



Mayors 10K Route

ROUTE INFORMATION

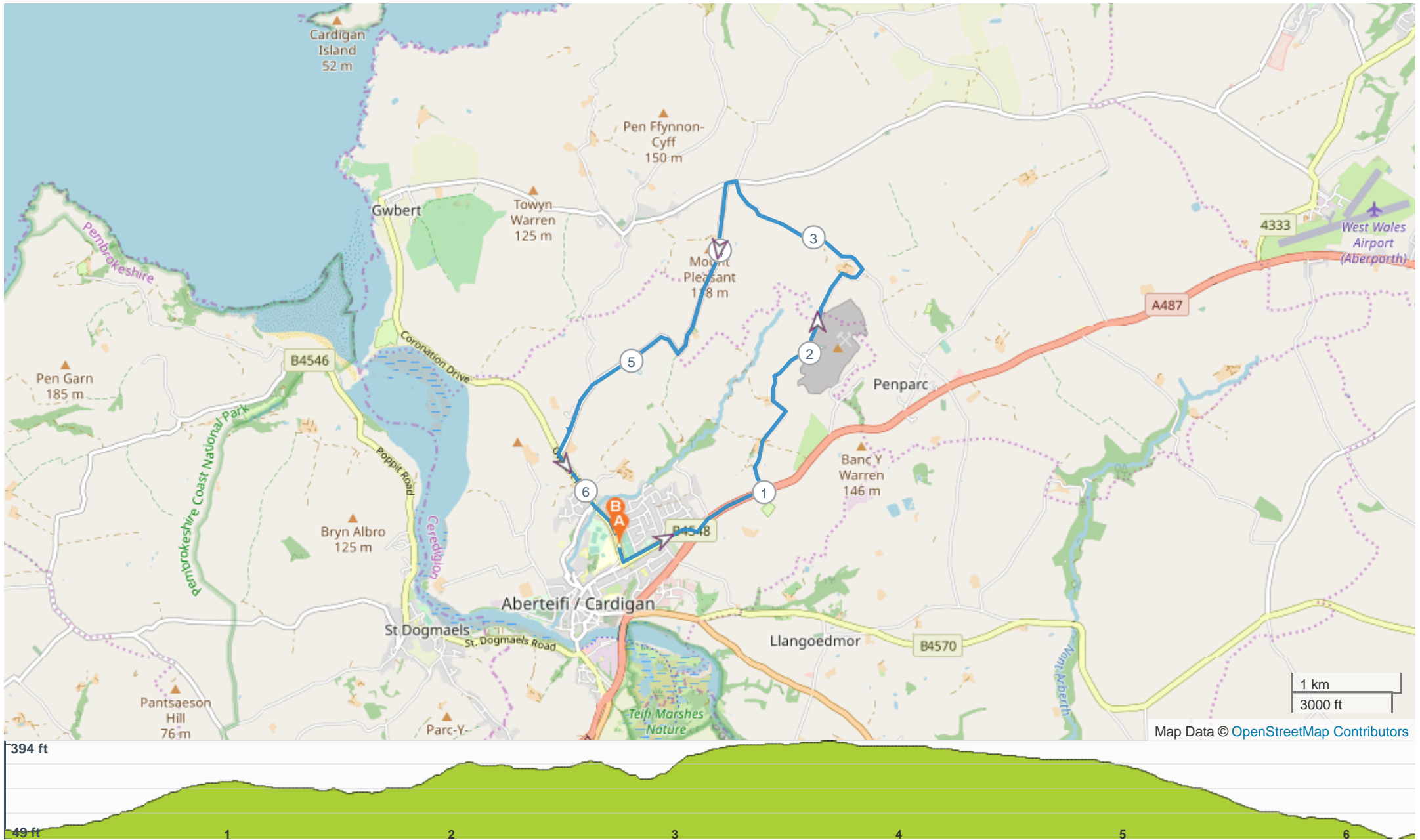


| | |
|--------------|--|
| ROUTE LENGTH | 6.309 miles |
| ASCENT | 495 ft |
| DESCENT | 498 ft |
| HILLS | ⬆ 41.1% ⬇ 49.1% ➡ 9.8% |
| TERRAIN | Road 🏠 |
| START | LAT: 52.088376, LNG: -4.654919 |



NOTES

Mayors 10K Route



ROUTE DIRECTIONS

| No | Miles | Turn | Directions |
|----|-------|------|--|
| 1 | 0.000 | | Start on Gwbert Road, B4548 |
| 2 | 0.092 | ← | Turn left onto Aberystwyth Road, B4548 |
| 3 | 0.526 | | Keep left onto B4548 |
| 4 | 0.539 | | Keep right |
| 5 | 0.560 | ← | Turn left onto A487 |
| 6 | 1.011 | ← | Turn left onto Caemorgan Road |
| 7 | 1.985 | ← | Turn left onto Caemorgan Road |
| 8 | 2.189 | | Turn slight right onto Caemorgan Road |
| 9 | 2.637 | ← | Turn left |
| 10 | 2.736 | ↖ | Keep left |
| 11 | 3.572 | ← | Turn left |
| 12 | 3.633 | ↖ | Turn left onto Verwig Road |
| 13 | 5.544 | ↘ | Turn sharp right |
| 14 | 5.605 | ↗ | Turn right onto Verwig Road |
| 15 | 5.755 | ↖ | Turn left onto Gwbert Road, B4548 |
| 16 | 6.100 | ↖ | Turn slight left onto Gwbert Road, B4548 |
| 17 | 6.309 | | FINISH |