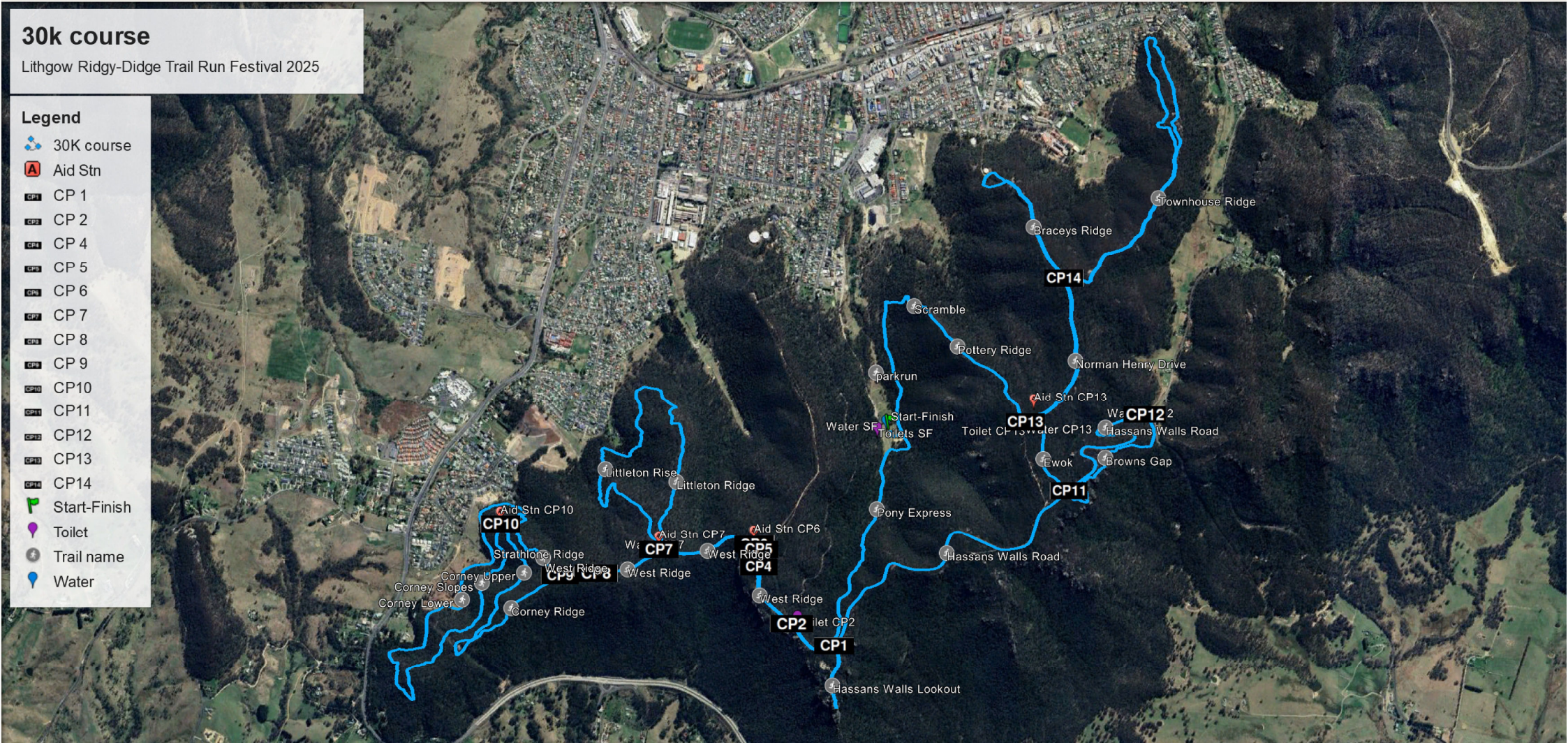


# 30k course

Lithgow Ridgy-Didge Trail Run Festival 2025

## Legend

- 30K course
- Aid Stn
- CP 1
- CP 2
- CP 4
- CP 5
- CP 6
- CP 7
- CP 8
- CP 9
- CP 10
- CP 11
- CP 12
- CP 13
- CP 14
- Start-Finish
- Toilet
- Trail name
- Water



Graph: Min, Avg, Max Elevation: 970, 1078, 1162 m  
Range Totals: Distance: 29.2 km Elev Gain/Loss: 1483 m, -1483 m Max Slope: 33.1%, -31.0% Avg Slope: 8.7%, -9.3%

