

**Ras Copaon 1000m Cymru
SHORT Course
13m/8km - 1550m**

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

Llanberis Base

Dechrau/Start

**CP6 - Glyder Fawr
SH 642 579**

**Recommended Descent
Llwybr Llanberis Path**

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

**CP8 - Garnedd Ugain
SH 610 551**

**FINISH - Yr Wyddfa
SH 609 543**

Snowdonia National Park/
Parc Cenedlaethol Eryri

SHORT RAS COPAON 1000M CYMRU WELSH 1000M 2026

