

Km 0 - The start will be on the beach in Mele, at Suango School. You'll pass in front of the Beach Bar restaurant and run along Mele's black sand beach. Just 400 meters after the start, you'll need to cross a river.

Km 1 - Leave the beach on the right to join the Bukura road. Be careful of vehicle traffic on this road; stay to the side.

Km 2 - You'll see checkpoint 1 and turn right onto a path lined with houses. At the end of this path, the slope suddenly steepens for 300m before heading downhill again. You'll then pass through a gate and a narrow path to enter a plantation that opens onto a wide, flat grassy track.

Km 3 - Look carefully for the signs and markers on the ground to take a narrow trail that gradually climbs. Here, you'll encounter Elite runners who will share your path for about 600m. You'll pass through a section of forest, and then the slope will become much steeper.

Km 3.7 - At the top, a house awaits you; stop for a moment to enjoy the breathtaking view of Mele Bay and Port Vila. Exit this property to the right, run along the fence before exiting through a small gate, and take a forest trail to the left (the Elite runners will continue straight).

Km 5 - You'll arrive at checkpoint 2 at the Zip Line reception. Continue for another 500m before turning left and joining a wide, steep but easy downhill path.

Km 6.8 - You're at the intersection with the Bukura road. Turn left and follow the road for 2.4 km.

Km 9.2 - Before you reach the paved road, run along the wall on your right to return to Mele beach in the opposite direction from the start. Cross the river again; the finish line is 300m further at Km 10.