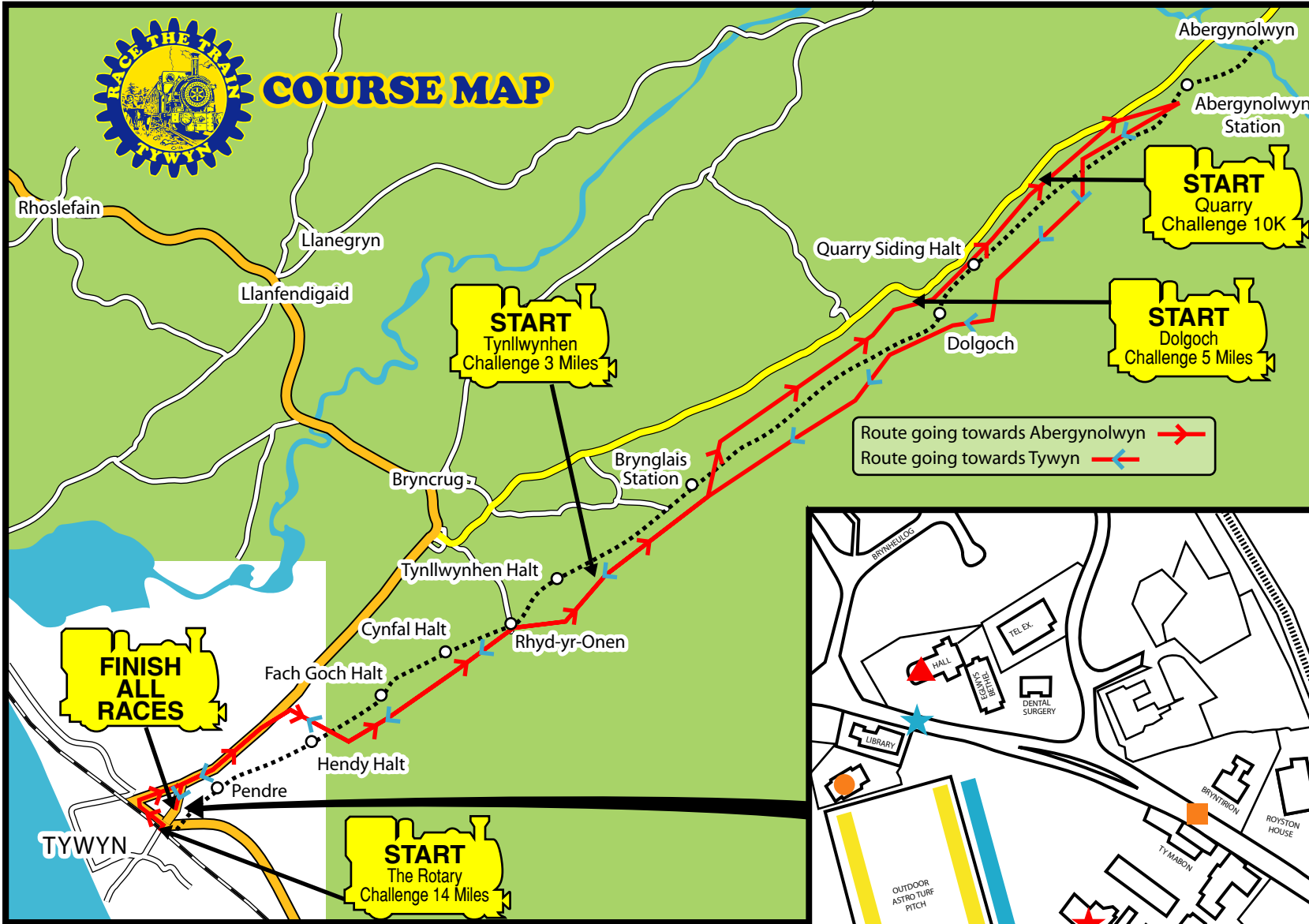


# COURSE MAP



Route going towards Abergynolwyn →  
Route going towards Tywyn ←

## YOU ARE HERE:

- ★ Registration, Information, Food & Sales
- ▬ Bar & Baggage Control
- ★ Train Station
- ★ Car Parks
- ▬ Start Rotary Challenge 14 Miles
- ★ Finish All Races
- ▲ First Aid
- ▬ Buses, Quarry Challenge 10K  
Dolgoch Challenge 5 Miles
- ▲ Toilets - Men & Women
- Male & Female Changing, Showers & Toilets
- Female Changing, Showers & Toilets
- ▬ Toddlers Trot

**FINISH ALL RACES**

**START Tynllwynhen Challenge 3 Miles**

**START Dolgoch Challenge 5 Miles**

**START Quarry Challenge 10K**

**START The Rotary Challenge 14 Miles**

