

## 08:00 to 10:30 Kayak Window

How long you spend trekking, biking and kayaking is up to you, but if you are not sure how to split your time, a good plan would be to spend approximately the following amount of time on each discipline:

Trekking	3 hours
Mountain Biking	4 hours
Kayaking	2 hours
Break	1 hour
<b>Total</b>	<b>10 hours</b>

Not sure how to fit the timings above around your allocated kayak slot? The schematic below gives a couple of examples of how you could do this. These are by no means the only options and you can adapt your team's strategy to fit with your team's strengths.

It is approximately 7 miles (c.11km) to/from the event base to the kayak transition via the shortest, easiest route. Longer routes are possible and plentiful! You can only go to/from the kayak transition on bike. You can pick up bike checkpoints along the way both before and after you kayak.

The maximum time allowed for kayaking is two hours and strict penalties apply if you exceed this limit. You do not need to use the whole two hours, you can spend longer trekking and biking should you wish.

There are three mandatory breaks to be taken during the day: one 30-minute break at the event base between trekking and biking and two 15-minute breaks either side of your kayak. These breaks are 'off-the-clock' and do not count towards your nine-hour event time.

You can transition more than once between trekking and biking, however only one of these transitions will be 'off-the-clock'.

You can only kayak within your kayak window (your mandatory breaks at the kayak transition can be taken outside of your kayak window).

