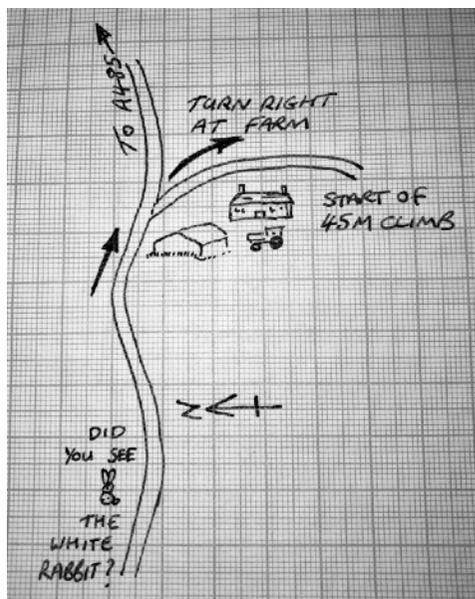


# Runs Around Maesycrugiau - A Run Around Allt Dolau-duon (3.5 miles)



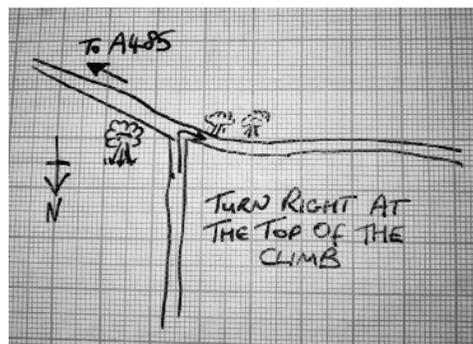
Head out of the front door and turn left onto the road.

Down on your left is the Afon Teifi and over to your right is the disused Manchester to Milford railway.

You might catch a glimpse of the White Rabbit of Maesycrugiau along this road, they say those that see it are destined to return here to live.

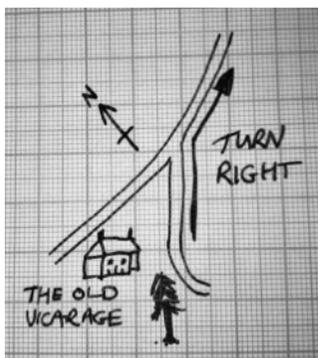
After 0.9 miles take the first right hand turning by the farm.

The road now climbs over 45 metres in under a mile, look out for the right hand turning at the top of the incline after 0.9 miles.

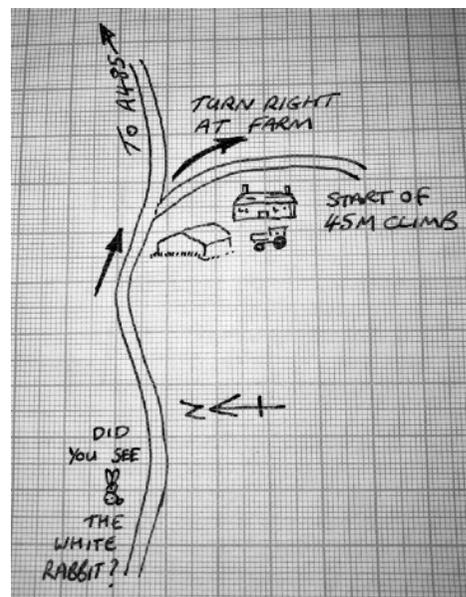


Follow this road round a right then a left 90 degree corner, past a copse and soon the other side of Allt Dolau-duon starts to rise up to your right.

Keep going down, over the old railway bridge, until you get to a T-Junction at the end of the road and turn right for the final 0.7 miles.



# Runs Around Maesycrugiau - A Run Around Allt Dolau-duon (3.5 miles)



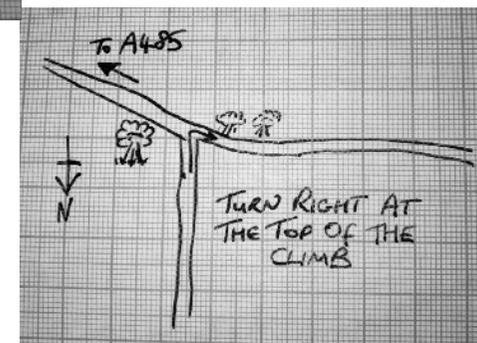
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