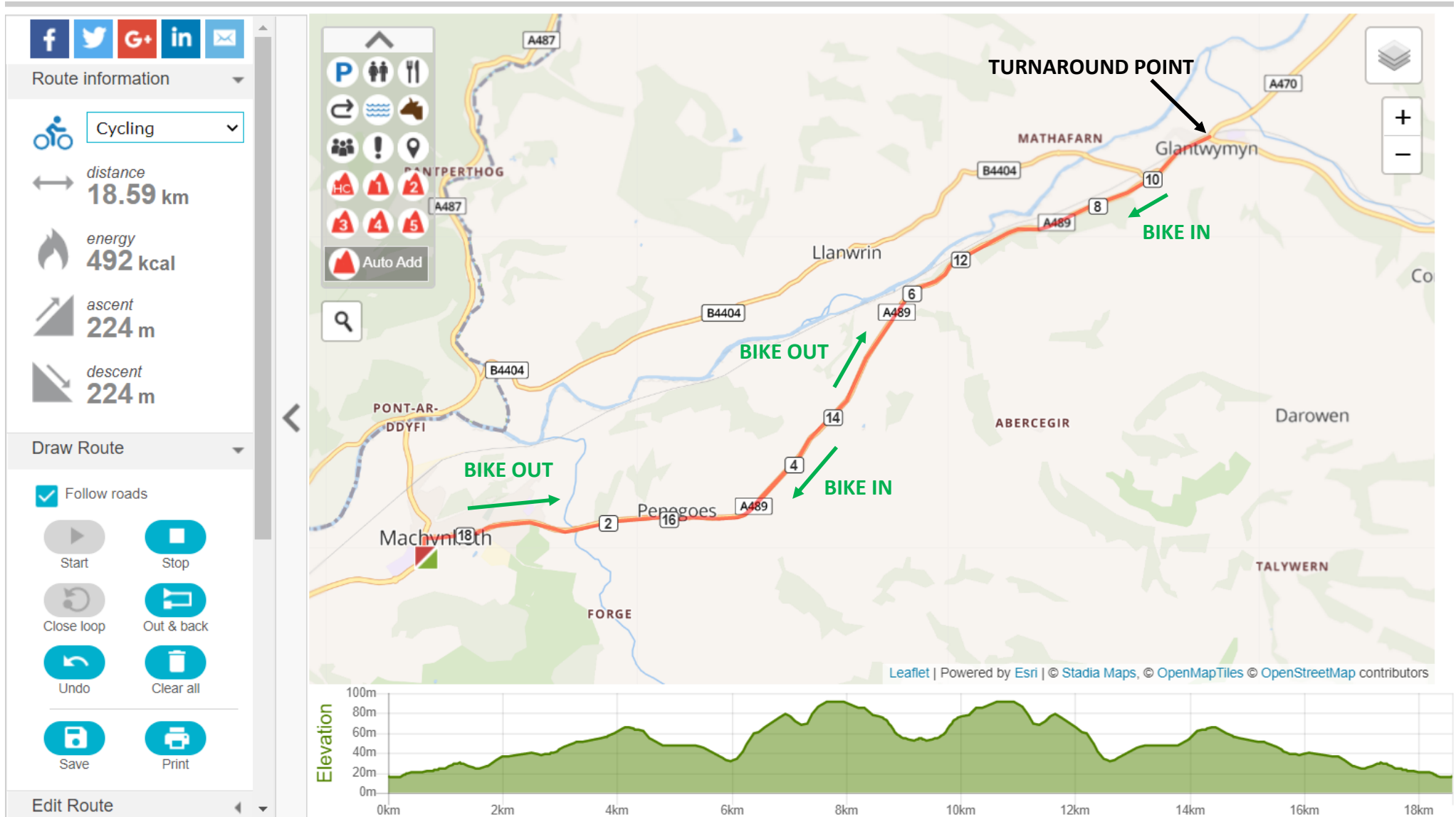
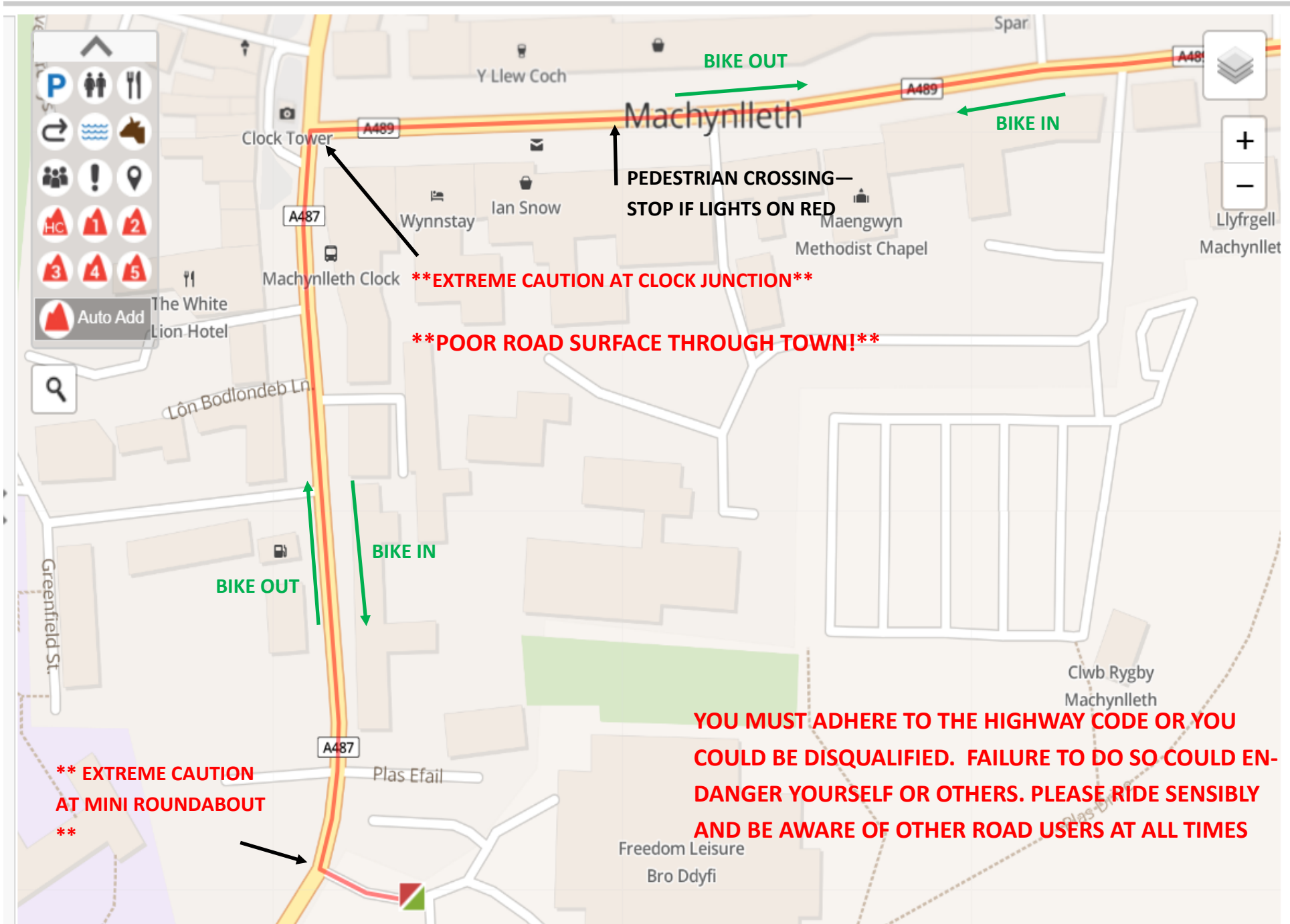


DYFI DASH HQ & SITE MAP



**DYFI DASH BIKE ROUTE (OUT & BACK COURSE TO CEMMAES ROAD ROUNDABOUT ON THE A489)**

**NB CYCLE ON ROAD ONLY, DO NOT USE CYCLE PATH AS YOU HEAD OUT OF TOWN**

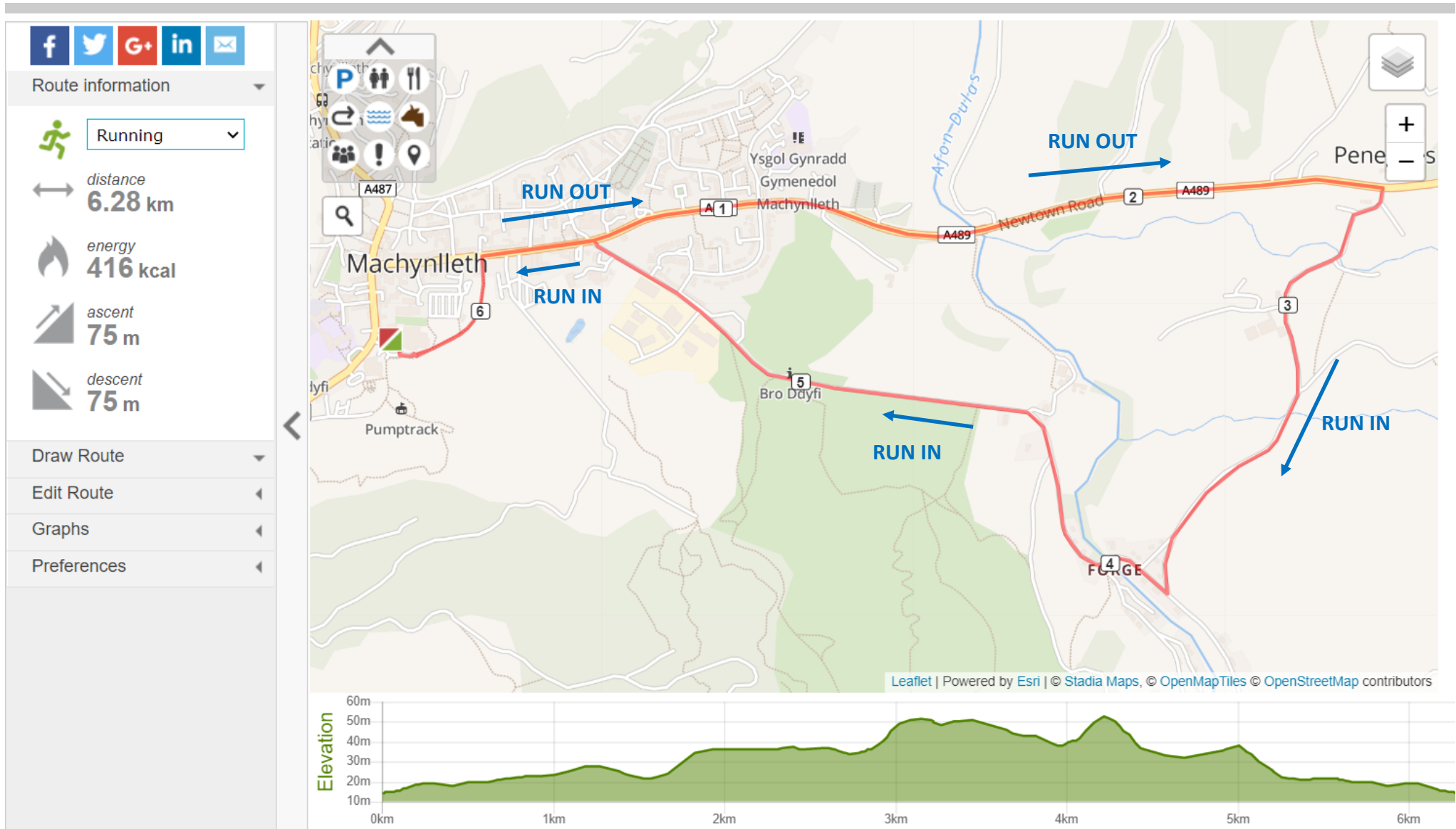


DYFI DASH BIKE ROUTE SAFETY INFO

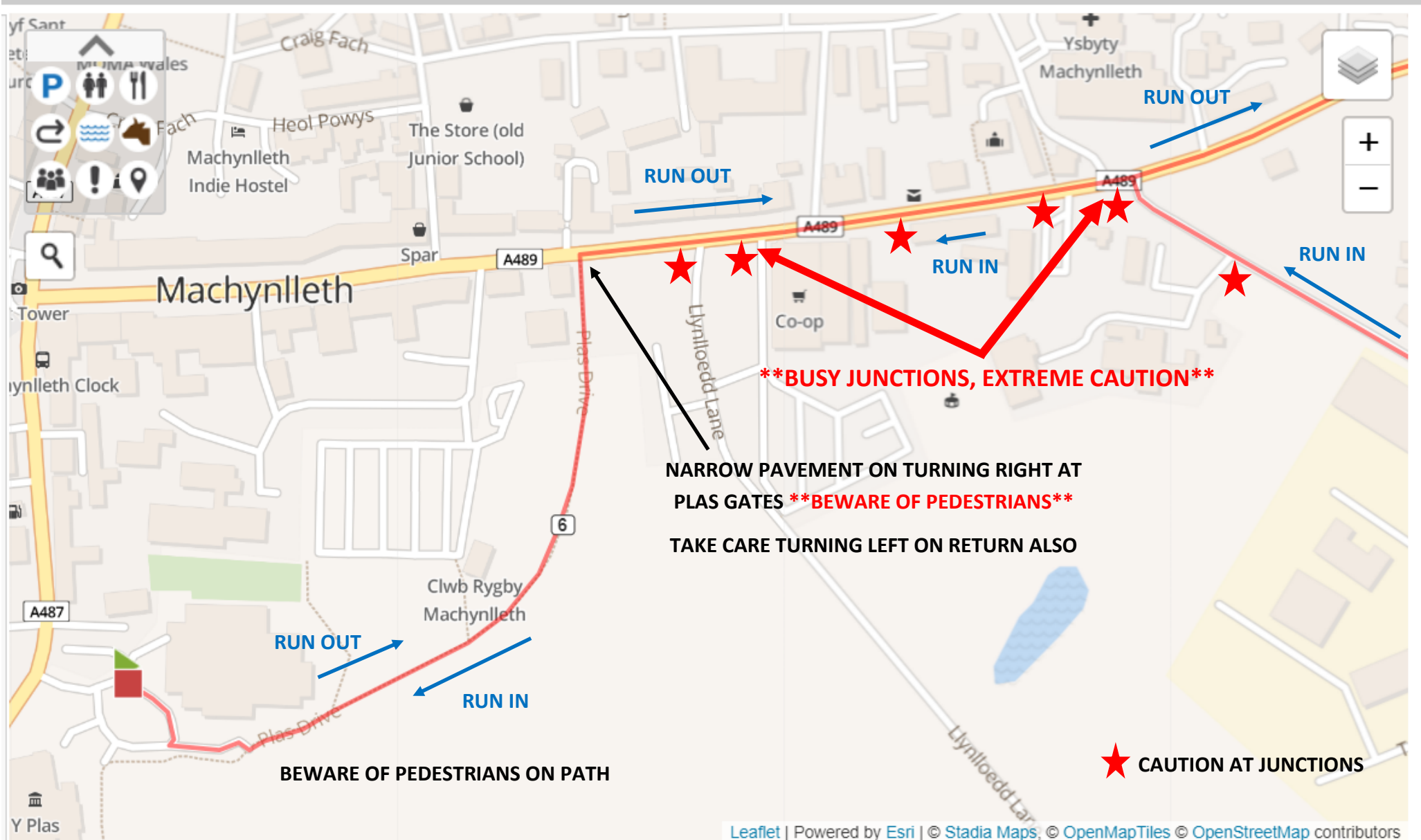




DYFI DASH BIKE ROUTE SAFETY INFO



**DYFI DASH RUN ROUTE**



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★ CROSSING POINT—EXERCISE EXTREME CAUTION. SOME POINTS MARSHALLED BUT IT IS THE COMPETITORS' RESPONSIBILITY TO ENSURE SAFE CROSSING.

### DYFI DASH RUN ROUTE SAFETY INFO

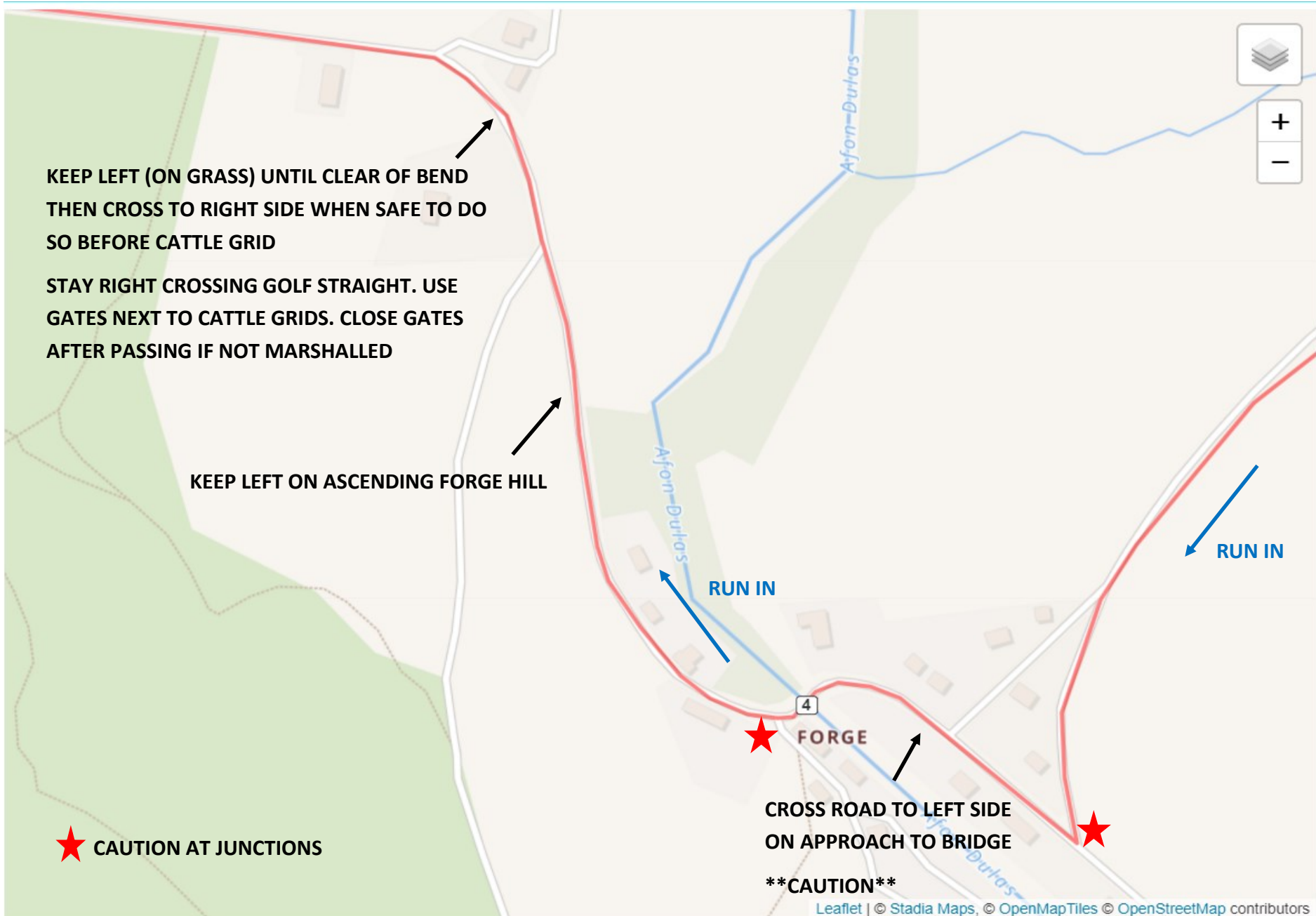


★ CAUTION AT JUNCTIONS





DYFI DASH RUN ROUTE SAFETY INFO



## DYFI DASH RUN ROUTE SAFETY INFO



**DYFI DASH RUN ROUTE SAFETY INFO**