

Cederberg Traverse 2019

100km (30 hours to complete)

- Start: **Sanddrif**
- Time: **5am**
- Date: **5 October 2019**
- NB: All Cp's will have EMERGENCY Food and Water except CP 6

Check point		Distance	Gear check point	Spectator accessibility	Vehicle access	Cut Offs	Notes
Start	Sanddrif	0 km	Yes	Yes	Yes	Start 5am	
CP 1	Driehoek	15km	Yes	Yes	Yes		
CP 2	Sleeppad hut	27km	Yes	No	no		
CP 3	Middelberg hut	40km	Yes	No	no		
CP 4	Algeria	56km	Yes	No	Yes	18h30. Must leave by 19h00.	30 min Compulsory stop, plus medical check
CP 5	Sneeuberg hut	72 km	Yes	No	Yes		
CP 6	Maltese Cross	76 km	Yes	No	No	Photo only	No food or water at this point
CP 7	Dwarsriver	87km	Yes	No	Yes		
Finish Line	Sanddrif	100km	Yes	Yes	Yes	11am	

- Finish: **Sanddrif**
- Time: **11pm**
- Date: **6 October 2019**