












































<b>LEG 1</b>		<b>24 km</b>	Gain approx: +700m Loss approx: -700m			
	<b>Fastest</b> estimate = 3:00hrs <b>Slowest</b> estimate = 6:00hrs		1	▶ It is not allowed to use main roads (coloured orange) except on the locations marked on map ▶ Shops and food near the TA available only during working hours		
	Team Estimate:		1,2,3,4,5,6,7,8/TA			
END LEG TEAM LOGISTICS & EQUIPMENT						
						
END LEG TRANSITION AREA FACILITIES						
						









<b>LEG 2</b>		<b>14 km</b>	Gain approx: +0m Loss approx: -0m			
	<b>Fastest</b> estimate = 3:00hrs <b>Slowest</b> estimate = 4:00hrs		2	▶ You must carry all your kayak gear including bag with you ▶ Choose kayak seats and keep them as your gear for the rest of the race ▶ Dry bags highly recommended ▶ CUT OFF at the end of this leg at MON 16:00, you must arrive at TA before CUT OFF time ▶ CUT OFF teams will skip LEG 3		
	Team Estimate:		9,10/TA			
END LEG TEAM LOGISTICS & EQUIPMENT						
END LEG TRANSITION AREA FACILITIES						












<b>LEG 3</b>		<b>5 km</b>	Gain approx: +70m Loss approx: -70m			
	<b>Fastest</b> estimate = 1:00hrs <b>Slowest</b> estimate = 2:00hrs		3	▶ It is not allowed to use main roads (coloured orange) except on the locations marked on map ▶ CP 10/TA is marked with flag, leave your kayaks there, collect CPs by foot and return to your kayak ▶ Optional CPs on this leg		
	Team Estimate:		11,12,13,14,15/TA			
END LEG TEAM LOGISTICS & EQUIPMENT						
END LEG TRANSITION AREA FACILITIES						






LEG 4		7 km		Gain approx: + 0m Loss approx: - 0m			
	<b>Fastest</b> estimate = 2:00hrs <b>Slowest</b> estimate = 3:00hrs			3		<ul style="list-style-type: none"><li>▶ You must carry all your kayak gear including bag with you</li><li>▶ Glow sticks and headlamps switched on required during the night</li><li>▶ Dry bags highly recommended</li><li>▶ Special task on CP 16 for two team members, other two stay with kayaks</li><li>▶ You will leave your kayak bag at the end of the leg at the TA</li></ul>	
	Team Estimate:			16,17/TA			
END LEG TEAM LOGISTICS & EQUIPMENT							
END LEG TRANSITION AREA FACILITIES							
							






LEG 5		12 km		Gain approx: + 100m Loss approx: - 100m						
		<b>Fastest</b> estimate = 2:00hrs <b>Slowest</b> estimate = 5:00hrs			3	<p>▶ It is not allowed to use main roads (coloured orange) except on the locations marked on map</p> <p>▶ Shops and food near the TA available only during working hours</p>				
		Team Estimate:			18,19,20, 21,22,23, 24,25/TA					
END LEG TEAM LOGISTICS & EQUIPMENT										
										
END LEG TRANSITION AREA FACILITIES										
										
















LEG 6		63 km		Gain approx: +800m Loss approx: -800m					
	<b>Fastest</b> estimate = 4:00hrs <b>Slowest</b> estimate = 9:00hrs			4,5		<ul style="list-style-type: none"><li>▶ It is not allowed to use main roads (coloured orange and yellow) except on the locations marked on map</li><li>▶ Shops and food near the TA available only during working hours</li><li>▶ Sleep option available near TA (marked on map)</li></ul>			
	Team Estimate:			26-45/TA					
END LEG TEAM LOGISTICS & EQUIPMENT									
									
END LEG TRANSITION AREA FACILITIES									
									









LEG 7		16 km		Gain approx: + 0m Loss approx: - 0m			
	<b>Fastest</b> estimate = 3:00hrs <b>Slowest</b> estimate = 6:00hrs			6		<ul style="list-style-type: none"><li>▶ You must carry all your kayak gear including bag with you</li><li>▶ Glow sticks and headlamps switched on required during the night</li><li>▶ Dry bags highly recommended</li><li>▶ You will paddle to the SAFETY CHECK POINT (marked on map) to see if it is safe to continue</li><li>▶ You will leave your kayak bag at the end of the leg at the TA</li><li>▶ Shops and food near the TA available only during working hours</li></ul>	
	Team Estimate:			46/TA			
END LEG TEAM LOGISTICS & EQUIPMENT							
							
END LEG TRANSITION AREA FACILITIES							
							

LEG 8		58 km		Gain approx: +3000m Loss approx: - 1750m							
	<b>Fastest</b> estimate = 10:00hrs <b>Slowest</b> estimate = 20:00hrs			7,8,9		<ul style="list-style-type: none"><li>▶ It is not allowed to use main roads (coloured orange) except on the locations marked on map</li><li>▶ Optional CPs on this leg</li><li>▶ Limited electricity at TA</li><li>▶ Sleep option available, there will be beds but no team bag</li><li>▶ <u>DRINKING WATER</u> - no drinking water on this leg</li></ul>					
	Team Estimate:			47-58/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
											
END LEG TRANSITION AREA FACILITIES											
											










LEG 9		28 km		Gain approx: + 250m Loss approx: - 650m						
	<b>Fastest</b> estimate = 2:00hrs <b>Slowest</b> estimate = 4:00hrs			9,10		<div>▸ It is not allowed to use main roads (coloured orange) except on the locations marked on map</div> <div>▸ You will leave your bikes assembled at the TA at the end of this leg</div> <div>▸ You can leave your cycling gear with your bikes</div> <div>▸ You must have hiking shoes with you for the next leg</div>				
	Team Estimate:			59,60/TA						
END LEG TEAM LOGISTICS & EQUIPMENT										
END LEG TRANSITION AREA FACILITIES										
										





LEG 10		12 km		Gain approx: + 800m Loss approx: - 800m							
	<b>Fastest</b> estimate = 3:00hrs <b>Slowest</b> estimate = 6:00hrs			12		<ul style="list-style-type: none"><li>▸ It is not allowed to use main roads (coloured orange) except on the locations marked on map</li><li>▸ Optional CPs on this leg</li><li>▸ Your bikes will wait for you at the end of this leg</li><li>▸ <u>DRINKING WATER</u> - no drinking water on this leg</li></ul>					
	Team Estimate:			61,62,63,64,65,66,67/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG TRANSITION AREA FACILITIES											
											

LEG 11		45 km		Gain approx: + 550m Loss approx: - 850m					
	<b>Fastest</b> estimate = 3:00hrs <b>Slowest</b> estimate = 6:00hrs			12,13,14		<ul style="list-style-type: none"><li>▸ It is not allowed to use main roads (coloured orange) except on the locations marked on map</li><li>▸ Optional CPs on this leg</li><li>▸ Shops and food near the TA available only during working hours</li><li>▸ Sleep option at TA</li><li>▸ CUT OFF at the end of this leg at THU 18:00, you must leave this TA before THU 18:00</li><li>▸ CUT OFF teams will skip LEG 12</li></ul>			
	Team Estimate:			68,69,70,71,72/TA					
END LEG TEAM LOGISTICS & EQUIPMENT									
					Kayak Trolleys				
END LEG TRANSITION AREA FACILITIES									
									

LEG 12		36 km		Gain approx: + 0m Loss approx: - 0m						
	<b>Fastest</b> estimate = 7:00hrs <b>Slowest</b> estimate = 12:00hrs			15,16,17		<ul style="list-style-type: none"><li>▸ You must carry all your kayak gear including bag with you</li><li>▸ Glow sticks and headlamps switched on required during the night</li><li>▸ Dry bags highly recommended</li><li>▸ On parts of this leg it will be necessary to use kayak trolleys</li><li>▸ Dragging or pulling kayaks is forbidden</li><li>▸ You will leave kayaks at the KAYAK DROP OFF and take your kayak bag with you to the TA and leave it there</li></ul>				
	Team Estimate:			73,74/TA						
END LEG TEAM LOGISTICS & EQUIPMENT										
										
END LEG TRANSITION AREA FACILITIES										
										

LEG 13		101 km		Gain approx: + 1700m Loss approx: - 1450m					
	<b>Fastest</b> estimate = 6:00hrs <b>Slowest</b> estimate = 14:00hrs			18,19,20, 21,22,23, 24,25,26		<ul style="list-style-type: none"><li>▶ It is not allowed to use main roads (coloured orange) except on the locations marked on map</li><li>▶ Optional CPs on this leg</li><li>▶ CUT OFF at the end of this leg at FRI 18:00, you must leave this TA before FRI 18:00</li><li>▶ CUT OFF teams will skip LEG 14 and LEG 15</li><li>▶ Sleeping available outside, use your tents</li></ul>			
	Team Estimate:			75-85/TA					
END LEG TEAM LOGISTICS & EQUIPMENT									
END LEG TRANSITION AREA FACILITIES									

LEG 14		29 km		Gain approx: + 800m Loss approx: - 1550m							
	<b>Fastest</b> estimate = 5:00hrs <b>Slowest</b> estimate = 12:00hrs			26,27,28		<div>▸ It is not allowed to use main roads (coloured orange) except on the locations marked on map</div> <div>▸ Optional CPs on this leg</div> <div>▸ Shops and food near the TA available only during working hours</div>					
	Team Estimate:			86,87,88, 89,90,91, 92,93/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
											
FINISH AREA FACILITIES											
											

LEG 15		4 km		Gain approx: + 0m Loss approx: - 0m						
	<b>Fastest</b> estimate = 1:00hrs <b>Slowest</b> estimate = 2:00hrs			28		<ul style="list-style-type: none"><li>▸ You must carry all your kayak gear including bag with you</li><li>▸ Glow sticks and headlamps switched on required during the night</li><li>▸ Dry bags highly recommended</li><li>▸ You will leave your kayak bag at the end of the leg at the TA</li></ul>				
	Team Estimate:			94/TA						
END LEG TEAM LOGISTICS & EQUIPMENT										
										
END LEG TRANSITION AREA FACILITIES										

<b>LEG 16</b>		<b>48 km</b>	Gain approx: + 710m Loss approx: - 710m		
	<b>Fastest</b> estimate = 4:00hrs <b>Slowest</b> estimate = 9:00hrs		28,29,30,31,32	▶ It is not allowed to use main roads (coloured orange and yellow) except on the locations marked on map ▶ Shops and food near finish available only during working hours	
	Team Estimate:		95,96,97,98,99,100,101, FINISH		
END LEG TEAM LOGISTICS & EQUIPMENT					
FINISH AREA FACILITIES					

TOTAL DISTANCE AND TIME					CHECKPOINTS AND LEGS
	140 km	<u>Fastest</u> - 24:00hrs	<u>Slowest</u> - 51:00hrs		
	285 km	<u>Fastest</u> - 19:00hrs	<u>Slowest</u> - 42:00hrs		
	77 km	<u>Fastest</u> - 16:00hrs	<u>Slowest</u> - 27:00hrs		
TA		<u>Fastest</u> - Time not included in estimates	<u>Slowest</u> - Time not included in estimates		
SLEEP		<u>Fastest</u> - Time not included in estimates	<u>Slowest</u> - Time not included in estimates		
TOTAL	502 km	<u>Fastest</u> - 59:00hrs	<u>Slowest</u> - 120:00hrs		

**CONTINGENCIES:**