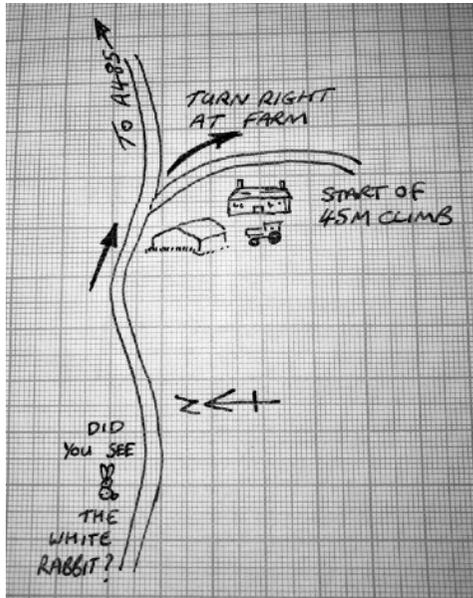


Runs Around Maesycrugiau - A Run Around Allt Dolau-duon (3.75 miles)



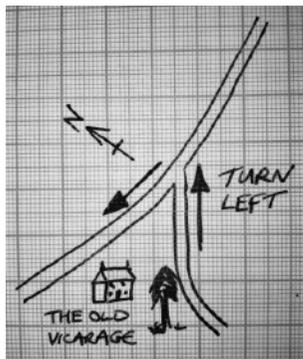
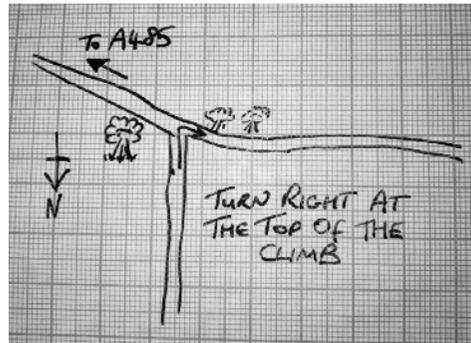
From the Old Post Office, turn right onto the road through the oldest part of Maesycrugiau. On your right you pass the old forge and vicarage.

The Afon Teifi is on your left and the disused Manchester to Milford railway runs on your right.

Out in the open you might catch a glimpse of the White Rabbit of Maesycrugiau along this road, they say those that see it are destined never to leave!

After 1.9 miles take the first right hand turning by the farm.

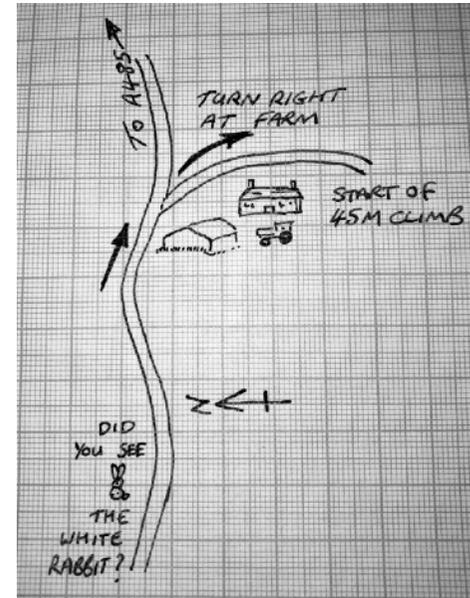
The road now climbs over 45 metres in under a mile, look out for the right hand turning at the top of the incline after 0.9 miles.



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 left back past The Old Vicarage for the final few hundred metres.

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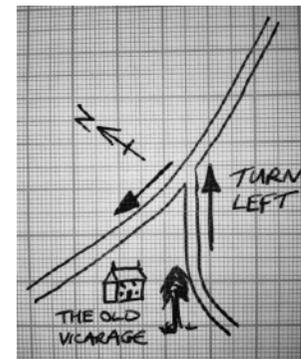
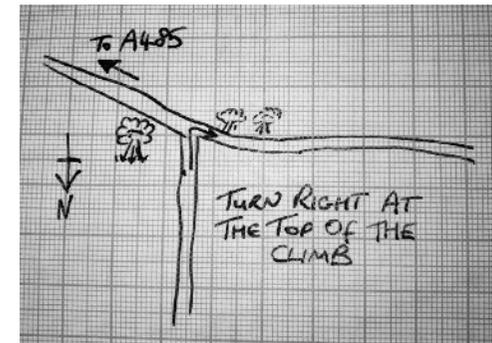
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