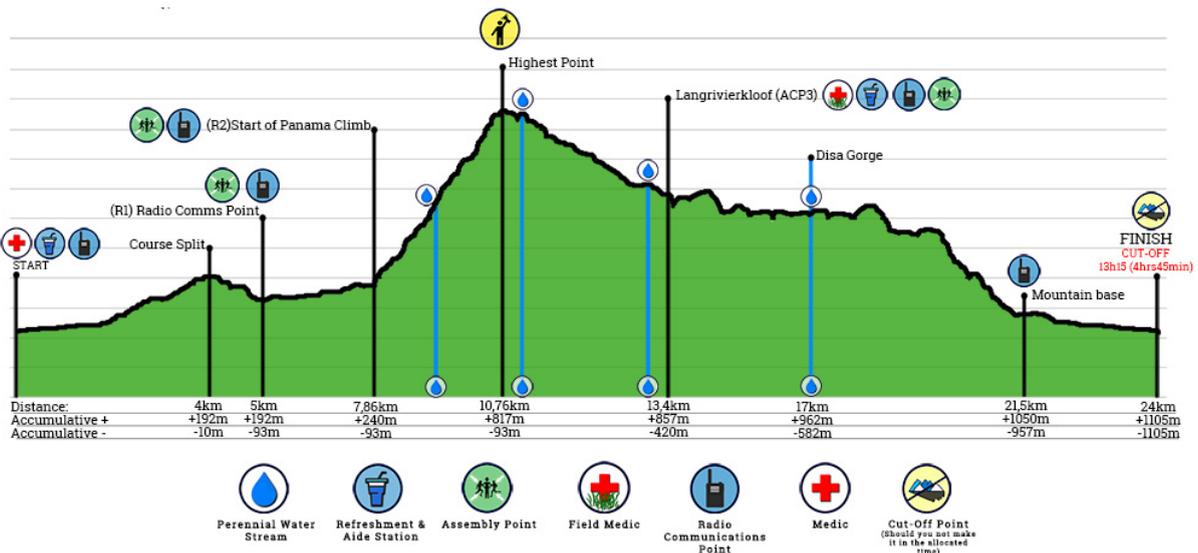




24km

Accumulative + 1105m
 Accumulative - 1105m
 WTG: Orange 5B ([What's this?](#))



Yours is the final start of the day at 08:30 (don't ask it's complicated) from the Assegaibosch Nature Reserve and heads into the Jonkershoek Nature Reserve along the same easy and runnable 1.5km twin spoor jeep track as the 38km. After this welcoming warm up a gradual climb starts at the 1.75km mark on open forestry jeep track, and continues for a further 2.25km. At 4km you leave the jeep track and descending down a fast and non-technical single track for a further kilometre before joining the lower jeep track.

Turning right on the main Jonkershoek access track, you continue gently up for 2km to the apex of the valley, and cross over 'Witte Brug' over the Eerste Rivier (First River). At the 7.3km mark, you turn sharp right and onto the 'Panorama Trail' hiking trail. From here to the 10km mark it's a lung busting 40°, 700m vertical height gain climb to gain the high level contour trail. This will be a tough slog in the shadow of the mighty Banghoek & Third Ridge peaks! But don't despair as from the top of the climb,

not only will you have spectacular views but you will have completed the most difficult section of the race.

Turning left and joining with the 39km runners, the trail descends at 5° - very rocky and loose at first but soon the trail smooths out, quickly soothing you into the rhythm of fast mountain trail before you reach Langrivierkloof and your only aid station at 13.4km (ACP3)

At just over the 15km mark - and after a brief stint on jeep track, the 24km routes turn right off the jeep track and back onto mountain trail. After 3km of undulating mountain trail you cross Disa Gorge (17km) 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 before heading back onto the final 2km return section to the finish.