



Walk route and key

 8 mile route

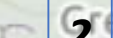
 5 mile route

 shared section

 marshal presence

 check point (CP1-4)

 reference points

 miles main walk
or for short walk (5m)
subtract from 8 to
give miles remaining

start
control
tower

Note: CP3 is at 1.4m on short walk or 4.4m on long walk. Long walk would be reduced to 5.8m if from CP3 return is made along blue route direct to control tower.

