

Route Stage Description – Mountain 72 | Team 72

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
9	10	3.2	29.9	522	Wadi opens slightly, wadi less rough and opens at bend to right.
10	11	4.1	34.0	636	Continue on gravel track in wider wadi to steep track up hairpin bends then left across cliff, to brow of hill, to just past houses on right very steep, drive slowly
11	12	2.9	36.9	945	Slight downhill round bend to left past old village terraces on right, climbs to 2 hairpin bends to high point at 1036 m , descend 2 bends to flat area and onwards to turn around point. The flat area is for vehicle turning and parking. Runners turn to CP12 flag.

Reverse the ascent route.

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