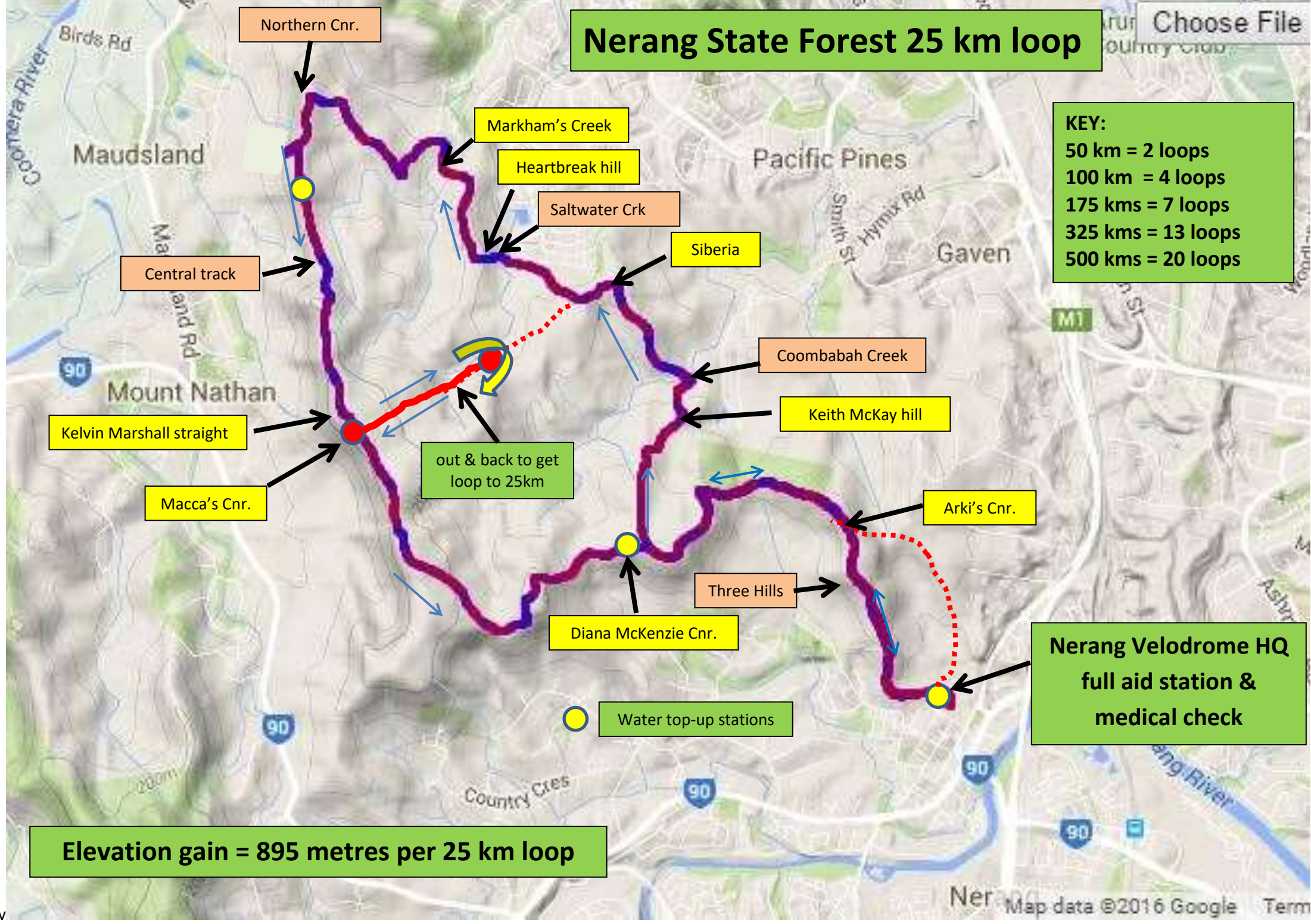


# Nerang State Forest 25 km loop

**KEY:**  
50 km = 2 loops  
100 km = 4 loops  
175 kms = 7 loops  
325 kms = 13 loops  
500 kms = 20 loops

**Elevation gain = 895 metres per 25 km loop**



**Nerang Velodrome HQ  
full aid station &  
medical check**