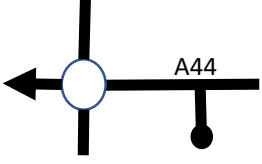
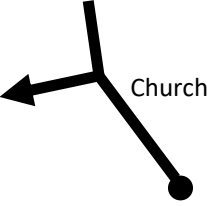
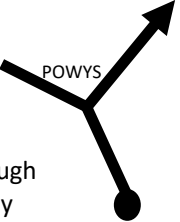
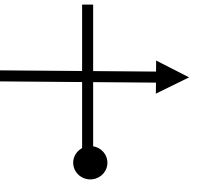
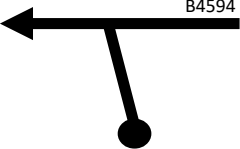
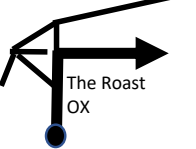
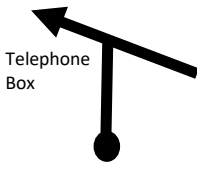
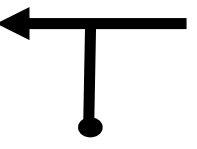
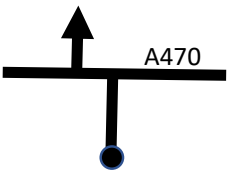
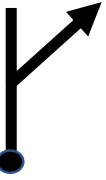
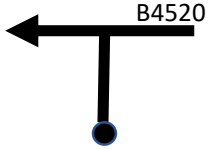
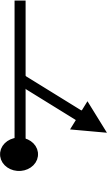
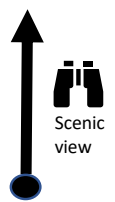
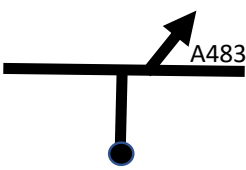
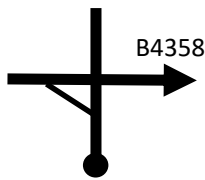
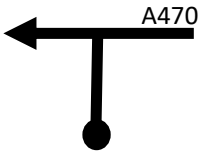
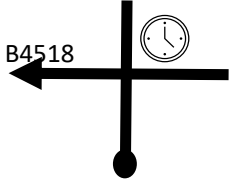
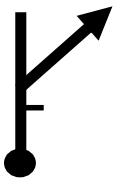
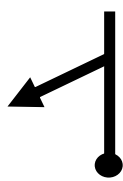
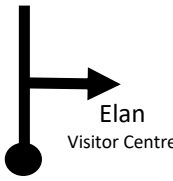
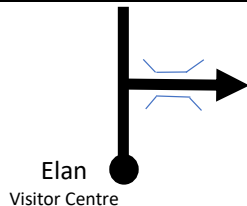
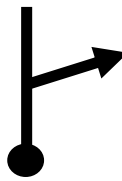
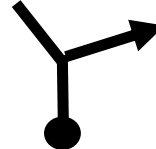
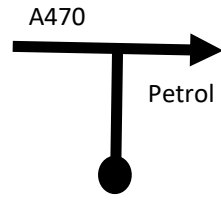
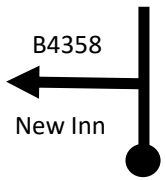
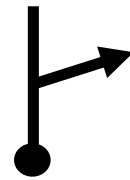
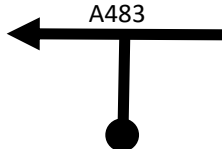
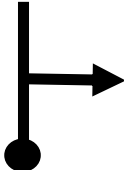
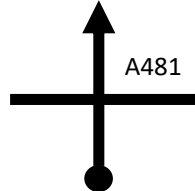
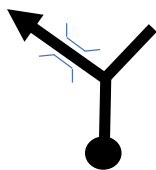
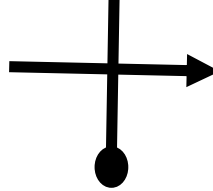
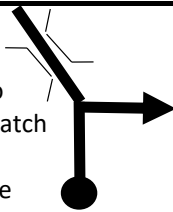
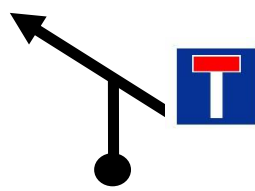
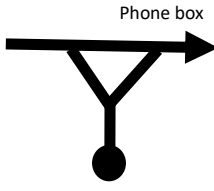
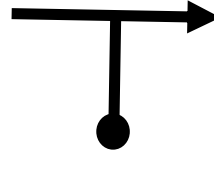
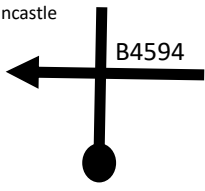
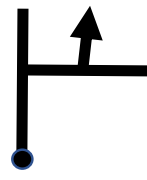
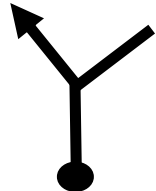
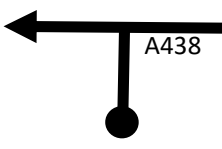
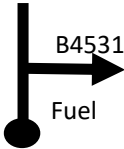
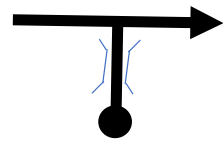



The Dams Run

Turn Left onto A44 1	BRILLEY 4 2	NO Sign Post 3	Llanewydd 4
 <p>The Cattle Shed Cafe, Penrhos Court, Lyonshall,</p>		 <p>Through Brilley</p>	
0	0	1.7	1.7
4.4	6.1	0.1	6.2
Erwood 5	No Sign post 6	Aberedw 4½ 7	Erwyd 4 8
	<p>In Paincastle</p> 		
2.9	9.1	4.2	13.3
3.6	16.9	4.4	21.3
Gwenddwr 9	Llanfair Ym Muallt 7 10	Capel Uchaf 4 11	Garth 7 12
			
3.1	24.4	1	25.4
3.5	28.9	3.9	32.8
13	No Sign Post 14	Llanafan Fawr 2¼ 15	Rheadr 16
			
4.6	37.4	2.4	39.8
2.5	42.3	5.8	48.1
Elan Valley 3 (Brown) 17	Elan Valley Trail 18	Cwm Elan, Elan Valley 19	Pentref Elan 20
			
7.6	55.7	0.4	56.1
4.7	60.8	9.4	70.2
Park in car park for lunch			

<p style="text-align: right;">21</p>  <p>Elan Visitor Centre</p>	<p style="text-align: right;">22</p> <p>Llanwrthwl 4¼</p> 	<p style="text-align: right;">23</p> <p>No Sign Post</p> 	<p style="text-align: right;">24</p> <p>No Sign Post</p>  <p>A470 Petrol</p>				
0	0	0.6	0.6	3.6	4.2	0.6	4.8
<p style="text-align: right;">25</p> <p>Llanllyr 3</p>  <p>B4358 New Inn</p>	<p style="text-align: right;">26</p> <p>Disserth 1</p> 	<p style="text-align: right;">27</p> <p>No Sign Post</p>  <p>A483</p>	<p style="text-align: right;">28</p> <p>Hundred House 5</p> 				
4.7	9.5	0.5	10	1.8	11.8	0.1	11.9
<p style="text-align: right;">29</p> <p>Glascwm 4</p>  <p>A481</p>	<p style="text-align: right;">30</p> <p>Sat nav warning sign</p> 	<p style="text-align: right;">31</p> <p>Llanewydd(Newchurch)</p> 	<p style="text-align: right;">32</p> <p>No sign post</p>  <p>easy to miss watch your mileage</p>				
5.2	17.1	1.9	19	3.7	22.7	0.9	23.6
<p style="text-align: right;">33</p> <p>No Sign Post</p> 	<p style="text-align: right;">34</p> <p>Rhosgoch</p>  <p>Phone box</p>	<p style="text-align: right;">35</p> <p>No Sign Post</p> 	<p style="text-align: right;">36</p> <p>Clyro 4</p>  <p>In Paincastle B4594</p>				
1	24.6	0.5	25.1	0.8	25.9	1.8	27.7
<p style="text-align: right;">37</p> <p>Eglwys</p> 	<p style="text-align: right;">38</p> <p>Llowes</p> 	<p style="text-align: right;">39</p> <p>No sign post</p>  <p>A438</p>	<p style="text-align: right;">40</p> <p>Hay</p>  <p>B4531 Fuel</p>				
0.5	28.2	2.2	30.4	1.8	32.2	1.9	34.1
<p style="text-align: right;">41</p> <p>Brecon</p> 	<p style="text-align: right;">42</p> <p>Granary for coffee In Hav-On-Wve</p> 						
1.3	35.4	0.1	35.5				

