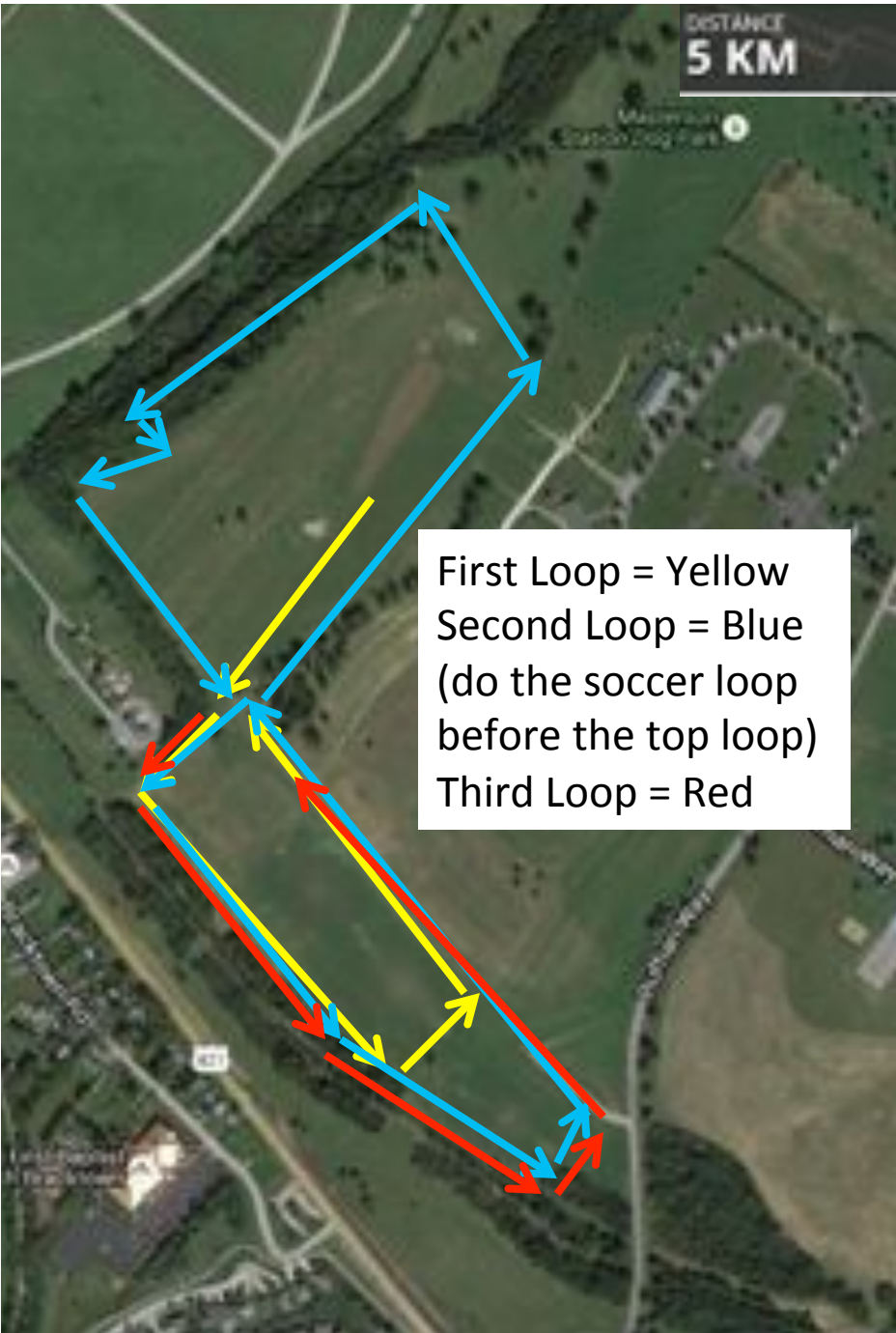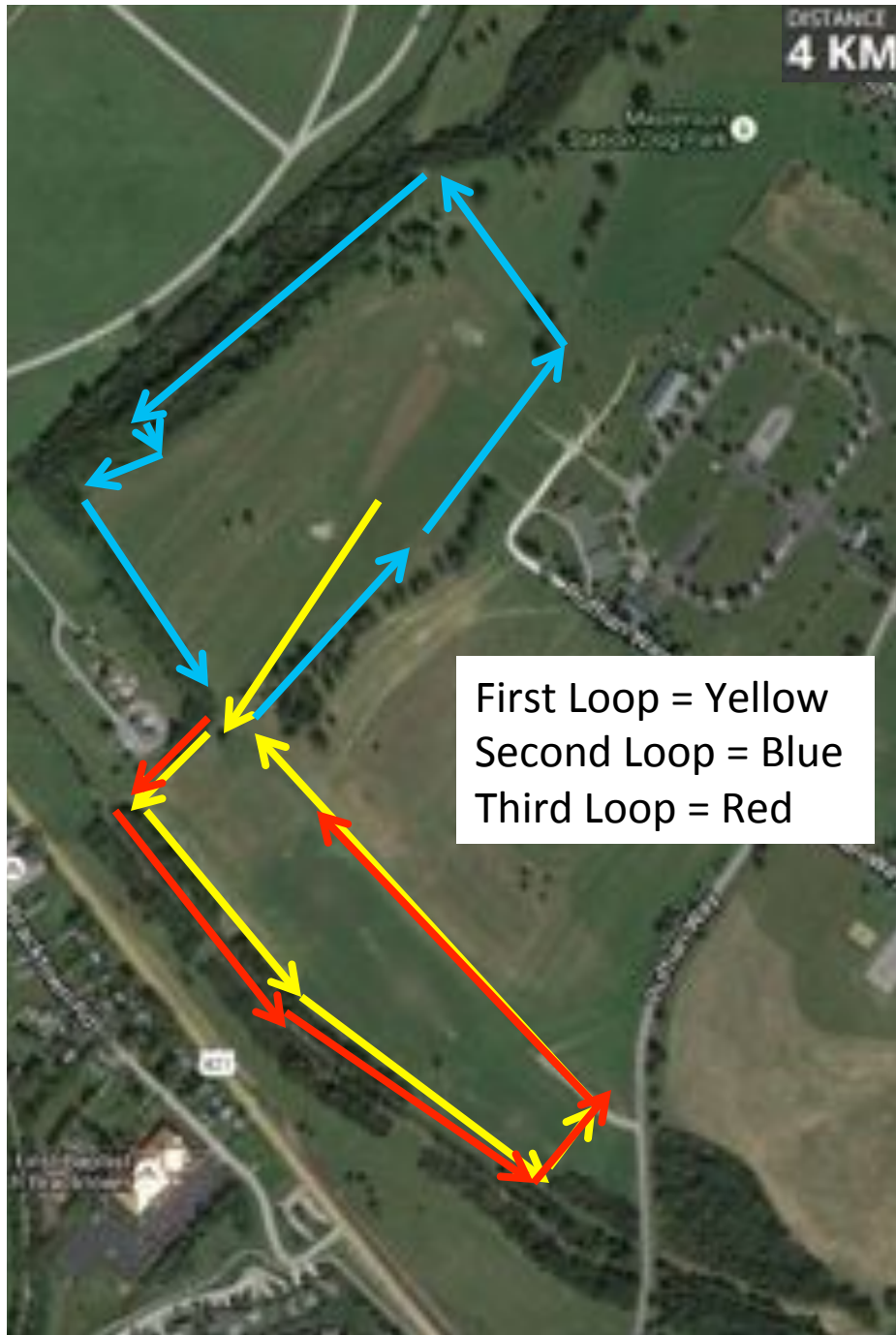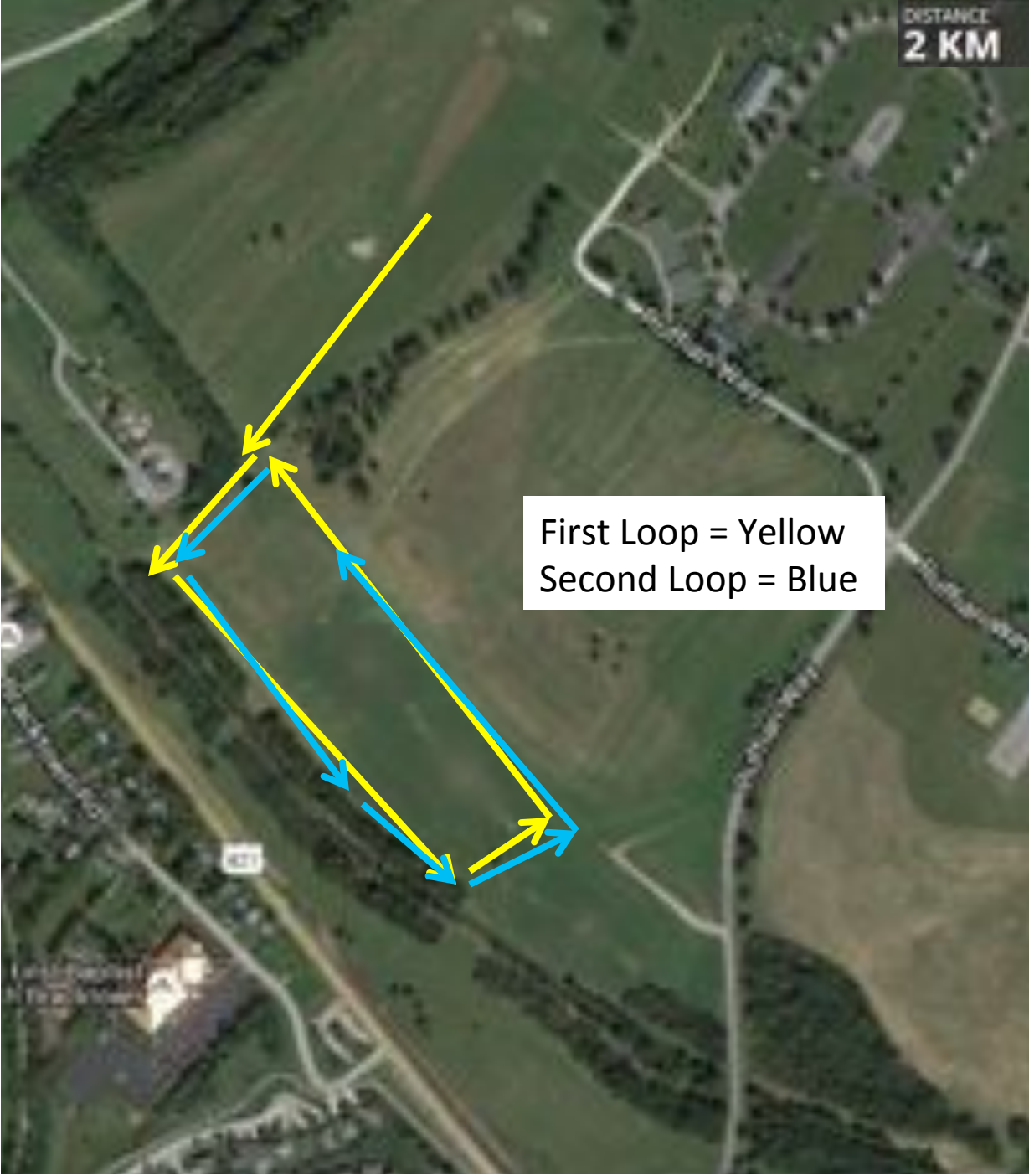DISTANCE
5 KM

First Loop = Yellow
Second Loop = Blue
(do the soccer loop
before the top loop)
Third Loop = Red

First Loop = Yellow
Second Loop = Blue
Third Loop = Red

DISTANCE 2 KM

First Loop = Yellow
Second Loop = Blue

8K

Starting straightaway to short lower loop (Counter-Clockwise)

At intersection Left to large lower loop (Counter – Clockwise)

At intersection Right up the hill for large upper loop (Counter –Clockwise)

At intersection Right onto large lower loop (Counter –Clockwise)

At intersection Right up the hill for small upper loop (Counter –Clockwise)

At intersection Right onto short lower loop