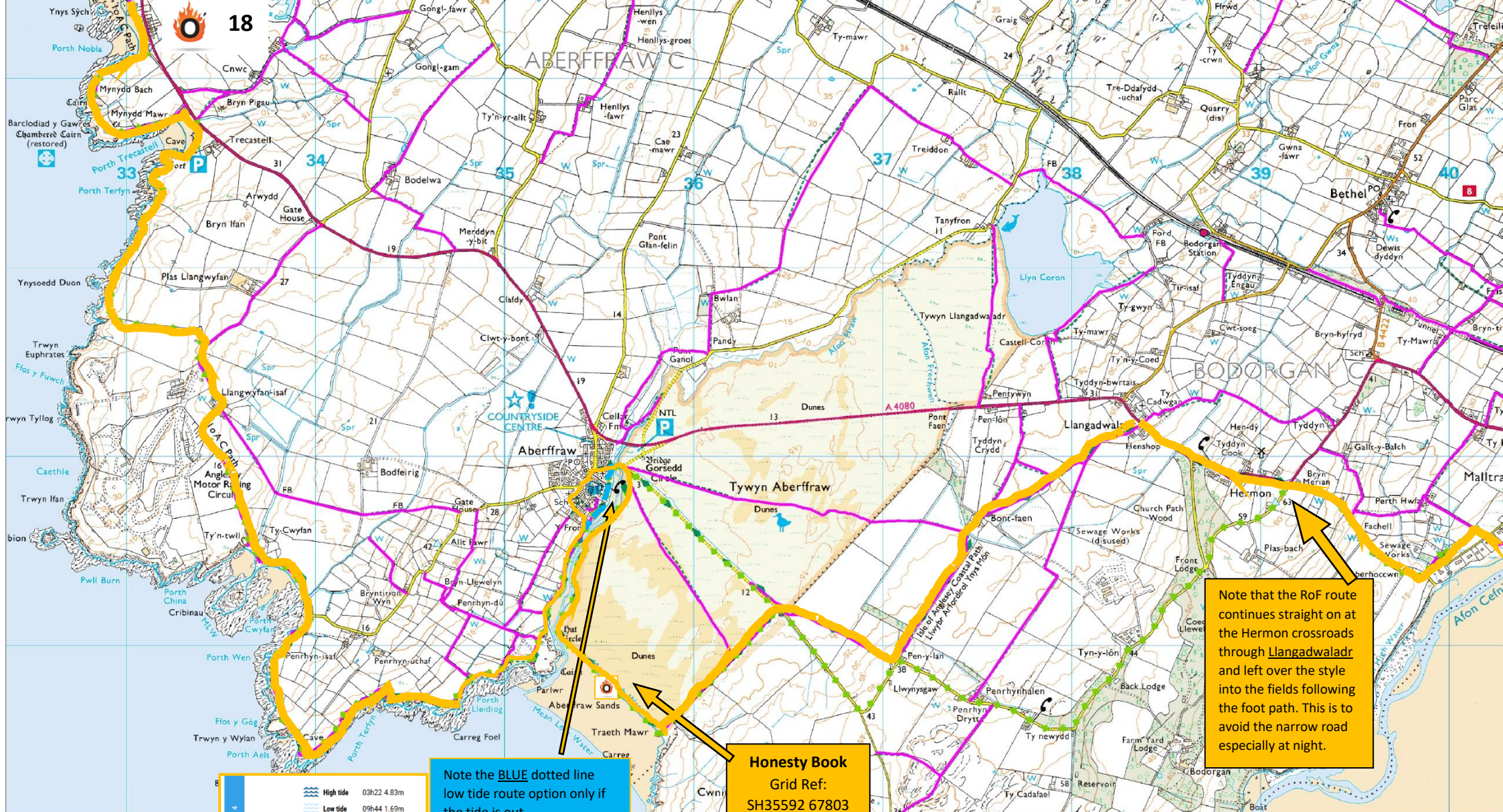




Note that the RoF route continues straight on at the Hermon crossroads through **Llangadwaladr** and left over the stile into the fields following the foot path. This is to avoid the narrow road especially at night.

Note the **BLUE** dotted line low tide route option only if the tide is out.
HIGH TIDES:
FRIDAY 4th September 2026
15:55hrs British Summer Time. Height 4.61m
SATURDAY 5th September 2026
04:34hrs British Summer Time. Height 4.49m
And
17:16hrs British Summer Time. Height 4.43m
SUNDAY 6th September 2026
06:11hrs British Summer Time. Height 4.35m

Honesty Book
Grid Ref: SH35592 67803
W3W:///phantom.signal.scripted
Tear a page out and present it to the Marshals at CP7 to prove your presence!

FRIDAY 4		High tide	03h22 4.83m
		Low tide	09h44 1.69m
SATURDAY 5		High tide	15h55 4.61m
		Low tide	22h17 1.83m
SUNDAY 6		High tide	04h34 4.49m
		Low tide	10h56 1.98m
SUNDAY 6		High tide	17h16 4.43m
		Low tide	23h44 1.96m
SUNDAY 6		High tide	06h11 4.35m
		Low tide	12h26 2.07m
SUNDAY 6		High tide	18h52 4.51m
		Low tide	



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Ni chianieir i chi gopio, is-dryddeddu, rhannu neu werthu unrhyw ran o'r data yma i drydydd parti mewn unrhyw ffurf.
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DYLUNWYD GAN: DRAWN BY:	DYDDIAD: DATE ISSUED:
sljht	11 May 2016
GRADDFA / SCALE: Scale 1:20000	
CYF. GRID / GRID REF: SH363692	