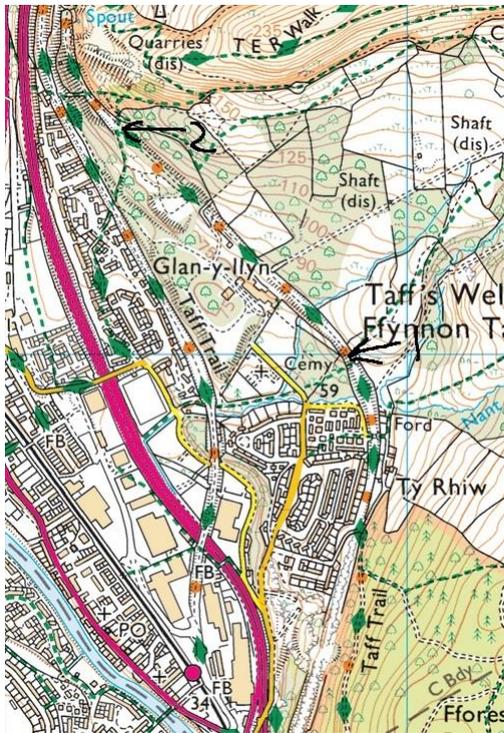


## Road book

This road book follows the marathon only section of the race. The elements of the route that are also part of the half marathon route are not covered since those elements of the route are well signposted and should require little or no navigation.

### Section 1 To Grag-Yr-Allt Compulsory Point

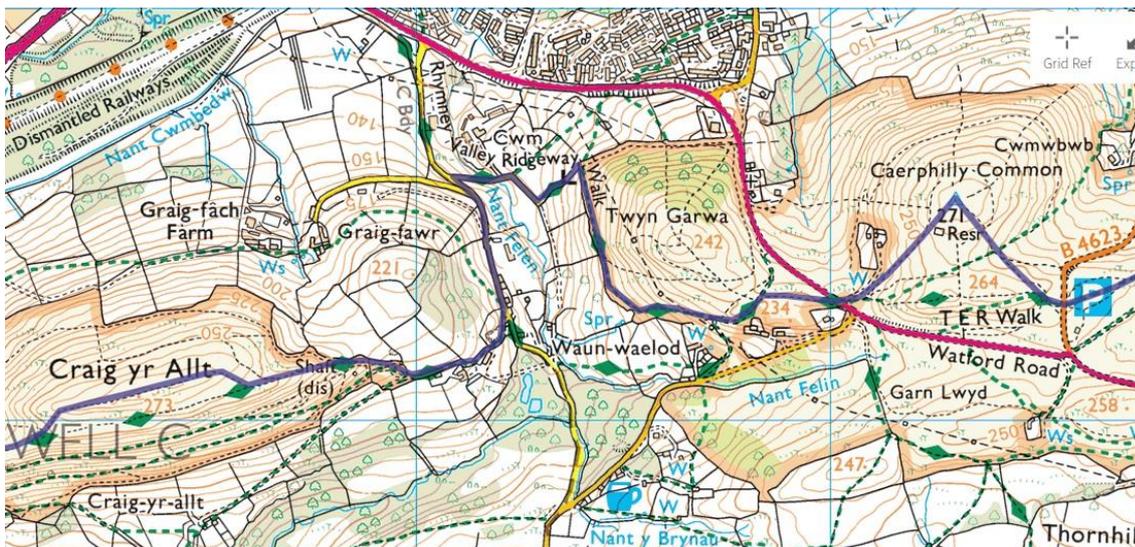


From the Upper Taff Trail, turn right (the half marathon turns left). Follow the upper Taff Trail north for approximately 1 kilometre.

Turn right onto Ridgeway path (post with yellow footpath sign)

Follow path through woods. Past 1<sup>st</sup> turn to right, to T junction. Turn **Left** (a right turn here takes you around the hill and not up it). Up to the nose of the hill, and then turn right and follow ridge to the top of the hill and **Compulsory Clip 1**.

### Section 2 Craig-Yr-Allt to Caerphilly Mountain and Café



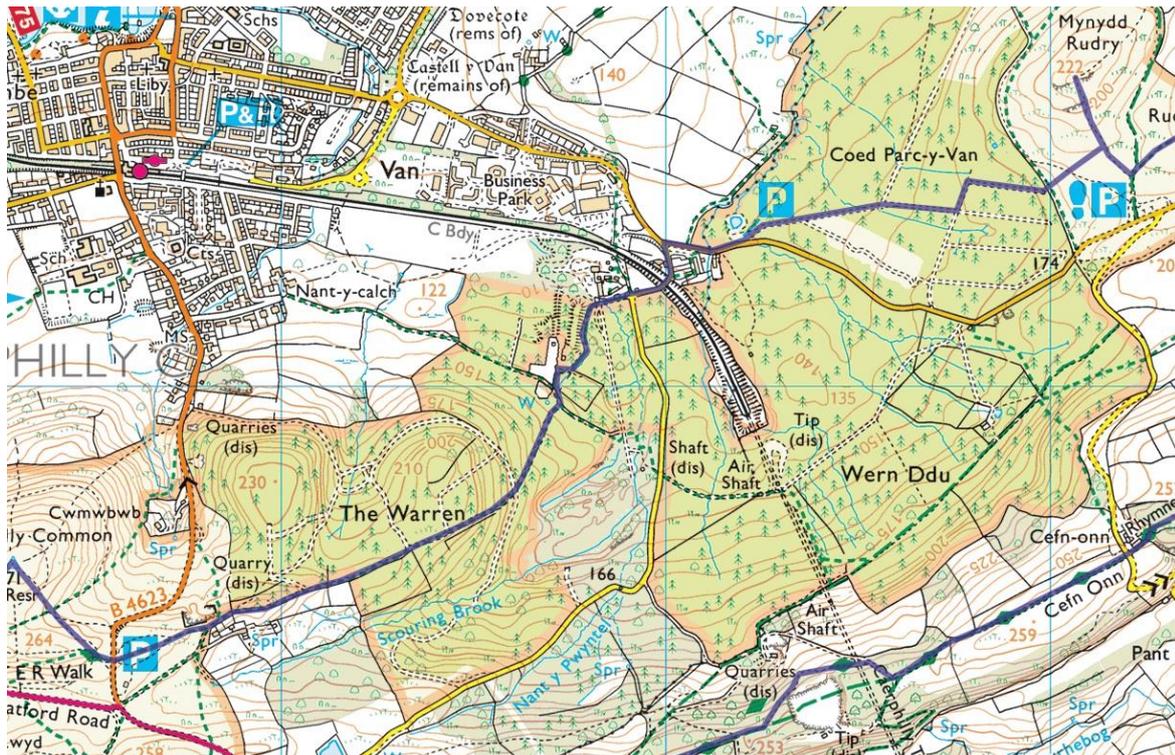
Follow the path Eastwards down the mountain. Turning right and zig zagging down the hill to the bottom. At the bottom, turn left. Through the gates to the lane that leads to Rockwood Riding Centre. Turn left along the lane, descending steeply to the junction with Blackbrook Road.

At the Blackbrook Road Junction, turn left.

Take the next right. You will probably hear the dog kennels letting you know you are in the right place. Follow the lane to the bottom of the dip, and round the bend to the right. Past the sharp left turn and nearly at the top of the steep metal road section, you'll see a trail to your right. Turn right here to follow the path around Twyn Garwa – Following the route of the Rhymney Valley Ridgeway. Follow this path to the top and bear right to approach Watford Road, A469.

Cross the Road to Caerphilly Mountain. You do not need to approach the trig point. You will see a trail immediately to your right, **(Compulsory Clip 2)** which takes you toward the Café at the top of Caerphilly Mountain, and the Car Park.

### Section 3 Caerphilly Mountain to Rudry Common



As you face away from the road, immediately to the left of the Car Park, you will see a trail path. Follow this. As you approach houses on your right you will see a fence adjacent to a field. Keep close to this fence, *do not* follow the main path bearing to the left. Keep close to the fence. After 300 metres the path broadens and descends steeply, taking you out onto a Forestry Fire Track, and a four way junction (including the path you just came down). Turn Left following the path down the hill, to the road. Continue straight over the railway bridge and to the main road – Van Road. Turn right along the road. After 200 Metres there is a car park on your left. Enter the Car Park and bear right.

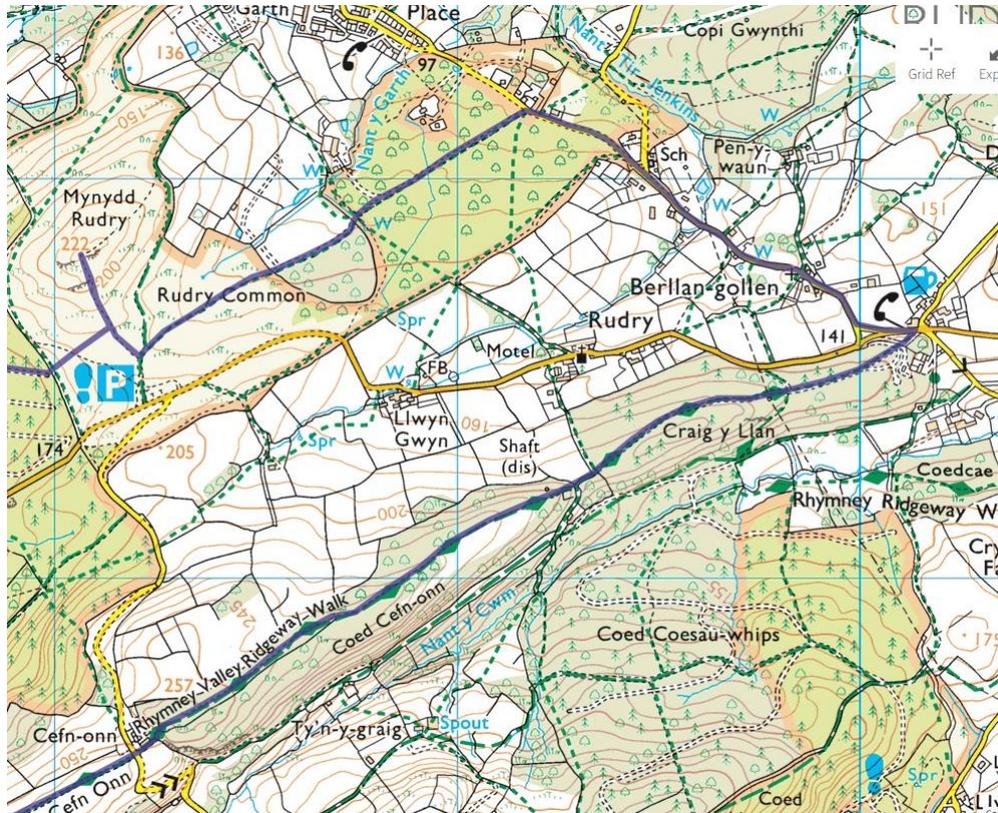
Follow the Forestry Track up the hill to the T Junction at the top.

Turn Left.

Follow increasingly muddy path onto Rudry Common.

Once out onto the common follow paths to the top of the hill – **Compulsory Clip 3** . Mynydd Rudry

## Section 4 Mynydd Rudry to Cefn Onn Farm



Retrace your steps down the hill, toward the Car Park 250M ahead of you. Do not travel all the way to the road. Approximately 2/3rds of the way to the road, you will see a single track footpath to your left. Turn Left here toward the farm you can see on the left of Rudry Common. At the edge of the common, pass through gate and continue in the same direction. Cross through second gate onto poorly maintained road/track. Follow this to the lane. Turn Right past Rudry Parish Hall.

***Beware, despite being a small lane, there are fast moving vehicles on the road.***

Follow the road for approximately 1KM. Despite the temptation to do so, do not turn left at the T junction to approach Maenllwyd Inn. Cross straight over to the forestry track. Follow the track.

### Checkpoint 2

**Tip:** If you do get a bit lost, ask directions for Maenllwyd Inn (or Rudry pub as most know it). So long as you find the pub, the Check point is very nearby, just through the pub car park.

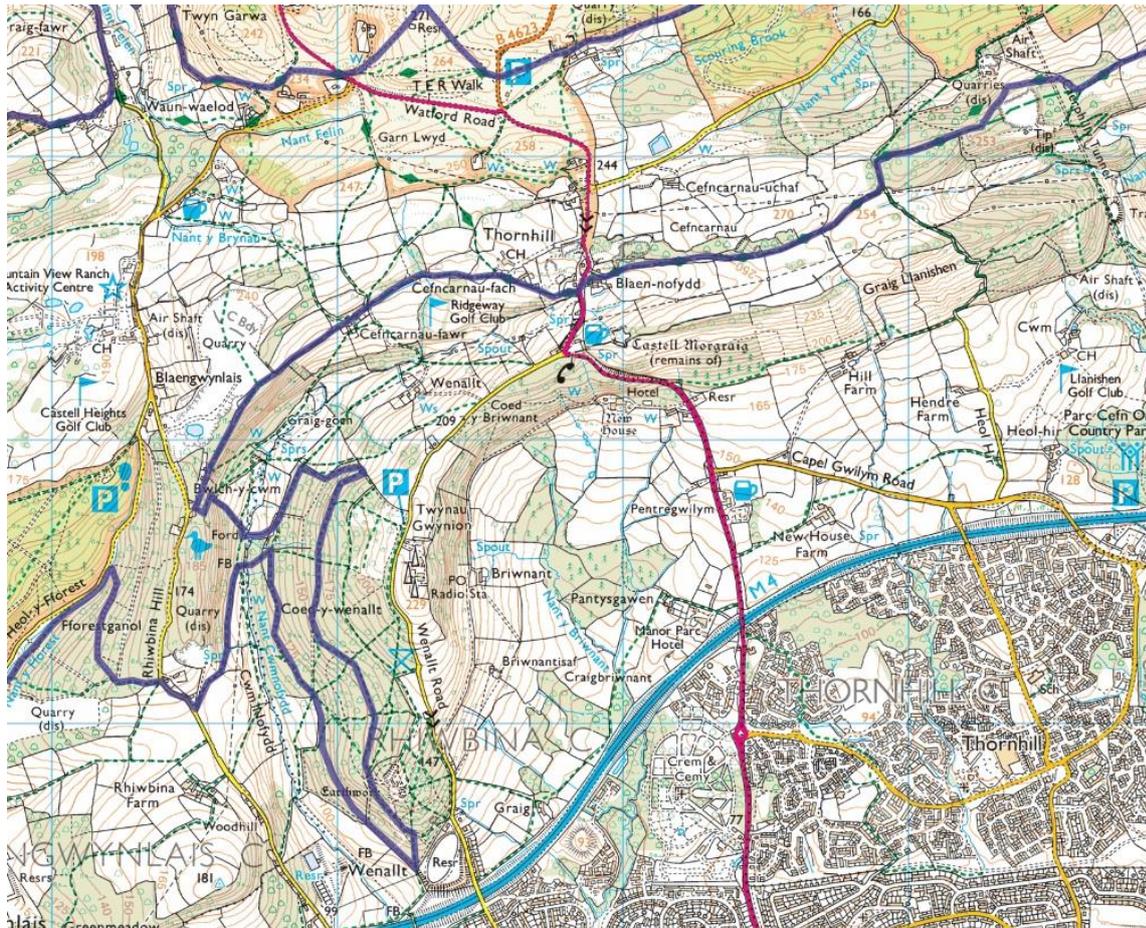
[After the Checkpoint, follow the forestry track uphill and as it U-turns into the woods. The next section is relatively easy to navigate. Simply follow the top of the ridgeway in a straight line to the next main road.]

After the U turn follow the forestry track. After 1KM you will see a path turning left – do not take this or any of the paths to the left. You will pass over a style, or through the double gate. Follow main path up through the woods toward farm. Follow fence line to Cefn Onn Farm. The farm is very friendly and often sells drinks and snacks.

### Section 5 – Cefn Onn Farm to Check Point 3

Follow path straight across lane. There are often cattle in this field, and sometimes a Hereford Bull. All we can say is it is the friendliest bull you will ever meet. Many people use the ridgeway every day, and the cattle are very used to people. If you do have a fear for cattle – just walk slowly and keep your distance. If you really do have a phobia you can avoid the field with a detour.

*(Detour – avoiding field with cattle – not part of route – turn right in lane. Follow lane past gate in road, and look for path on left – it is a significant path. Follow this path all the way, do not veer off it. You will get to a double gate. After passing gate, turn right, then immediately left, up the hill. Re-join race route at gate at the top. The gate is approximately 2 KM from Cefn Onn Farm. The detour adds about 300M to the route)*



After the first field after the farm be careful to stay on the top of the ridge. About 100M after the gate, there is a turning to the left. Do not follow this, since it will take you all the way to the bottom of the hill. Bear right, then immediately left. You should pass a quarry. Please do not approach the edge, it is dangerous. If you remain on the path you will be far from the edge.

Follow path through woods, and to a fence, turn left and through the gate. Take the next right to remain on the top of the ridge. After many gates you will approach Thornhill Road.

**Thornhill Road, is fast and drivers have limited visibility – please take care crossing. If there is a marshal there, you must follow their instructions.**

After crossing road, turn left then right. The path is immediately right after the houses. Follow path, through what appears to be a driveway of a house and through large gate onto golf course. Follow path on golf course for approximately 150M. **Careful Nav here.** It is easy to miss the single track footpath on the right which you need to take. After 150M pass through gate and across stream. Follow path to next gate. Through the gate onto Farm track. Follow path, over hill and past quarry on right.

At the end of the lane turn left over style. If you reach a metal road lane you have gone too far and need to retrace your steps about 75M.

Once over style follow path down hill and turn sharply to left. Take next right (approx 100M after style) down steep gully type path, to forestry track at the bottom.

Turn Left. Cross ford, and up into Wenallt Woods. At the junction, take another left. Follow path up the hill, do not leave the woods.

After following path near fields for 150M, you will see major track to right (**Compulsory Clip 4**). Follow this path. Continue on Path for 1Km across small streams. After approximately 1KM you will pass a bench on the right. Turn right here, and follow track down hill. At signpost turn sharp right to bottom of hill (**compulsory clip 5**). Do not enter field. Turn right, and follow major path that hugs field. Keep following this path for 1KM. You will find a sort of junction of many paths, and a style into field. Do not enter field -stay on main track. After passing the junction of footpaths you will notice the path begins to ascend slowly. Follow the main track for approximately 0.25KM. Keep a look out for a hard to spot footpath sign on left. At the sign, turn left, follow track to bottom of hill and over bridge. *(if you miss the sign, you will return to junction near ford – recross ford and continue to join race route)*

After pretty little bridge, turn left. Follow track to top of hill and enter road.

At road turn right. As you approach house on right there is a path into woods on left hand side. This is often hidden by a parked car. Enter woods and follow path. You will soon approach CP3, and re-join half marathon route.