

| Metroleague 1 | | |
|--------------------------|--------|-------------------------------------|
| Division 1 Hard | 5.8 km | 155 m |
| ▷ | | Start: |
| 1 | 204 | S part of hill, 6m by 20m |
| 2 | 218 | Between cliffs, 1m high and 2m high |
| 3 | 228 | N side of boulder, 0.6m high |
| 4 | 223 | E side of boulder, 0.8m high |
| 5 | 222 | Top of rocky spur |
| 6 | 219 | N end of S cliff, 1.5m to 3m high |
| 7 | 214 | Top of rocky hill |
| 8 | 226 | Foot of N cliff, 4m high |
| 9 | 227 | Foot of S cliff, 1.5m high |
| 10 | 229 | Lone tree |
| 11 | 211 | W side of boulder cluster, 3m by 3m |
| 12 | 225 | E side of man made object |
| 13 | 224 | N side of boulder, 4m high |
| 14 | 210 | Foot of cliff, 1.2m high |
| 15 | 207 | Lone tree |
| 16 | 217 | W part of bare rock, 4m by 5m |
| 17 | 221 | SE foot of cliff, 1m to 1.2m high |
| 18 | 213 | W edge of pond |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|-------------------------------------|
| Division 2 Hard | 4.8 km | 90 m |
| ▷ | | Start: |
| 1 | 226 | Foot of N cliff, 4m high |
| 2 | 224 | N side of boulder, 4m high |
| 3 | 211 | W side of boulder cluster, 3m by 3m |
| 4 | 227 | Foot of S cliff, 1.5m high |
| 5 | 219 | N end of S cliff, 1.5m to 3m high |
| 6 | 217 | W part of bare rock, 4m by 5m |
| 7 | 222 | Top of rocky spur |
| 8 | 228 | N side of boulder, 0.6m high |
| 9 | 218 | Between cliffs, 1m high and 2m high |
| 10 | 221 | SE foot of cliff, 1m to 1.2m high |
| 11 | 214 | Top of rocky hill |
| 12 | 220 | SW end of rocky earth bank |
| 13 | 205 | Path junction |
| 14 | 201 | N side of ant hill, 0.8m high |
| 15 | 213 | W edge of pond |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|-------------------------------------|
| Division 5 Moderate | 3.1 km | 55 m |
| ▷ | | Start: |
| 1 | 215 | N end of N cliff, 1m to 4m high |
| 2 | 210 | Foot of cliff, 1.2m high |
| 3 | 205 | Path junction |
| 4 | 216 | SW side of man made object |
| 5 | 211 | W side of boulder cluster, 3m by 3m |
| 6 | 212 | S side of clearing, 4m by 6m |
| 7 | 220 | SW end of rocky earth bank |
| 8 | 208 | E part of clearing, 20m by 50m |
| 9 | 214 | Top of rocky hill |
| 10 | 221 | SE foot of cliff, 1m to 1.2m high |
| 11 | 223 | E side of boulder, 0.8m high |
| 12 | 228 | N side of boulder, 0.6m high |
| 13 | 213 | W edge of pond |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|-------------------------------------|
| Division 4 Moderate | 3.2 km | 40 m |
| ▷ | | Start: |
| 1 | 225 | E side of man made object |
| 2 | 212 | S side of clearing, 4m by 6m |
| 3 | 211 | W side of boulder cluster, 3m by 3m |
| 4 | 227 | Foot of S cliff, 1.5m high |
| 5 | 229 | Lone tree |
| 6 | 220 | SW end of rocky earth bank |
| 7 | 214 | Top of rocky hill |
| 8 | 221 | SE foot of cliff, 1m to 1.2m high |
| 9 | 217 | W part of bare rock, 4m by 5m |
| 10 | 223 | E side of boulder, 0.8m high |
| 11 | 228 | N side of boulder, 0.6m high |
| 12 | 218 | Between cliffs, 1m high and 2m high |
| 13 | 213 | W edge of pond |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|-------------------------------------|
| Division 3 Hard | 3.8 km | 75 m |
| ▷ | | Start: |
| 1 | 216 | SW side of man made object |
| 2 | 211 | W side of boulder cluster, 3m by 3m |
| 3 | 224 | N side of boulder, 4m high |
| 4 | 226 | Foot of N cliff, 4m high |
| 5 | 209 | N edge of clearing, 20m by 75m |
| 6 | 219 | N end of S cliff, 1.5m to 3m high |
| 7 | 221 | SE foot of cliff, 1m to 1.2m high |
| 8 | 222 | Top of rocky spur |
| 9 | 223 | E side of boulder, 0.8m high |
| 10 | 218 | Between cliffs, 1m high and 2m high |
| 11 | 213 | W edge of pond |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|--------------------------------|
| Easy | 1.9 km | 15 m |
| ▷ | | Start: |
| 1 | 201 | N side of ant hill, 0.8m high |
| 2 | 205 | Path junction |
| 3 | 202 | N side of ant hill, 1m high |
| 4 | 206 | Path crossing |
| 5 | 208 | E part of clearing, 20m by 50m |
| 6 | 209 | N edge of clearing, 20m by 75m |
| 7 | 207 | Lone tree |
| 8 | 204 | S part of hill, 6m by 20m |
| 9 | 203 | NW end of path |
| Navigate 230 m to finish | | |

| Metroleague 1 | | |
|--------------------------|--------|--------------------------------|
| Division 6 Easy/Mod | 2.0 km | 25 m |
| ▷ | | Start: |
| 1 | 210 | Foot of cliff, 1.2m high |
| 2 | 205 | Path junction |
| 3 | 212 | S side of clearing, 4m by 6m |
| 4 | 216 | SW side of man made object |
| 5 | 202 | N side of ant hill, 1m high |
| 6 | 209 | N edge of clearing, 20m by 75m |
| 7 | 204 | S part of hill, 6m by 20m |
| 8 | 213 | W edge of pond |
| Navigate 230 m to finish | | |