Route description - Solo 70 KM (two loops of 35 KM)

Support stations for Solo runners available at CP 2, CP 4, CP 6, CP 8 and CP 10

From checkpoint	To checkpoint	Distance between checkpoints	Cumulative distance	Altitude (at checkpoint)	CP reference	Description
Start	1	1.5	1.5	264 meters	Next to houses with white walls	•Straight: Starting at the Wadi Hub, continue straight along the granular path with the parking lot on your left. Keep going ahead with the reedbeds on your right, until you reach the main road. •Right: Turn right from the main road and continue alongside the asphalt road. •Left: Take the first left from the asphalt road and keep running alongside the walls of houses, until you reach CP 1.
1	2	3.8	5.3	238 meters	Bottom of the Hatta border mountain	•Straight: Continue straight from CP1 into the wadi, with the reedbeds on your left. You will find yourself running on the cycle track which is slightly elevated and on a mountain track. •Straight: Continue straight until you reach the bridge. •Straight: Descend down from the bridge and continue straight along the path until you reach the main road. •Straight: Continue straight on the asphalt road until you reach the end. •Left: Take a left on the asphalt road (it turns left naturally). •Right: Take the first right on the asphalt road. It would take you off-road. •Straight: Continue straight on the path for about 1.8 KM until you reach CP2, which is at the bottom of the Hatta border mountain.
2	3	2.2	7.5	352 meters	At the hatta border mountain	•Straight: Continue up the border mountain until you reach CP 3.
3	4	1.3	8.8	625 meters	Peak of the hatta border mountain	•Straight: Continue up the border mountain until you reach CP 4, which is at the highest peak of the border mountain.
4	5	3.7	12.5	345 meters	At the bottom of the hatta border mountain	•Straight: Strart your descend from the border mountain towards CP 5, which is locatded right at the bottom.
5	6	2.5	15	362 meters	Next to the entrance of the residential units	•Straight: From CP5, continue straight for about 250 M until you reach the bottom of the short red mountains. •Right: Turn right from the bottom of the short red mountains and continue ahead following the signages for approximately 2 KM until you reach CP 6. You would be running alongside the picturesque mountains on your left and residential townhouses on your right.
6	7	6.3	21.3	330 meters	At Hatta Mountain burger food truck	• Straight: From CP6, continue straight up the gravel terrain, following the signages for Hatta Tourist camp, for roughly 550 M. • Left: Turn left towards the Hatta Tourist camp. • Straight: Continue straight ahead the path from Hatta Tourist camp, whilst running parallel to the mountains, for roughly 950 M. • Left: Take a left from a small house, going down the wadi towards Hatta Bee Centre. • Right: Take a right from the bottom of the Wadi. • Straight: Continue straight for about 300 M. (Continued below)

30th Adventure HQ Wadi Bih Run

Route description - Solo 70 KM (two loops of 35 KM)

From checkpoint	To checkpoint	Distance between checkpoints	Cumulative distance	Altitude (at checkpoint)	CP reference	Description
6	7	6.3	21.3	330 meters	At Hatta Mountain burger food truck	• Left: Follow the path and take a left leading you up into the Wadi. • Left: Follow the path into the Wadi and turn left after a short distance. • Straight: Continue going straight following the pathway until you reach the white buildings. • Right: Turn right at the white buildings, and continue straight. • Straight: Continue going straight following the pathway for 1.5 KM until you reach a T junction. • Left: Take a left from the T junction and continue straight. • Straight: Continue going straight following the pathway, with buildings on your left. You would be going through small pathways for 1.3 KM. • Straight: Cross the road to reach CP 7.
7	8	4.5	25.8	385 meters	At the parking of Hatta Kayak lake	•Right: From CP 7, turn right onto the main road. •Straight: Continue ahead on the asphalt road until you reach a roundabout. •Right: From the roundabout, take the 1st exit (going right). •Straight: Continue straight for roughly 550 M until you reach another roundabout. •Right: From the roundabout, take the 1st exit (going right) and continue straight. •Straight: Continue straight following the asphalt road for roughly 1.1 KM until you reach the Hatta Market. •Left: From the small junction, with Hatta Market on your right, go left towards the Hatta Kayak lake. •Continue going straight, following the signages for Hatta Kayak lake until you reach at the top of the Hatta Kayak lake. •Go back down from the Hatta Kayak lake towards the parking area, where CP 8 is.
8	9	2.4	28.2	349 meters	At the Hatta stadium	•From CP 8, continue straight ahead to exit out of the parking lot, onto the main road from which we came. •Straight: Continue running along the asphalt road towards the Hatta Market. •Left: From the Hatta Market take a left and continue straight. •Straight: Continue running straight on the asphalt road, crossing two roundabouts, for roughly 850 M, until you reach CP 9.
9	10	4.9	33.1	290 meters	At the end of the bridge	•Straight: From CP 9, continue straight on the asphalt road 1.2 KM until you reach a bridge. •Right: From the bridge, take a right going off-road and onto the gravel terrain. •Straight: Continue straight on the gravel terrain for 1.5 KM until you reach the main road. •Cross the main road to get to the other side and follow the path which would have you run alongside the Hatta park border wall. •Right: At the edge of the Hatta park border wall, take a right onto the gravel terrain. •Straight: Continue ahead for roughly 1 KM, running alongside the right walls. •Right: Turn right at the end of the pathway and around the small lake. •Continue ahead for a short distance and cut through the lake to reach the opposite side, following the signages. •Run alongside the fences, following the mountain biking trail to reach to the bridge. •Cross the bridge to reach CP 10.
10	Finish	2	35.1	275 meters	At the Wadi Hub	•Straight: Continue straight on the pathway for roughly 2 KM, crossing the security gate of Wadi Hub, until you reach the finish line.