

Create Wealth Management Mountain Goats One Million Metre Challenge

The Planned Routes (in ascending order of distance, not necessarily in order of attempt)

Two routes are part of larger organised events and so the dates are known. Route 8 (Dragon Ride) on 11th June and Route 13 (Velothon Wales) is on 9th July. Dates for the other 11 routes haven't been set yet.

Route 1 - Starting in Mumbles

Route Statistics: 59km of riding, 1007m of ascent.

Classic Climbs: Constitution Hill, Cefn Bryn.



We start our ride in Mumbles and head along the sea front towards Swansea City centre, picking a route through the town to the bottom of **Constitution Hill (300m, 50m, average gradient 16.7%, max gradient 22%)** - no one mentioned the cobbles! - and from there we head west through Killay and along the B4271 to Llethryd.

Turning left towards Reynoldston we begin the **Cefn Bryn climb (2.7km, 82m, average gradient 3%, max gradient 9%)**. Staying on the B4271 we ride through Port Eynon, Oxwich Green and then head east towards Mumbles via Penmaen, Kittle and Newton - all in all a lovely short tour of the Gower, no doubt finishing with a coffee at Verdi's.

Route 2 - Starting in Pontardawe

Route Statistics: 63km of riding, 1495m of ascent.

Classic Climbs: Llanguicke Road, Baran Road, Black Mountain - Brynammen, Black Mountain - Llangadog



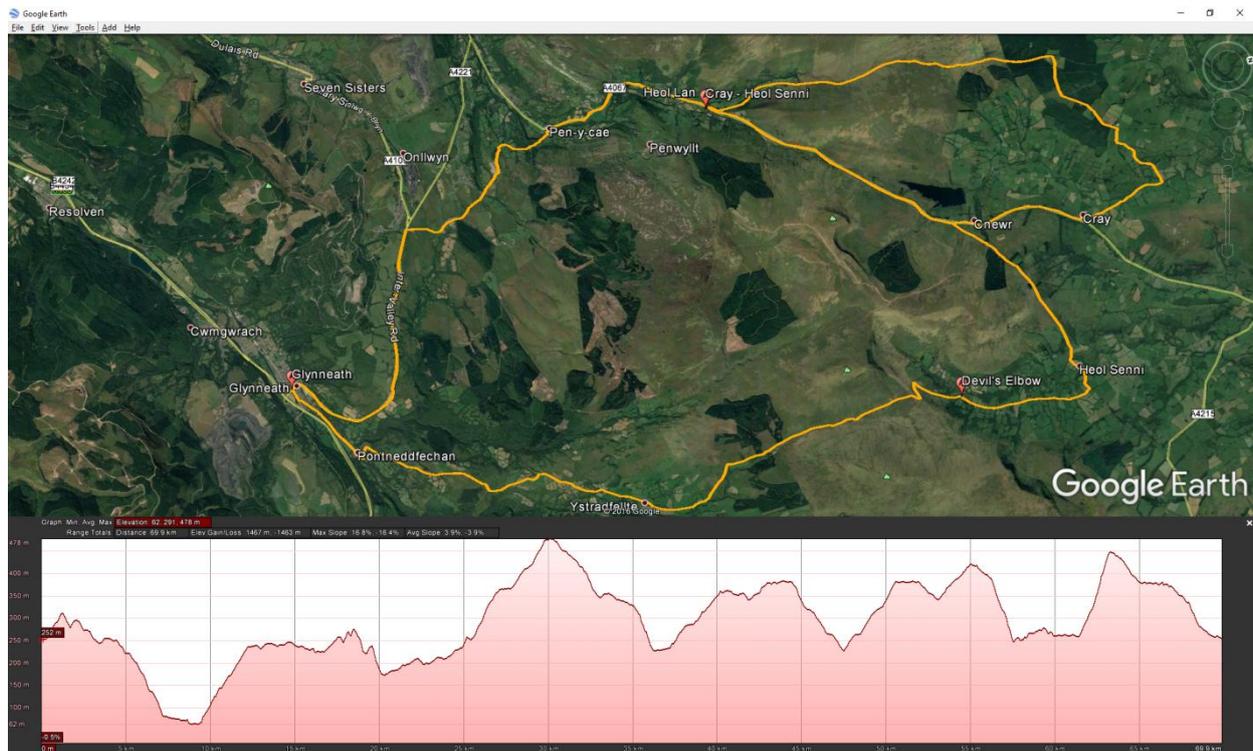
From the centre of Pontardawe, a short ride brings us to **Llanguicke Road (1.0km, 142m, average gradient 14.2%, max gradient 29%)**. A short breather (and descent) allows us to cross the A474 onto **Baran Road (2.4km, 186m, average gradient 7.8%, max gradient 13%)**. Heading north another breather before climbing again - the **Black Mountain from Brynammen (6.0km, 361m, average gradient 6%, max gradient 12%)**. A lung and heart resting descent to Llangadog brings us to the return ascent - **Black Mountain from Llangadog (6.3km, 360m, average gradient 5.7%, max gradient 11%)**.

On returning to Brynammen we turn right towards Cwmllynfell and then generally on B roads and cycle paths to Gurnos and then south to our starting point at Pontardawe. If the weather is kind then parts of this route will be truly spectacular; if it's unkind it's going to be a really tough day in the saddle!

Route 3 - Starting at Ystradfellte

Route Statistics: 70km of riding, 1459m of ascent.

Classic Climbs: Glynneath; Heol Lan; Cray/Heol Senni; Devil's Elbow.



Riding south from Ystradfellte to Glynneath we then climb along Inter-Valley Road (**Glynneath 3.2km, 180m, average gradient 5.6%, max gradient 8%**) and on to Pen-y-Cae.

Following the A4067 we pass through Crai-y-nos before turning off left to commence **Heol Lan (5.6km, 277m, average gradient 4.9%, max gradient 13%)** eventually reaching the village of Cray.

We turn south to Cnewr and continue southwards along the A4067 until we reach the point at which we turned off to commence the Heol Lan climb. Here we do a U-Turn as this is the starting point of **Cray/Heol Senni (7.2km, 264m, average gradient 3.7%, max gradient 10%)** which takes us back up the A4067 and on to Heol Senni.

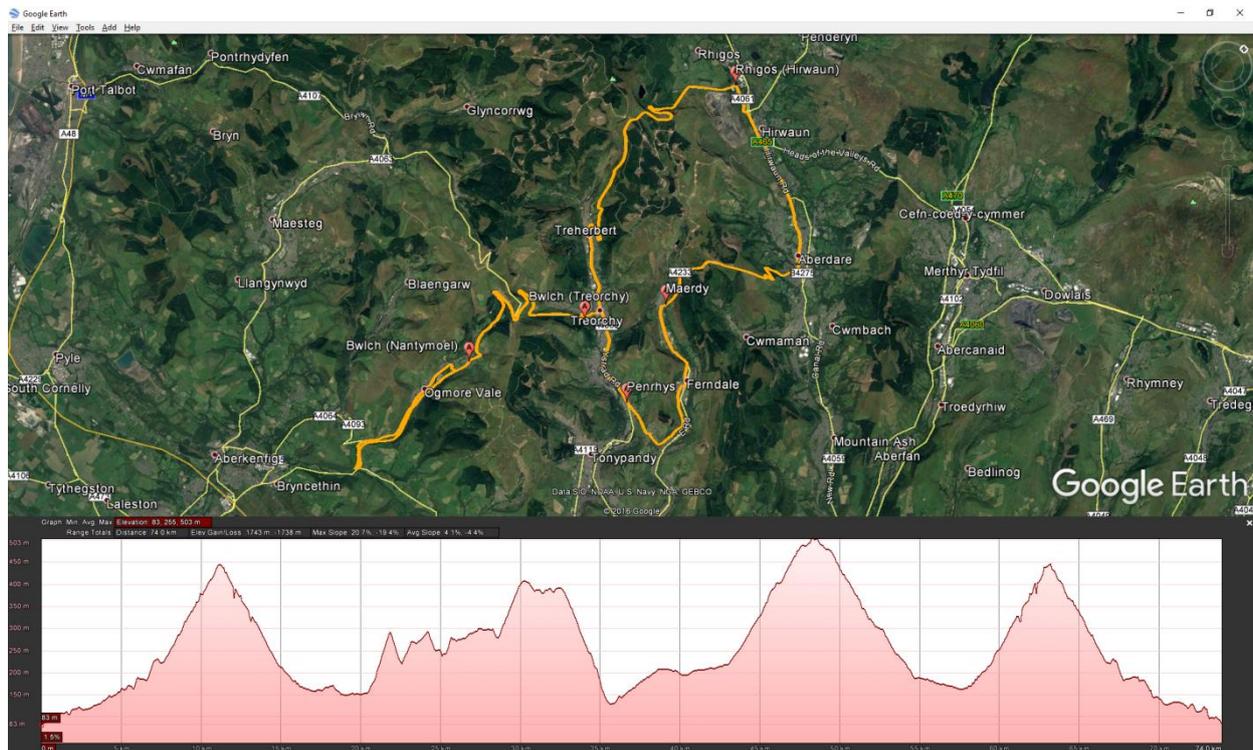
From here we turn south again, towards Ystradfellte but not before undertaking the **Devil's Elbow (1.8km, 189m, average gradient 10.5%, max gradient 22%)**.

Once Devil's Elbow has been conquered it is a nice run downhill (mostly) back to our starting point.

Route 4 - Starting in Blackmill at bottom of Ogmore Vale

Route Statistics: 75km of riding, 1689m of ascent.

Classic Climbs: Bwlch (Nantymoel); Penrhys; Maerdy; Rhigos (Hirwaun); Bwlch (Treorchy)



Starting in Blackmill on the A4061 we follow cycle paths to Price Town (a relatively gentle start for what is to come). Price Town marks the start of the **Bwlch - Nantymoel (4.7km, 280m, average gradient 6%, max gradient 21%)**. On attaining the summit (for the first time on this route) we are rewarded with a fast descent into Treorchy where we turn right to Ystrad.

Here the second climb begins - **Penrhys (1.3km, 118m, average gradient 9.1%, max gradient 23%)**. Passing through the village of Penrhys we turn northwards getting ever closer to Maerdy and our next climb.

Maerdy (1.4km, 122m, average gradient 8.7%, max gradient 11%) takes us onto Aberdare and along the B4276 towards Hirwaun. On passing through Hirwaun we turn left onto Rhigos Road and the **Rhigos - Hirwaun climb (4.8km, 270m, average gradient 5.6%, max gradient 9%)**.

A well deserved breather at the summit will precede the lovely descent on the other side into Treherbert - a mixture of pleasure from the descent with the pain of knowing what is to come!

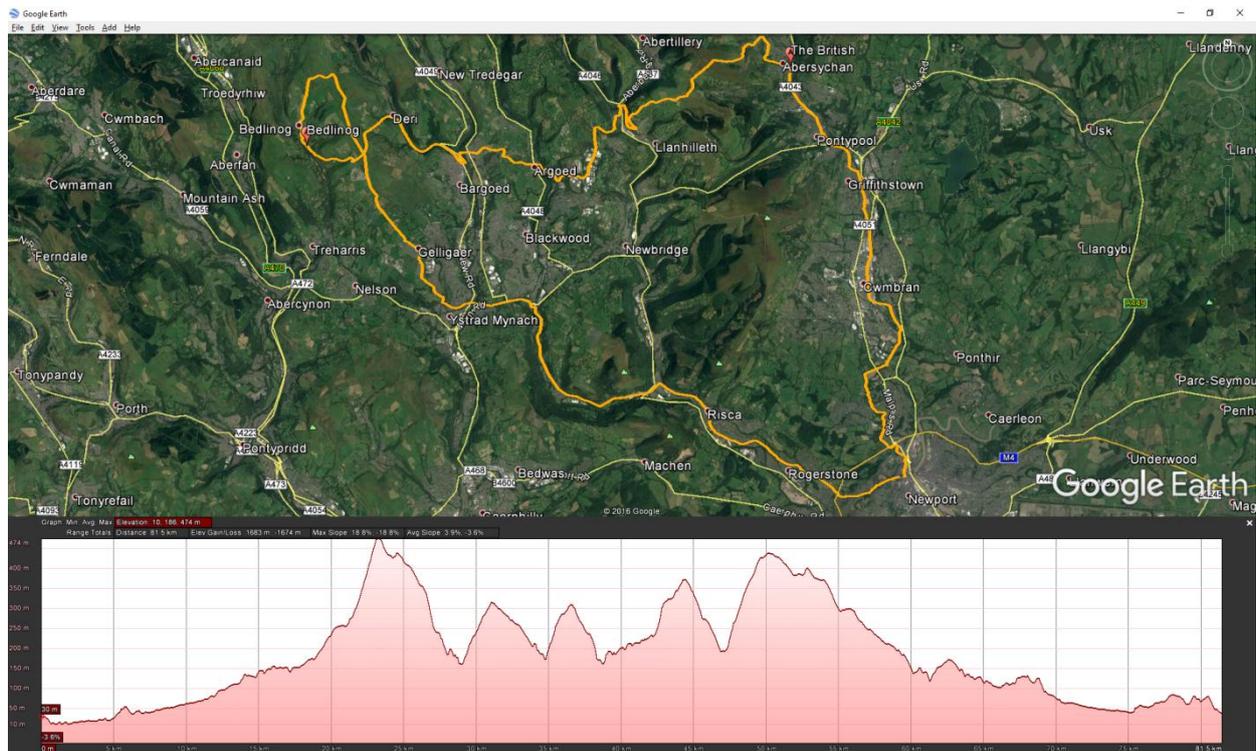
Heading south to Treorchy we turn right and follow the A4061 up **Bwlch - Treorchy (4.3km, 262m, average gradient 6.1%, max gradient 8%)**. The summit heralds (hopefully) the end of the day's pain and we descend the Bwlch back to Nantymoel, Price Town and return to Blackmill for the end of what no doubt will be a tough but hugely satisfying day's riding.

This route gives us 2 of the three Bwlch ascents and 1 of the 2 Rhigos ascents we will be undertaking as part of our overall challenge. The remaining ascents will be done as part of the Dragon Ride on 11th June.

Route 5 - Starting at Create Wealth Management, Newport

Route Statistics: 82km of riding, 1636m of ascent.

Classic Climbs: The British, Bedlinog



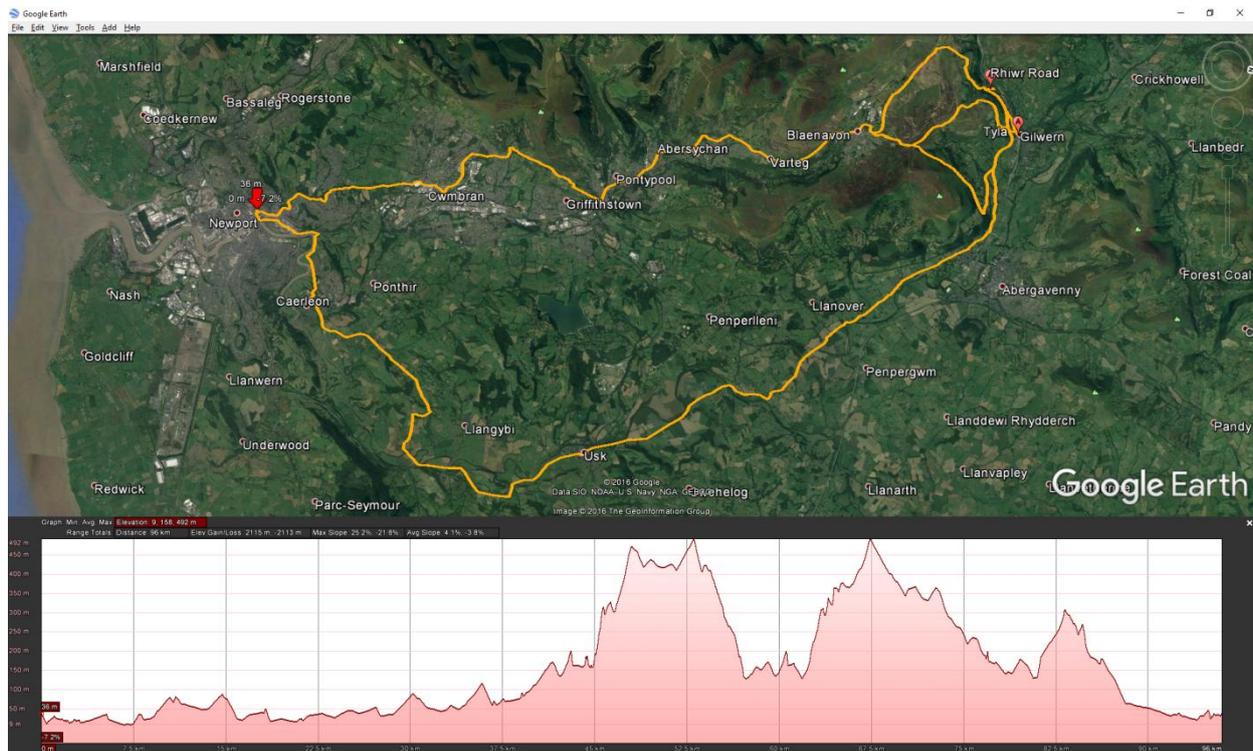
Starting from the offices of Create Wealth Management in Gold Tops, Newport the route follows a combination of roads and cycle paths in the direction of Cwmbran and then onto Griffithstown, Pontypool, Pontnewynydd before reaching the start of the first climb at Aberystychan - **The British (4.3km, 297m, average gradient 6.9%, max gradient 16%)**.

The climb takes us west into the adjacent valley, down into Aberbeeg and then an 'up and down' route to Aberbargoed and Deri. From Deri we turn westwards and 'up and down' again towards Bedlinog.

The second climb of the day starts just before reaching Cwmfelin - **Bedlinog (2.4km, 228m average gradient 9.5%, max gradient 32%)**. Assuming the heart and lungs survive once the top is reached it is pretty much all downhill, skirting north of Ystrad Mynach, to Cross Keys via Ynysddu and Cwmfelinfach before a straightforward ride through Risca and Rogerstone returning to our starting point in Newport.

Route 6 - Starting at Create Wealth Management, Newport

Route Statistics: 97km of riding, 1987m of ascent.
Classic Climbs: Rhiwr Road, The Tyla



We've ridden down Rhiwr Road and driven up it. The experience has meant this is the one route we are most nervous about! (Although ignorance is bliss in respect of the climbs we have not seen before!)

From Gold Tops we head out along the river to Caerleon and then on relatively pleasant roads through Tredunnoch, Llantrisant and Usk, taking the B4598 to Llanvair Kilgedden where we turn left along country lane to Llanellen.

Crossing the A4042 we ride through Llanfoist and Govilon to the start of the first climb just north of Clydach. The **Rhiwr Road (3.7km, 294m, average gradient 7.9%, max gradient 31%)** is not to be taken lightly.

Once the top is reached we turn left towards Blaenavon and on the edge of the town turn left again to climb up to the top of the Tumble and descend, heading north, back to Govilon.

This 'reverse' ascent and descent of The Tumble will be done 'properly' - from Govilon to Blaenavon - as part of Route 14 - Velothon Wales on 9th July. We head towards Gilwern and the bottom of Station Road where it meets the Heads of The Valley. Here our second climb begins in earnest.

The Tyla (5.5km, 360m, average gradient 6.5%, max gradient 24%) takes us back to the summit of The Tumble from where we return to Blaenavon and on to Varteg and Abersychan.

Heading back to Newport we follow in reverse pretty much reverse the route we took to get to Abersychan in **Route 6**, turning off some busier roads just south of Pontypool following the ridgeline to Upper Cwmbran and from there joining up with one of the cycle paths alongside the canal to take us all the way back to Newport.

Route 7 - Starting at Margam Country Park. The Dragon Ride 100km

Route Statistics: 100km of riding, 1454m of ascent.

Classic Climbs: Bwlch (Afan Valley); Rhigos (Treherbert); Cimla



Steve rode this route in 2016; Richard did an extra bit towards the north of the route shown. Both of us have ridden the three climbs this route takes us on so know what to expect - another tough day, but one shared with 100's of other riders.

Starting at the beautiful Margam Park the route quickly takes us through Port Talbot before heading through Cwmafan and Pontryhdyfen into the picturesque Afan Valley. It is not until almost a quarter of the way into the ride that Cymmer is reached shortly followed by the start of the **Bwlch - Afan Valley (6.8km, 368m, average gradient 5.4%, max gradient 13%)**.

A short respite as we descend into Treorchy and head up the valley to Treherbert. From here we are on the **Rhigos - Treherbert (6.4km, 318m, average gradient 5%, max gradient 8%)**.

The profile map shows a nice long decent from the summit almost all the way to the Cimla some 30km away - but it's not coasting all the way and the legs are still going to get a work out as we wind our way down the Neath valley from Glynneath!

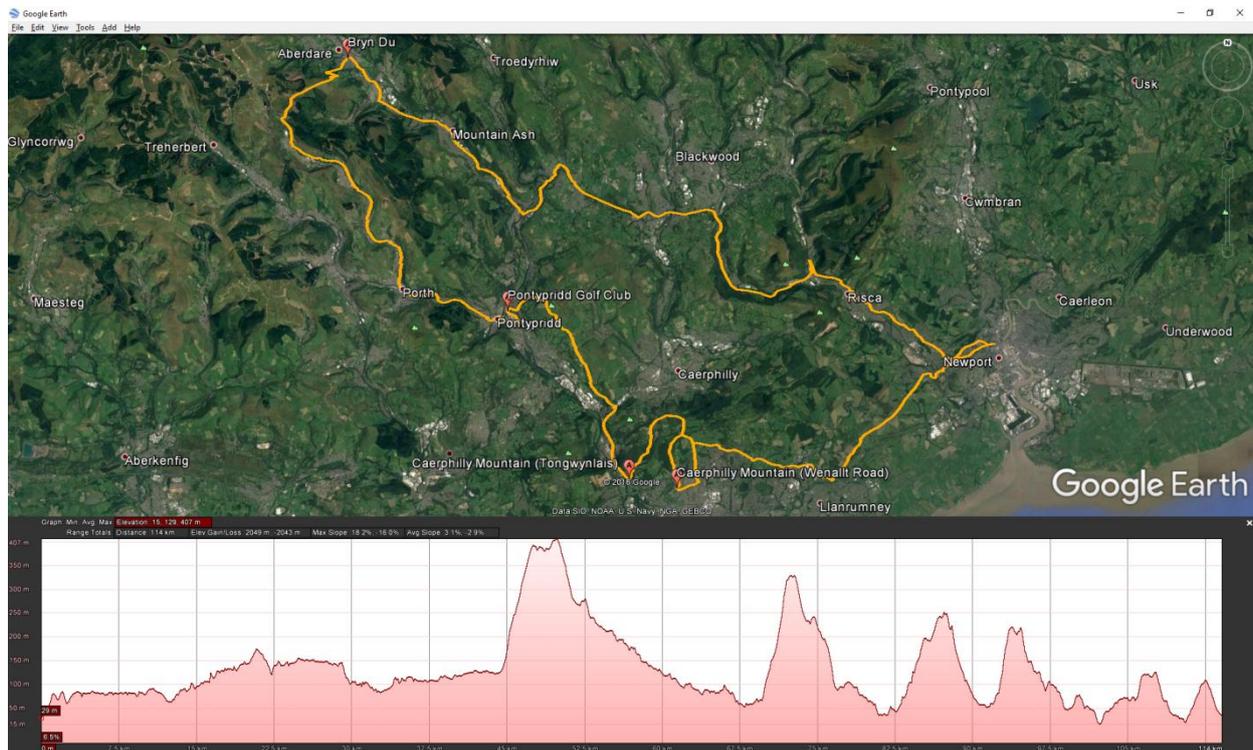
The **Cimla awaits (2.6km, 136m, average gradient 5.2%, max gradient 14%)** to take us south east out of Neath and back to the bottom of the Afan Valley.

From here we retrace our route through Cwmafan and Port Talbot to the welcome sight of the finish line at Margam Park.

Route 8 - Starting at Create Wealth Management, Newport

Route Statistics: 116km of riding, 1971m of ascent.

Classic Climbs: Bryn Du, Pontypridd Golf Club, Caerphilly Mountain (Tongwynlais); Caerphilly Mountain (Wenallt Road)



From Newport we follow roads then cycle paths alongside a canal to Risca and Crosskeys. From Crosskeys we follow a cycle path passing by Wattsville, Cwmfelinfach and then northwards to Gelligroes. From here we head more westward via Ystrad Mynach and Nelson to Treharris. Dropping down into Abercynon we continue along cycle paths through Mountain Ash where we rejoining the road network to Abercwmboi and Aberaman.

In Aberdare we turn left onto A4233 - **Bryn Du (3.1km, 250m, average gradient 8.1%, max gradient 22%)**. From the summit a road descent into Maerdy and then onto cycle paths and quiet roads to Porth and then Pontypridd.

National Cycle Route 8 gets us across the A470 and turn north briefly before turning east and the **Pontypridd Golf Club climb (2.3km, 235m, average gradient 10.2%, max gradient 28%)**.

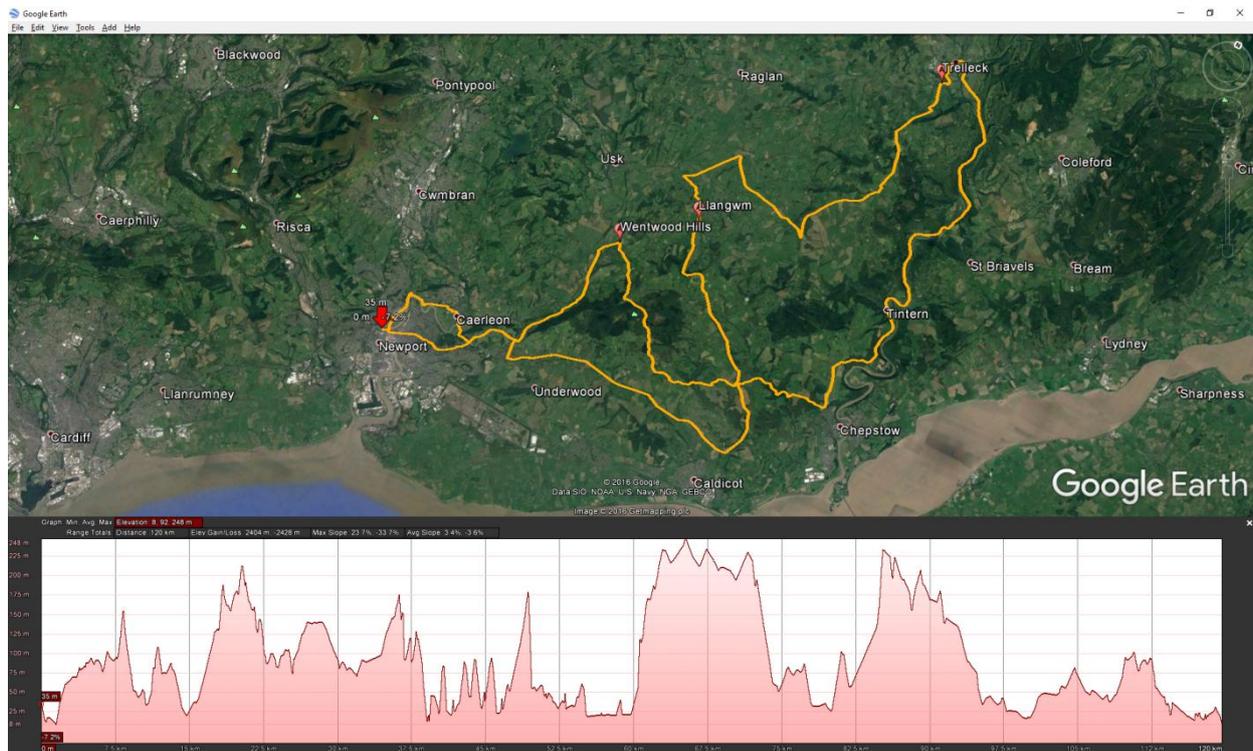
Quiet roads, the Taff Trail and cycle paths take us from the summit south to Nantgarw and then Tongwynlais where our third classic climb of the day begins.

Caerphilly Mountain - Tongwynlais (3.9km, 196m, average gradient 5%, max gradient 12%) takes us past Castell Coch and through Fforest Fawr onto Caerphilly Mountain. Descending south towards Cardiff we turn off the A469 to Rhiwbina and then commence our final ascent - **Caerphilly Mountain - Wenallt Road (2.4km, 154m, average gradient 6.4%, max gradient 21%)** bringing us out by The Travellers Rest.

Riding down Thornhill Road and turning off towards Lisvane we follow some country lanes to Old St Mellons, on to Basseleg and back to Gold Tops.

Route 9 - Starting at Create Wealth Management, Newport

Route Statistics: 120km of riding, 2183m of ascent.
Classic Climbs: Wentwood Ridge; Trelleck; Llangwm



Escaping from Newport along Christchurch Road we head out parallel to the A449 to Kemeys Inferior and onto Llantrisant. Crossing under the A449 for the third (and final) time we turn right onto the start of Wentwood Ridge (**3.5km, 246m, average gradient 7%, max gradient 18%**).

From there we descend to Llanvair-Discoed and east to Shirenewton and then to Chepstow Race Course. Turning up the Wye Valley we head through Tintern, Brockweir, Redbroke and finally Monmouth.

From here we turn south along the B4293 and shortly after crossing over the A40 we begin the **Trelleck climb (3.7km, 233m, average gradient 6.3%, max gradient 10%)**. The summit and Trelleck village reached we continue along the B4293 until we can turn right to Llansoy.

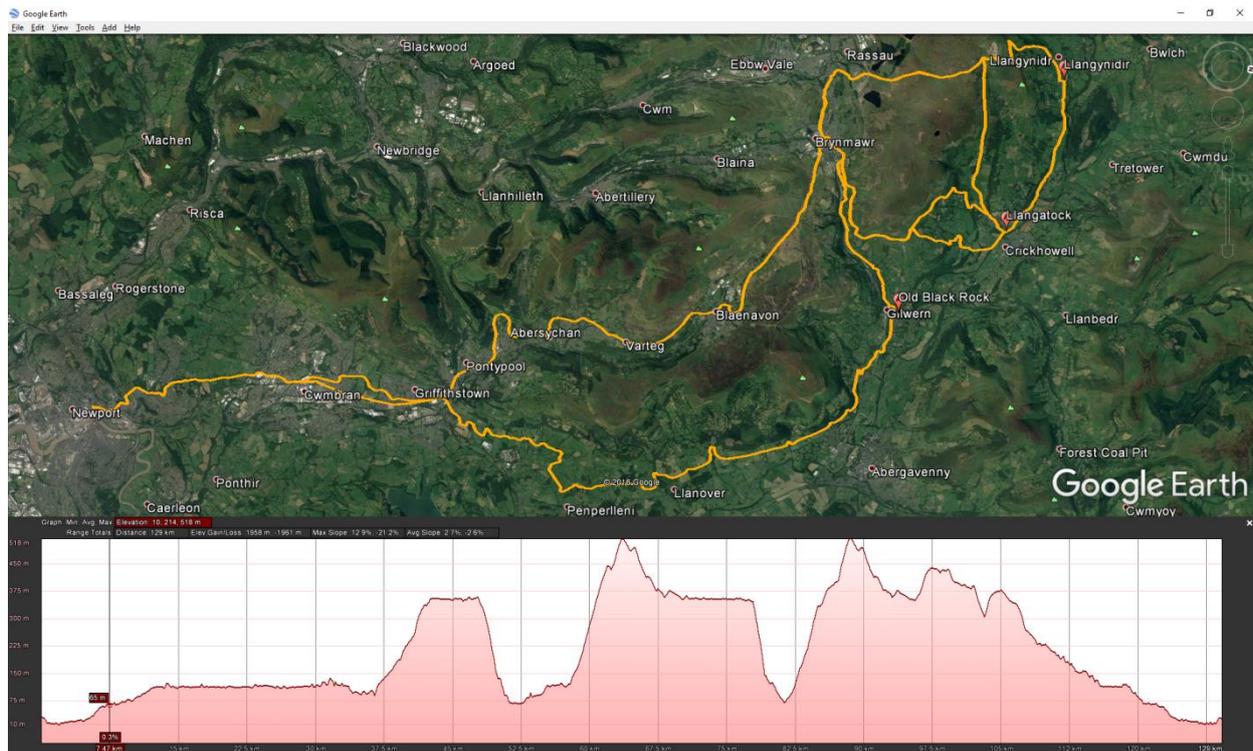
Gwernesney is our next target and then the village of Llangwm where our final climb begins. **Llangwm (3.4km, 155m, average gradient 4.6%, max gradient 6%)** after which we will head back towards Shirenewton and continue south to Crick and the A48.

We head west along the A48 (which, surprisingly, is not too bad a main road to cycle on from our previous experiences) until we get to Langstone. Here we turn up Catsash Road, past the Celtic Manor and down into Caerleon. Coffee and cake may well be taken in Caerleon before returning to Newport via the riverside cycle path.

Route 10 - Starting at Create Wealth Management, Newport

Route Statistics: 131km of riding, 1884m of ascent.

Classic Climbs: Old Black Rock; Llangynidr; Llangatock



Another of our routes starting from the offices of Create Wealth Management in Newport. The nature of the location of the climbs and the relatively restricted options for riding them means that this route is somewhat 'contrived' with sections having to be repeated in the Brynmawr / Llangatock / Llangynidr area.

We will head north via Cwmbran and Griffithstown and bear right at Pontymoile. From here we aim to make use of an extensive cycle path network to get to Govilon, just west of Abergavenny.

We will cross under the A465 to Gilwern which brings us to the **Old Black Rock (6.3km, 285m, average gradient 4.5%, max gradient 13%)** taking us westward to Brynmawr. On the outskirts of Brynmawr we turn north towards Llangatock and eventually joining the B4558 just across the river from Crickhowell.

Following the B4558 we head towards Llangynidr and as we turn off onto the B4560 we begin **Llangynidr (5.6km, 392m, average gradient 7%, max gradient 11%)** which brings us south to Rassau and then a return to Brynmawr.

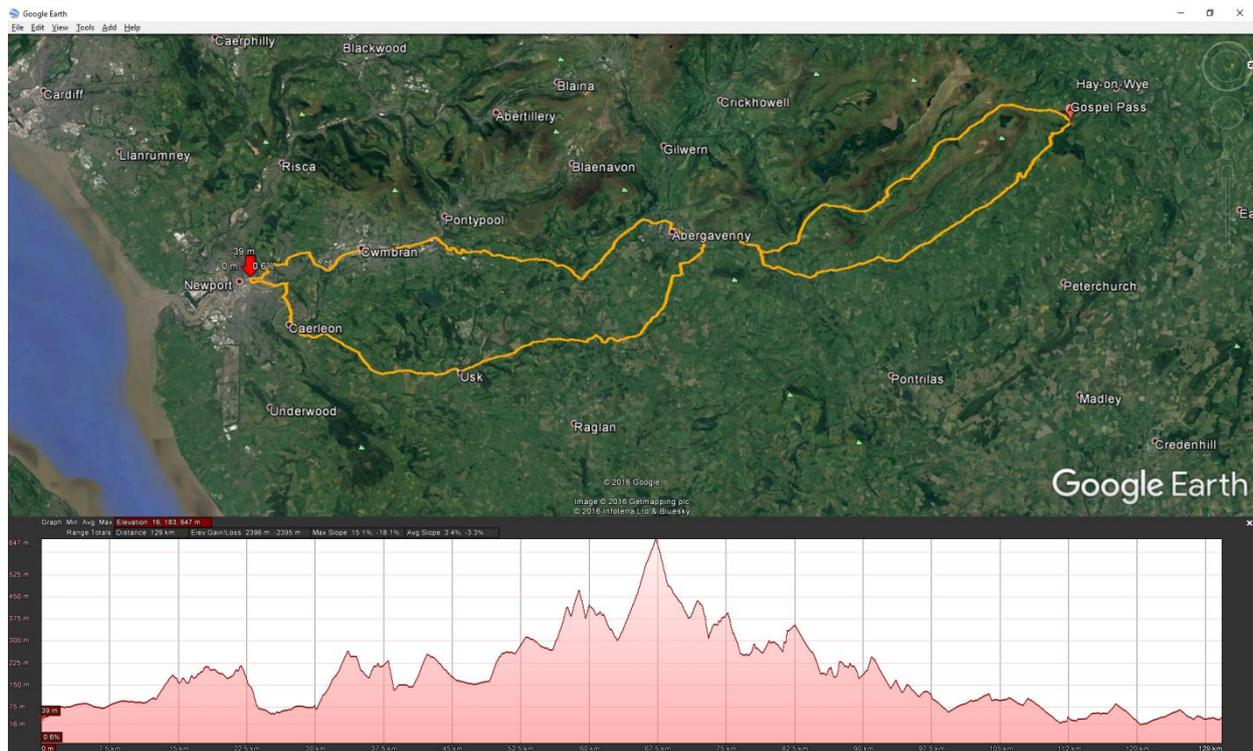
A return to Llangatock via a slightly different route brings us to our second ascent of Llangynidr Mountain - **Llangatock (7.2km, 437m, average gradient 6.1%, max gradient 11%)** and a second return to Rassau and our third excursion of the trip to Brynmawr.

Leaving Brynmawr via the B4248 we climb up and over into Blaenavon with a return to Newport via Varteg, Abersychan, Pontypool and Cwmbran, making use primarily of a range of cycle paths rather than roads.

Route 11 - Starting at Create Wealth Management, Newport

Route Statistics: 135km of riding, 2404m of ascent.

Classic Climbs: Gospel Pass



We leave Newport via cycle paths and roads in the direction of Cwmbran and onto Pontymoile. As with route 11 we bear right here and head towards Abergavenny adopting a different route just south of Mamhilad which takes us towards Maerdy and through Llanellen, Llanfoist from where we can leave Abergavenny going north.

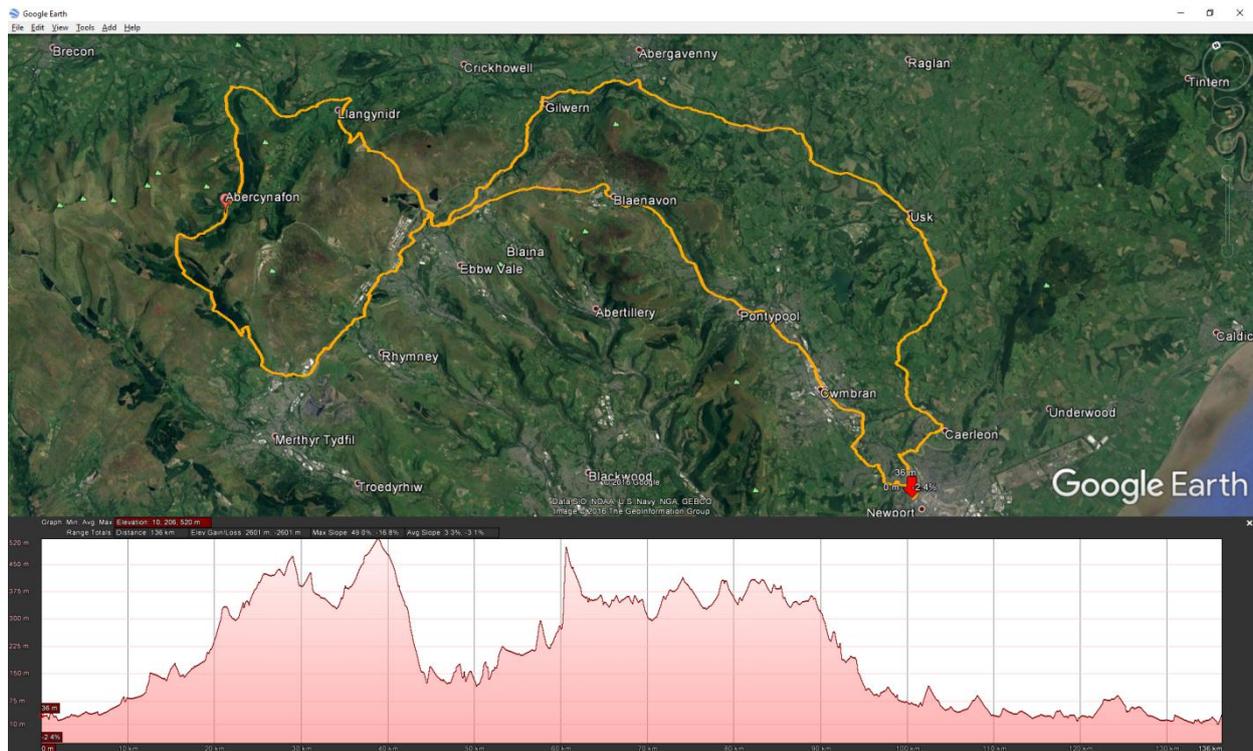
Using the Old Hereford Road we pass through Pantygelli and from here make our way parallel to the A465 towards Pandy where we diverge left along the valley heading to Hay-on-Wye. Passing through Longtown and Craswell we will get to our northerly point of the route. Turning south for the return to Abergavenny we commence **Gospel Pass (4.7km, 289m, average gradient 6.1%, max gradient 16%)** which takes us via some stunning scenery to Capel-y-ffin.

Continuing down the valley passing by Llanthony and Cwmyoy we eventually rejoin the Old Herford Road retracing our route towards Abergavenny town centre. Just north of the town we turn right to Llantilio Pertholey and a route through Llandewi Rhydderch, Coed Morgan, over the A40 and from here we gain the B4598 to Usk.

We leave Usk on the road to Caerleon and once again make use of the riverside cycle path to get us back to our starting point in Newport.

Route 12 - Starting at Create Wealth Management, Newport

Route Statistics: 138km of riding, 2491m of ascent.
Classic Climbs: Abercynafon



This is another of the 7 routes which start from Create Wealth Management's offices in Newport.

Following a similar route out of Newport which we used for **Route 6** we head through Cwmbran, Griffithstown and Pontypool. At Abersychan rather than turn off to ascend The British we continue north to Blaenavon and onto Brynmawr.

Skirting Rassau we ascend over Llangynidr Mountain into Llangynidr itself (reversing one of the climbs we did in Route 11). From Llangynidr we head west to Llandetty and at Talybont-on-Usk turn south to follow the road alongside the reservoir. At the southern end of the reservoir we start to climb. **Abercynafon (1.5km, 180m, average gradient 12%, max gradient 21%)** takes us over the mountain range allowing us to drop down to Pontsticill Reservoir and skirt the shoulder of Cefn yr Ystrad to return via Rassau to Brynmawr.

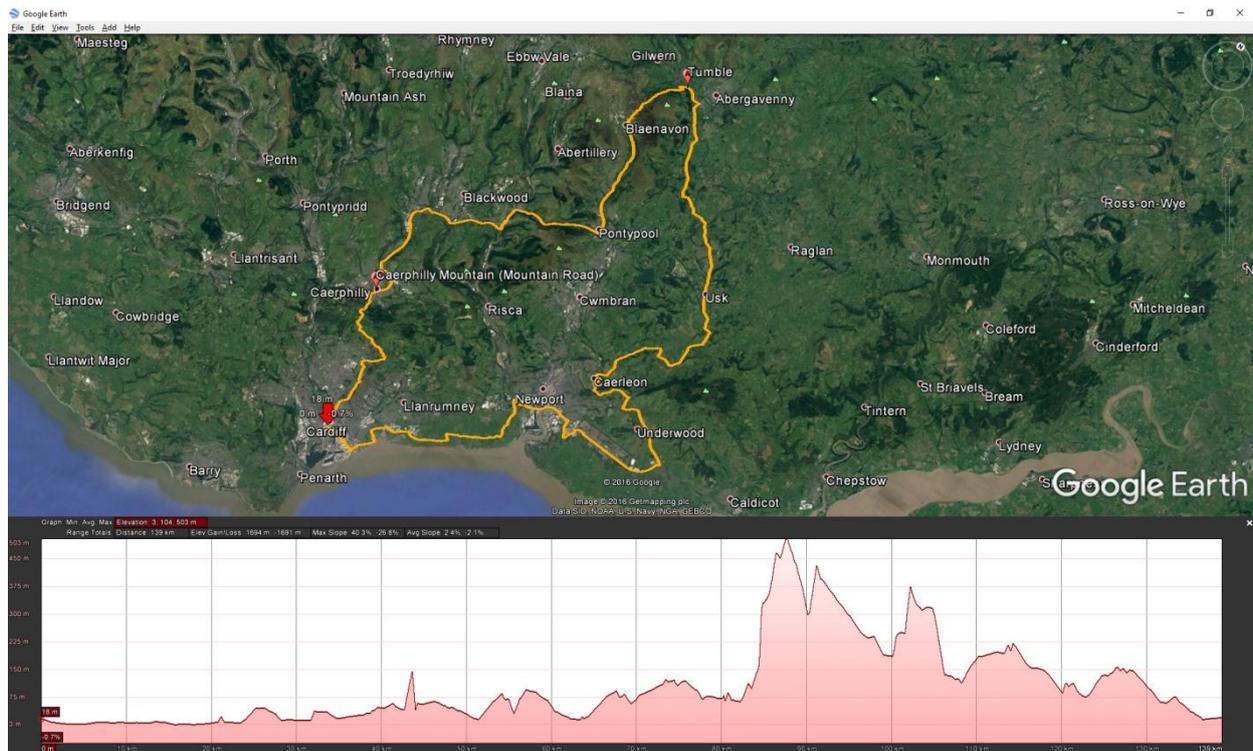
Rather than retrace today's route up to Brynmawr we take the descent via Old Black Rock to Gilwern and thence to Govilon, Llanfoist and Llanellen. Crossing the A4042 we ride to Maerdy and Llanvair Kilgedden. Once again we gain the B4598 to Usk and on to Llangybi.

For a change we turn off to Llandegveth and on to Caerleon via Ponthir. The ever faithful riverside cycle path from Caerleon enables to have an easy last leg to Newport and a return to the offices of Create Wealth Management.

Route 13 - Starting National Museum of Wales. Velothon Wales

Route Statistics: 140km of riding, 1683m of ascent.

Classic Climbs: The Tumble, Caerphilly Mountain (Mountain Road)



This is the other organised event we are taking part in as part of the overall challenge. With 15,000 or so riders on a closed road course 2017 is the third time this event has been run. Richard has taken part on the previous 2 but this will be a new undertaking for Steve.

Starting in the Civic Centre of Cardiff the route takes riders out along the docks road, Lamby Way and Newport Gwent Levels, skirting the south of Newport, past the site of Llanwern Steel Works and on towards Magor.

From here the route turns back west to Caerleon and then on to Usk. Heading towards Abergavenny the route takes us to Llanellen, Llanfoist and then into Govilon before starting (after a mere 80km of relatively flat riding) the Tumble (**4.8km, 381m, average gradient 7.9%, max gradient 15%**) before descending into Blaenavon and onto Pontypool.

From Pontypool we drift westwards through Newbridge to Ystrad Mynach and then begin the stretch to Caerphilly and **Caerphilly Mountain - Mountain Road (1.4km, 131m, average gradient 9.4%, max gradient 20%)**. Coming late into the ride it seems unlikely that either of us will be beating our previous PB's!!

Once we reach the top (and a welcome feed stop) we will have a reasonably easy ride down to the City Centre via Lisvane, Llanishen and Roath Park Lake with a finish line along King Edward VII Avenue.