

Leopard Run4ADHD Loop Challenge Course:

- 1 The course starts and ends at the gravel road opposite the boom at the entrance of the nature reserve. To ensure Strava captures the segment, start parallel to the gate.
- 2 Run up the right side of the mountain, up Protea, past Caracal and to the gorge.
- 3 In the gorge cross over the bridge and head up until you see the pink markers which will take you up the gorge, back to the other side and to Leopard Loop.
- 4 Run Leopard Loop. Remember to take a selfie.
- 5 Head down the technical section until you're back on Protea, turn right and run down the jeep track all the way to Sugar Bird.
- 6 Right into Sugar Bird and keep going. For the speedsters, the Downhill Dash segments starts just before the crest of the hill.
- 7 After the descent turn left, run the short straight, then right towards the pond.
- 8 Run around the South (bottom) part of the pond on the boardwalk.
- 9 Head past the Duck Pond Inn, past the entrance to the paths, go right, cross over the small bridge, then straight until you're at the steps.
- 10 Turn right and up the stairs towards the gravel road, and down the gravel road and follow the same path back to the start and finish.

