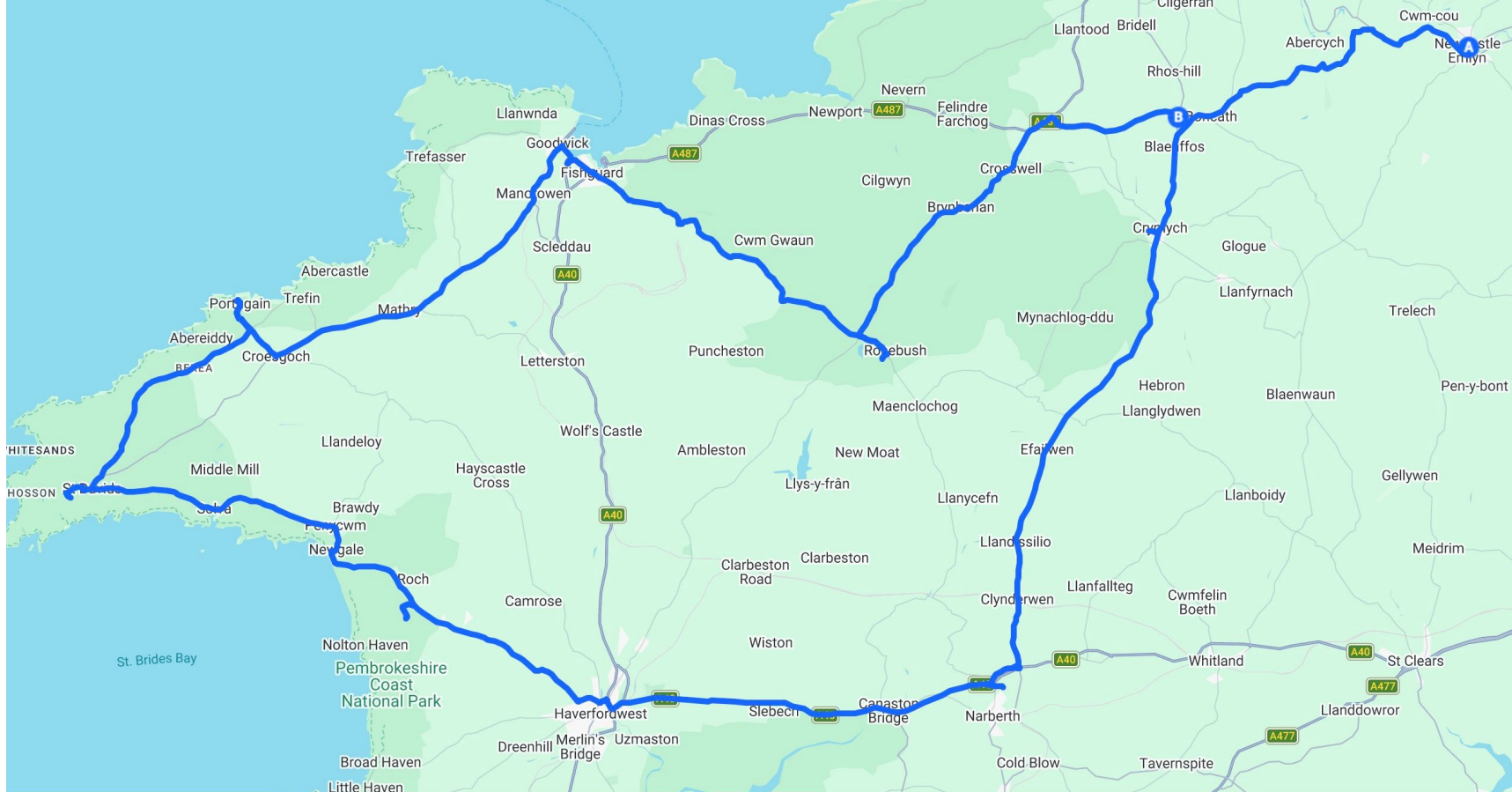




TOP GEAR ROADS WEST ROUTE

Way-Point No	Start Time	End Time	Section Time	Total Elapsed Time	Section Distance	Total Elapsed Distance	Section	Notes
1	10:00	10:15	00:15	00:15	0	0	Assemble in main carpark in Newcastle Emlyn	w3w///rave.rental.rang
2	10:15	10:45	00:30	00:45	16	16	Newcastle Emlyn to Cafe Beca. Efailwen	A484, B4332, A478
3	10:45	11:30	00:45	01:30	0	16	Breakfast at Cafe Beca	
4	11:30	12:00	00:30	02:00	17	33	Cafe Beca to Haverfordwest	A478, A40
5	12:00	12:30	00:30	02:30	16	49	Haverfordwest to St Davids	A487
6	12:30	12:45	00:15	02:45	8	57	St Davids to Porthgain	
7	12:45	13:45	01:00	03:45	0	57	Fish & Chips at The Shed	
8	13:45	14:05	00:20	04:05	11	68	Porthgain to Fishguard	
9	14:05	14:25	00:20	04:25	10	78	Fishguard to Tafarn Sinc	B4313
10	14:25	14:55	00:30	04:55	0	78	Tafarn Sinc	
11	14:55	15:10	00:15	05:10	9	87	Tafarn Sinc to Eglwysrwrw	B4329
12	15:10	15:35	00:25	05:35	12	99	Eglwysrwrw to Newcastle Emlyn	B4332, A484
							Make your own way home....	