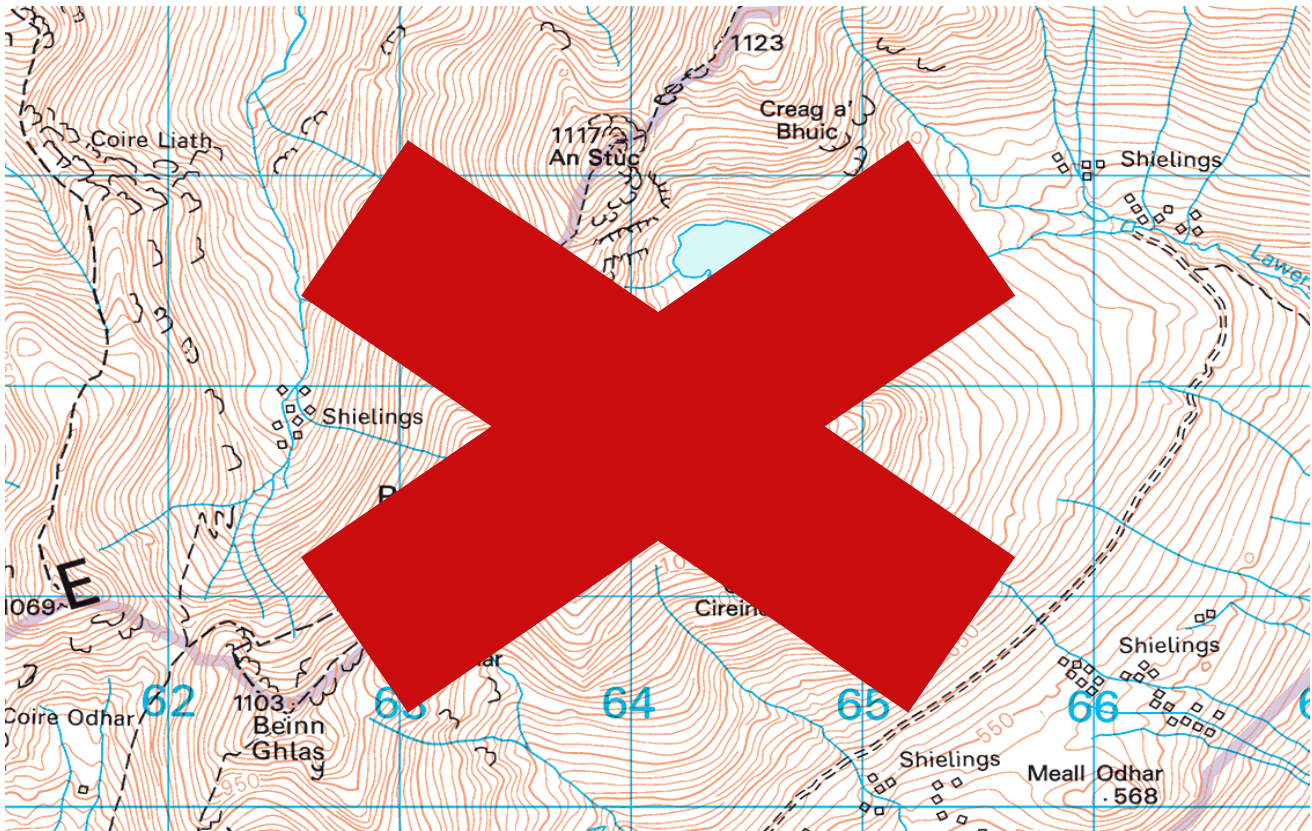


Sorry we don't have a route for your area



Create your own routes:

Due to the current COVID-19 situation, please don't do anything on the XCC REMOTE that is outside of your Government restrictions/guidelines. Be sensible and adapt the instructions accordingly.

Walking route

- Your walking route should be around 10km in distance, at a normal walking pace depending on terrain, this should take 2-3 hours.
- Try to make your route away from the hustle and bustle, away from people and full of nature.
- Be bold, if there are hills nearby do not go around them, pick your route to go straight over them.
- Finally, be wise - take appropriate clothing, supplies and let someone know roughly where you are going. If it involves something so dangerous you need the toilet.....then don't do it!

Running route

- Your running route should be around 5km in distance, at a normal running pace, depending on terrain, this should take around 30 mins.
- Try to make your route away from the hustle and bustle, try go somewhere away from people and full of nature. Running off-road, on gravel or tracks is better for your body.
- Finally, be wise - take appropriate clothing, supplies and let someone know roughly where you are going. If it involves something so dangerous you need the toilet.....then don't do it!