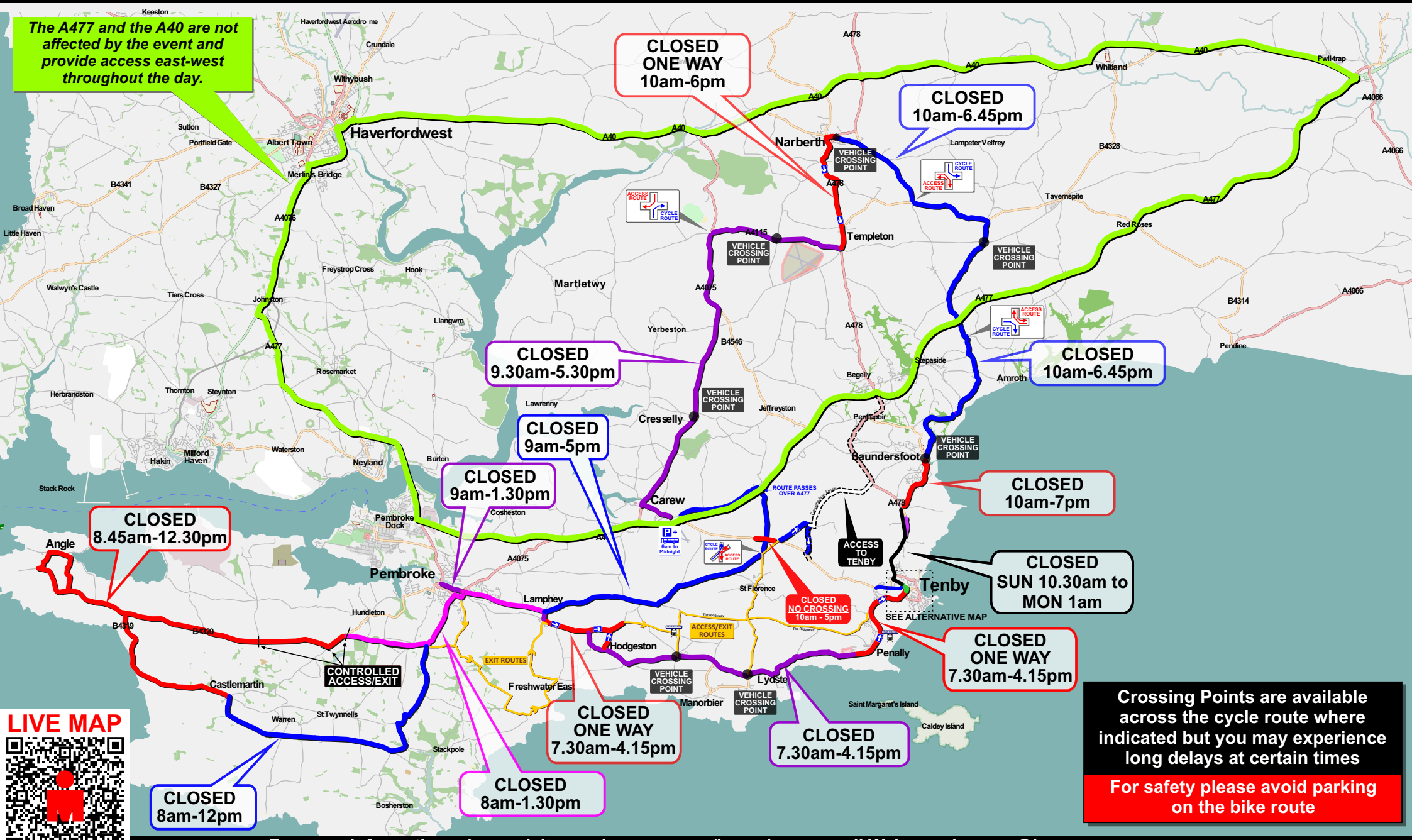
IRONMAN WALES CYMRU
PEMBROKESHIRE SIR BENFRO

ROUTE & ACCESS OVERVIEW
SUNDAY 13 SEPTEMBER 2026



LIVE MAP

Crossing Points are available across the cycle route where indicated but you may experience long delays at certain times

For safety please avoid parking on the bike route

For more information, please visit www.ironman.com/im-wales or email Walesroadaccess@ironman.com