



Top & bottom: Mon & Brec Canal  
Right: Mon & Brec Canal,  
Cafe in Abergavenny.

## Sample Itinerary

10.00am – 12.00pm

12.00pm – 1.30pm

1.30 – 4.00pm

4.00pm

## A mornings bike ride and an afternoon's retail therapy near Abergavenny

Situated in a region of mountainous beauty – it can appear that biking is only for the strong of spirit and limb – but with the stunning **Monmouthshire and Brecon canal** on the doorstep – a mornings bike ride can be a pleasure to be enjoyed by many.

The 'Mon and Brec' canal as it is affectionately known is a naturalists delight with trees along much of its length, wildflowers on its banks and is home to mallards, carp, bream, kingfishers, heron and dragonflies. It was built between 1792 and 1812 to link Brecon with Newport and the Severn estuary. The Wharfs at Llanfoist and Govilon were important interchange points linking the canal to the local horse drawn tram roads which served the growing industries of the area.

The day starts at **Llanfoist** car park just outside Abergavenny. Exiting the car park on the tramroad at the end of the car park enjoy your ride to **Govilon**. After about a mile a zig-zag will take you up to the towpath. If you still have energy you could continue to Gilwern where there are a number of pubs or enjoy a canalside break at Govilon – there is one pub but no cafe's in the village. When suitably rested – return along the same route. The shorter return trip is just under 5km and traffic free – ideal for families and occasional leisure cyclists!

After lunch – why not enjoy a spot of out of town shopping. There is a strong artistic community around Abergavenny and to find the best of local Welsh work you could visit the Court Cupboard Gallery at Llantilio Pertholey or Old Forge Crafts at Llanellen – both have a coffee and tea shop too. The Raglan Garden Centre and Sugarloaf Cafe and Food Hall also offers excellent gift shopping and a great local produce based cafe and food shop which would be great to round off the afternoon.

**Arrive at Llanfoist Crossing car park and enjoy the cycle to Govilon or Gilwern and back.**

**Take a leisurely lunch break – either a canal side picnic or come back to town for one of the many excellent restaurants.**

**Visit the Court Cupboard, Old Forge Crafts and the Raglan Garden Centre and Sugarloaf Cafe and Foodhall for the best of local Welsh arts, crafts and food.**

**Depart for home.**







Cafe in Abergavenny.

## Where is it?

**Llanfoist Wharf** can be found by following the B4246 off the A465 Heads of Valley Road. The car park is on the right hand side as you go through the village.

**Old Forge Crafts** (01873 854811) [www.oldforgecrafts.co.uk](http://www.oldforgecrafts.co.uk) is found at Llanellen NP7 9HT on the A4042 between Abergavenny and Pontypool next to the humpback bridge over the canal.

**Court Cupboard Craft Gallery** (01873 852011) [www.courtcupboard.com](http://www.courtcupboard.com) is found at New Court Farm, Llantilio Pertholey, Abergavenny NP7 8AU. From the roundabout that intersects with the A40 – follow the A465 to Hereford. After a mile and a half turn right towards Skenfrith then there are a series of brown signs to the Court Cupboard.

**The Raglan Garden Centre, Sugarloaf Cafe and Foodhall** (01291 690751) [www.raglangardencentre.co.uk](http://www.raglangardencentre.co.uk) is situated on the Abergavenny Road, Raglan NP15 2BH

## Facilities and Access

There is parking at Llanfoist Crossing but no other facilities available on this stretch of the canal. The walk to the Wharf is up a steep hill and there are stone steps to access the canal towpath. The tram-road to Govilon is surfaced with tarmac and is relatively flat. The canal towpath is accessed via a number of zig-zag paths.

**Old Forge Crafts** is open 9.30am to 5.00pm Tuesday to Saturday and 10.00am to 5.00pm Monday. It is open 11.00am to 4.00pm Bank holidays. It is on the ground floor and has a tea shop serving traditional Welsh tea, Welsh cakes and bara brith, open the same hours as the gallery.

**The Court Cupboard** is open daily between 10.30am to 5.00pm. It has a coffee shop open the same hours as the gallery manned by the artists, who are happy to chat to you about their work. Half of the exhibits including the changing exhibition area are on the ground floor and the other half are on the first floor accessed via an old staircase. The toilet facilities are on the ground floor.

**The Raglan Garden Centre, Sugarloaf Cafe and Food Hall** are open Mon – Sat 9.00am – 6.00pm and Sun 10.30am – 4.30pm in the summer months. In the winter months it shuts at 5.00pm Mon to Sat. There is a car park outside and all facilities are fully wheelchair accessible including the toilets.

## Public Transport

As this itinerary uses a number of different rural locations – it is not suitable for public transport although all venues except the Raglan Garden centre are within two miles of Abergavenny and as such could be accessed by bicycle or taxi. The Raglan Garden centre is approximately 10 miles outside of Abergavenny.

