

# Stellies Run4ADHD Challenge Course:

- 1 The GPX starts and ends on the field next to the Coetzenberg Centre. Head to end of the field near the mountain and the Strava segment starts and ends at the bottom of the stairs.
- 2 When you reach the top of the stairs turn left and head down the trail through the trees and head down to the turn then turn left and head past the dam.
- 3 Make sure to take the path that takes you past the dam and then and make the long climb up towards the gum trees and the big rock – which marks the top of the long climb.
- 4 From the rock race down the rocky technical section
- 5 Cross over the dip for a short climb before heading down again.
- 6 Look out for the left turn into the fast forest single track section. When you're out of the forest turn right as you go onto the keep track and turn right again at point 9 on the map
- 7 Look out for the right turn into the single-track climb which takes you onto the trail towards the old white house.
- 8 From what was the old white house head down the keep track and keep right at point 7.
- 9 Go right and stay on the jeep track as you head past the damn.
- 10 You're almost home. Sharp turn right and head back to the start.

