ZONE 1: GRAND ARMADA SANDVLEI - Meet at car park alongside Muizenberg water slide at 06.00 and ready for briefing at 06.15. Launch at 06:30 from Muizenberg Beach. This zone is suitable for any craft that floats! Expect a big flotilla. Coffee at the top of Zandvlei (Marina da Gama).

ZONE 2: PORTAGE SECTION – Marina de Gama / Steenberg Canal to Princess Vlei: 07:45 to 09:00

ZONE 3: PRINCESS VLEI – 09:00 to 09:45. Environmental activities at this site. Full distance paddles will be on the western shore at 9am. If you join here, you can bring any suitable floating craft.

ZONE 4: PORTAGE SECTION – Plumstead canal: 09:45 to 11:30

ZONE 5: BICYCLE RIDE – M5 to ACCESS PARK: 11:30 to 12:30. Load crafts onto trailers & cars and ride on bicycles. Seconders will need to support the long distance paddlers at this point.

ZONE 6: PORTAGE SECTION – ACCESS PARK via the Krom River to BLACK RIVER alongside Rondebosch Golf Course : 12:30 to 13:30

ZONE 7: BLACK RIVER ARMADA via Liesbeek River (short section to bridge over Liesbeek alongside Observatory, River Club & Valkenburg Hospital) then on to WOODSTOCK BEACH – 14:00 to 16:00

ZONE 8: WOODSTOCK BEACH SURF ZONE – 16:00 to 16:30

ZONE 9: MILNERTON ESTUARY & LAGOON – Finish at Milnerton Canoe Club at about 15:00. At car park area near bridge linking Woodbridge Island. Soup, rolls, coffee and hot showers available. Relax a while!