



**START**

**FINISH**

First Lap  
Second Lap

Fairwater

Llandaff

Pontcanna

Blackweir

Cathays Park

Roath

Pengam

Pengam Green

Tremorfa

Minton Court

Splott

Canton

Riverside

Cardiff Castle

Cardiff Queen Street

Adamsdown

Ely

Caerau

CARDIFF

Butetown

Grangetown

Leckwith

Windsor Quay

Cardiff Bay

Llandough

Cogan

Roath Basin

Queen Alexandra Dock

Portway Marina

Mouth of the Severn