

Bay 2 Bay 30km Route description



- The holding area for the 30km is at Camps Bay High School
- Runners gather at Camps Bay High from 04:30.
- The start procedure will have 4 groups. There will be staggered groups leaving at 4min intervals, starting at 05:30 and ending with the last group leaving at 05:45
- Groups will line up in Lower Kloof where the Start takes place.
- It is an out-and-back route, proceeding towards Hout Bay along Victoria Road with the turnaround point in Hout Bay just beyond the “World of Birds” intersection. The first section of the race has a lane closure from the start to Houghton Road.
- Along the Victoria Road section the race passes the 12 Apostles Hotel, the Oudekraal Recreational area, and the Llandudno Traffic Light Intersection before it reaches the top of Suikerbossie Hill.
- On the Hout Bay side of Suikerbossie Hill it passes the intersection to the Suikerbossie Restaurant until it turns off at the slipway to the traffic circle at Valley Road.
- Return Leg from the turnaround point the following roads intersect with Valley Road and Welbevind Road (same intersection with Martingale Road-World of birds)
- Avenue de Chevannes (two areas where this avenue intersects) Westerford Road
- The route then returns to the traffic circle at Valley Road (Victoria Street) and moves right towards Victoria Road where it joins the return section of the course at Victoria Road and Helgardia Road Intersection.
- Once at the bottom of Suikerbossie Hill the runners proceed for 12km to Camps Bay on the seaside of Victoria Road where the only intersection is at Mount Rhodes Drive. This section of the route is followed by both the 30km and 15 km runners.