			Distance	
СР	Name	Grid Ref	(miles)	Description
CP00	Sedbury Cliff	ST 552 928	0.0	Start point of Offa's Dyke Path
CP01	Boughspring	ST 550 973	4.3	Junction of B4228 and minor road (Boughspring Lane).
CP02	Brockweir	SO 540 011	8.7	Layby / parking area in Brockweir
CP03	Mork	SO 543 055	12.4	Small woodland car park off minor road west of Mork near where OFD path meets road
CP04	Redbrook	SO 536 099	15.7	Car park off A466 at Redbrook
CP05	Monmouth	SO 505 125	19.7	Large car park north side of bridge over River Monnow
CP06	Hendre	SO 461 123	23.0	Where OFD path leaves minor road near Hendre Farm
CP07	Onen	SO 418 133	26.5	Where OFD path joins minor road SW of Onen
CP08	Caggle Street	SO 369 173	31.5	Layby on B4521 south side of Caggle Street near where OFD path leaves road
CP09	Pandy	SO 333 217	36.1	Layby where OFD path crosses A465 near Pandy (PH car park nearby)
CP10	Llanthony / Trig 552	SO 304 278	41.2	Car park at SO 289 278 in Llanthony, meet point on ridge at Trig 552m
CP11	Hay Bluff	SO 239 373	48.9	Car park on minor road NW of Hay Bluff
CP12	Hay-on-Wye	SO 229 421	52.4	Car park in Hay-on-Wye
CP13	Crowther's Pool	SO 225 482	57.4	Where OFD path leaves minor road SE of Crowther's Pool
CP14	Gladestry	SO 232 551	63.1	Car park in Gladestry by pub
CP15	Kington	SO 290 567	67.3	Junction of Ridgebourne and Montford roads west side of Kington (near chuch)
CP16	Lower Harpton	SO 279 607	71.7	Junction of minor road and B4362 (Ditchyeld Bridge) north of Lower Harpton
CP17	Rhos-y-meirch	SO 282 689	78.7	Where ODP meets B4355 south of Rhos-y-meirch
CP18	Knighton	SO 284 724	81.4	Offa's Dyke Information Centre in Knighton
CP19	Lower Spoad	SO 257 820	88.7	Where ODP crosses B4368 SE of Newcastle
CP20	Kerry Ridgeway	SO 258 896	94.2	Layby where ODP crosses Kerry Ridgeway (minor road)
CP21	Montgomery	SO 235 975	99.6	Where ODP crosses B4386 east of Montgomery
CP22	Forden	SJ 247 032	103.7	Where ODP leaves minor road NE of Forden (near Lodge)
CP23	Buttington	SJ 249 084	108.6	Where ODP joins B4388 in Buttington
CP24	Rhy-esgyn	SJ 277 146	114.0	Where ODP joins Rhy-esggyn Lane SE of Arddlin
CP25	Llanymynech	SJ 266 210	119.7	Where road crosses canal in Llanymynech
CP26	Trefonen	SJ 250 262	125.0	Where ODP crosses minor road SW of Trefonen
CP27	Racecourse Common	SJ 258 311	128.6	Layby on minor road at Racecourse Common
CP28	Craignant	SJ 253 349	131.5	Car park at Craignant, ODP passes close by.
CP29	Froncysyllte	SJ 270 413	138.1	Canal side parking off B5434 at Froncysyllte
CP30	Dinbren	SJ 219 443	142.6	Layby on minor road (Panarama Walk)
CP31	World's End	SJ 232 483	145.8	Car park on minor road north of Eglwyseg
CP32	Pen-y-ffrith	SJ 171 541	152.5	Layby on minor road where ODP leaves road
CP33	Bwlch Penbarras	SJ 161 605	158.2	Car park on minor road NE of Llanbedr-Dyffryn-Clwyd
CP34	Moel Arthur	SJ 146 657	162.7	Car park on minor road below Moel Arthur
CP35	Bodfari	SJ 097 701	167.6	Where ODP crosses A541 near Bodfari
CP36	Rhuallt	SJ 074 750	172.2	Pub car park in Rhuallt
CP37	Dyserth	SJ 073 791	176.2	Where ODP joins minor road near Henfryn Hall east of Dyserth
CP38	Prestatyn	SJ 060 837	179.9	Finish of ODP on sea front

Notes

CP01 to CP09 are same checkpoints as used on Traverse of Wales

CP10 is an optional checkpoint on ridge above Llanthony to split the long leg from Pandy to Hay Bluff.

CPs in bold are day finish points