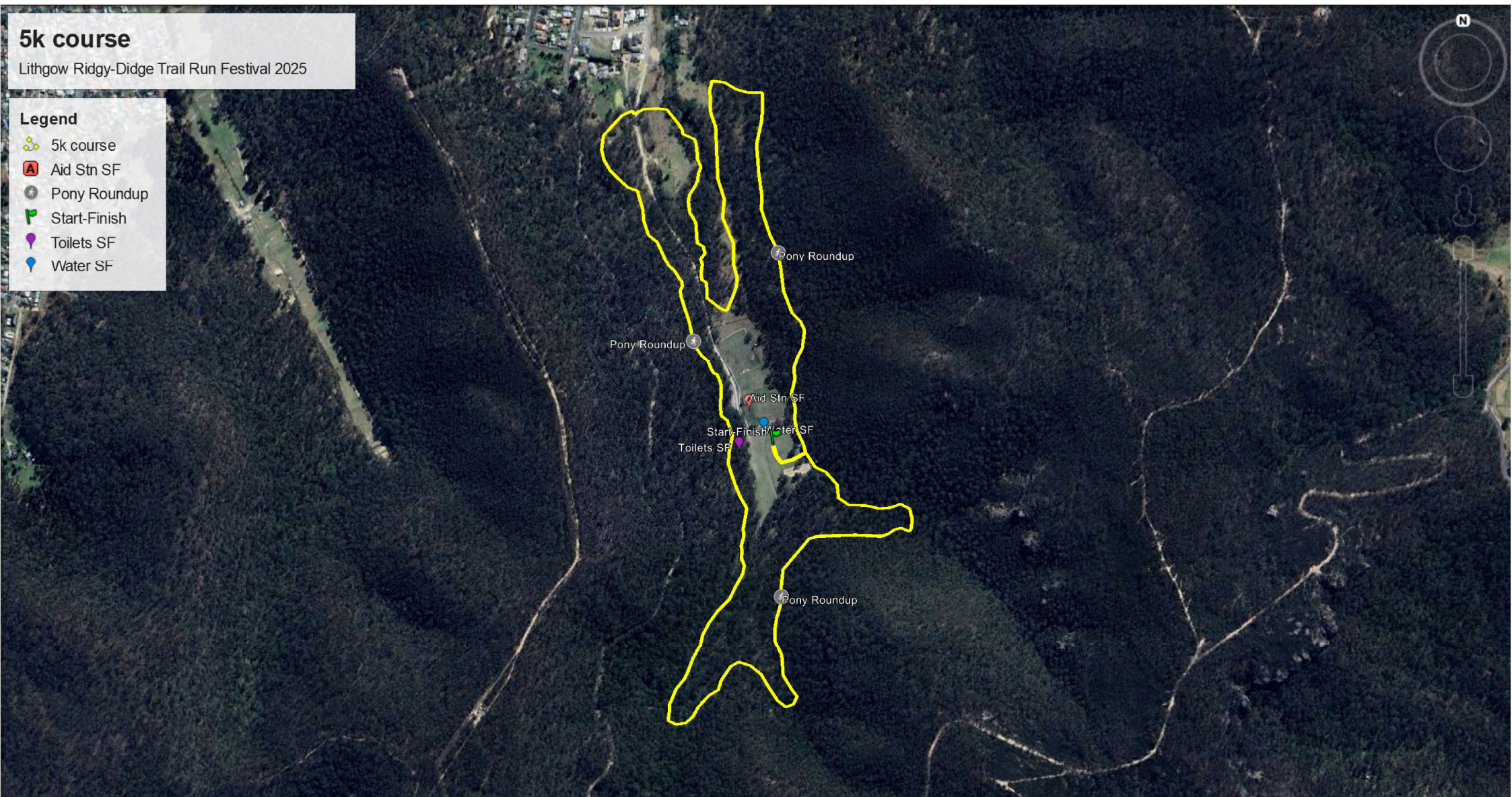


5k course

Lithgow Ridgy-Didge Trail Run Festival 2025

Legend

- 5k course
- Aid Stn SF
- Pony Roundup
- Start-Finish
- Toilets SF
- Water SF



Graph: Min, Avg, Max Elevation: 944, 982, 1028 m
Range Totals: Distance: 4.95 km Elev Gain/Loss: 186 m, -186 m Max Slope: 25.7%, -25.3% Avg Slope: 7.1%, -7.1%

