

LEG 1		24 km		Gain approx: +700m Loss approx: -700m		THE ONE TO TEST YOUR ANKLES							
		Fastest estimate = 3:00 hrs Slowest estimate = 6:00 hrs				1		▶ Use mandatory route from start to allowed crossing of the primary road (coloured orange) ▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Shops and food near the TA available only during working hours ▶ <u>FIRST RESPONSE</u> - Vehicle access on some parts of this leg ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg					
		Team Estimate:				1,2,3,4,5,6,7,8/TA							
END LEG TEAM LOGISTICS & EQUIPMENT													
													
END LEG TRANSITION AREA FACILITIES													
													

LEG 2		14 km		Gain approx: +0m Loss approx: -0m		THE ONE WITH THE CANYON					
	Fastest estimate = 3:00 hrs Slowest estimate = 4:00 hrs			2		▶ CP 9 accessible by kayak ▶ You must carry all your kayak gear including bag with you ▶ Dry bags highly recommended ▶ Helmets not mandatory for this leg ▶ CP 10/TA is marked with flag, leave your kayaks at the beach ▶ 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 ▶ <u>FIRST RESPONSE</u> - Wave paddles vertically to attract safety boat ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg ▶ <u>CAUTION</u> - Be visible to other boat traffic on waterways					
	Team Estimate:			9,10/TA							
END LEG TEAM LOGISTICS & EQUIPMENT											
END LEG TRANSITION AREA FACILITIES											

LEG 3		5 km		Gain approx: +70m Loss approx: -70m		THE ONE WITH THE PRISON					
	Fastest estimate = 1:00 hrs Slowest estimate = 2:00 hrs			3		▸ CP 10/TA is marked with flag, leave your kayaks at the beach, collect CPs by foot and return to your kayak ▸ Optional CPs on this leg ▸ <u>COMMUNICATIONS</u> - Mobile reception on some parts of 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		THE ONE WITH THE JUMP							
		Fastest estimate = 2:00 hrs Slowest estimate = 3:00 hrs				3		▶ You must carry all your kayak gear including bag with you ▶ Glow sticks and headlamps switched on required during the night ▶ Dry bags highly recommended ▶ Helmets not mandatory for this leg ▶ Special task (jump) at CP 16 for two team members, other two stay with kayaks ▶ At TA remove the backrests and store them in your kayak bag ▶ You will leave your kayak bag at the end of the leg at the TA ▶ <u>FIRST RESPONSE</u> - Wave paddles vertically to attract safety boat ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg ▶ <u>CAUTION</u> - Be visible to other boat traffic on waterways					
		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		THE ONE WITH GEO-TRAIL					
		Fastest estimate = 2:00 hrs Slowest estimate = 5:00 hrs			3	▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Shops available only during working hours ▶ <u>FIRST RESPONSE</u> - Vehicle access on some parts of this leg ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg					
		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		THE ONE WITH THE BIKE, FINALLY				
		Fastest estimate = 4:00 hrs Slowest estimate = 9:00hrs			4,5	▶ It is not allowed to use primary (coloured orange) and main roads (coloured yellow) except on the locations marked on map ▶ Shops and food near the TA available only during working hours ▶ Sleep option available near TA (marked on map) ▶ <u>FIRST RESPONSE</u> - Vehicle access on most parts of this leg ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg				
		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		THE ONE TO THE COAST							
		Fastest estimate = 3:00 hrs Slowest estimate = 6:00 hrs				6		▶ You must carry all your kayak gear including bag with you ▶ Glow sticks and headlamps switched on required during the night ▶ Dry bags highly recommended ▶ Helmets not mandatory for this leg ▶ You will paddle to the Safety Checkpoint (marked on map) to see if it is safe to continue ▶ Shops and food near the TA available only during working hours ▶ <u>FIRST RESPONSE</u> - Wave paddles vertically to attract safety boat ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg ▶ <u>CAUTION</u> - Be visible to other boat traffic on waterways					
		Team Estimate:				46/TA							
END LEG TEAM LOGISTICS & EQUIPMENT													
													
END LEG TRANSITION AREA FACILITIES													
													

LEG 8		58 km		Gain approx: +3000m Loss approx: - 1750m		THE ONE TO THE TOP					
		Fastest estimate = 10:00 hrs Slowest estimate = 20:00			7,8,9	▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Do not get off trails ▶ Optional CPs on this leg ▶ Limited electricity at TA ▶ Sleep option available at TA, there will be beds but no team bag ▶ No sleeping allowed without your sleeping bag ▶ <u>DRINKING WATER</u> - no drinking water on this leg ▶ <u>FIRST RESPONSE</u> - Vehicle access on some parts of this leg ▶ <u>COMMUNICATIONS</u> - Mobile reception on some parts of this leg ▶ <u>CAUTION</u> - Be prepared for bad weather					
		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		THE ONE WITH THE SPRING				
	Fastest estimate = 2:00 hrs Slowest estimate = 4:00 hrs			9,10		▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ You will leave your bikes assembled at the TA at the end of this leg ▶ You can leave your cycling gear with your bikes ▶ You must have hiking shoes with you for the next leg ▶ Use MAP 11 only if you are going directly from CP 59 to CP 70 ▶ FIRST RESPONSE - Vehicle access on most parts of this leg ▶ COMMUNICATIONS - Mobile reception in some parts of this leg				
	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		THE ONE WITH THREE HILTOPS		
	Fastest estimate = 3:00 hrs Slowest estimate = 6:00 hrs			12	▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Optional CPs on this leg ▶ Helmet recommended but not mandatory ▶ Your bikes will wait for you at the end of this leg ▶ DRINKING WATER - no drinking water on this leg		
	Team Estimate:			61,62,63, 64,65,67/ TA			
	END LEG TEAM LOGISTICS & EQUIPMENT						

							▶ <u>FIRST RESPONSE</u> - Vehicle access on some parts of this leg ▶ <u>COMMUNICATIONS</u> - Mobile reception in some parts of this leg
END LEG TRANSITION AREA FACILITIES							
							

LEG 11		45 km	Gain approx: + 550m Loss approx: - 850m		THE ONE WITH TESLA (NOT THE CAR)		
	Fastest estimate = 3:00 hrs Slowest estimate = 6:00 hrs			12,13,14			
	Team Estimate:			68,69,70,71,72/TA			
END LEG TEAM LOGISTICS & EQUIPMENT						▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Optional CPs on this leg ▶ Sleep option at TA ▶ CUT OFF at the end of this leg at THU 18:00, you must leave this TA before THU 18:00 ▶ CUT OFF teams will skip LEG 12 ▶ Shops and food near the TA available only during working hours ▶ <u>FIRST RESPONSE</u> - Vehicle access on most parts of this leg ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg	
					Kayak Trolleys		
END LEG TRANSITION AREA FACILITIES							
							

LEG 12		36 km		Gain approx: + 0m Loss approx: - 0m		THE ONE WITH THE TROLLEYS							
		Fastest estimate = 7:00 hrs Slowest estimate = 12:00		 15,16,17		 73,74/TA		▶ You must carry all your kayak gear including bag and kayak trolleys with you ▶ Glow sticks and headlamps switched on required during the night ▶ Dry bags highly recommended, helmets not mandatory for this leg ▶ You will arrive to KAYAK IN with all your gear except kayaks by following the MANDATORY ROUTE (marked on map) ▶ At KAYAK OUT put your kayaks on trolleys and follow the MANDATORY ROUTE to KAYAK IN ▶ Dragging or pulling kayaks is forbidden and will result with penalty ▶ You will leave kayaks at the KAYAK DROP OFF (USE TROLLEYS) and take your kayak bag and trolleys with you to the TA and leave it there ▶ <u>FIRST RESPONSE</u> - Wave paddles vertically to attract safety boat ▶ <u>COMMUNICATIONS</u> - Good mobile reception on this leg ▶ <u>CAUTION</u> - Be visible to other boat traffic on waterways					
		Team Estimate:											
END LEG TEAM LOGISTICS & EQUIPMENT													
													
END LEG TRANSITION AREA FACILITIES													
													

LEG 13		101 km		Gain approx: + 1700m Loss approx: - 1450m		THE ONE WITH HUNDRED AND ONE				
		Fastest estimate = 6:00hrs Slowest estimate = 14:00hrs				18,19,20, 21,22,23, 24,25,26		▶ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▶ Optional CPs on this leg ▶ CUT OFF at the end of this leg at FRI 18:00, you must leave this TA before FRI 18:00 ▶ CUT OFF teams will skip LEG 14 and LEG 15 ▶ Sleeping available outside, use your tents ▶ <u>FIRST RESPONSE</u> - Vehicle access on most parts of this leg ▶ <u>COMMUNICATIONS</u> - Good mobile reception on most parts of this leg		
		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		THE ONE TO THE SEA LEVEL					
		Fastest estimate = 5:00hrs Slowest estimate = 12:00hrs				26,27,28		▸ It is not allowed to use primary roads (coloured orange) except on the locations marked on map ▸ Optional CPs on this leg ▸ Shops and food near the TA available only during working hours ▸ <u>FIRST RESPONSE</u> - Vehicle access on some parts of this leg ▸ <u>COMMUNICATIONS</u> - Good mobile reception on most parts of this leg			
		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		THE ONE TO STRETCH YOUR HANDS					
		Fastest estimate = 1:00hrs Slowest estimate = 2:00hrs			28	▸ You must carry all your kayak gear including bag with you ▸ Glow sticks and headlamps switched on required during the night ▸ Dry bags highly recommended ▸ Helmets not mandatory for this leg ▸ <u>FIRST RESPONSE</u> - Wave paddles vertically to attract safety boat ▸ <u>COMMUNICATIONS</u> - Good mobile reception on this leg ▸ <u>CAUTION</u> - Be visible to other boat traffic on waterways					
		Team Estimate:			94/TA						
END LEG TEAM LOGISTICS & EQUIPMENT											
											
END LEG TRANSITION AREA FACILITIES											

LEG 16		48 km		Gain approx: + 710m Loss approx: - 710m		THE ONE WITH THE FINAL ROCKY RIDE							
		Fastest estimate = 4:00hrs Slowest estimate = 9:00hrs				28,29,30, 31,32		► It is not allowed to use primary (coloured orange) and main roads (coloured yellow) except on the locations marked on map ► Shops and food near the finish available only during working hours ► <u>FIRST RESPONSE</u> - Vehicle access on most parts of this leg ► <u>COMMUNICATIONS</u> - Good mobile reception on most parts of this leg					
		Team Estimate:				95,96,97,9 8,99,100, 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: