



DAY 1 FINISH
DAY 2 START

DAY 1
6.7 km

3 km
60 mins

DAY 2
7.3 km

CP2
2.3 km
50 mins

CP1
3 km
60 mins

G9-BQ

DO NOT CROSS
CANAL WAIT
FOR INSTRUCTOR

NEW
FOOTPATH

CP1
1.4 km
30 mins

CP2
2.8 km
55 mins

1.5 km
30 mins

START
FINISH