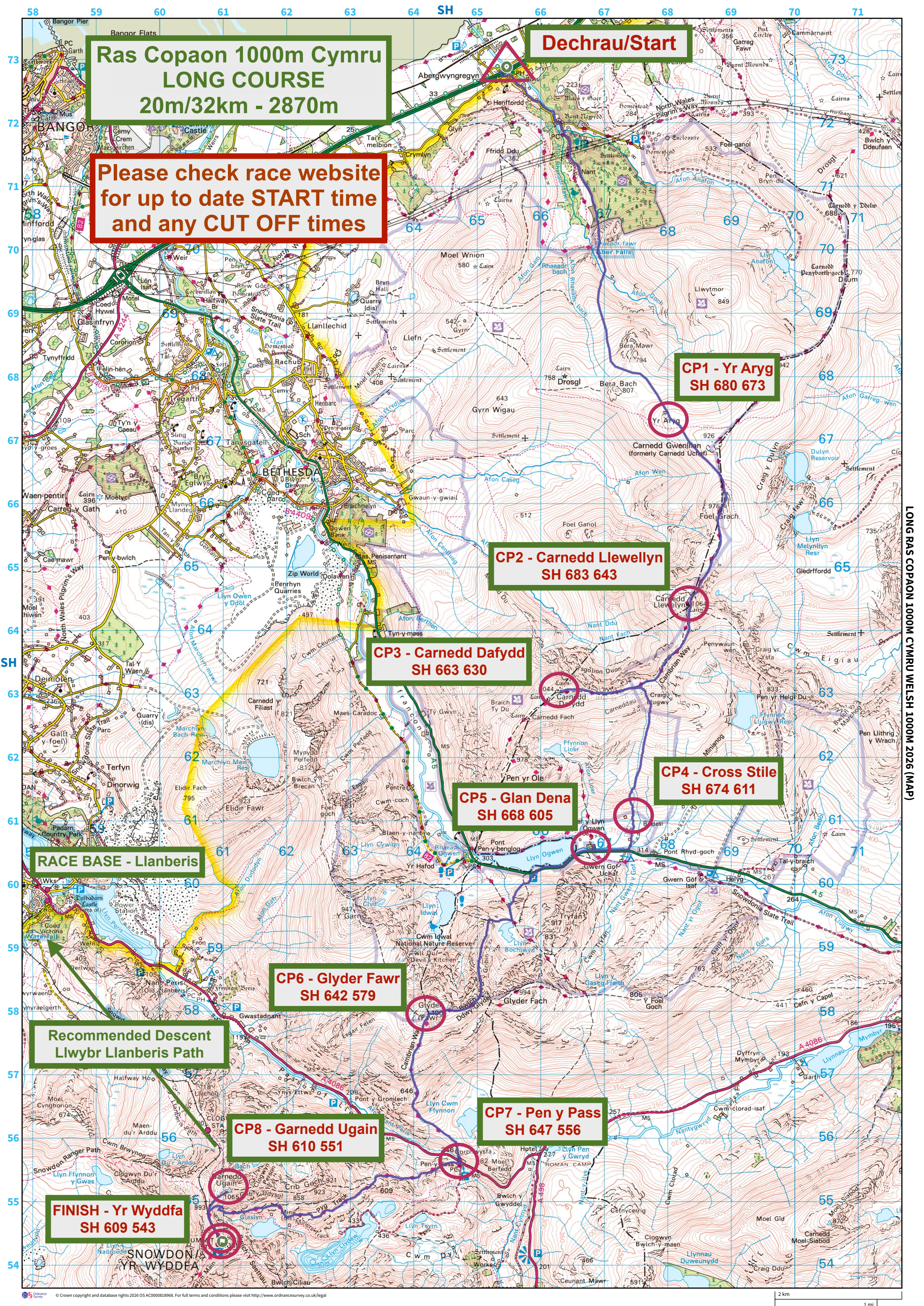




**Ras Copaon 1000m Cymru
LONG COURSE
20m/32km - 2870m**

**Please check race website
for up to date START time
and any CUT OFF times**

Dechrau/Start

**CP1 - Yr Aryg
SH 680 673**

**CP2 - Carnedd Llewellyn
SH 683 643**

**CP3 - Carnedd Dafydd
SH 663 630**

**CP5 - Glan Dena
SH 668 605**

**CP4 - Cross Stile
SH 674 611**

RACE BASE - Llanberis

**CP6 - Glyder Fawr
SH 642 579**

**Recommended Descent
Llwybr Llanberis Path**

**CP8 - Garnedd Ugain
SH 610 551**

**CP7 - Pen y Pass
SH 647 556**

**FINISH - Yr Wyddfa
SH 609 543**

LONG RAS COPAON 1000M CYMRU WELSH 1000M 2026 (MAP)