



## Route Checkpoints

### Checkpoints

### Location

**Checkpoint one – superhero friends**

Talybont Reservoir – at end of the road  
crossing on the dam

**Checkpoint two – superhero volunteers**

Pentwyn Reservoir Forest- Car Park area

**Checkpoint three- superhero support**

Pontsarn Viaduct – behind Ponstsarn Inn at  
Bridge

**Checkpoint four – Halfway there**

Rhydycar Leisure Centre, Merthyr Tydfil and  
start of the Challenge 2 Half Taff

**Checkpoint five – superhero care**

Abercynon Depot

**Checkpoint six – superhero families**

Nantgarw – housing estate just before  
Toucan crossing

**Checkpoint Seven – superhero You**

Tongwynlais- under A470 carriageway