



Ilam Ride Loop 1
 Distance 9.75 km (6 miles)
 ascent 320m (1050ft)

ride distances
 Loop 1 9.75 km, (6 m) Loop 1 + 2 16.6 km (10m)
 Loop 1 twice + Loop 2 26.35 km (16m),
 Whole ride twice 33.2 km (20m)