

# Mens Elite Race - 3pm

Cychwyn / Start - Parc Padarn Park

Pellter / Distance: 7.35 mi

Elevation Gain: 2,263 ft

## Mens Elite Race

Down from summit bank left, then right onto track then turn right back ascent to do the loop, then right and down the same way you came earlier and then along the track down to the village and finish

Dechrau/ Start  
Gorffen/ Finish

Moel Eilio Summit

