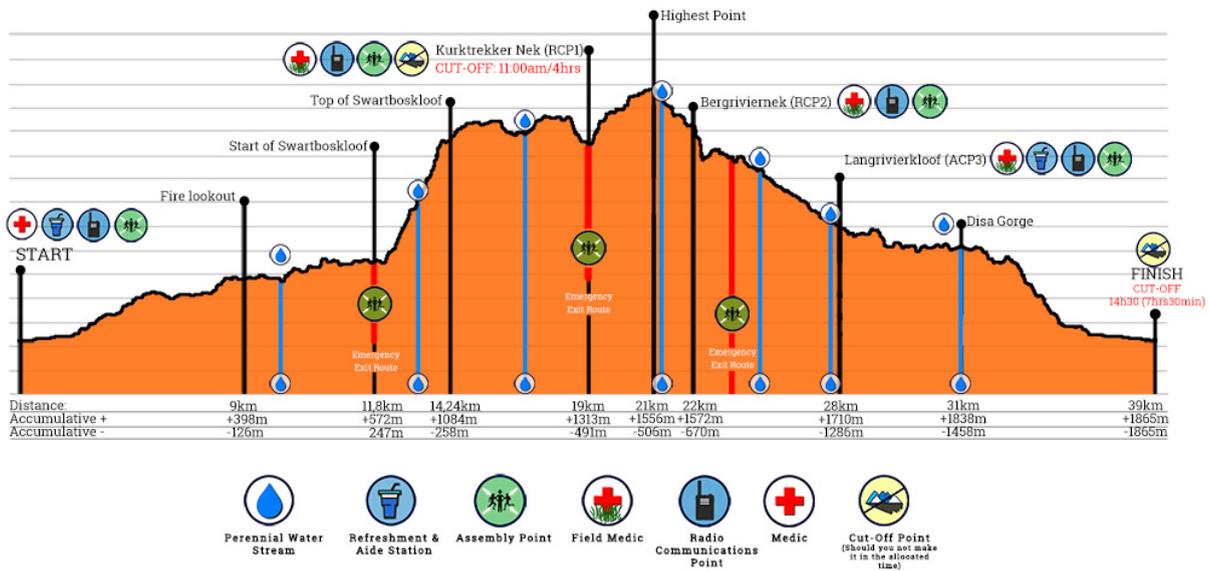




39km

Accumulative + 1865m
 Accumulative - 1865m
 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 gradual climb starts at the 1.75km mark on open forestry jeep track, and continues for a further 2.25km. At this junction, the full 39km route turns up for a further 3km before turning left onto the first mountain trail at 6.2km. A brief but short climb gets you onto the start of the long traverse that takes you all the way to the start of Swartboskloof at 11.8km.

Along the way you will pass the fire lookout at 7.8km, and your first mountain stream - the beautiful little forested waterfall of Sosyskloof at 9.2km. From here it's a mixed traverse around a beautiful amphitheatre to the start of the biggest climb of the day at 11.8km - and the last emergency exit before climbing into the high mountains.

After crossing the Swartboskloof River (expect this to be dry) at 11.8km (550m), you start the big climb of the day up Swartboskloof. 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 13.1km. Before you expect it, the relentless Swartboskloof climb suddenly seems to give way and you find the trail flattening out at 14.2km (1125m)

At around the 15.7km 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 17km 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 18km to Radio Check Point 1 (RCP1) at 19km 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 21km.

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 21.6km you hit a steep rocky and technical zigzag descent to the Bergriviernek at 1030m, and (RCP2) at 22km.

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 24km mark. This is where you will see runners coming up from the left who are running the JMC Lite 24km. Keeping right, the trail starts to descend slightly. Rocky and loose at first but soon the trail smooths out, quickly soothing you into the rhythm of fast mountain jeep track.

At 27km you cross Langrivierkloof and a dependable water source. Very shortly thereafter at 28km you will find the Aid Station Check Point 3 (ACP3) which will also be your only aid station on route. At the 29km mark and after a brief stint on jeep track, the 39km route and the 24km routes turn right off the jeep track and onto mountain trail.

After 3km of undulating mountain trail you cross Disa Gorge (31km) 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.