



Love SwimRun Llanberis will take place in Padarn Country Park. The running route takes in some of Snowdonia's most stunning scenery. The swim sections will all take place in Llyn Padarn, entering and exiting the lake at various locations. The course will be a fully way marked figure of 8 loop.

location: Y Glyn (The Lagoons) Llanberis, North Wales. LL55 4EL.

Total course distance: Approximately 15.7km (4.2km of swimming and 11.3km of running)

Longest run: Approximately 8.3km

Longest Swim: Approximately 1.8km

Transitions: 4 swims, 4 runs

Elevation gain: 300m

