



*Every evening brings a new pop-up overnight campsite, where each runner is provided with a hearty afternoon snack, dinner, and breakfast. This is, of course, a great chance to catch up with fellow participants.*



Left: The race runs the entire length of Wales, from Conwy Castle in the north to the finish line near Cardiff in the south. Opposite: by far the most treacherous stretches are in the north, in north Snowdonia.

