



Leg	Distance	Cumulative
Start – CP1	5.5km	5.5km
CP1 – Finish	5.5km	11km

Elevation Gain – 365m

11km

From the start at Phil Rogers Park, head up the steps and follow the trail markings to the Carlo Sand Blow.

Watch out for cars in the car park.

Continue across the sand blow and along the trail until you reach CP1.

Turn around and follow the marked trail back the way you came.

Congratulations! You have just finished the 11km.