

The Severn Plod Ultra Start to CP1 (6 miles)

From the Art Centre cross the field to a gate, and then go left on the A470 for approx. 0.1 miles.

At 0.5 miles (G/R 031 919) reach a crossroads where you turn right and pass the Buck Hotel on your left.

At 1.3 miles (G/R 038 924), as the road bends left, turn right to join a stony track and immediately left over a stile. After crossing the stile, turn right and head across fields towards Llwyn-y-brain farm. A stony track finally leads up to the farm, beside which three stiles in quick succession guide you past the buildings to a gate from which you head half-right across a sloping field beyond which are another three stiles. The third one leads into a large field which you cross to another stile in the distance. One more field leads to the B4568 near Rhydlydan.

At 2.2 miles (G/R 051 931) cross the B4568 and go through a gate (signed on a post SW) and head for the top left of the field to a gate then go forward up a right-hand field edge. A small metal gate at the top leads to a large field, cross this then go through a gate to reach an un-named lane.

At 2.9 miles (G/R 044 940) reach lane and turn right and after approx 0.2 miles at a junction in the lane, go forward over a stile onto a hedged track that leads down to another stile. Keep on in the same direction to one more stile then go on to cross a footbridge. Continue through a strip of woodland to meet another un-named lane near Cefn-coch farm.

At 3.7 miles (G/R 056 944) reach lane and turn left towards Cefn-coch farm and after approx. 250 meters, leave the road on the right through a small metal gate and go diagonally downfield to the bottom right-hand corner. Cross a footbridge and a stile, then turn left and continue downfield towards pylons. At the bottom turn right alongside a fence to cross another stile and a footbridge. Turn right in the ensuing field, passing below power lines to a gate. Beyond this, cross a bridge spanning a stream and follow an un-named lane to a junction which joins another lane opposite. Continue forward on this lane for approx. 800 meters then turn right along a signposted vehicle track. Go through a gate then immediately climb steeply left, alongside a hedge, before descending to cross a stream, then a stile. Go forward to meet a track on the far side, then turn right and climb through woodland to a track. Leave the track as it bends left, going forward beside a fence to a gate at the top. Beyond the gate, walk towards a SW signpost mid field and when reached, turn sharp right to climb across the left-hand shoulder of a hillside to a stile in the hedgerow. In the ensuing field, descend to the far bottom corner, and the entrance to Hollybush Farm. Turn right on a surfaced lane and when it bends

right, branch left onto another lane. At 5.8 miles (G/R 074 938) reach a small car park just to your right which is CP1.

Navigation difficulty rating: The course can have overgrown sections so we strongly advise using a gpx device.

Course type: Stony and grass tracks, fields, tarmac lanes.

CP1 - CP2 (10.8 miles)

Leave CP1 and turn right to pick up a wide track rising into woodland. Go through a gate and continue with a fence on your left following a downhill path to a dip in the field where you go through a gate, cross a footbridge and through another gate. Cross the top edge of a field and descend to pass Fachwen Pool. At the next stile turn left to another about 150 meters away then forward to meet a lane. Turn right and go down the lane for approx. 200 meters turning left to Rhydfelin Baptist Chapel. Cross the adjacent stile and go up a tree-canopied path to an open field, going forwards towards an isolated stand of pine trees in the distance. Climb steeply until a fence deflects you to the top corner of the field. Continue through several fields all well signed SW.

At 2.0 miles (G/R 097 920) you reach a gate overlooking Newtown. Go down the field and descend on a broad path through the trees eventually joining a hedged path descending to a residential street (Milford Road). Cross it and go forward still descending on a stony path. At the next road turn left to reach Capel Coffa then turn right into Dolerw Park soon passing the Gorsedd stone circle. Follow the path to the Severn, cross a suspension bridge and turn left on the lower of two riverside paths. The SW passes under a road bridge (Long Bridge) and carries on round to cross a footbridge spanning the Severn. At this bridge turn right over a metal stile and go along the flood bank. At the far end, descend to a gate and onto a path passing through the grounds of the Old Pump House which is a private residence.

At 4.0 miles (G/R 121 924) reach a SW sign just after the Pump House. This track now joins the Montgomery Canal Walkway and the towpath is now well signed SW all the way to Welshpool.

At 9.3 miles (G/R 181 977) as the towpath approaches Abermule it is diverted to the right to pass under a road. Continue to Brynderwyn Locks where you cross to the opposite side of the canal for a short distance before crossing back again at the next bridge turning under it to re-join the towpath (again, well signed). South of Fron the canal meets the road, cross here and continue on the other side. North of Fron recross the main road to continue alongside the on-going canal. On the edge of Garthmyl you meet the B4385. Turn left for 50 meters you then reach the junction of the A483.

At 10.5 miles (G/R 194 989) turn right at junction of the A483 and on your left

is the Nags Head Pub which is CP2. (Take Care Busy Road)

Navigation difficulty rating: The course can have overgrown sections so we strongly advise using a gpx device.

Course type: Stony tracks, fields, towpaths.

CP2 - CP3 (9.3 miles)

Exit the car park of the Nags Head Pub, turn left and keeping left of the A483 to immediately join a small lane. After approx. 150 meters turn left up some steps (G/R 194 991) in the hedge to re-join the towpath.

At 0.7 miles (G/R 192 000) you will meet the B4385 at Refail, carry on forward to re-join the towpath and continue past the village of Berriew.

At 3.5 miles (G/R 207 036) you will reach Llwynderw.

At 4.6 miles (G/R 216 051) you will reach Belan locks with its distinctive black and white houses on the right. Continue along the towpath through Welshpool passing the Powysland Museum and Montgomery Canal Centre. Continue under the road bridge and along the towpath until it reaches the A483 which you cross and continue on the towpath to Buttington Wharf.

At 9.3 miles (G/R 254 113) you will see a sign on the right for The Quay, Powys Arms Pub. This is towards CP3, so turn right at the sign into a field to meet the main road after approx 100 meters. At the main road turn left and after another 100 meters is the Powys Arms on the left which is CP3.

Navigation difficulty rating: The course can have overgrown sections so we strongly advise using a gpx device.

Course type: Mostly towpath, some tarmac road.

CP3 - CP4 (9.5 miles)

From the Powys Arms pub, come out of the pub and turn left along the main road.

At 0.22 miles (G/R 257 116) cross and join the Offa's Dyke Path on the opposite side of the road. Immediately go left over a stile and across two fields to a footbridge. You have now joined the River Severn and just after the footbridge, flood banks may tempt you into thinking this is actually Offa's Dyke, but it isn't. For a while the route is deflected away from the river, it passes a sluice-gate and heads along an embankment to Derwas Bridge.

At 3.4 miles (G/R 278 155) cross Derwas Bridge and turn right, crossing a

field to a footbridge spanning Bele brook, a minor tributary of the Severn.

At 3.6 miles (G/R 279 159) continue over footbridge and turn right once more, parting company with Offa's Dyke path heading roughly northwards towards Llanymynech Hill, whose much-quarried slopes are visible ahead. Walk along the top of a grassy embankment to a stile and then on by an obvious path towards the village to Llandrinio.

At 5.1 miles (G/R 297 170) reach the B4393 at Llandrinio, turn right here for approx 0.25 miles then at (G/R 301 166) turn left off the B4393 onto the track again. Continue on this track until you reach the village of Molverley.

At 8.1 miles (G/R 333 165) reach the old Tontine Inn (now a house), continue over a stile and head across fields crossing a lane to reach a road at 8.5 miles, turn right towards Pentre, going through Ponthen before branching right for Pentre.

At 9.3 miles (G/R 348 174) Pass Cae Howell farm on the right, reach a road junction and keep right on this road ignoring any SW signs.

At 9.5 miles The Royal Hill Inn is on your left which is CP4.

Navigation difficulty rating: The course can have overgrown sections so we strongly advise using a gpx device.

Course type: Towpath, grass tracks, fields, tarmac roads.

CP4 - Finish (12.1 miles)

From the Royal Hill Inn continue along the lane. Stay on this lane towards Pentre.

At 0.9 miles (G/R 362 176) keep right on lane.

At 1.1 mile (G/R 365 177) reach junction and go right.

At 1.7 miles (G/R 375 180) turn right along a lane.

At 2.2 miles (G/R 383 179) reach a crossroads and turn right towards Shrawardine.

At 4.3 miles (G/R 399 153) reach St. Mary's Church and turn right down the road (signed "No through road") and follow the road as it bends to the left. Keep on this hard surface until it ends and becomes a green lane heading towards Montford.

At 5.6 miles (G/R 418 148) reach a lane by St. Chads Church and turn left then immediately right to continue down a lane with St Chads on your right.

At 6.2 miles (G/R 428 152) continue over the A5 and 0.2 miles later to a crossroads at Montford Bridge.

Turn right at the crossroads, cross the bridge, then take the Severn Path track, between houses, which is immediately on your left. Go through two gates and alongside a fence to a footbridge. Cross one field and then in the next, go forward by a fence to pass through a gate at the top. Follow a hedgerow round to two more gates and take the right one. Follow a green track between hedgerows to a farm track.

At 7.9 miles (G/R 445 151) reach a road and turn right into Bicton, passing an old yew-shrouded churchyard enclosing the scant ruins of a 16th century church next to Bicton Hall. Stay on the road until it bends to the right when you leave it on the left and go through a gate and follow a track to Grove Farm, beyond which a lane leads to a T-junction. Cross the road and join a path to the right of Rossall Lodge, going over two stiles before striking across a field. On the other side, go through two brindle gates and forward alongside a fence following the headland across two fields. On the far side you reach a field-edge track, but soon leave it on the left through a gate, continuing alongside a fence at the edge of a large open field to a stile in the corner. Beyond the stile, go forward between hedgerows to join an access track. When you come out to a road at Shelton, turn left and after approx. 100 meters turn left again on a bridleway.

At 10.2 miles (G/R 465 136) the bridleway descends as a broad track into woodland, before continuing to meet a rising gravel track. At the top of the track, a stile gives way to a footpath between a hedgerow and a fence by an adjoining service road. Steps descend towards the riverbank which is now followed to the outskirts of Shrewsbury. At the edge of a large field the riverside runs between two fences and ends by climbing steps, at the top of which you turn left onto a walled path bordered by houses. When you reach another flight of steps descend to follow a path at the rear of the gardens to a stile and later into a large open field. Continue along the riverbank to an isolated waymark post, turn sharp right to a stile by a stand of willows and onto a playing field. Turn left around the field edge and pass under Frankwell Footbridge to the edge of a car park.

At 12.1 miles (G/R 490 128) cross the river on footbridge and the Premier Inn is just on your right which is the finish.

Navigation difficulty rating: The course can have overgrown sections so we strongly advise using a gpx device.

Course type: Tarmac, green lanes, fields.

Total mileage – 48.0