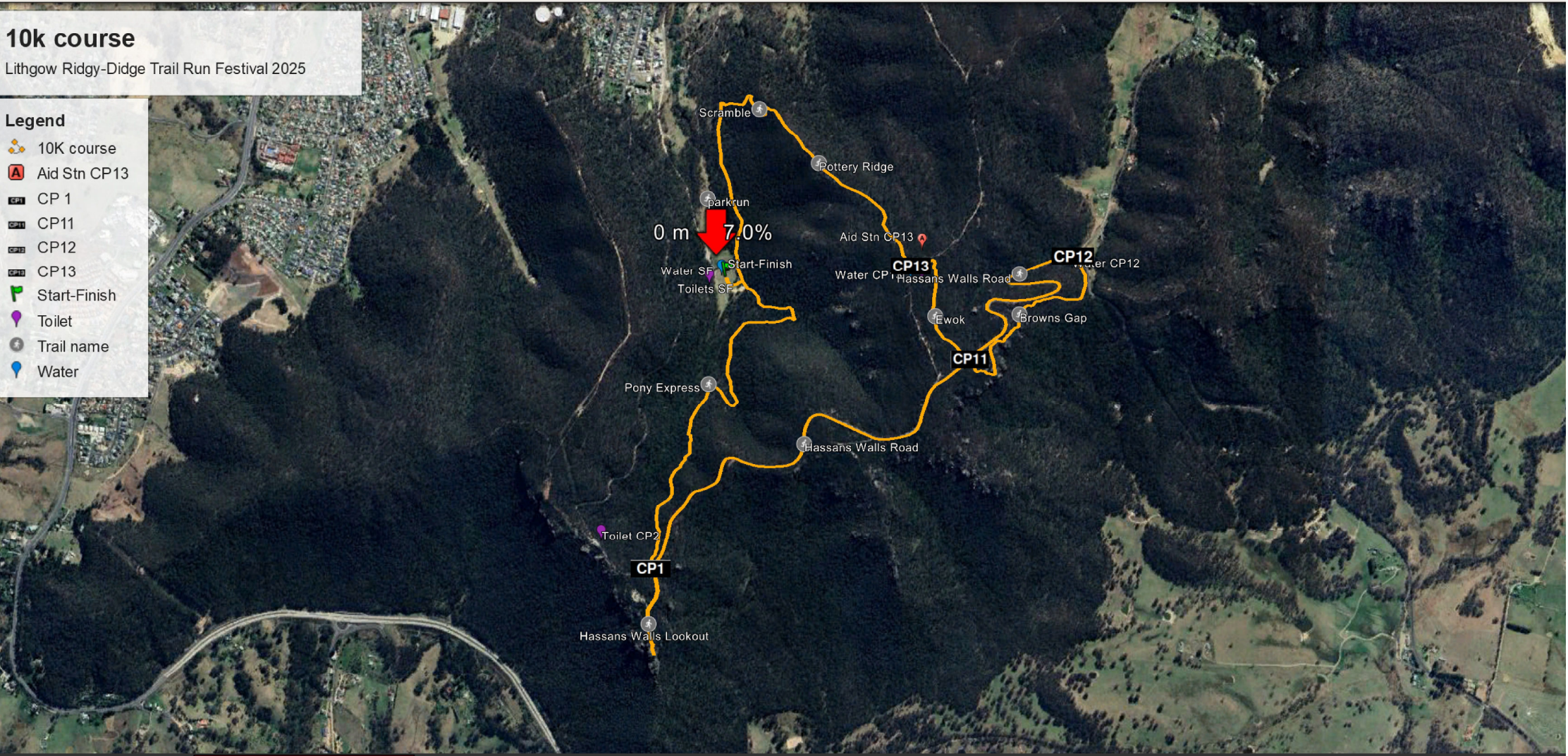


10k course

Lithgow Ridgy-Didge Trail Run Festival 2025

Legend

- 10K course
- Aid Stn CP13
- CP 1
- CP11
- CP12
- CP13
- Start-Finish
- Toilet
- Trail name
- Water



Graph: Min, Avg, Max Elevation: 970, 1069, 1140 m
Range Totals: Distance: 9.77 km Elev Gain/Loss: 468 m, -468 m Max Slope: 26.0%, -32.0% Avg Slope: 8.6%, -9.5%

