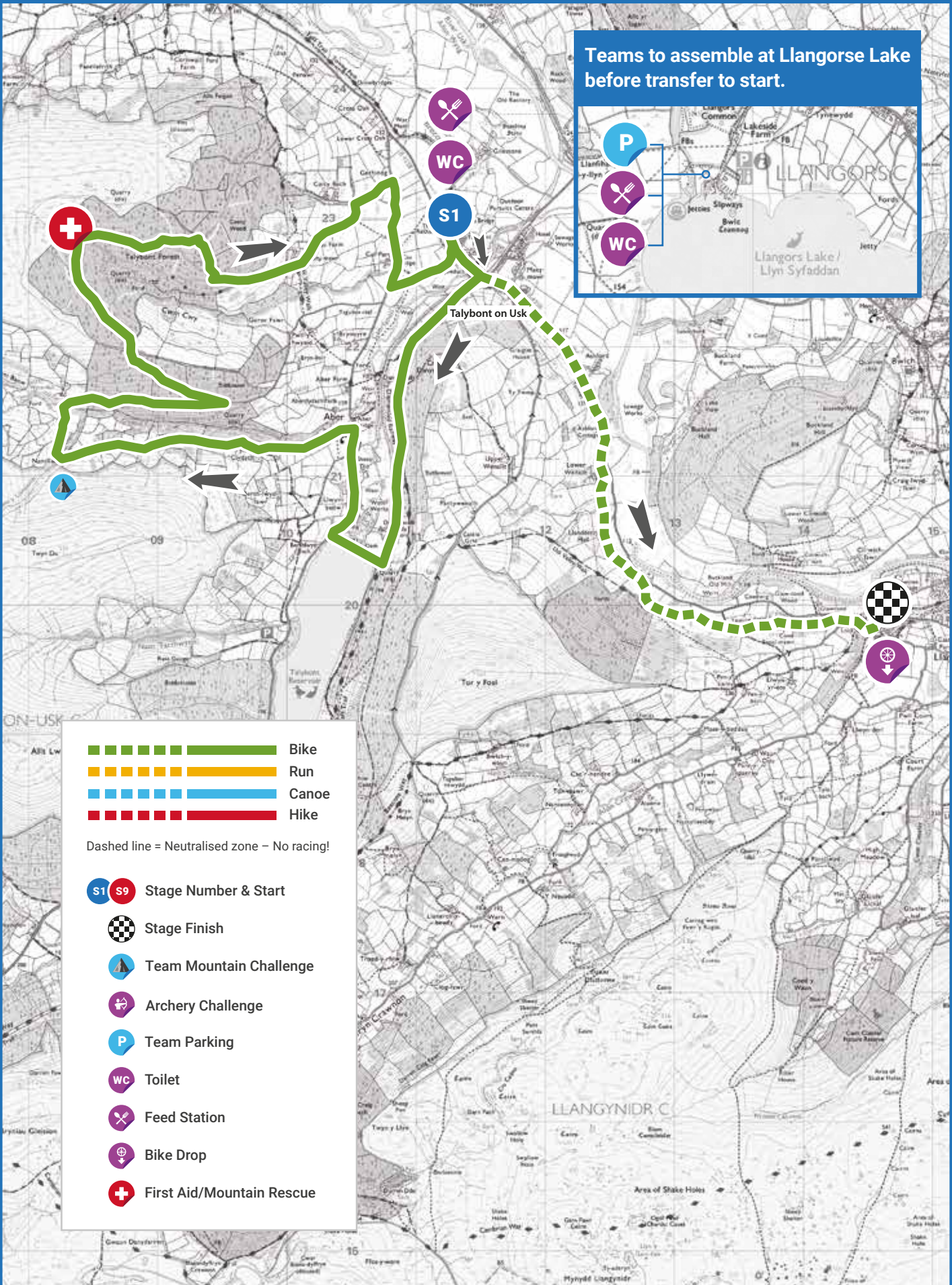




Teams to assemble at Llangorse Lake before transfer to start.



- Bike
- Run
- Canoe
- Hike

Dashed line = Neutralised zone – No racing!

- Stage Number & Start
- Stage Finish
- Team Mountain Challenge
- Archery Challenge
- Team Parking
- Toilet
- Feed Station
- Bike Drop
- First Aid/Mountain Rescue