



**BIKE COURSE**  
180 km 112 miles

- BIKE START (TRANSITION)
- BIKE EXIT
- 2 LAPS ON ORANGE ROUTE
- FEED STATION
- PERSONAL NEEDS
- PARK AND RIDE
- SHUTTLE BUS
- Pembrokeshire BIKES BIKE SERVICING  
[pembrokeshirebikes.co.uk](http://pembrokeshirebikes.co.uk) POINT

