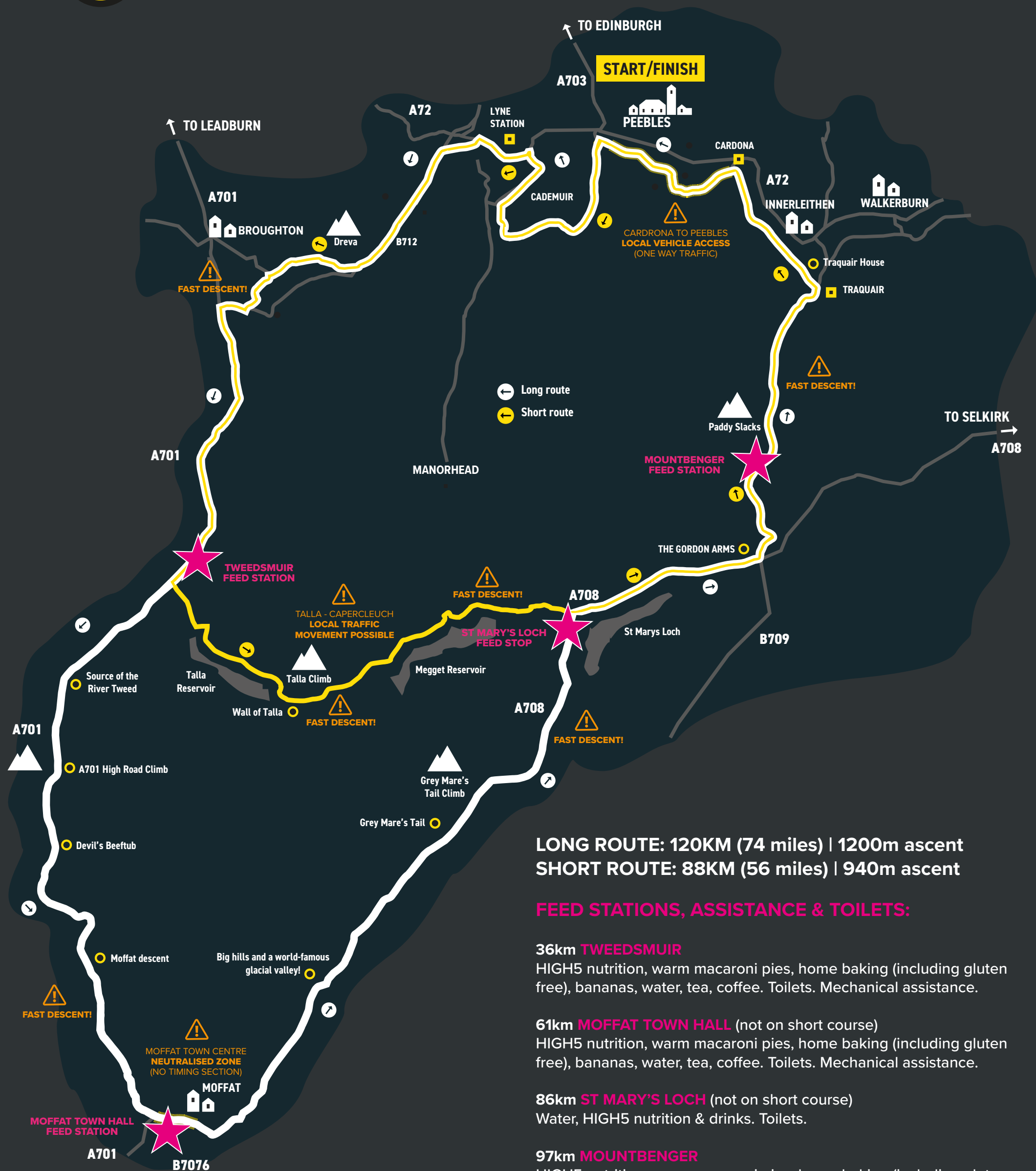




TOUR OF THE BORDERS

ESSENTIAL COURSE INFO



LONG ROUTE: 120KM (74 miles) | 1200m ascent
SHORT ROUTE: 88KM (56 miles) | 940m ascent

FEED STATIONS, ASSISTANCE & TOILETS:

36km **TWEEDSMUIR**

HIGH5 nutrition, warm macaroni pies, home baking (including gluten free), bananas, water, tea, coffee. Toilets. Mechanical assistance.

61km **MOFFAT TOWN HALL** (not on short course)

HIGH5 nutrition, warm macaroni pies, home baking (including gluten free), bananas, water, tea, coffee. Toilets. Mechanical assistance.

86km **ST MARY'S LOCH** (not on short course)

Water, HIGH5 nutrition & drinks. Toilets.

97km **MOUNTBENGER**

HIGH5 nutrition, warm macaroni pies, home baking (including gluten free), bananas, water. Toilets. Mechanical assistance.

CUT-OFF TIME for Long Route at Tweedsmuir turn-off: 09:30

CUT-OFF TIME for leaving Moffat heading north: 11:15

(subject to change as conditions require)