



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.

**Check Point 11**  
**Newborough Forest**  
Grid Ref: 411 671

Note: please avoid the sensitive dune habitat as you reach Traeth Penrhos (below) This is a quiet area of the forest/dune/saltmarsh that doesn't get much foot traffic and therefore a sensitive habitat for rare wildlife and plants.

**Honesty Book**  
Grid Ref: SH38730 65801  
Tear a page out and present it to the Marshals at CP11 to prove your presence!

Note the **BLUE** dotted line low tide route option only if the tide is out.  
**High tide:**  
**Saturday 2<sup>nd</sup> September 2023** is at **1235hrs** British Summer Time.

Newborough Warren/  
Tywyn Niwbwrch