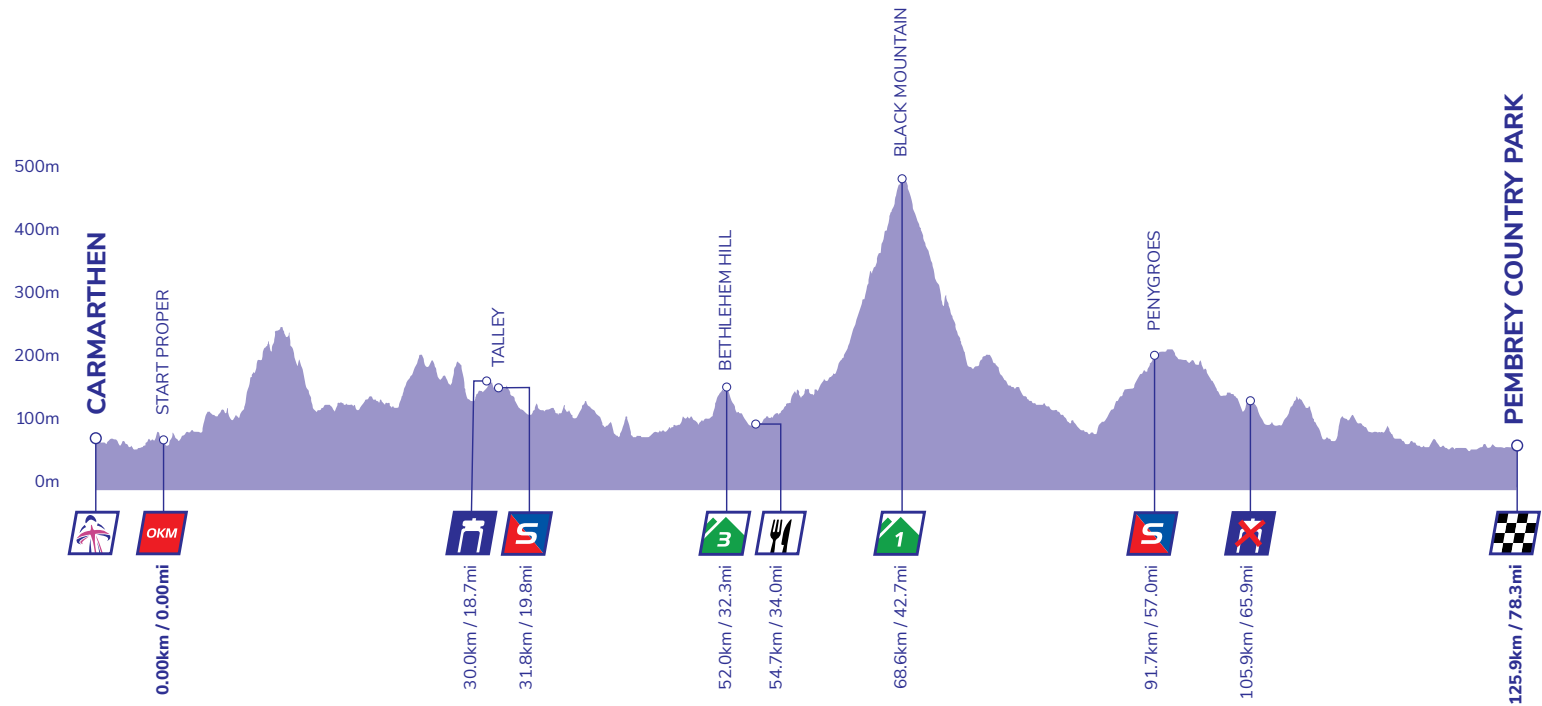


# 6

## ROUTE PROFILES CARMARTHEN TO PEMBREY COUNTRY PARK

### Stage profile

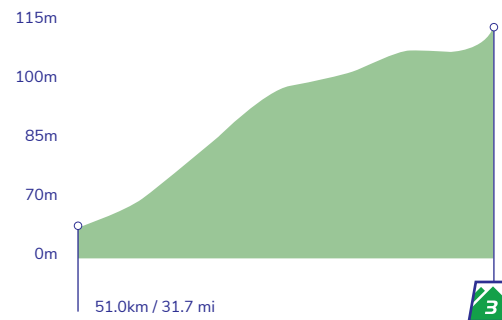


### Final 3km profile



### QoM profiles

**Bethlehem Hill: Cat 3**  
1.0km / av3%



**Black Mountain: Cat 1**  
8.0km / av5%

