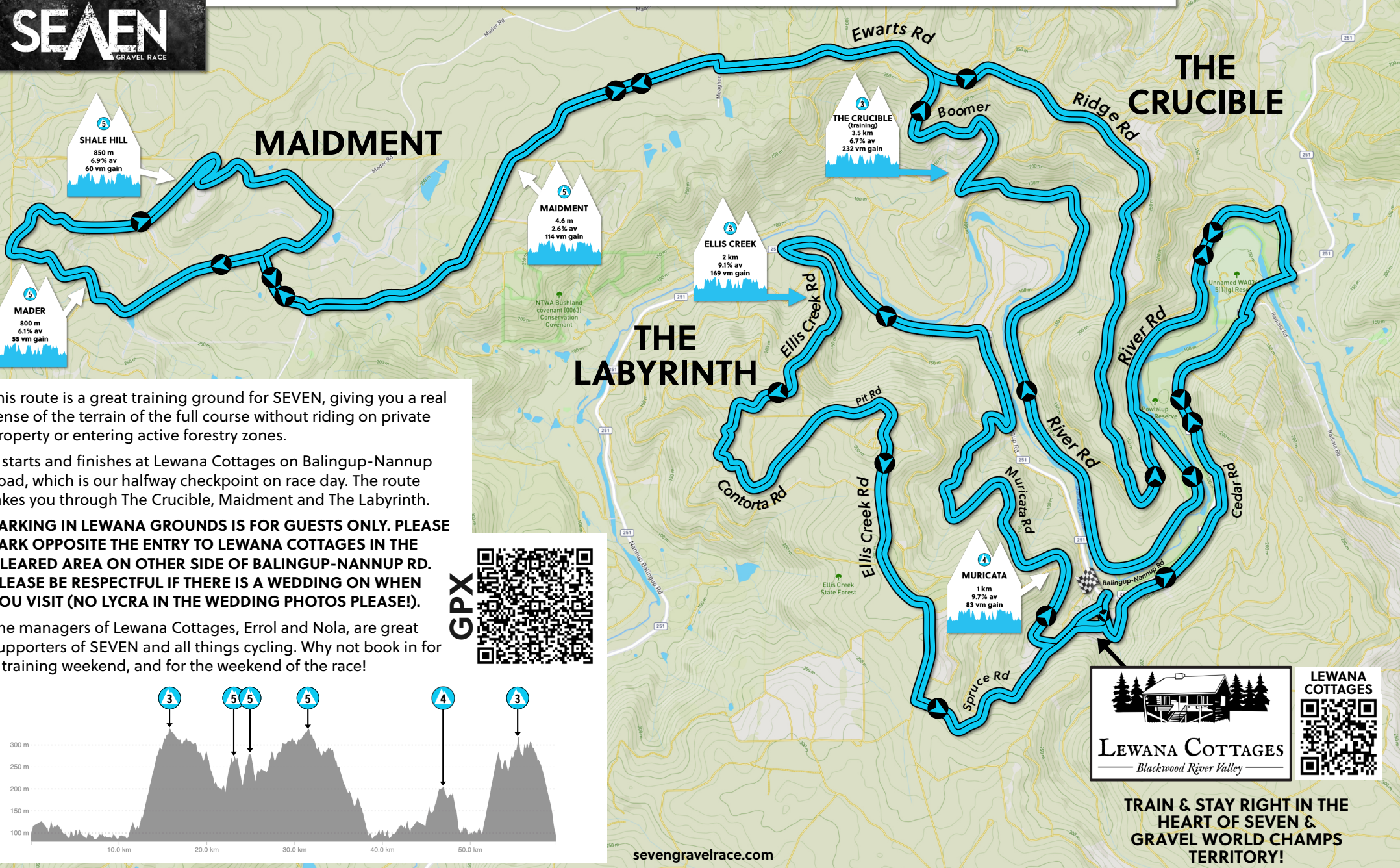


LEWANA TRAINING ROUTE #1

60 km - 1540 vm

Start & finish Lewana Cottages, Balingup-Nannup Road



MAIDMENT

THE LABYRINTH

THE CRUCIBLE

5 SHALE HILL
850 m
6.9% av
60 vm gain

5 MADER
800 m
6.1% av
55 vm gain

5 MAIDMENT
4.6 m
2.6% av
114 vm gain

3 ELLIS CREEK
2 km
9.1% av
169 vm gain

3 THE CRUCIBLE (training)
3.5 km
6.7% av
232 vm gain

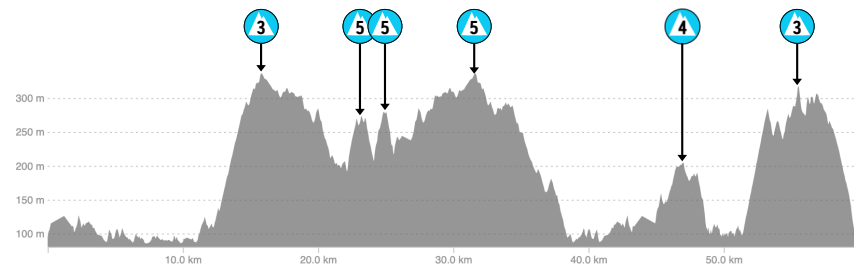
4 MURICATA
1 km
9.7% av
83 vm gain

This route is a great training ground for SEVEN, giving you a real sense of the terrain of the full course without riding on private property or entering active forestry zones.

It starts and finishes at Lewana Cottages on Balingup-Nannup Road, which is our halfway checkpoint on race day. The route takes you through The Crucible, Maidment and The Labyrinth.

PARKING IN LEWANA GROUNDS IS FOR GUESTS ONLY. PLEASE PARK OPPOSITE THE ENTRY TO LEWANA COTTAGES IN THE CLEARED AREA ON OTHER SIDE OF BALINGUP-NANNUP RD. PLEASE BE RESPECTFUL IF THERE IS A WEDDING ON WHEN YOU VISIT (NO LYCRA IN THE WEDDING PHOTOS PLEASE!).

The managers of Lewana Cottages, Errol and Nola, are great supporters of SEVEN and all things cycling. Why not book in for a training weekend, and for the weekend of the race!



LEWANA COTTAGES
Blackwood River Valley

TRAIN & STAY RIGHT IN THE HEART OF SEVEN & GRAVEL WORLD CHAMPS TERRITORY!