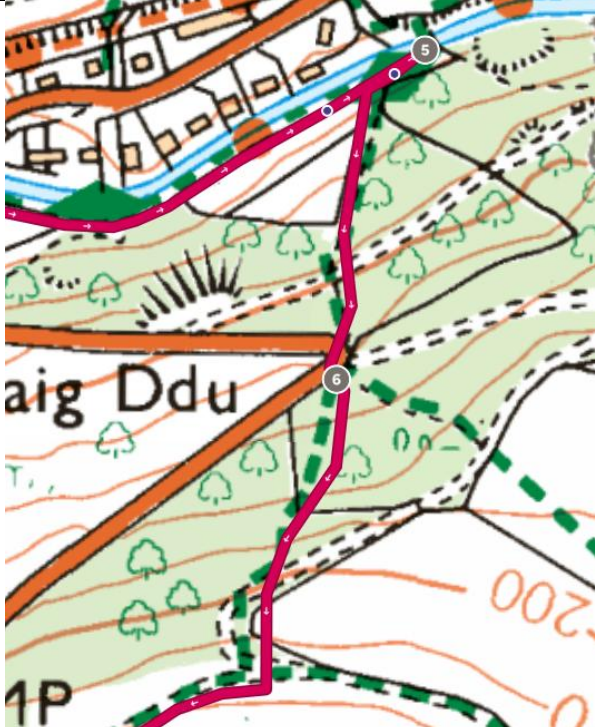
Start – Gilwern Outdoor Centre – Gwentrek Campsite

Teams will checkout at the registration desk on the top site at their prescribed time, they will exit site via the pedestrian route and past the participant drop off point and follow the road at RC Mike, keeping to single file until the footpath is reached. Cross the road and follow the road loop to RC November and cross the main road, proceeding up to the canal.

This section of the route involves a short section of road walking and teams must follow the instruction of volunteers manning this section.



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WP SO 2537 1453 From the Waypoint head East along the canal, along the path there maybe a need to swap sides of the canal to remain on the public footpath	
SO 2750 1375 CP 1 Note there will be no water available at this Checkpoint Checkpoint may be located on either side of the bridge over canal as it is serving both the GT/GT+ and the GTX Routes at this location.	
WP SO 2744 1354 Upon leaving CP1 ascend through woods, note the path does not cross the road. Teams must not stop at the road corner and should cross the fence before pausing if required	

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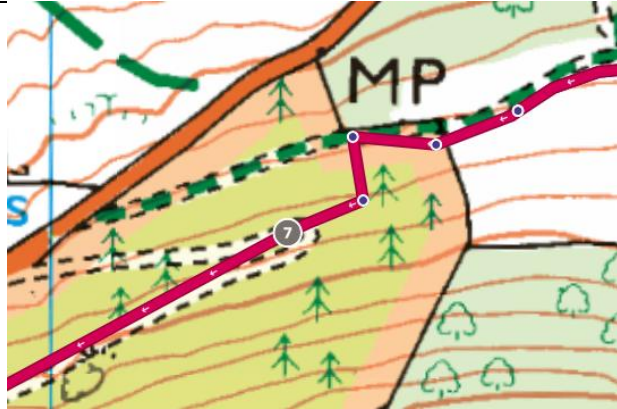
Manned WP – SO 2717 1322

To access WP teams, need to follow the cut path on the ground (not on map), the trace shows the approximate route of the path, the first left turn is 40m from the gate.

The path is very evident on the ground despite not being marked on the map.

There will be a limited supply of water available at this waypoint. Teams are reminded that they should carry all the water that they require with them for the day and this is provisioned as a backup. Teams requiring water may need to wait while the supply is topped up if necessary.

The WP is on the corner of the forestry road.



Note: if you reach the main road, return along the route you have come and re-direct, do not walk on or alongside the road

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WP – SO 2704 1290

After ascending out of the woods, head out onto the open access land

If you come across a road, you must retrace and choose a different route.



SO 2600 1216

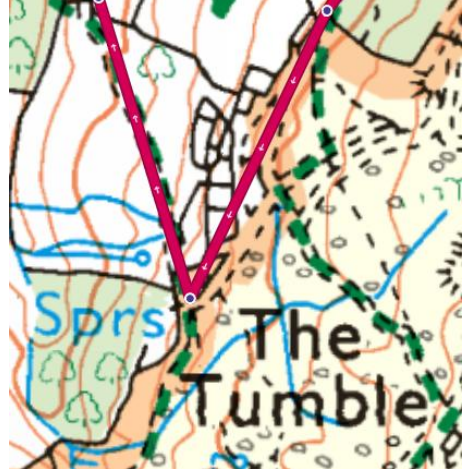
CP2

The checkpoint is before the road crossing. If you reach a road without a Checkpoint do not cross the road and re-trace your route

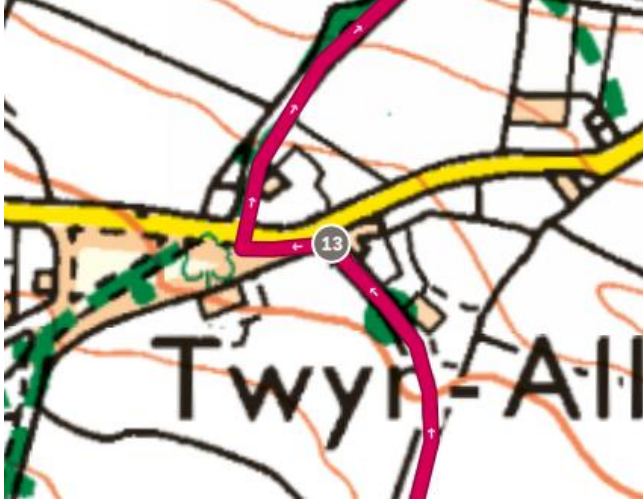
Teams must follow the instructions of the Marshalls who will assist your road crossing, your leg time will start after you have crossed the road.



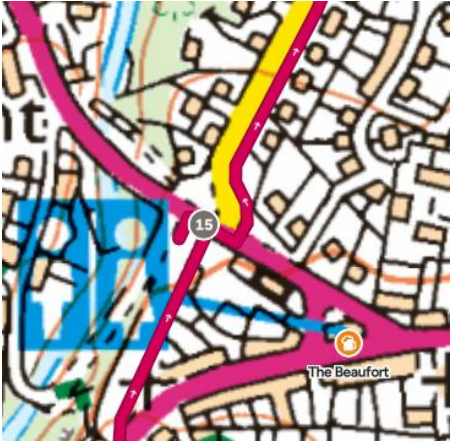
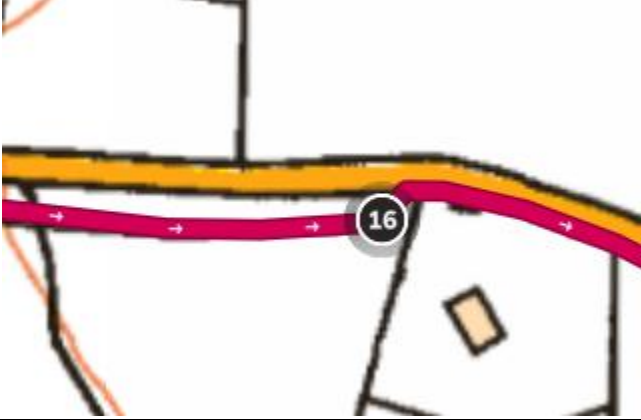
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WP SO 2548 1167 Enter the woods and turn back towards Gilwern		
WP SO 2536 1224 Descend the hill towards Bryn-y-cwm and onto the road, The path goes down the drive, not as shown on the map as it has been moved by the landowner Whilst this road is quiet, it is narrow, be aware of vehicles travelling on the road		
WP SO 2568 1277 Follow the road before turning left down the track		

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SO 2523 1357 CP3 Checkpoint 3 is on road crossing, please stop on the verge. The road verge is wide enough that you should not need to walk along the road.	
WP SO 2427 1396 Use the steps on the left to climb onto bridge, cross the old rail line and use path directly in front of you	
WP Bridge (Manned) SO 2452 1438 Use footbridge to cross A40, this is not a CP for GT or GT+	

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RC Papa SO 2464 1470 Be careful approaching this crossing, there is a steep downhill, Use the Zebra crossing to the right	
RC Quebec SO 2529 1521 Use the crossing at the exit of the bike path	
SO 2561 1536 END Re-enter the Gilwern site using the pedestrian gate	