

Route Stage Description – Canyon 50 | Team 50

From CP	To CP	Stage Dist. km	Cumulative Dist. km	Height ASL Metres	Description
Start	1	1.9	1.9	4	Minimum 4 runners on this stage Follow asphalt road parallel to beach to T-junction opposite power station and a sharp right to end of plantation.
1	2	3.1	5.0	4	Turn left South West keeping plantations on left, follow road through village to T-junction with main road, approx. 4km from CP1.
2	3	2.9	7.9	28	Follow asphalt road right inland on gravel plain, at T junction at new dam turn right up hill on asphalt past parking areas through rock cutting & down to end of asphalt and onto gravel track.
3	4	3.8	11.7	54	Continue up wadi on gravel track past small settlements of houses, track turns to left past construction materials on right & helipad (white stones in circle)
4	5	2.7	14.4	85	Continue up wadi, sign posted for Khasab, on main gravel track (right turn is to Zighi beach – private road), track crosses wadi twice (fairly steep) go past village on left to 3 white water tanks
5	6	2.1	16.5	132	Continue up wadi on gravel track, wadi narrows, undulating to lots of trees
6	7	2.5	19.0	205	Wadi narrows single track, drive slowly , wadi rougher, to white water tank on left with green trough
7	8	4.1	23.1	254	Wadi narrows to gorge & turns sharply left, narrow & track often single way, wadi rough, undulating & sharp bends - drive slowly , along wadi bed
8	9	3.5	26.7	360	Wadi less deep & more open, wadi opens & turns to right, open area on left water tank drive slowly

Reverse the ascent route.

Again 4 runners on the final stage from check point 1 to finish.