



Leg	Distance	Cumulative
Start – CP1	5.5km	5.5km
CP1 – Finish	5.6km	11.1km

11km

From the start at Phil Rogers Park, head up the steps and follow the trail markings to the Carlo Sand Blow.

Watch out for cars in the car park.

Continue across the sand blow and along the trail until you reach CP1.

Turn around and follow the marked trail back the way you came.
Ignore the Carlo Sand Blow turnoff (on the right) and continue straight on.

Please note: you do not cross Carlo Sand Blow on the return trip.

Follow the marked trail until you come to Rainbow Beach Road.
Turn right and continue on the grass verge and footpath. Take care crossing the side street.

The finish line is on the right, in the park next to the SES shed.

Congratulations! You have just finished the 11km.



Start & Finish Areas

