

# PEN LLYN ULTRAS WINTER EDITION ROAD BOOK

10<sup>TH</sup> NOVEMBER 2018 / 35.5 MILES / 10 HOURS

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Start To Abersoch cross over

**DISTANCE 6MILES**



Starting off along a flat track from the golf club towards the headland, over a few fields and down along Llanbedrog Beach before your ascent up towards honesty book number one at the Tin Man(Please tear a Page out and hand it into to the Marshals at CP1. Failing to do so will incur a 3Hour Time Penalty)

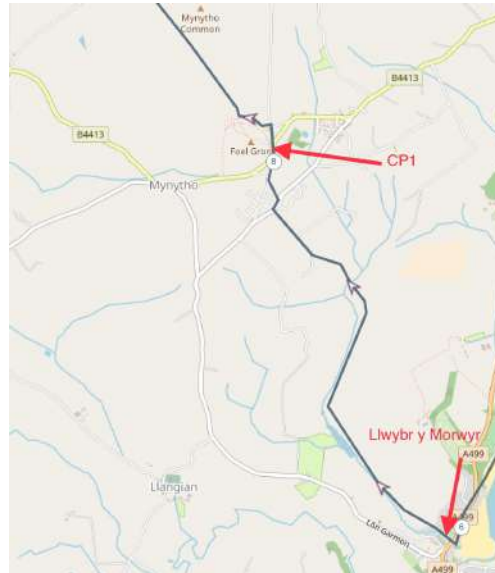




Follow the path along the headland and down onto the hard sand of the Warren Beach. The friendly marshals will welcome you off this section and onto the second segment of the course.

# ABERSOCH TO MYNTHO CHECKPOINT 1

**DISTANCE 2MILES – TOTAL 8 MILES**

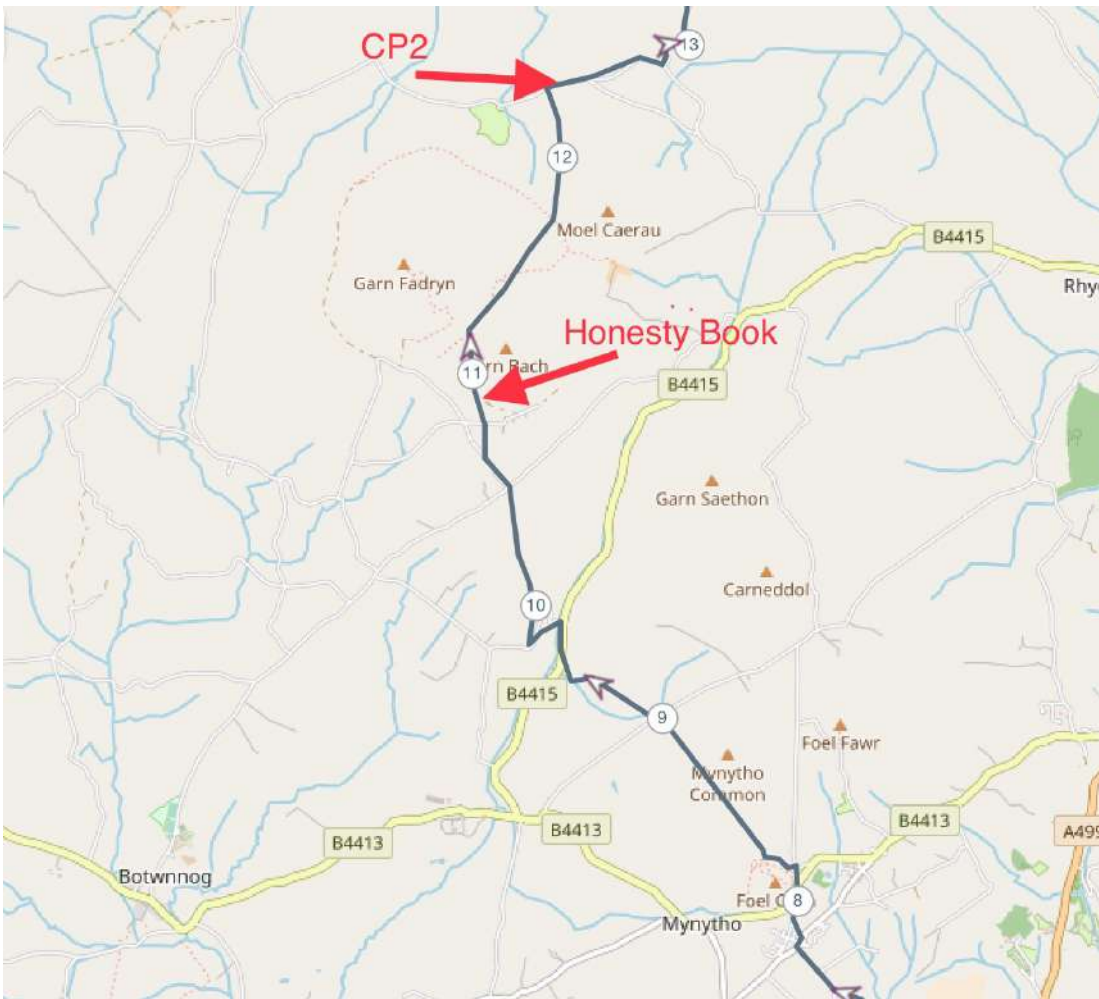


This section of the race gives you your first taste of the Llwybr y Morwyr (The Sailors Path), A historic path that links the opposite coasts of Llyn together, the path was used by sailors who would walk across from Abersoch to Porthdinllaen, The re opening of sections of this historic route has been part of the Coastal Communities Fund awarded to Cyngor Tref Nefyn. CP1 is situated at the Car Park Next to the School in Mynnytho. 8 Miles Down. Well Done.

## MYNYTHO CHECKPOINT 1 TO GARN FADRYN CHECKPOINT 2



**DISTANCE 4.5MILES – TOTAL 12.5MILES**

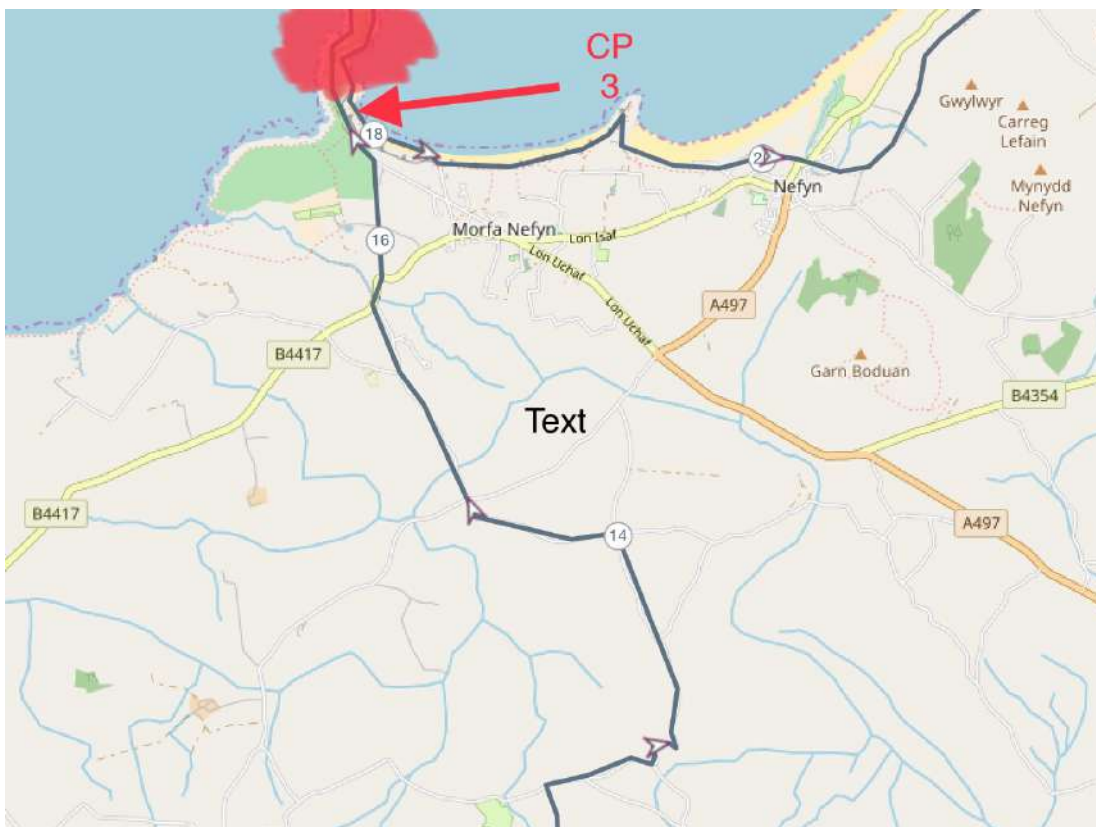


Leaving CP1 you will make your way over Mynytho Common, by the way all off track segments will be marked with Orange Flags, Red painted arrows on the roads and glow sticks for when dark. Make sure you tear a page from the honesty book near the scarecrow at Garn Fadryn (Marked on Map) and hand it in to the Marshals at CP2 (Failing to do so will incur a 3Hour Time Penalty)



# GARN FADRYN CHECKPOINT 2 TO TY COCH CHECKPOINT 3

**DISTANCE 4.5MILES – TOTAL 17 MILES**

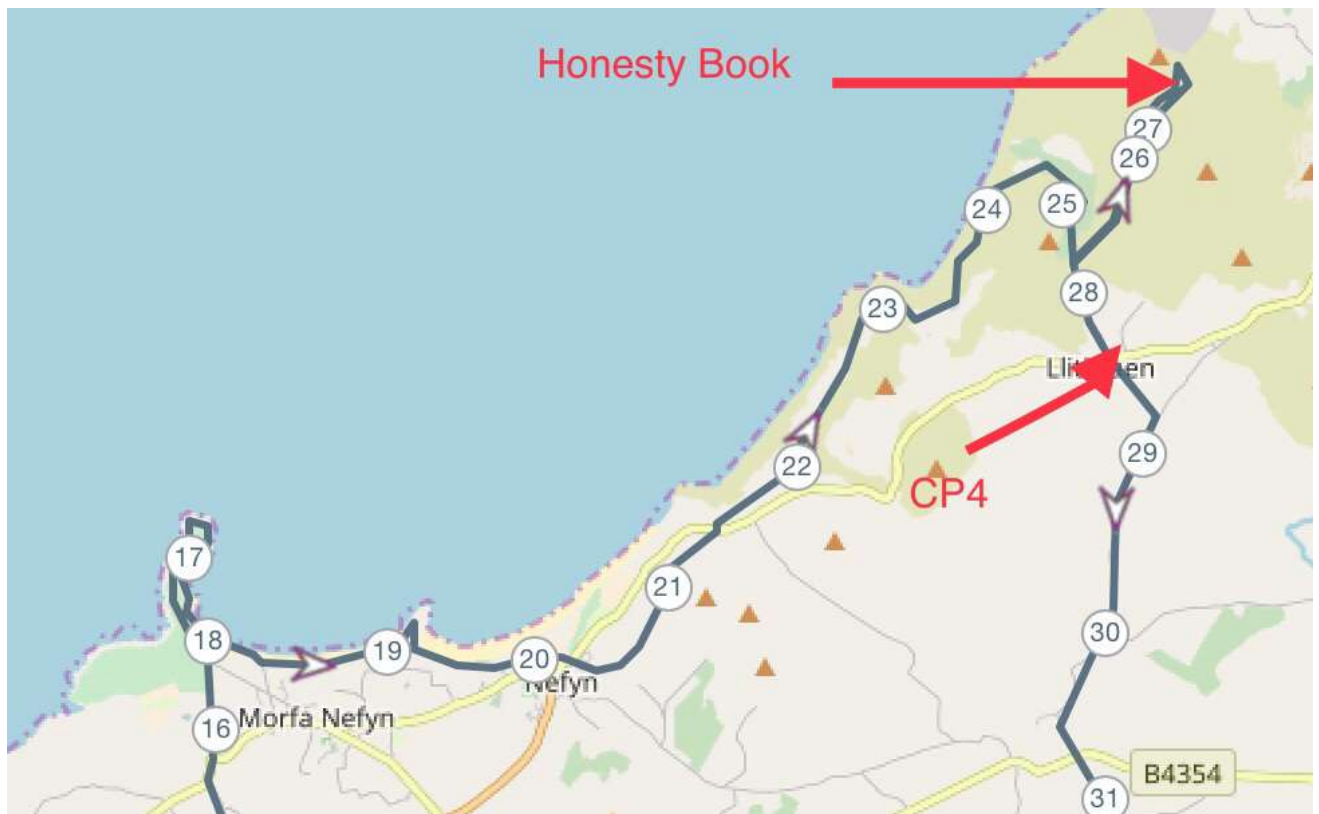




This section is mainly tarmac (Sign posted and road sprayed with Red Arrows) and flat until you reach Ty Coch (CP 3) which is just after Ederm and along the path from the Nefyn Golf club. The Ty Coch will be nice and warm and cosy unlike you at this point.

## TY COCH CHECKPOINT 3 TO VIC LLITHFAEN CHECKPOINT 4

**DISTANCE 11.5 MILES – TOTAL 28.5 MILES**





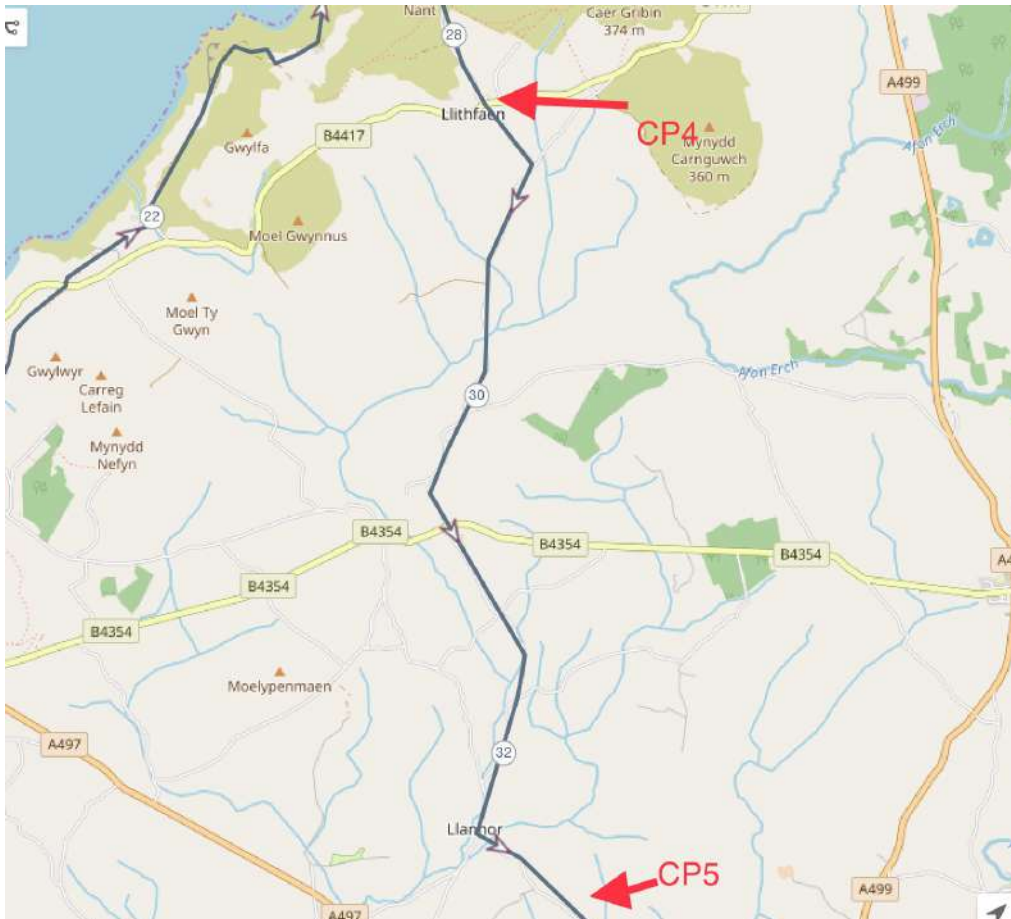
A make or break segment of the course with a potential wade in the sea as you leave the Ty Coch. An undulating part of the event will lead you along the coastal path via nefyn and up towards your first view down towards Nant Gwrtheyrn. The route weaves it's way in and out down to the foot of the old quarry and keep an eye out for the coastal goats! Then it's the start of the Peninsula Home Improvements Mile. With a 25% road Vert then a trail track to the BT steps on Mynydd Gwaith this is possibly the toughest mile in Wales. At the top is the last but one honesty book. Tear out a page and hand it to the marshal who is at the miners hut. Head then to another warm pub the Vic Llithfaen CP4.

## TAFARN Y FIC CHECKPOINT 4 TO CAE CORN



# MAWR CHECKPOINT 5

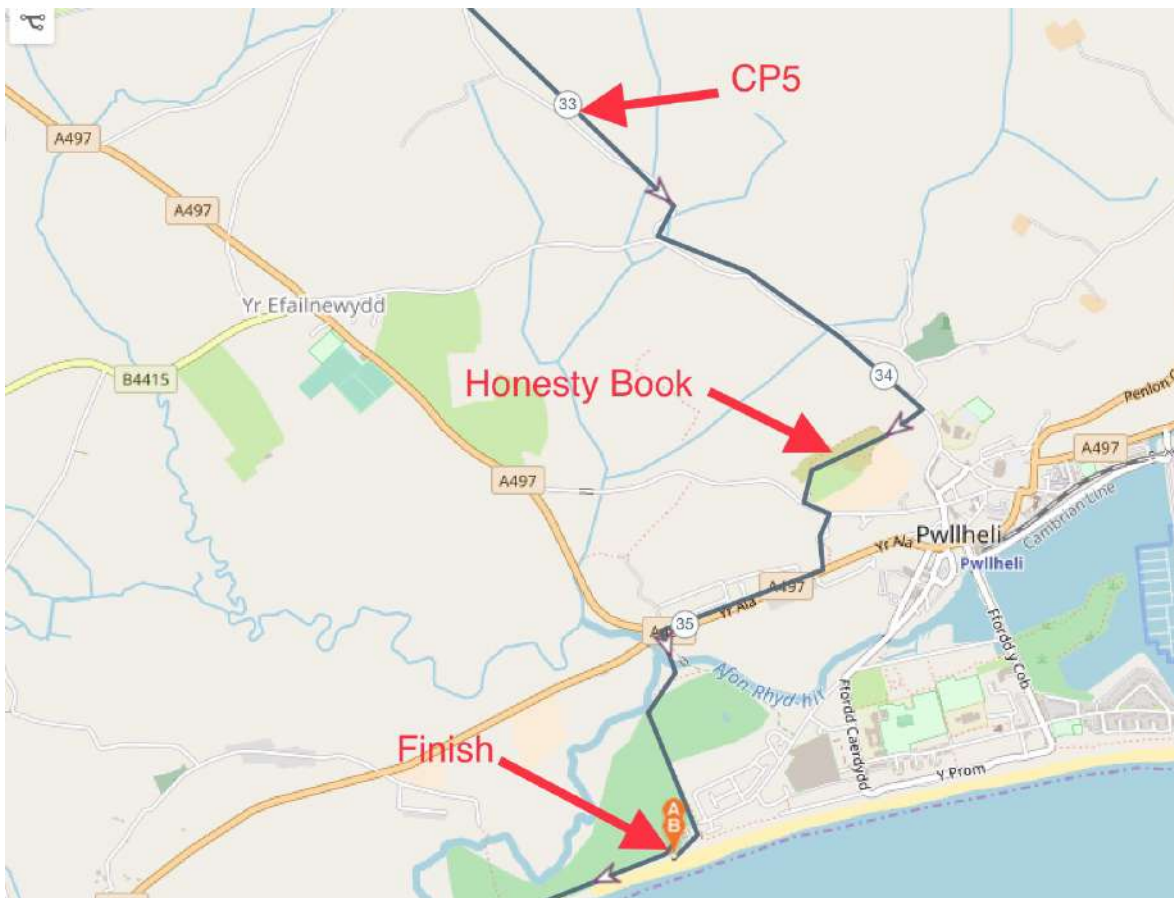
**DISTANCE 4.5 MILES – TOTAL 33 MILES**



Head down as you leave the Vic as it's a fast descending tarmac section now. As you approach the village of Llanor keep left with the road and past the church and bus stop towards the final Checkpoint....my farm! My wife Carys will be waiting to check you in and out as you head off for the final few miles towards the finish.

# CAE CORN MAWR CHECKPOINT 5 TO FINISH

**DISTANCE 2.5 MILES – TOTAL 35.5 MILES (ISH)**





Will it still be light when you get to the final Honesty Book on the top of Pen Garn? Tear off a page and be careful of your footing as you make your way down towards the Big Steps towards Ala Road and across Bont Lechan and to the finish line back at the Pwllheli Golf Club. Well done!

