

Allow plenty of time to park, register and get to the start.

PARKING: The main car park is a few minutes walk from the tent village. No coaches are allowed in the Parc. Coach and overflow parking is on the Tafarnaubach Industrial Estate which is over the Heads of the Valleys bridge, a few minutes walk from the Parc. **PLEASE DO NOT PARK ON THE APPROACH ROAD TO PARC BRYN BACH OR ON THE BRIDGE OVER THE HEADS OF THE VALLEYS ROAD!**

REGISTRATION: will be in the Visitors Centre which is 400 metres from the tent village. Use Visitors Centre main entrance for registration.

COURSE START: The course is 400 metres from the tent village and a further 400 metres to the start area - ALLOW PLENTY OF TIME TO GET TO THE START!

TOILETS AND SHOWERS: are in the Visitors centre. There are no toilets on the course. There are public toilets in the Visitors Centre and also toilets in the changing rooms. The entrance for the changing rooms is the opposite side of the Visitors Centre, not the main entrance.