



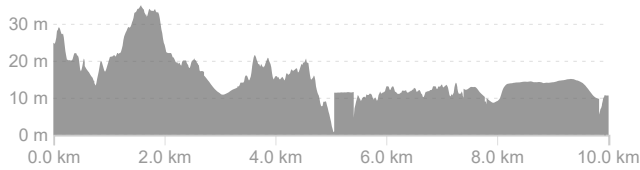
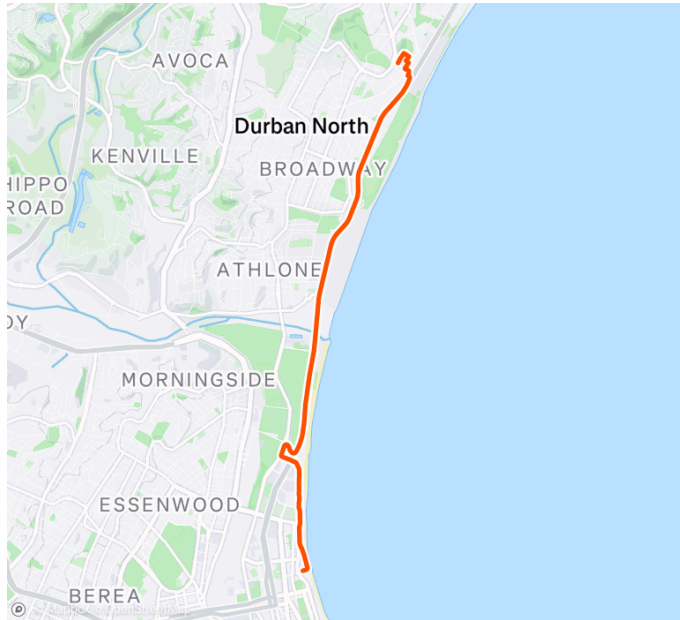
Balwin Sport Dolphin Coast 10km 2025

<https://www.strava.com/routes/3172911372137125688>

10.0 km
Distance

60 m
Elevation Gain

1:04:50
Est. Moving Time



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws.

DIRECTION	DISTANCE
Proceed onto Hinton Place	0.5 km
Proceed onto Hinton Place	0.7 km

DIRECTION	DISTANCE
Proceed onto M4 - Ruth First Highway	2.7 km
Proceed onto M4 - Ruth First Highway	2.8 km
Proceed onto M4 - Ruth First Highway	3.0 km
Proceed onto M4 - Ruth First Highway	3.1 km
Proceed onto M4 - Ruth First Highway	3.2 km
Proceed onto M4 - Ruth First Highway	5.0 km
Proceed onto M4 - Ruth First Highway	5.3 km
Proceed onto Isaiah Ntshangase Road	7.4 km
Proceed onto off-road waypoint. No data available	7.6 km
Proceed onto off-road waypoint. No data available	7.6 km
Left onto Masabalala Yengwa Avenue	7.6 km
Proceed onto Durban Promenade	7.8 km
Proceed onto Durban Promenade	7.9 km
Proceed onto Durban Promenade	8.1 km
Proceed onto Durban Promenade	8.6 km
Proceed onto Durban Promenade	9.2 km
Proceed onto Durban Promenade	9.8 km
Arrive at Finish	10.0 km