











EXPLORE GIPPSLAND
ADVENTURE RACE

30hr Course notes

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Leg	Discipline	Distance	Climb	Maps	
1	Bike 	21	900m	1,2	<p>CP's 1-4 then to TA1</p> <p>Fastest estimate 2hrs Slowest estimate 3.5hrs</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT Box A</p>
2	Trek 	6	-200m	2	<p>CP's 5,6,7 then to TA2</p> <p>Helmets must be worn. Full fingered gloves, gaiters recommended.</p> <p>Fastest estimate 2hrs Slowest estimate 3.5hrs</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT Box B</p>
3	Packraft 	32km	-200m	3,4	<p>CP 8, 9, then to TA3</p> <p>Follow the signs and marking tape to help navigate some difficult rapids.</p> <p>Fastest estimate 5hrs Slowest estimate 8hrs</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT Box A, Box B</p>
4	Bike 	8	350m	5	<p>CP10, then to TA4</p> <p>Fastest estimate 1hr Slowest estimate 1.5hrs</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT No personal gear- water, toilets provided</p>
5	Trek 	6	400m	5	<p>CP's A,B,C,D</p> <p>CP's locations will need to be marked on your map at the start of the leg</p> <p>Fastest estimate 3hrs Slowest estimate 5hrs</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT No personal gear- water, toilets provided</p>
6	Bike 	6	50m	5	<p>CP10 then to TA5</p> <p>Important times at TA7</p> <p>Fastest estimate 0.5hrs Slowest estimate 1hr</p> <p>00:00 Midnight- Cut off time to start Bonus Leg Cut off time to skip bonus leg AND leg 7 TREK- proceed on BIKE TO TA6</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT Box A, Box B</p>
7	Trek 	12	500m	4,6	<p>Collect CP's 12, 13,14,15,16,17,18,19 then TA6</p> <p>Beware of fast moving cars on the road after leaving Cowwarr Weir.</p> <p>Fastest estimate 4hrs Slowest estimate 6hrs</p> <p>Do not leave Walhalla-Cowwarr Road until you see Red arrow sign pointing left into the bush. Prior to this sign is private property</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT BOX A</p>
8	Bike 	34	1000m	7,8,1	<p>CP's 20, 21, 22, 23, 24, 25, 26, 27 then to Finish</p> <p>Take care on wooden obstacles in the 'Something Good' bike trails.</p> <p>Fastest estimate Slowest estimate</p> <p>Follow marked route across farm, and through creek to the finish</p> <p>COURSE CLOSSES 1pm. PRESENTATION 1.15PM</p>