






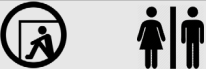

























Stage	Discipline	Distance (Height)	Facilities
1		5.5 km (125m)	
TA1	WET BAG A		
2		63 km (1240m)	
TA2	BAG B		
3		32 km (908m)	
TA2	BAG B		
4		34.5 km (670m)	
TA3	BAG C		
5		36 km (1062m)	
TA4	BAG D		
	BAG C	Only if teams Trek	
6		29k (365m)	
TA5	WET BAG A		
7		7 km	
TA6	WET BAG A		
8		3 km (20M)	
TA6	WET BAG A		
9		14.5 km (395M)	

Stage	Discipline	Distance (Height)	Facilities
TA7	BAG B		
10		5 km (100M)	
TA7	BAG B		
11		40km (728m)	
TA8	BAG C		
12		18km (425m)	
TA9	BAG C BAG D		
13		18km (208m)	
TA10			
14		8km (50m)	
TA10			
15		17km (405m)	
TA11	BAG B		
16		5km (100m)	
TA11	BAG B		
17		45km (703m)	
TA12	WET BAG A		
18		12km	

	Basic shelter available
	Good shelter available
	Toilets available
	Hot water available
	Climbing/Abseil
	Mountain Biking
	Run / Orienteering
	Kayaking
	Trekking/ Running
	Swimming
	Kit Bags
	Wet Bag