

| Orange | | 2.3 km | | 100 m | |
|--------|-------|--------|---|-------|--|
| ▷ | | / | ↗ | | |
| 1 | 31 | ▲ | • | ≡ | |
| 2 | 32 | • | | ḡ | |
| 3 | 63 | / | ↗ | γ | |
| 4 | 39 | ↗ | | ∇ | |
| 5 | 41 | / | | | |
| 6 | 42 | ⋯ | | ↗ | |
| 7 | 46 | ∩ | | ḡ | |
| 8 | 47 | ☺ | | | |
| 9 | 50 | ◯ | | | |
| 10 | 51 | ⊗ | | ◯ | |
| 11 | 71 | / | | < | |
| 12 | 72 | / | ⋯ | γ | |
| ◯ | 100 m | | ◯ | | |

| Green | | 4.7 km | | 170 m | |
|-------|-------|--------|----|-------|---|
| ▷ | | / | ↗ | | |
| 1 | 32 | • | | ḡ | |
| 2 | 33 | ← | ∩ | ∩ | |
| 3 | 40 | ≡ | 1m | ⊥ | |
| 4 | 46 | ∩ | | ḡ | |
| 5 | 48 | • | | ◯ | |
| 6 | 64 | → | ≡ | ḡ | |
| 7 | 65 | • | | ◯ | |
| 8 | 66 | ⋯ | | < | |
| 9 | 69 | / | | | |
| 10 | 70 | ⋯ | | | |
| 11 | 68 | | ≡ | 2m | ⊥ |
| 12 | 35 | ⊗ | | ◯ | |
| 13 | 55 | ∩ | | | |
| 14 | 53 | ⊗ | | ◯ | |
| 15 | 50 | ◯ | | | |
| 16 | 49 | ◯ | | ◯ | |
| ◯ | 190 m | | ◯ | | |

| Brown | | 7.5 km | | 325 m | |
|-------|-------|--------|----|-------|---|
| ▷ | | / | ↗ | | |
| 1 | 31 | ▲ | • | ≡ | |
| 2 | 73 | → | ▲ | ▲ | ≡ |
| 3 | 33 | ← | ∩ | ∩ | |
| 4 | 40 | ≡ | 1m | ⊥ | |
| 5 | 43 | ↗ | ∩ | | |
| 6 | 42 | ⋯ | | ↗ | |
| 7 | 45 | ▲ | | ◯ | |
| 8 | 48 | • | | ◯ | |
| 9 | 64 | → | ≡ | ḡ | |
| 10 | 65 | • | | ◯ | |
| 11 | 66 | ⋯ | | < | |
| 12 | 69 | / | | | |
| 13 | 70 | ⋯ | | | |
| 14 | 68 | | ≡ | 2m | ⊥ |
| 15 | 67 | ≡ | 3m | ⊥ | |
| 16 | 62 | ≡ | 3m | ⊥ | |
| 17 | 61 | ⋯ | | → | |
| 18 | 59 | ≡ | 2m | ⊥ | |
| 19 | 56 | ◯ | ☺ | ≡ | |
| 20 | 57 | ∩ | | | |
| 21 | 60 | ↓ | ≡ | 2m | ⊥ |
| 22 | 59 | ≡ | 2m | ⊥ | |
| 23 | 54 | ↑ | ⊗ | ⊗ | ≡ |
| 24 | 53 | ⊗ | | ◯ | |
| 25 | 44 | ∩ | ∩ | | |
| 26 | 49 | ◯ | | ◯ | |
| ◯ | 190 m | | ◯ | | |

| LightGreen | | 3.6 km | | 120 m | |
|------------|-------|--------|---|-------|--|
| ▷ | | / | ↗ | | |
| 1 | 31 | ▲ | • | ≡ | |
| 2 | 33 | ← | ∩ | ∩ | |
| 3 | 38 | / | ↗ | × | |
| 4 | 39 | ↗ | | ∇ | |
| 5 | 42 | ⋯ | | ↗ | |
| 6 | 46 | ∩ | | ḡ | |
| 7 | 50 | ◯ | | | |
| 8 | 64 | → | ≡ | ḡ | |
| 9 | 35 | ⊗ | | ◯ | |
| 10 | 66 | ⋯ | | < | |
| 11 | 58 | ◯ | | | |
| 12 | 48 | • | | ◯ | |
| 13 | 49 | ◯ | | ◯ | |
| ◯ | 190 m | | ◯ | | |

| Blue | | 5.8 km | | 245 m | |
|------|-------|--------|----|-------|---|
| ▷ | | / | ↗ | | |
| 1 | 31 | ▲ | • | ≡ | |
| 2 | 32 | • | | ḡ | |
| 3 | 33 | ← | ∩ | ∩ | |
| 4 | 40 | ≡ | 1m | ⊥ | |
| 5 | 43 | ↗ | ∩ | | |
| 6 | 45 | ▲ | | ◯ | |
| 7 | 48 | • | | ◯ | |
| 8 | 64 | → | ≡ | ḡ | |
| 9 | 65 | • | | ◯ | |
| 10 | 66 | ⋯ | | < | |
| 11 | 69 | / | | | |
| 12 | 70 | ⋯ | | | |
| 13 | 68 | | ≡ | 2m | ⊥ |
| 14 | 67 | ≡ | 3m | ⊥ | |
| 15 | 62 | ≡ | 3m | ⊥ | |
| 16 | 59 | ≡ | 2m | ⊥ | |
| 17 | 54 | ↑ | ⊗ | ⊗ | ≡ |
| 18 | 44 | ∩ | ∩ | | |
| 19 | 49 | ◯ | | ◯ | |
| ◯ | 190 m | | ◯ | | |

Course Yellow, Length 2.2 km, Climb 90 m

Start Forest Entrance

1. 36 Signpost
2. 37 Path Junction
3. 34 Boulder
4. 63 Road/Path Junction
5. 38 Stream crosses road

Follow tapes up hill

6. 39 Corner of Fence

Follow tapes up to road

7. 41 Turning circle on road
8. 47 Quarry beside road
9. 52 Signpost
10. 58 Signpost
11. 71 Bend in Road
12. 72 Road/Ride junction

Follow taped route 100 m from last control to finish