

Mannus Campsite
Start 22 km

Mannus Lake
Check Point 5km

Mt Garland
Check Point 9.2km

Henry Angel
Finish 22 km

22 km Map Hume & Hovell Ultra

Runners will be taken by bus from Henry Angel to Mannus Campsite, running back through Mannus Lake CP, Mt Garland CP into Henry Angel finish.

All participants must carry a mobile phone, compression bandage for first aid and snake bites, a whistle and the capacity to carry at least 1 litre of water at all times.

Check Points will have water, Tailwind Nutrition, jellybeans, snakes, watermelon, bananas, oranges, chips, vegemite sandwiches & fruit cake.



Copied from Hume & Hovell Walking Track Pack Map 4 Department of Lands

