

CAPAIA TRAIL RUN ROUTES

ROUTE	DISTANCE	ASCENT	SINGLE TRACK
EXTRA LONG (XL)	13 km	300 m	4 km
LONG (L)	8½ km	200 m	2½ km
MEDIUM (M)	4 km	110 m	0 km
SHORT (S)	2½ km	80 m	0 km