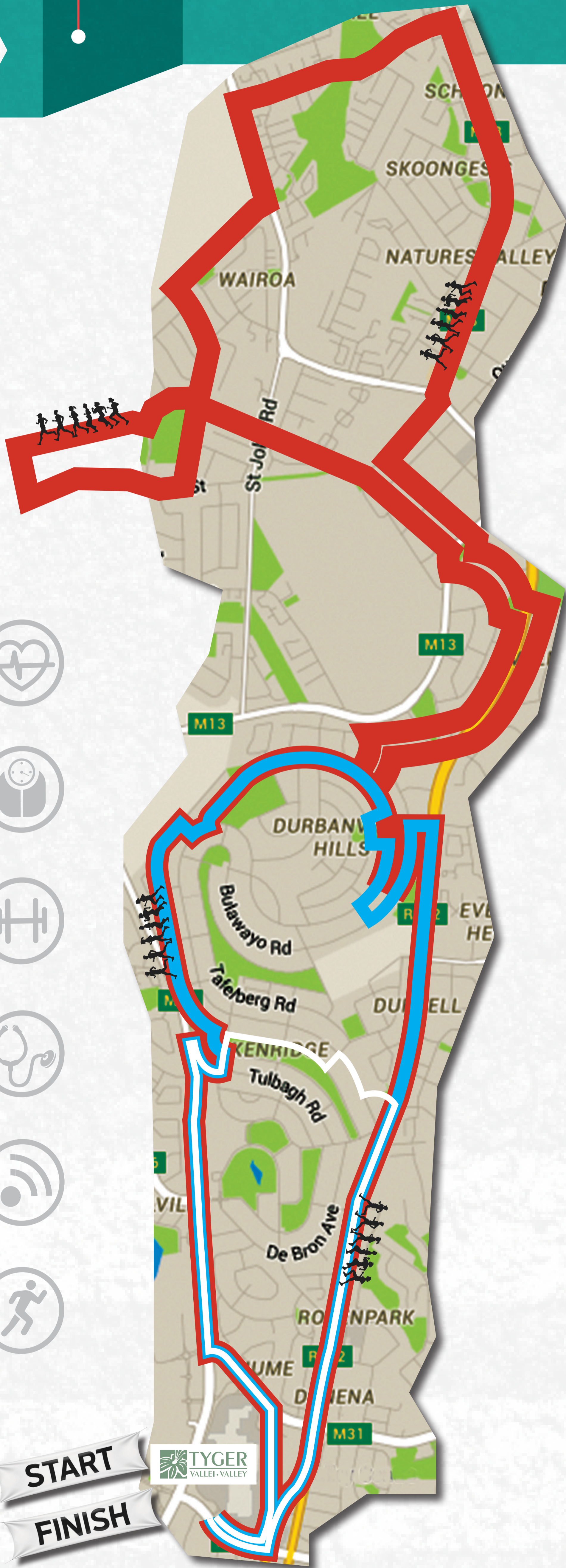


● PACE YOURSELF



● CHECK YOUR HEART RATE

ROUTES



5 KM ROUTE DESCRIPTION (WHITE ROUTE)

Tyger Valley Shopping Centre Parking Area (Across from Engen Garage)
Left onto Bill Bezuidenhout
Left onto Durbanville Avenue
Left onto Kendal
Right onto Kenridge
Left onto Tafelberg
Right onto De Villiers
Left onto Van Riebeeck
Right onto Rhodes
Left onto Tyger Valley Road
Left onto Old Oak
Right onto Tyger Valley Shopping Centre Parking Area

10 KM ROUTE DESCRIPTION (BLUE ROUTE)

Tyger Valley Shopping Centre Parking Area (Across from Engen Garage)
Left onto Bill Bezuidenhout
Left onto Durbanville Avenue
Left onto Sentinel
Left onto Drakenstein
Right onto Brandwag
Right onto Franshoek
Left onto Kanonkop
Right onto Cederberg
Right onto Tygerberg
Left onto Franshoek
Right onto Upper Kenridge
Right onto Umtali
Left onto De Villiers
Right onto Van Der Stel
Right onto Van Riebeeck
Right onto Rhodes
Left onto Tyger Valley Road
Left onto Old Oak
Right onto Tyger Valley Shopping Centre Parking Area

21 KM ROUTE DESCRIPTION (RED ROUTE)

Tyger Valley Shopping Centre Parking Area (Across from Engen Garage)
Left onto Bill Bezuidenhout
Left onto Durbanville Avenue
Left onto Sentinel
Left onto Drakenstein
Right onto Hangklip
Right onto Franshoek
Right onto Morgenster
Right onto Suikerbos
Right onto Aandblom
Right onto Race Course
Left onto High
Left onto Burton
Right onto Aurora
Right onto Odendal
Right onto Pretorius
Left onto Patterson
Left onto Burton
Right onto Odendal
Left onto Vissershok
Right onto Mosselbank
Right onto Koeberg
Straight Langenhoven
Left onto High
Right onto Race Course
Left onto Aandblom
Left onto Suikerbos
Left onto Morgenster
Right onto Franshoek
Right onto Kenridge
Right onto Umtali
Left onto De Villiers
Right onto Van Der Stel
Right onto Van Riebeeck
Right onto Rhodes
Left onto Tygervally Road
Left onto Old Oak
Right onto Tyger Valley Shopping Centre Parking Area

