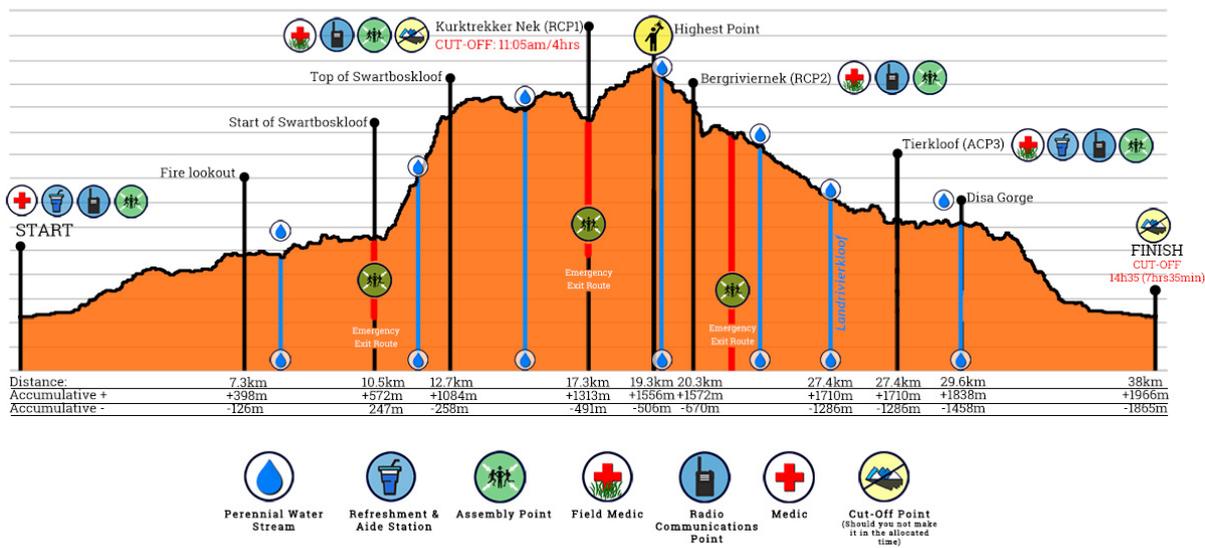




38km

Accumulative + 1966m
 Accumulative - 1966m
 WTG: Brown 7C ([What's this?](#))



The race starts from the Assegaibosch Nature Reserve and heads into the Jonkershoek Nature Reserve along an easy and runnable 1.5km twin spoor jeep track. After this welcoming warm up a more tenuous climb awaits up the 'Fire Lookout 1 & 2' MTB trails, gaining you 250m in vertical height gain over 2.75km up to the upper contour trail at 4.5km. From here it's an undulating traverse for 5.5km, past the Fire Lookout, past the waterfall at Sosyskloof, and all the way to the start of your biggest climb of the day up Swartboskloof at 10.5km.

The climb is roughly 3km long and climbs 600m with its steepest section around the midsection as you climb up through the quartzite bands. Roughly in the middle there is a fairly reliable mountain spring at 11.5km. Before you expect it, the relentless Swartboskloof climb suddenly seems to give way and you find the trail flattening out at 12.7km (1125m)

At around the 14km mark you descend a short slope to the saddle above Diepgat – with magnificent views south over Somerset West and Helderberg (site of that other tough Mountain Challenge race!).

Shortly thereafter you climb gently along the north slopes of the 'Triplets' – three conical shaped peaks to your right.

At 15.3km you reach another reliable water source, followed shortly thereafter (150m) by a T-junction with another path coming in from the right – you turn left here following the sign to 'Kurktrekker'. From 16.3km to Radio Check Point 1 (RCP1) at 17.3km on the Kurktrekker Saddle is a steep technical zigzag descent that requires caution. From the Kurktrekker saddle at 1030m, it's another short steep climb to 1200m followed by a gentle ascent to top out at the highest point en route - 1273m at 19.3km.

Shortly after topping out at your high point you cross another reliable stream, and then turn down a spectacular descent along this same river course. Next up one of the most spectacular mountain traverses out high above a sheer drop to the Jonkershoek Valley below. The views are spectacular here, both ahead to the spires of Banghoek and Third Ridge peaks, as well as down the valley. From 20km you hit a steep rocky and technical zigzag descent to the Bergriviernek at 1030m, and (RCP2) at 20.3km.

After checking through RCP2, another section of zigzags drops you down another 100m lower, before the traverse turns West down the valley and towards the finish. The path traverses level for the first 2km until you reach the path junction around the 22.3km mark. Keeping right, the trail starts to descend slightly. Rocky and loose at first but soon the trail smoothes out, quickly soothing you into the rhythm of fast downhill mountain trail.

At 25.3km you cross Langrivierkloof and a dependable water source. Very shortly thereafter you join a jeep track that takes you to your aid station (ACP3) at 27.4km. Here the 21.5km runners will join your route.

After 3km of undulating mountain hiking trail you cross Disa Gorge (29.6km) and your last drinkable mountain water before the finish. 500m on and you cross over the highest of the mountain jeep tracks, and join onto the top of 'Armageddon' mountain bike trail that will weave you all the way down to the lower slopes. You will be spat out very near the main gate at 35.5km before heading back onto the final 2.5km return section to the finish.