



CINNYDIAN
RANGE
BRYNIAU
CINNY
ELANGYNMAFAL

**Trods & Plods Enduro
aka The Greatest Fell Race Never**

Moel Llys-y-coed
Moel Dywyll
Moel Famau
Moel y Gaer
Moel Famau Country Park
Jubilee Tower
Cilca
Pentre
Ffrith Mount
Brithdir-mawr
Cwm-llydan
Coed Cefn-goleu
Ciwyd Forest
Fron Hen
Llanbedr Hall
Halfway House
Foel Fenli

Stg1
Stg2
Stg3
Stg4
Stg5
Stg6
Stg7
Stg8
Stg9
Stg10
Stg11
Stg12
Stg13

Timed Stage
Transfer Leg - not timed

Offa's Dyke Path
Clwydian Way
Nant Gain
Pwl-y-Rhos
Offa's Dyke Path
Clwydian Way

Moel Famau 554
Moel y Gaer 335
Fron Hen 458
Fron-heulog 366
Halfway House 196
Foel Fenli 450
Cilca 212
Pentre 188
Ffrith Mount 378
Brithdir-mawr 378
Cwm-llydan 378
Coed Cefn-goleu 397
Ciwyd Forest 400
Fron Hen 458
Llanbedr Hall 196
Halfway House 196
Foel Fenli 450