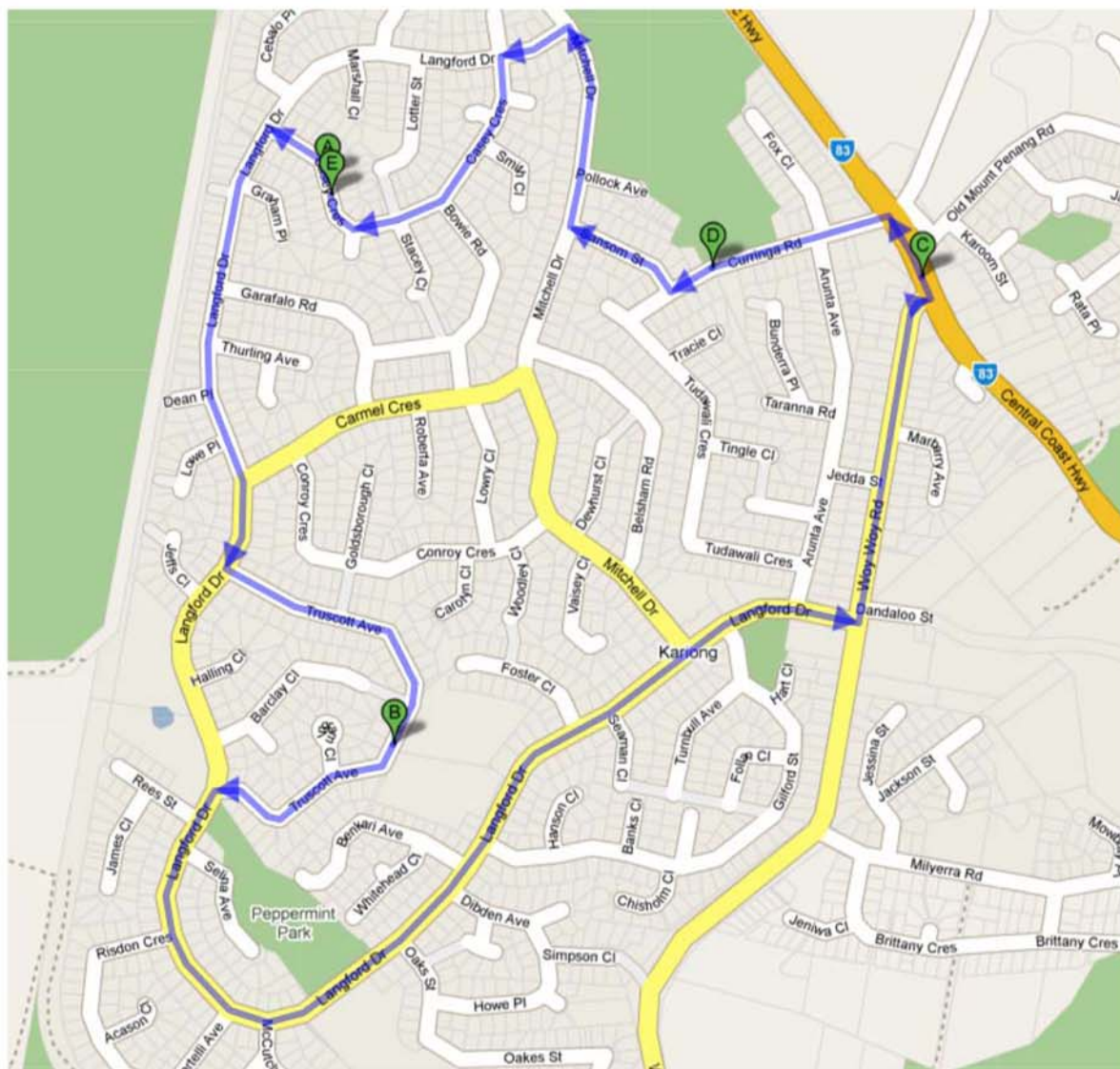


CIRQUIT TRAINING AROUND KARIONG - 50.8KM



50+ km

This ride is ideal for distance training as there's very little traffic to contend with. The roads are smooth & there are enough hills to throw in variation along the way. **TIP** put colour coded rubberbands on left handle-bar & move a band across to the right side each time you complete a cirquit (loop).

Loop	Ride description	km
1	Casey - Truscott – Langford & back to Casey	5.1
2	Casey out to Langford & Normal circuit loop	4.7
3	Normal circuit loop	4.5
4	Normal circuit loop & up Casey	4.7
5	Casey - Truscott – Langford & back to Casey	5.1
6	Casey - Truscott – Langford & back to Casey	5.1
7	Normal circuit loop	4.5
8	Normal circuit loop & up Casey	4.7
9	Casey – Truscott – Casey loop	5.1
10	Casey – Truscott – Casey loop	5.1
11	Casey – Carmel Mitchell loop	2.2

Total= 50.8km

Map shows the longer loop: including Truscott (hill) and Casey.

Rating

Scale: 1 bunny - light | 2 bunny - medium | hellbunny - hard

