



The Course

Full length video: <https://www.youtube.com/watch?v=L8KQ1sv3Lhg&feature=youtu.be>

R25/3H - Course Description	Miles
<p>START on access rd to Hirwaun Ind Est (E 293120/ N206180 OS 170/160) 8 yards north of lamp column No.1 & 30 yards north of junction with unclassified rd (old A465) Hirwaun to Cefn Rhigos.</p> 	0.000
<p>Proceed south to junction with unclassified road (on to the old route) and bear left</p> 	1.306
<p>to rbt with A4061 (Rhigos mountain rd) where take 2nd exit (straight on)</p> 	

R25/3H - Course Description	Miles
<p>to Hirwaun rbt A465 to take first exit.</p> 	
<p>Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on).</p> 	7.169
<p>Continue on A465 to Resolven roundabout to take third exit (straight on)</p>	10.18

R25/3H - Course Description	Miles
	
<p>Continue on A465 to exit at next junction (signpost Seven Sisters),</p>  <p>Climbing to the Tonna rbt, where take 1st exit</p>	15.06

R25/3H - Course Description

Miles



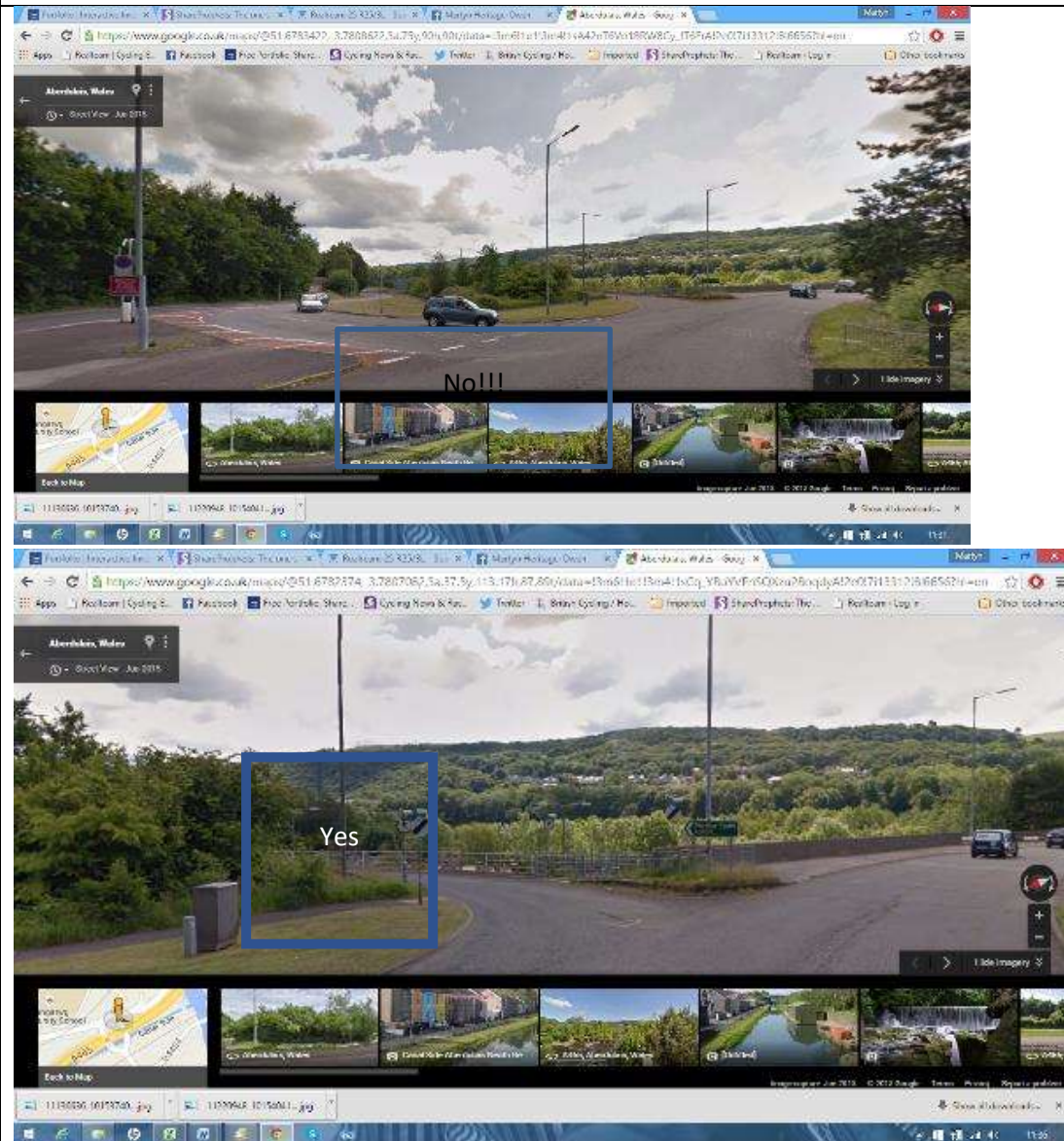
To Aberdullais Interchange, circle rbt



Take 4th exit down slip road to rejoin the A465 eastward. A common mistake is to take the 3rd exit onto the old road. Be careful.

R25/3H - Course Description

Miles




TOP TIP – Trunk roads have GREEN ROAD SIGNS

Continue along A465 to Resolven roundabout to take second exit (straight on)

19.72

R25/3H - Course Description	Miles
	
<p>Continue on A465 to Blaengwrach roundabout (McDonalds).</p> 	22.76
<p>Take 2nd exit continuing on A465, passing over river bridge and the Glynneath interchange to REMAIN ON A465 to FINISH in the SECOND layby on the left at a point 25 yards west of the 'Take Litter Home' sign and opposite the emergency telephone point.</p>	25.02

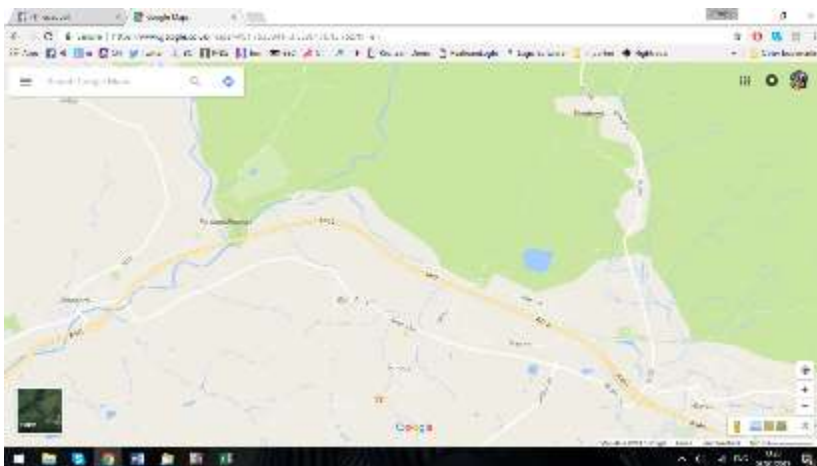
R25/3H - Course Description	Miles
	

Back to the HQ

Continue on A465 up the hill for 4miles



It is permitted to turbo and pick up riders from any of the laybys past the finish on the A465 in the Hirwaun direction.



To take 3rd exit at rbt to Rhigos



Turn left into Hywel-Y-Graig



and retrace to HQ.