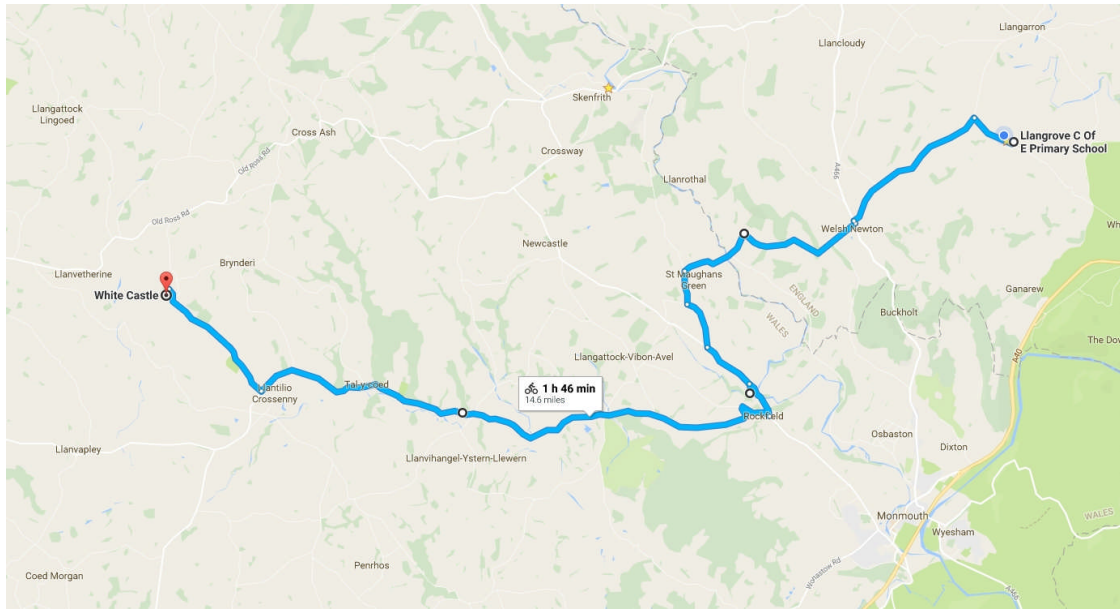


Local Cycle Routes

Llangrove to White Castle



15 miles. Allow 1 hour 45 minutes

This is a gently undulating route and, followed from Llangrove to White Castle, ensures that each uphill is rewarded by a downhill and the challenging climbs around Llanrothal-Trigates bridge are met in reverse so the long downhill stretches can be enjoyed.

This is one of a number of local castle-themed cycle routes from Llangrove which can be combined with others also published on this website. The routes make use of quiet lanes and National Cycle Network routes whenever possible. Some routes include sections from the official 'Four Castle Cycle Route' which incorporates Skenfrith, Grosmont, White and Abergavenny Castles. Routes on this website include additional castles - Pembridge, Monmouth, Goodrich and Raglan - all within easy reach of Llangrove.

Start from Llangrove C of E Academy and head along the Llangrove Road passing the Church on the right and Royal Arms on the left. At the T junction, turn left towards Welsh Newton and follow the lane uphill passing Treworgan Farm buildings and roadside pond on the right. Following the descent into Welsh Newton, with the church on the right, turn left at the T-junction towards Monmouth than take the first, almost immediate, turning on the right to Llanrothal.



long hill.

Ignore the turning on the left signposted 'Old Shop' and continue along this lane, stopping to enjoy the views on the left opposite 'The Nunnery' before the lane descends a



Over the hedges to the left are panoramic vistas of open fields along with the lane being followed on this route as it weaves through the countryside.

Follow the road as it bends to the left towards Tregate, ignoring the turning to the right to Llanrothal.



The road now descends steeply towards Trigate Bridge (test your brakes...) then through the settlement of St. Maughan's Green.

At the T junction beside Wenlock House on the left, turn left following the direction sign to Maypole. The road bends to the left as it enters the village (sp Rockfield) and continues to a T junction with the B4347. Turn left towards Rockfield – the only direction to not be signposted.



green area with a memorial and seating.

The lane follows a gentle descent towards Rockfield, running alongside the River Monnow to the left for a short stretch before a black and white timbered cottage on the right adjacent to a small



Turn right here in front of the cottage then immediate right again to join the B4233. Although one of the 'main routes' of the area, this is an exceptionally quiet road through open countryside offering easy cycling with just a few slopes and no major hills.



Continue along this lane for approx 5.9 miles through Tal-y-Coed passing Warwick's Country Pub on the right where refreshments are available Wednesday-Sunday.



A mile further along the B4233 is the sign marking Llantilio Crossenny, shortly after which take the small turning on the right up to White Castle, passing the small moated area of Hen Gwrt, the old court, on the right.



The narrow lane continues steadily uphill with 'Lower White Castle' and 'Middle White Castle' cottages making your progress until you reach 'Upper White Castle' at which point the short lane to the left leads to the large, moated castle.





White Castle, originally named Llantilio Castle, dates from the 12th century but probably replaces an earlier timber structure on the site. It is the best preserved of the Three Castles, ie White, Skenfrith and Grosmont. (Abergavenny was added to the grouping later, to become the official 'Four Castles' route.)

racks and picnic benches available.

Opening times: Free access at all reasonable times. Cycle

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Route compiled and checked in March 2017

This route is intended as a guide to some of the local quiet roads and lanes around the Llangrove area. No liability can be accepted for any errors, omissions, loss, damage or injury incurred by following this route.

Map is for illustrative purposes.