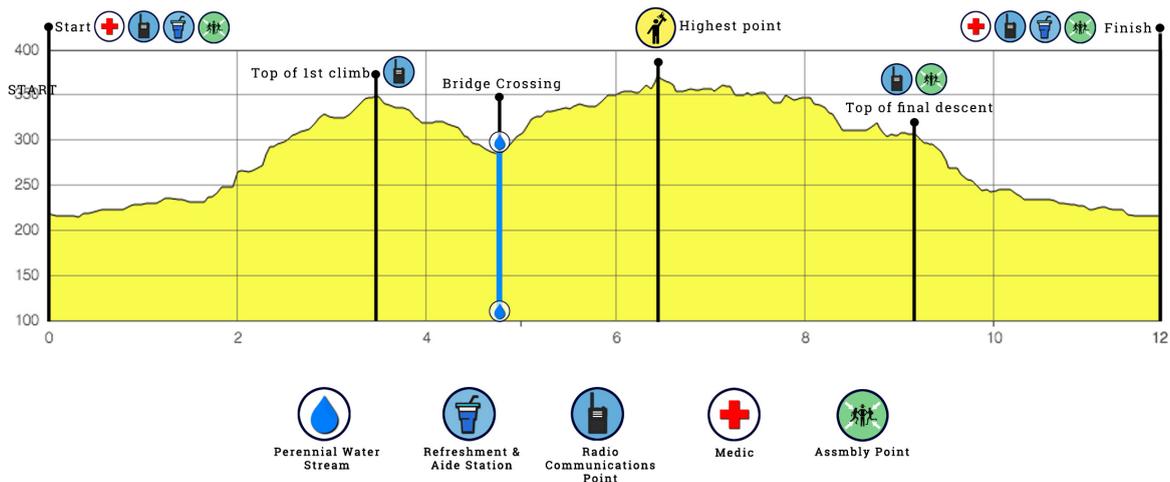




# 11km

Accumulative + 269m  
 Accumulative - 269m  
 WTG: Yellow 5A ([What's this?](#))



## Course description:

This is the fast and fun route that has none of the huge climbs or big mountain challenges that come with it's two big brothers. So if you are a short course trail runner, junior, novice or someone who just prefers to take in the super accessible fun distance – this one's for you.

This race is the second to start from the Assegaibosch Nature Reserve at 08:20 (which means that if you are supporting a family or friend in either the 24km or 39km, you should be able to complete this in time to see them finish!) and heads into the Jonkershoek Nature Reserve along the same gentle 1.5km jeep track section as the 39km & 24km routes, and just perfect to stretch the legs. A gradual climb starts at the 1.75km mark – all on forestry jeep track and continues for a further 2.25km.

After 3.4km, you will turn left off the main track and descend down a fun, smooth mountain bike single track for a further 1.3km before crossing over the lower jeep track at 4.7km. Take the time to look up and around you at the sheer magnificence of the towering peaks and spires ahead! Shortly thereafter you cross the Eerste Rivier (First River) and climb steeply before turning right onto the main circular

drive for a short distance. From this point it's onto the the bottom of 'Neverending Story' MTB trail to reach the high point at 6.5km. The hard work is over and from here it's a gentle undulating traverse to 8.5km on open jeep track before picking up another section of MTB trail. A short section of the circular drive brings you back onto the opening section which you reverse for 2km to get you back to the finish.