

Course:

- 1 The course starts at the gravel road opposite the boom at the entrance of the nature reserve. To ensure Strava captures the segment, start parallel to the gate.
- 2 Run up the right side of the mountain, up Protea, past Caracal and to the gorge.
- 3 Run Leopard Loop.
- 4 Head down and turn right and run down to Sugar Bird.
- 5 Keep right and run the long way around to the pond. Run around the South (bottom) part of the pond on the boardwalk.
- 6 Head across into the forest, and turn right at first turn at the first turn after the boardwalk, and keep straight until you're at the steps.
- 7 Turn right and up the stairs towards the gravel road, and down the gravel road to the start

