

Pentyrch Hill - F5

Marathon Advice

Follow path to near top and see kissing gate on left

Immediately turn right once through gate (if you miss gate travel to end then over style immediately on left)

Do not leave field toward houses – turn left. Continue following path hugging hedge on right. Ignore footpaths leading to right

At lane turn left

At gate at end of lane, follow track to right – do not go through gate

Do not go through styles or gates, follow path to very muddy intersection and turn right – it is the first right you can do without crossing a fence.

Follow path straight, past bungalow and down steep lane to road crossing

Straight across road (slightly to right) and follow easily missed path

Follow path all the way to lane, at end of lane turn left to marshall

Marshall



Pentyrch Hill - F5

Half Advice

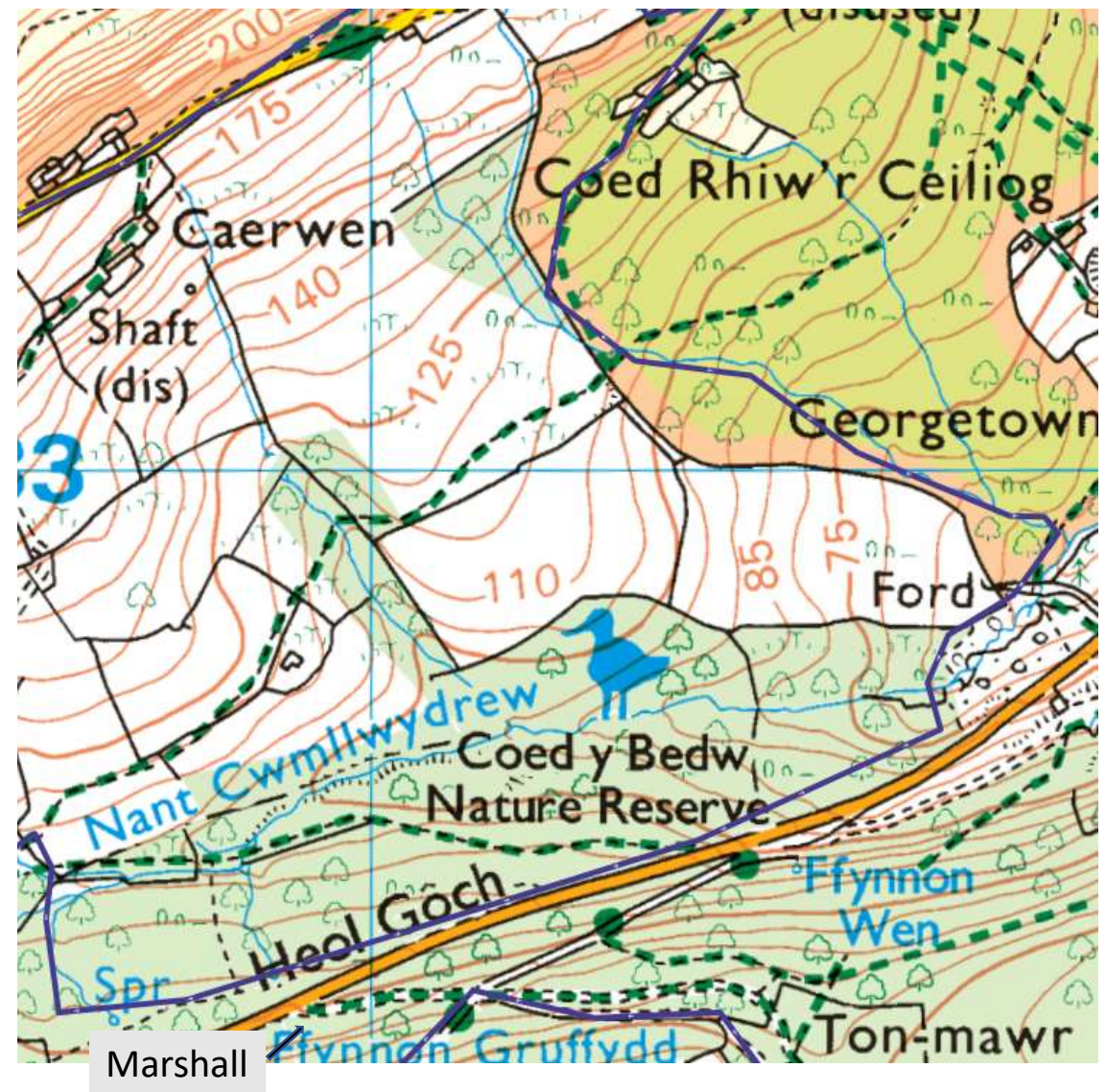
Cross over road, then take 1st right at notice.

Keep right at every junction, but do not cross road

Work way all the way down to bottom by stream.

Enter conifer wood

At little wooden bridge turn left and follow all the way up to CP1



F7 Location

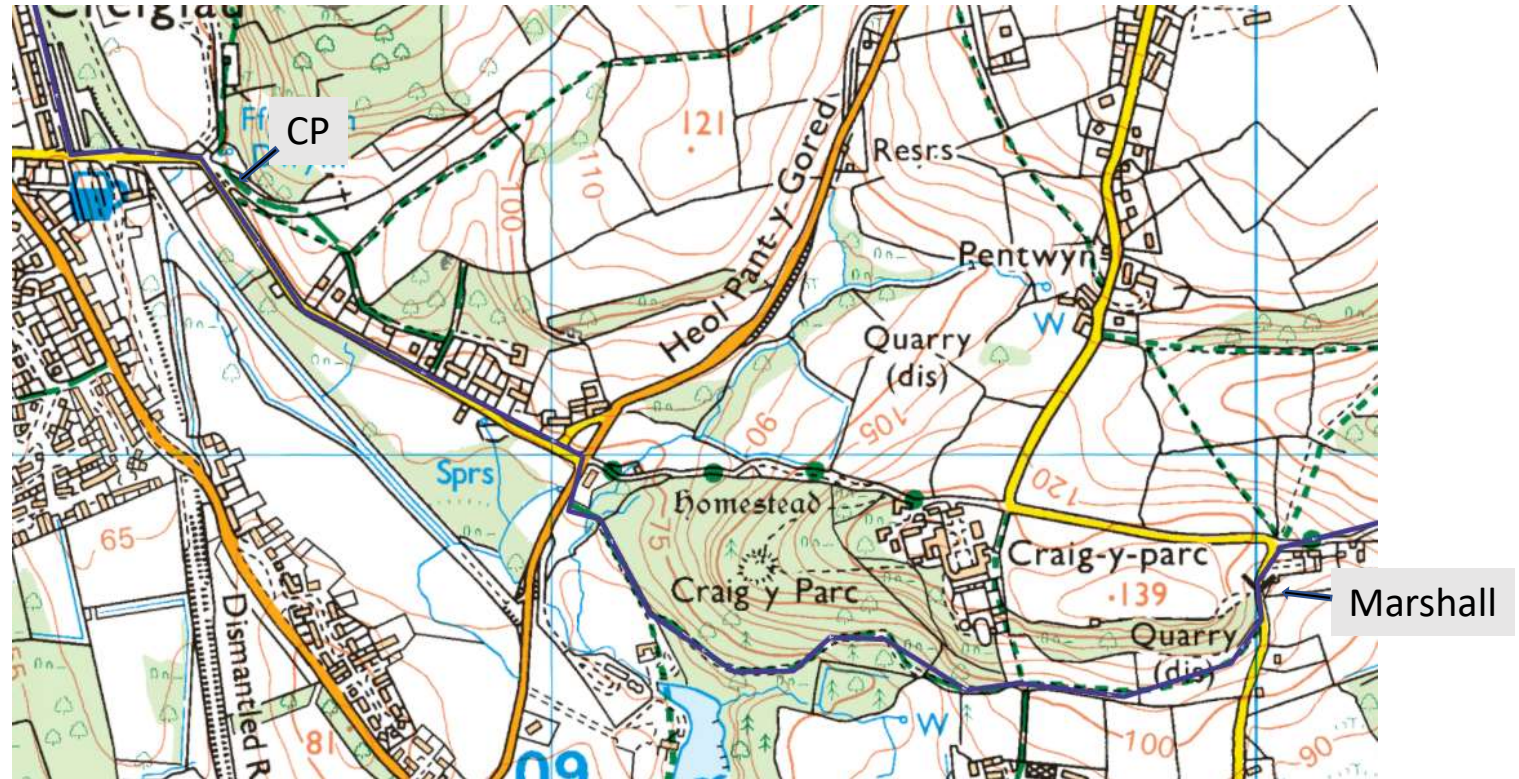
Through kissing gate and follow path through field, and over style

Keep going straight all way to bottom, you'll see Canada Lodge lakes on left

At workshops turn right and follow path to road

Turn right on Road, then immediately left

Follow Road to CP



CPM1

Down Path, next to Creigiau Sign

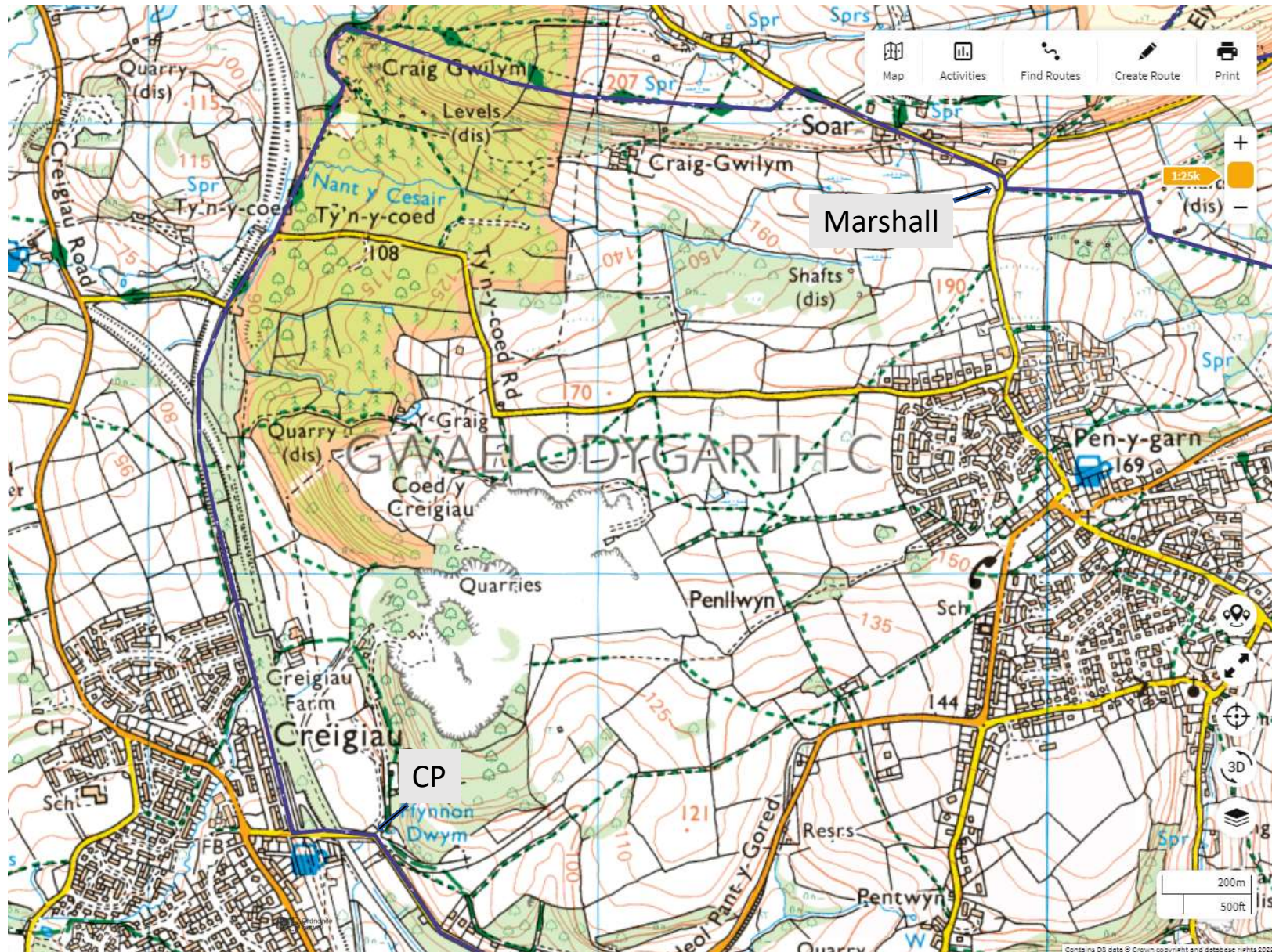
Past Bus Depot

Immediately follow fence behind bus depot, and follow disused railway line

When reach lane bear right and go straight on into woods (Ty'n y coed on map)

After a couple hundred yards see fence on right and follow v. steep up hill.

Follow path lane, then turn right to next marshall



Cattery – F9

Through middle of field

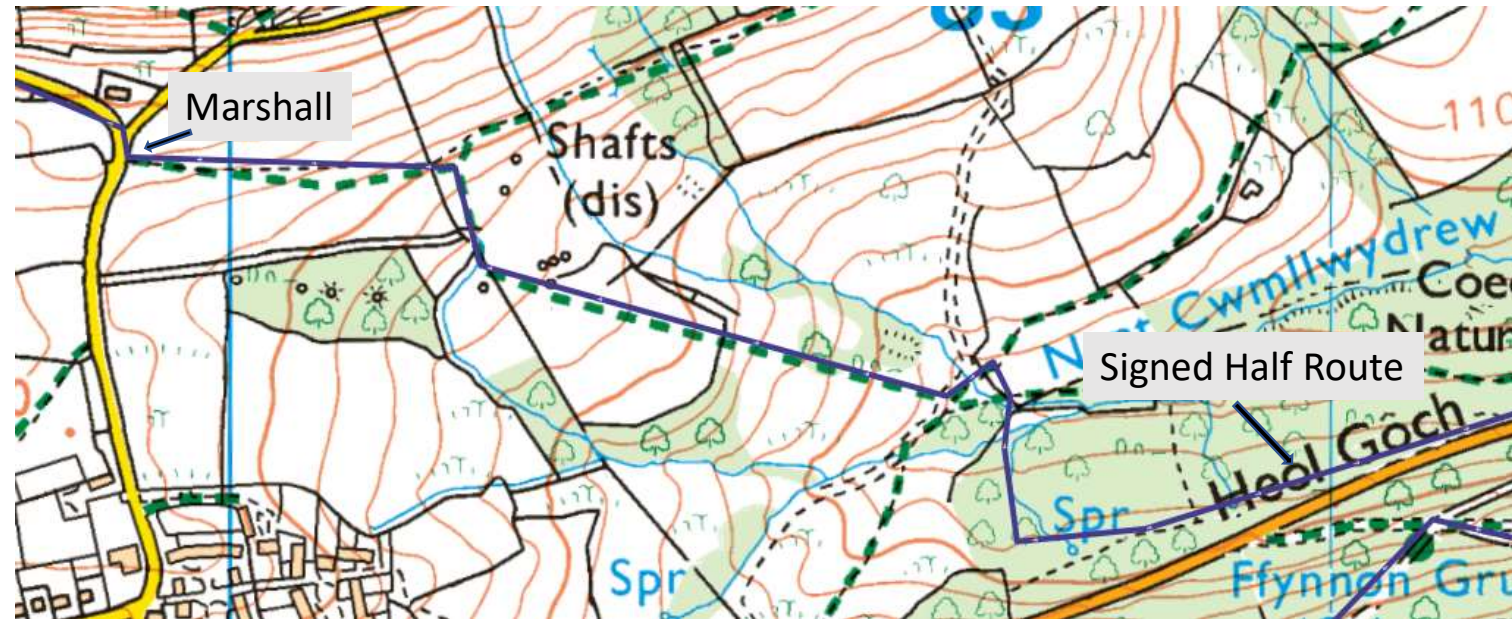
At gate turn immediately right
and down hill.

Bear left following path to
bottom

Once on track look for signpost
to right to enter woods.

Once in woods take right fork

At next fork, take left which
leads you onto signed Half
route, leading to next CP



CP1/CPM2 for Marathon Advice

Once on Taff Trail high level turn right, to leave the half route

Turn right into field with bracken and bear left up hill (if you see a bridge, there is a gate immediately before – go through this gate and bear right as an alternative)

Follow path right, then left going steeply up. At what appears like a crossroads and few hundred yards after taff trail, follow what looks like a track steadily climbing.

If you miss this just turn right and try and traverse the many paths eastwards

At end of track, go through gate, then immediately left, up little path then immediately right. This avoids very muddy path.

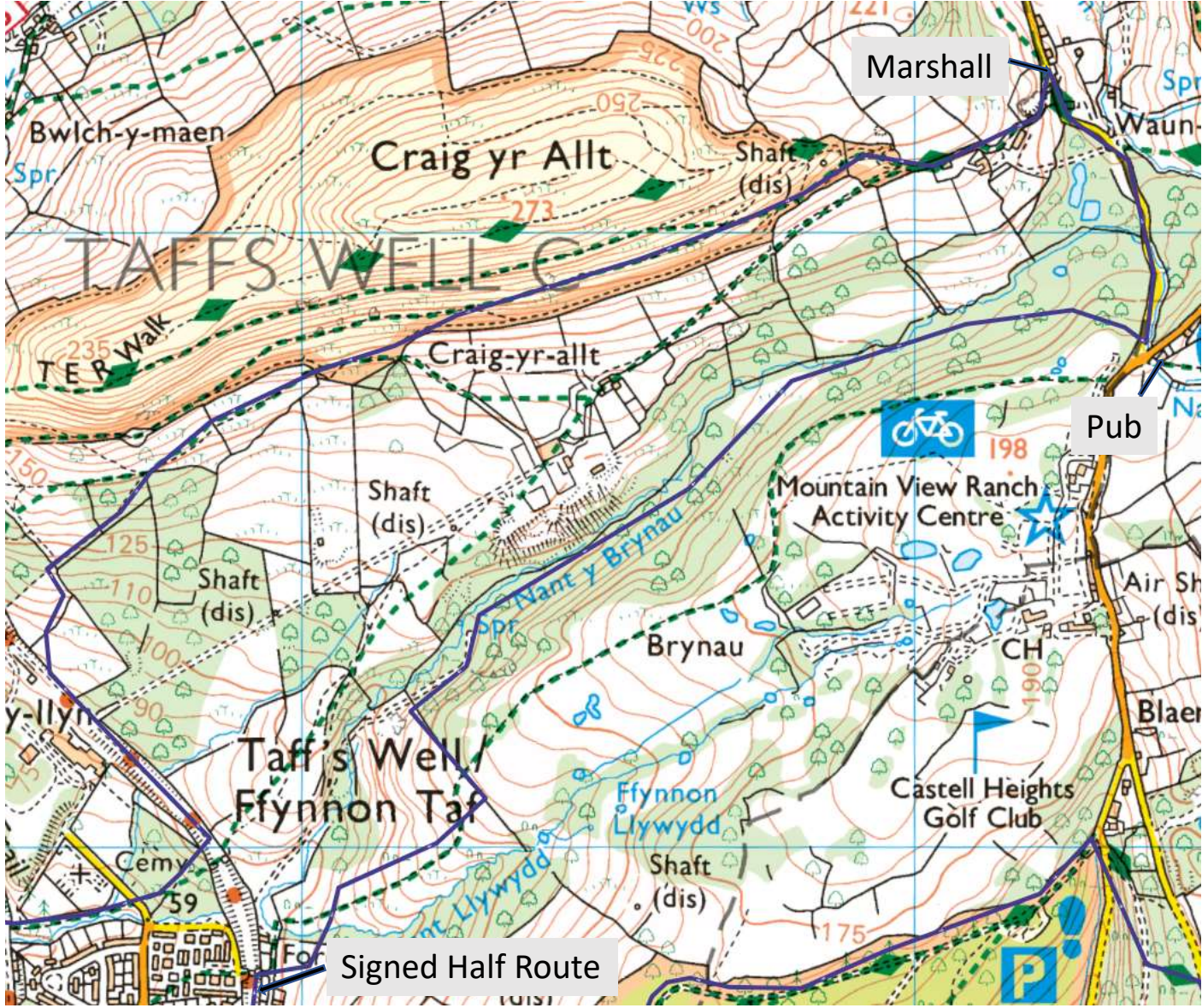
Keep going up hill at lots of junctions until there is a clear flat section in front of you leading to exit of common

Once on road turn left. At end of road, u turn (Marshall should be here) toward Black Cock Pub.

Just before pub is hard to see path on right. If you reach pub, turn back and path is about 20 yards on left.

Follow path, to end, then through motor circuit to Taff Trail

Turn Left on Trail toward Castell Coch



CP1/CPM2 Advice

Carry on up road

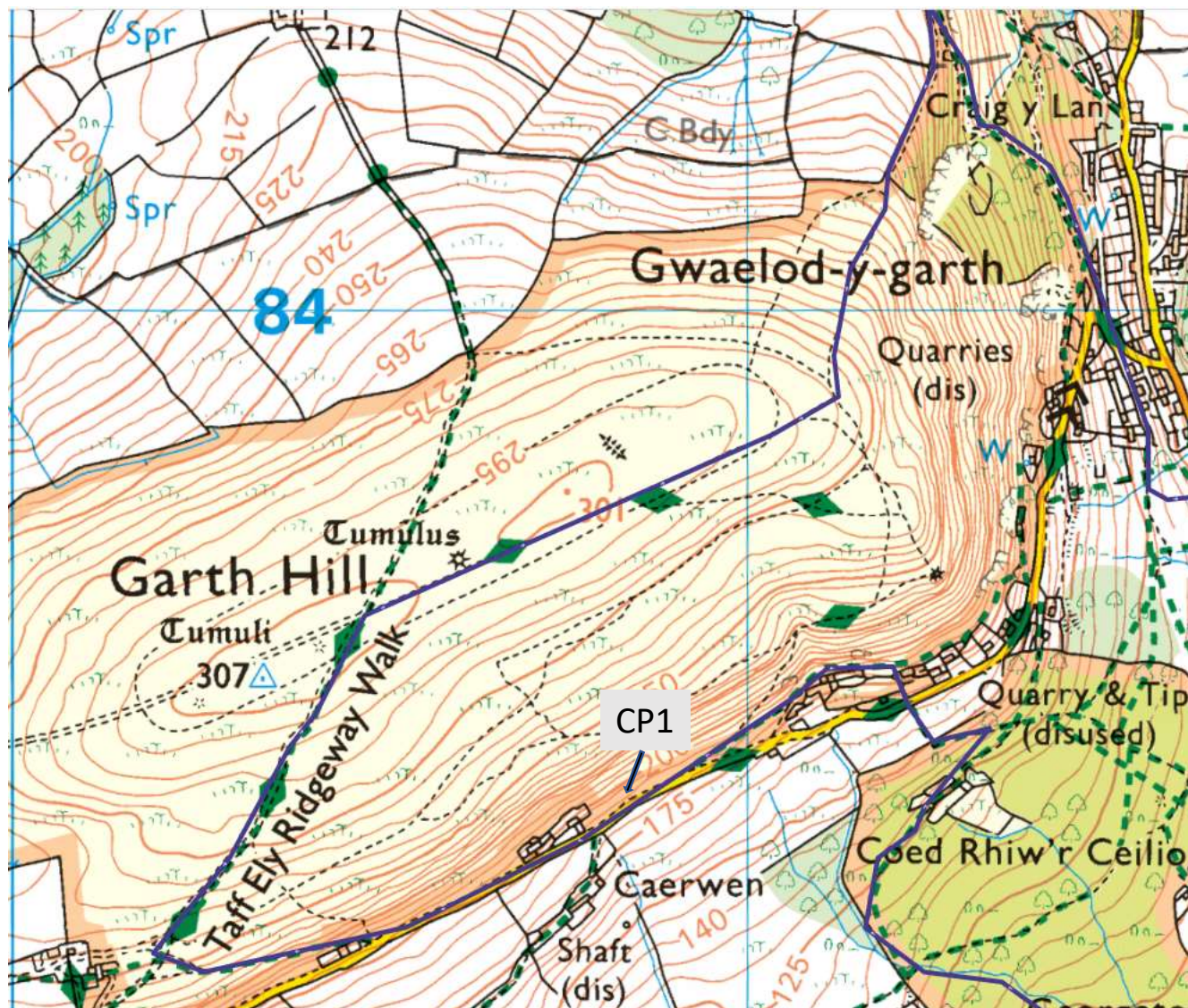
Turn right **before** houses

Follow to top of Garth

Turn right and follow all way to end of ridge

Turn left and bear right down steep grass and tricky path

Turn right in Gwaelod



CP2/CPM3 Marathon Advice

Right at road and immediately left up lane (around white house)

Turn right at stile (near house) [marshall]

Take first right at arrow post

At bottom turn left [marshall]

After ford, turn left.

After steep short section take first track to right

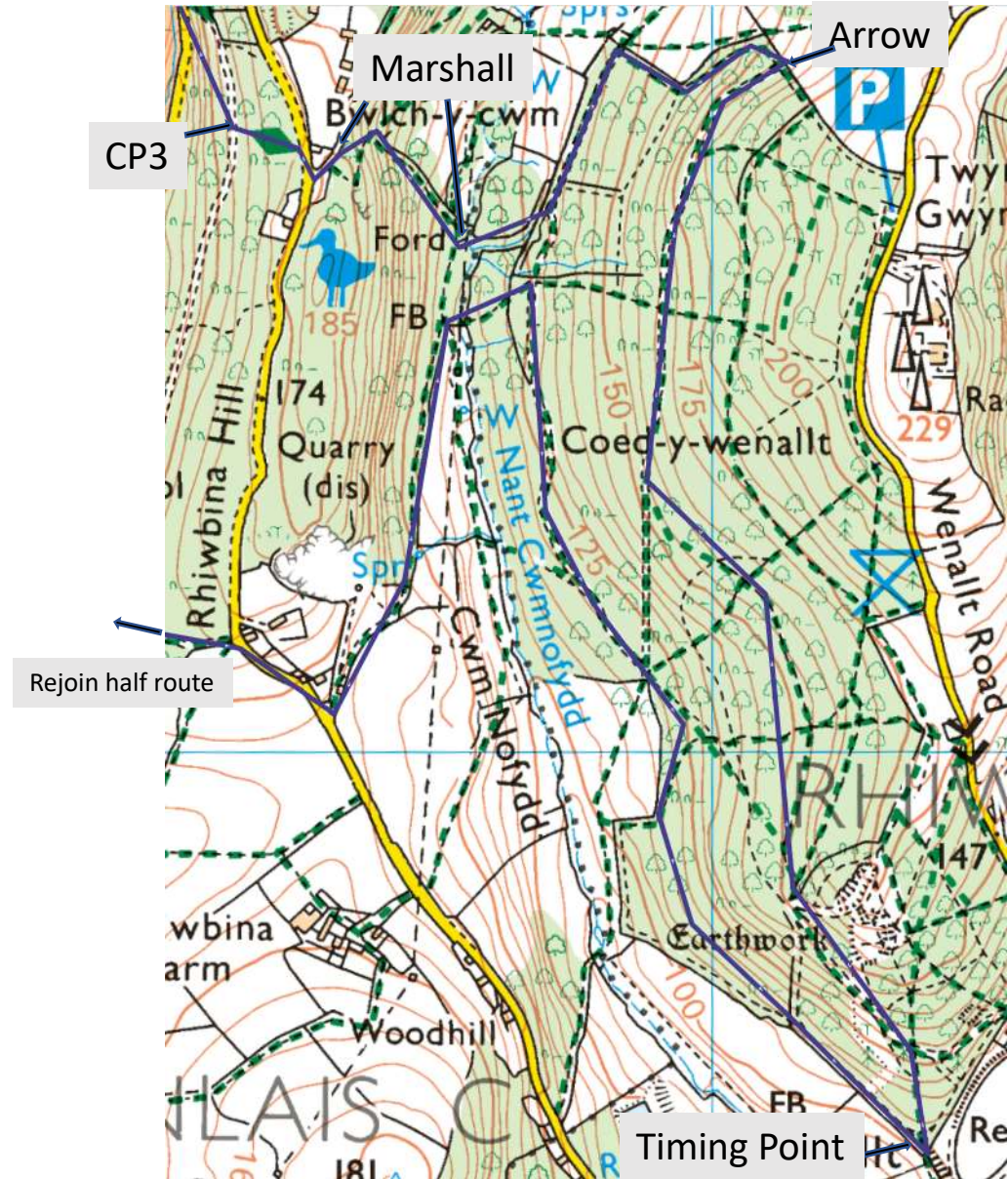
Keep on track all way to end of wood

Timing point

Follow path to left turn sign, down to little bridge, after bridge, turn left and follow up to road

Turn right at right

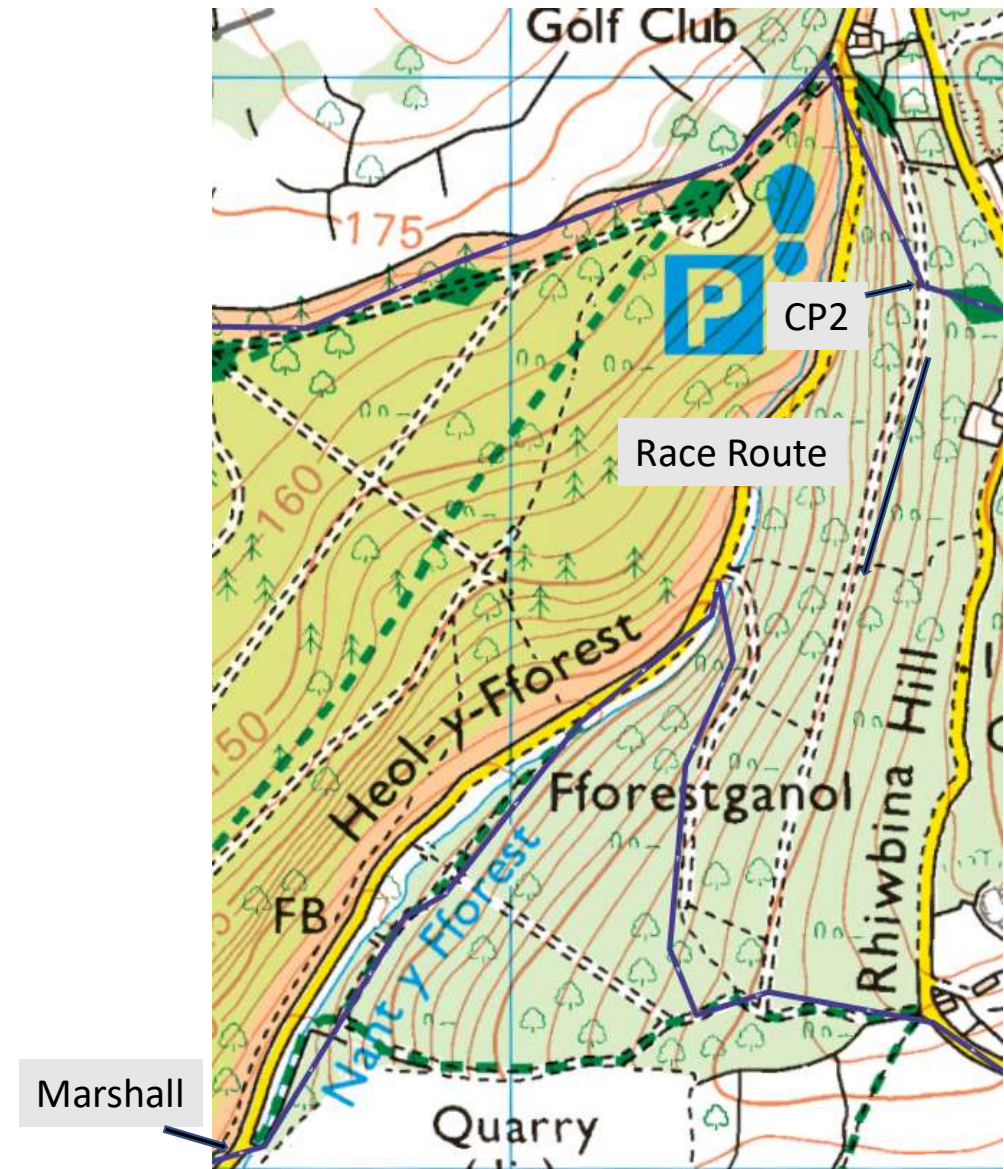
At first house, take left into woods and you are now back on half route



CP2

Follow Track to end

Turn Right and keep right, down to road, then follow stream to next Marshall



F15 – Café location

Follow path up past café.

On main track turn left and follow down to road.

Turn right and follow road to Lewis Arms

Straight over, and straight over next junction

Be Aware – as the road bears to left there is an underpass on the right.

Take this to river and follow river to motorway

