

FEED 3

FINISH

GLENMORE FOREST PARK

THE QUEEN'S FOREST

STAR MAN
NIGHT TRIATHLON
RUN

SHORTCOURSE 1
NO CAIRN GORM SUMMIT
Closes at 0645

SHORTCOURSE 2
Closes at 0845

START (T2)

FEED 1&2

RUN DIRECTION



Final route may differ

CAIRN GORM