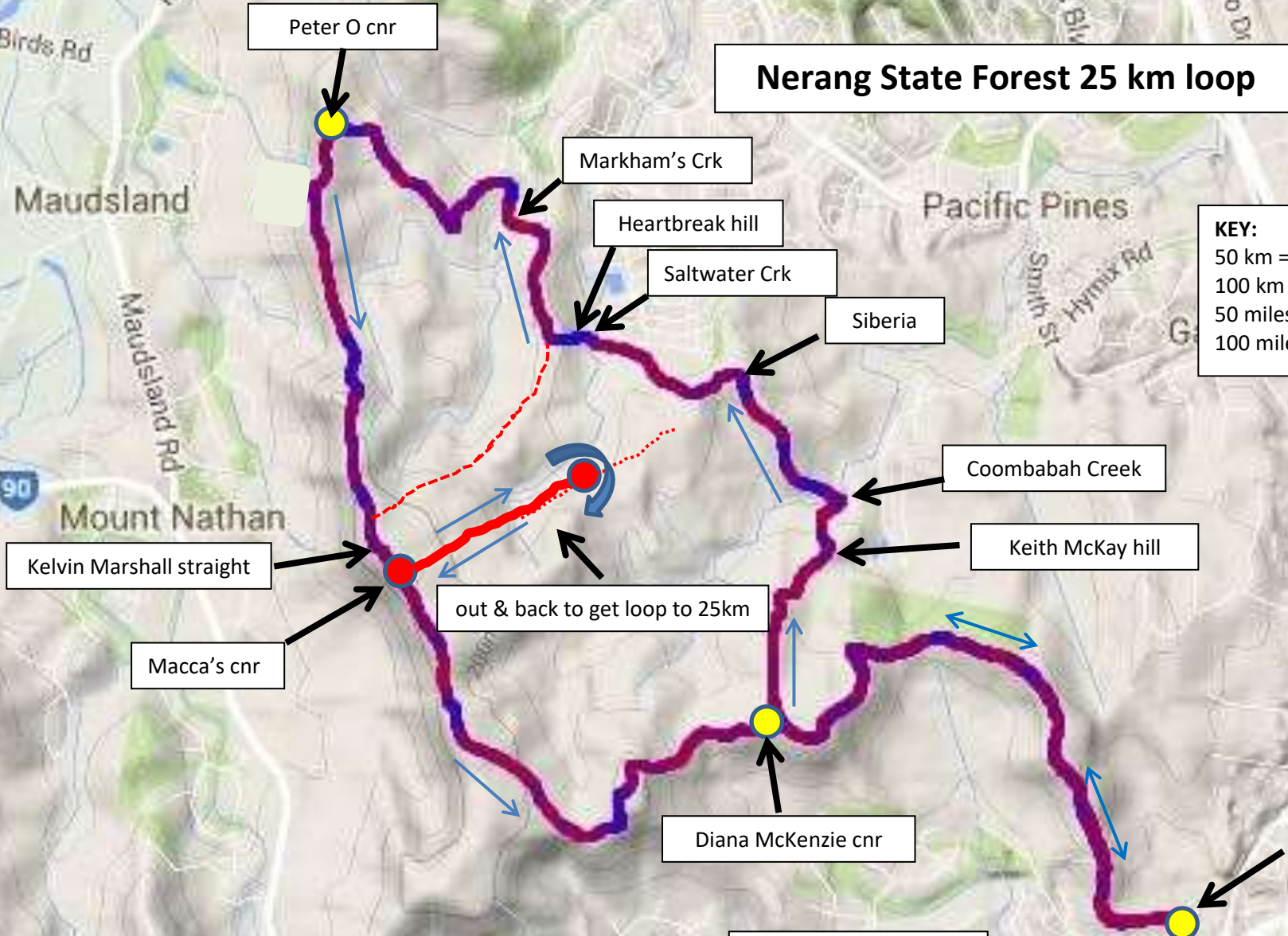


# Nerang State Forest 25 km loop

**KEY:**  
50 km = 2 loops  
100 km = 4 loops  
50 miles = 3 loops plus out & back  
100 miles = 6 loops plus out & back



**Elevation gain = 885 metres per 25 km loop**

**Nerang Velodrome HQ and full aid station**