

Section 1 is 20.3km.

If your average walking speed is 3km p/hour, it will take you just under 7 hours to walk this section of trail. Let's say you are allocated a start time of 8:00 am – then you will reach Fun Stop 1 at around 3pm. The Fun Stop closes at 4pm, so you will have one hour to rest.

Section 2 is 11.2km

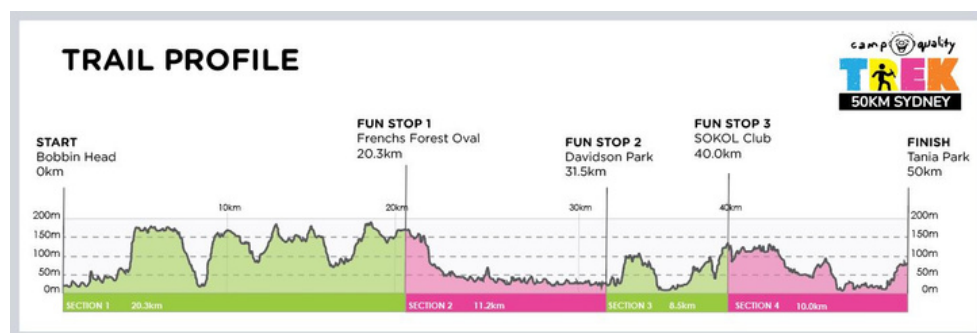
If you maintain an average walking speed of 3km p/hour it will take you around 4hours to reach Fun Stop 2 at around 8pm. This section of trail closes at 9pm so you will have an hour or so to rest.

Section 3 is 8.5km

If you maintain an average walking speed of 3kms p/hour it will take you around 3hours to reach Fun Stop 3 at around 1am. This section of trail closes at 2am, so you will have 1hour to rest before you tackle the final section of trail.

Section 4 is 10km

If you maintain an average walking speed of 3kms p/hour it will take you around 3.5hours to finish the last section of trail and you will cross the Finish Line at around 5:30am.



Tips for developing your own game plan

1. Remember, you should only ever walk as fast as your slowest team member. You must stick together on the trail to ensure that everyone is safe and accounted for.
2. Practise training on each section of the trail so you can get a sense of what your team's average speed is and base your game plan on that.
3. You may require more rest at each Fun Stop as the event goes on. You may want to plan for your average walking speed in the first section to be slightly faster so that you can spend more time resting at Fun Stop 2 and Fun Stop 3.
4. Thanks to our event partner, Balmain Sports Medicine, allied health services including podiatry volunteers will be available at Fun Stop 2. You may want to plan to arrive at this Fun Stop with a bit of extra time spare if you think you would like a free treatment.
5. A basic, warm meal will be provided for you at Fun Stop 3, so you may want to spend more time at this location before heading off on the final section of trail.
6. On your training walks, pack the kind of food and snacks you think you would like to eat at the event.
7. Remember to arrange for someone to drop your team off at the Start Line and pick you up at the Finish Line
8. Read through the [Event Guide](#) and [Training & Blister Prevention](#) pages for more tips.