







Full Course				Half Course			
LEG 1	KAYAK		12 km	LEG 1			
LEG 2	TREK		13 km	LEG 2	TREK		13 km
LEG 3	KAYAK		12 km	LEG 3	KAYAK		12 km
LEG 4	MTB		40 km	LEG 4	MTB		40 km
LEG 5/6	TREK		22 km	LEG 5/6	TREK		22 km
LEG 7	MTB		38-42 km	LEG 7	MTB		32-36 km
LEG 8	KAYAK		29-35 km	LEG 8	TREK		9 km
LEG 9	MTB		30-35 km	LEG 9	KAYAK		10 km
LEG 10	TREK		18 km	LEG 10			

HQ	0437 020 022
Craig	0419 427 244
Louise	0419 427 243
Emergency	0409 673 485



GEOQUEST