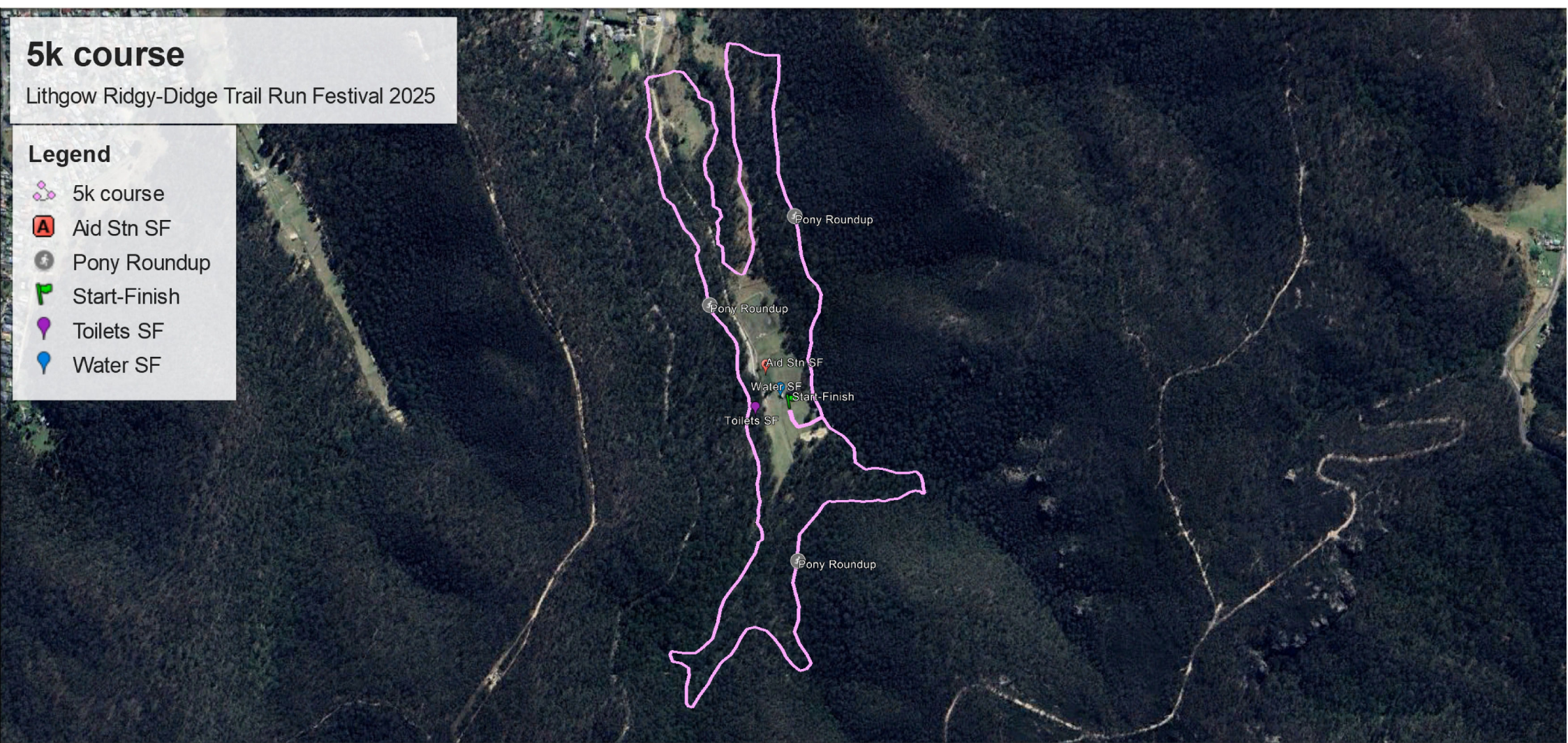


5k course

Lithgow Ridgy-Didge Trail Run Festival 2025

- Legend**
- 5k course
 - Aid Stn SF
 - Pony Roundup
 - Start-Finish
 - Toilets SF
 - Water SF



Graph: Min, Avg, Max **Elevation: 944, 983, 1029 m**
Range Totals: Distance: 4.98 km Elev Gain/Loss: 185 m, -185 m Max Slope: 22.9%, -24.3% Avg Slope: 7.2%, -7.0%

